

Dear families,

Welcome Back! It is great to have the students back at school and participating in face to face learning this term. Seeing how excited our children were to catch up with friends after a long period of remote learning was fantastic to see. While we still are not able have parents onsite yet, we hope this may change with the restrictions easing further later in the term.

St Francis Feast Day: On Monday, we celebrated our patron saint's feast day at school. Students completed activities throughout the day to further understand how St Francis showed compassion and care for all. St Francis has a passion for caring for animals and it was great to see the video (thanks Mrs Williams) showcasing the wide range of student pets, from dogs, cats and birds to lambs and cows.



School updates: This term we welcome Tony Kent (Grade 4/5 Teacher) and Rosie Arnel (Learning Support Officer) to our staff and know they will be a great addition to the St Francis team. Additionally, we wish Melanie Sezun all the best as she prepares for the birth of her first child.

We also welcome Emmerson Bechaz (Grade 3) and her parents Rob and Leah to our school this term.

Term Updates: Term 4 usually has many different events scheduled, including graduations and transitions. At this stage we are still awaiting advice on the protocols for these and will communicate them as soon as practical.



Hats: Term 4 means SunSmart and wearing hats. Please ensure children have a school hat and a drink bottle to ensure they are hydrated. We continue to restrict access to the bubble taps, but always have water available for students.

Student Led Events: The senior students have been working with staff to come up with ways we can celebrate the term together. The first event was a welcome back BBQ held today with students enjoying a free sausage or hamburger at lunch. See attached next week's event.



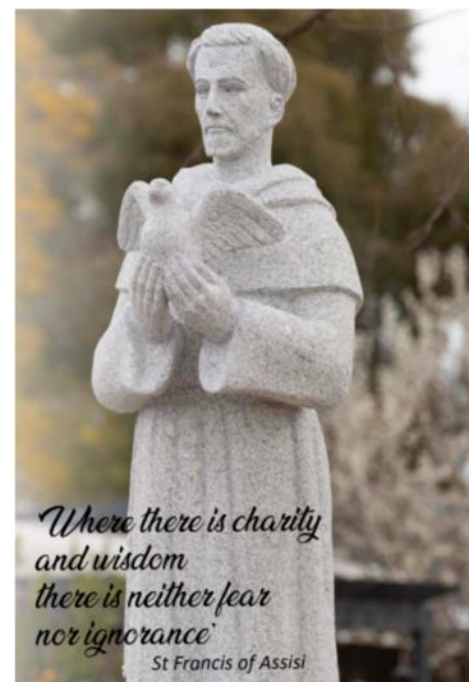
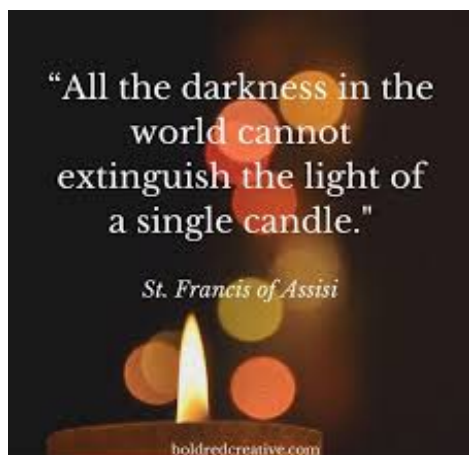
2021 Enrolments: School enrolments are open for 2021. Completed packs can be drop off to the office. To assist with planning for next year, could families please drop off packs ASAP. Information for 2021 transitions programs was sent out this week.

Matt Knight
Principal

CALENDAR

TERM 3 DATES

Fri 23 rd Oct	PUBLIC HOLIDAY
Mon 2 nd Nov	SCHOOL CLOSURE DAY
Tue 3 rd Nov	PUBLIC HOLIDAY
Thu 5 th Nov	School Photos



SCHOOL NEWS

Book Week: Book week will be celebrated from 19th to 23rd October with class activities planned during the week.

Unfortunately, due to restrictions on assemblies, we cannot have the book week costume parade this year.

STUDENT OF THE WEEK

Foundation – Archie V –

For persisting to learn all of his letters and sounds at home. Keep up the great work Archie.

Grade 1/2 – Miley C –

For showing confidence with technology and presenting her work in a creative way.

Grade 3 – Caleb R –

For being a great learner during his Remote Learning time at school. He was responsible and tried his best in everything he did and he was always willing to help others.

Grade 4/5 – Lachlan R –

For his best learning efforts in home learning and the ability to get the best out of himself.

Grade 5/6 – Charlotte W –

For her great work effort during remote learning and happy, positive interactions at school.

Italian – Sienna V –

Well done Sienna on your efforts on Linguagenut and always being willing to have a go- Ottimo!

Science Star – Lily M –

Well done Lily, I have watched you engage with all activities this term with an enthusiastic approach. You have demonstrated giving it your best effort which has shown in your videos and responses. Keep up the super star work!

CHILDRENS CHATTER MATTERS

Language genre/longer and more complex sentences

These activities will help the students to make the necessary adjustments to their language so they can communicate for a variety of purposes eg; to tell stories, recount events, persuade, give instructions and report information. Learning about the language and types of words we use in each of these different contexts supports not only the child's oral

language but written language development also.

Focus: Understanding longer and more complex sentences

1. Following instructions: Obstacle course

Obstacle courses not only work on following directions but work gross motor skills as well. Create an obstacle course using pillows to walk across, tunnels to climb through or jump on and a ball pit to end up in. Provide your child with instructions on how you would like them to complete the course. Initially start with one instruction increasing the steps to include two, three, four step instructions. To make this activity more difficult, you could include describing words (adjectives), e.g. step on the **red** cushion after you have picked up the **blue** ball, or include joining words (conjunctions) e.g. before, after, then, and etc.

CATHOLIC IDENTITY

Access to Mass and Church: There are many options for Mass online, including:

<http://bit.ly/MassOnDemand>

<https://melbournecatholic.org.au/Mass>

www.wordonfire.org/daily-mass

The Bishop is also live streaming Mass on Sunday mornings via the diocesan website: www.sandhurst.catholic.org.au

On free to air TV, Mass for You at Home is broadcast at 6.00am every Sunday, Channel 10.

PARENTING IDEAS

Maurice Balson, author of *Becoming Better Parents* constantly reminds parents, "If you want your child to be resourceful you need to put them in positions to develop their resources."

Balson's resourcefulness message is just as apt today. Coping with change, dealing with small losses, handling rejection and overcoming disappointment are the types of experiences that build a child's or young person's inner resources. See Michael Grose's article "[Help kids tap into their inner resources](#)" for more.

MEDICATIONS @ ST FRANCIS

The administration of medication forms part of the Victorian Education schools common law duty of care. Schools can only dispense labelled Prescription medicine or medicines supplied to students with a letter signed by the parent, **along with a signature from your doctor or pharmacist**. This includes any other the counter medication such as Panadol, Cough Medicine, Hay fever medications, creams etc. School Medication Request Forms are available from the front office.

A FEW REMINDERS FROM OUR CURRENT GUIDELINES:

IF CHILDREN ARE UNWELL:

Parents must be advised that any child who comes to school feeling unwell or becomes unwell during the school day, they (or the emergency contact person) will be called to collect that child.

WATER BOTTLES: Drinking fountains are not to be used by students. Each child should bring water from home.

RESTRICTED ACCESS TO SCHOOL BY ADULTS:

The Department of Health insists that no adult- parents, non-enrolled youths, visitors - is to enter the school unless necessary or in an emergency or working in an education capacity. Adults should not be permitted to go beyond the Reception area.

FACE MASKS: Parents, guardians and carers will be required to wear a face covering when dropping off or picking up their child(ren) or if required to collect an unwell child(ren) from the school.

HAPPY BIRTHDAY

Alby T
Aidan Y
Kurtis M
Isla C
Tanner Q
Raphael R

Jesse
Louise

ART

This week in Art, we started looking at the Book Week theme 'Curious Creatures, Wild Minds'.

We listened to the book "Where the wild things are" and created our own boats. We had to follow directions to make boats and then decorated them.

Over the next few weeks, we are going to look at some of the short listed books and creating art based on the books.



Students were warmly introduced to their day by making electrical connections and learning how to light a bulb with one battery and two wires.



The Foundation students followed up after St Francis' Feast Day and learning a little about his life. We had a quiet reflection in the Franciscan Garden looking at St Francis and wondering what we might say to him. Some beautiful drawing time followed.



CLASSROOM NEWS



It is so exciting to be back investigating together in Foundation! Wondering what makes our herbs smell, reading books, working out how much

to charge for a bunch of flowers (\$5 the going rate) then finding what \$5 looks like. We also wrote messages on cards, enjoyed our



new flexible seating and introduced new vocabulary as a result of the light table.



We acknowledge and pay respect to the Yorta Yorta Nation as the original and ongoing custodians of the land on which our school is situated. We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice.

ST FRANCIS OF ASSISI

Our Patron Saint

The Spirit of St Francis is one of love for all creation. He found perfect joy and peace in whatever he did, in the beauty of the countryside and in all living creatures.

In his comparatively short life (he died aged 44), he lived so fully and impressively as to leave a lasting influence on the Catholic religion and indeed, on the history of mankind. He is called the most Christ-like man our history has seen. After 750 years his memory does not grow dim.

He had respect and reverence for the things of nature. His kindness to animals, his reverence for God's gifts of creation, his uninhibited appreciation of beauty, his love for life and happiness - have made him dearly loved.

When you mention St Francis, you conjure up pictures of a gentle man, in tune with nature, at peace with himself and his surroundings.



SCHOOL PRAYER

The school prayer is to be displayed in each classroom and is prayed each Monday morning during assembly, it can be used at other times in your classroom.

Dear God,
Help us live as St Francis did.
Make every act in our lives an act of love.
We all have wonderful gifts given by God.
When we recognize these gifts we will do all the things you dreamed of us doing.
We pray for:
Our families, our friends, our teachers and all who make our school a happy and welcoming place to be.



NBA DAY!!!

Casual Clothes!!!

Come dressed as
your favorite sports

star

Friday the
16th of
October

No Cost

*By Tom
and Pat*

INSIGHTS

Help kids tap into their inner resources



My first parenting mentor, Maurice Balson, author of *Becoming Better Parents* constantly reminded parents, “If you want your child to be resourceful you need to put them in positions to develop their resources.”

Balson’s resourcefulness message is just as apt today. Coping with change, dealing with small losses, handling rejection and overcoming disappointment are the types of experiences that build a child’s or young person’s inner resources.

Developing resourcefulness is the appropriate approach to take when considering the disruptive impact that coronavirus is having on kids’ lives. A child who is struggling to come to grips with the changes brought about by the pandemic initially needs an emphatic, supportive approach. They also need encouragement to tap into their inner resources to help them manage the hard times. The following strategies will help develop your child or young person’s inner resources.

Give them a chance to be resourceful

Harry, age 10, often leaves his lunch at home. His father, who works from home, won’t take forgotten items to school. Harry either misses lunch or persuades his friends to share their lunches with him. Either way, when Harry leaves his lunch at home he’s forced to rely on his emotional or physical resourcefulness to get by. And he does.

Catch them being resourceful

A child’s behaviours that gain a parent’s attention generally expand. Highlight a child’s good manners, acts of kindness or honesty and you’re more likely to get a repeat of those behaviours. Positive parental recognition is a high motivator for most kids. To encourage your child’s resourcefulness, focus your attention and positive comments on acts of resourcefulness and resilience they exhibit.

Encourage creativity

Sylvia, age 13 walked to school each day, saving her bus fare to spend on clothes that were out of reach of her parents’ budget. Sylvia found a way to overcome her money problem in her own way. Children and young people usually come up with very creative solutions when they’re allowed to own their problems.

Develop coping skills

Kids rely on their coping skills to help them manage their emotional states when life throws them curve balls. Build your child’s set of coping skills through direct teaching, modelling and discussion. Humour, distraction, relaxation, exercise, play and thought-distancing are some of the more common coping skills kids can use to help them tolerate their difficult feelings.

The resourcefulness a child develops when they experience adversity doesn't desert them when life returns to normal. It waits in the background, ready to be drawn upon again when hardships, frustrations and difficulties come their way.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

OUR SUNDAY CELEBRATION

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME / A

11 OCTOBER 2020

COMETO THE BANQUET. Our God invites all people to the banquet of the kingdom, a banquet characterised by joy, integrity, and true peace. Sometimes, however, we decline this invitation preferring the lesser banquets that we know. May God enlighten the eyes of our heart that we might see how great is the hope to which we are called.

INTRODUCTORY RITES

ENTRANCE ANTIPHON

Ps 129:3-4

If you, O Lord, should mark iniquities,
Lord, who could stand?
But with you is found forgiveness,
O God of Israel.

GREETING

P. In the name of the Father, and of the Son,
and of the Holy Spirit.

R. Amen.

P. The Lord be with you.

R. And with your spirit.

PENITENTIAL ACT

P. Brethren (brothers and sisters), let us
acknowledge our sins, and so prepare
ourselves to celebrate the sacred mysteries.

P. Lord Jesus, you have revealed yourself as
the way to the Father: Lord, have mercy.

R. Lord, have mercy.

P. You have poured out on your people the
Spirit of truth: Christ, have mercy.

R. Christ, have mercy.

P. You are the Good Shepherd, leading us to
eternal life: Lord, have mercy.

R. Lord, have mercy.

P. May almighty God have mercy on
us, forgive us our sins, and bring us to
everlasting life.

R. Amen.

GLORIA

Glory to God in the highest, / and on
earth peace to people of good will. / We
praise you, / we bless you, / we adore
you; / we glorify you, / we give you thanks
for your great glory, / Lord God, heavenly
King, / O God, almighty Father. / Lord
Jesus Christ, Only Begotten Son, / Lord
God, Lamb of God, Son of the Father, /
you take away the sins of the world, /
have mercy on us; / you take away the
sins of the world, / receive our prayer; /
you are seated at the right hand of the
Father, / have mercy on us. / For you
alone are the Holy One, / you alone are
the Lord, / you alone are the Most High, /
Jesus Christ, / with the Holy Spirit, / in
the glory of God the Father. / Amen.

COLLECT

P. May your grace, O Lord, we pray, at all
times go before us and follow after and make
us always determined to carry out good
works. Through our Lord Jesus Christ, your
Son, who lives and reigns with you in the unity

of the Holy Spirit, one God, for ever and ever.

R. Amen.

LITURGY OF THE WORD

FIRST READING

Isa 25:6-10

A reading from the prophet Isaiah
*The Lord will prepare a feast and will wipe away the
tears from every cheek.*

On this mountain,

the Lord of hosts will prepare for all people
a banquet of rich food, a banquet of fine
wines,

of food rich and juicy, of fine strained wines.

On this mountain he will remove
the mourning veil covering all peoples,
and the shroud enwrapping all nations,
he will destroy Death for ever.

The Lord will wipe away
the tears from every cheek;
he will take away his people's shame
everywhere on earth,
for the Lord has said so.

That day, it will be said: See, this is our God
in whom we hoped for salvation;
the Lord is the one in whom we hoped.

We exult and we rejoice
that he has saved us;
for the hand of the Lord
rests on this mountain.

The word of the Lord.

R. Thanks be to God.

RESPONSORIAL PSALM

Ps 22. R. v. 6

**R. I shall live in the house of the Lord
all the days of my life.**

1. The Lord is my shepherd; / there is
nothing I shall want. / Fresh and green are
the pastures / where he gives me repose. /
Near restful waters he leads me, / to revive
my drooping spirit. **R.**

2. He guides me along the right path; / he
is true to his name. / If I should walk in the
valley of darkness / no evil would I fear. /
You are there with your crook and your
staff; / with these you give me comfort. **R.**

3. You have prepared a banquet for
me / in the sight of my foes. / My head
you have anointed with oil; / my cup is
overflowing. **R.**

4. Surely goodness and kindness shall
follow me / all the days of my life. / In the
Lord's own house shall I dwell / for ever and
ever. **R.**



SECOND READING

Phil 4:12-14, 19-20

A reading from the letter of St Paul to the
Philippians

I am able to do all things in him who strengthens me.

I know how to be poor and I know how to
be rich too. I have been through my initiation
and now I am ready for anything anywhere:
full stomach or empty stomach, poverty or
plenty. There is nothing I cannot master with
the help of the One who gives me strength. All
the same, it was good of you to share with me
in my hardships. In return my God will fulfil
all your needs, in Christ Jesus, as lavishly as
only God can. Glory to God, our Father, for
ever and ever. Amen.

The word of the Lord.

R. Thanks be to God

GOSPEL ACCLAMATION

cf. Eph 1:17, 18

**Alleluia, alleluia! / May the Father of our
Lord Jesus Christ / enlighten the eyes of
our heart, / that we might see how great
is the hope / to which we are called. /
Alleluia!**

GOSPEL

Mt 22:1-14

P. The Lord be with you.

R. And with your spirit.

P. A reading from the holy Gospel according
to Matthew.

R. Glory to you, O Lord.

Whomsoever you find invite to the wedding.

Jesus said to the chief priests and elders of
the people: 'The kingdom of heaven may
be compared to a king who gave a feast for
his son's wedding. He sent his servants to
call those who had been invited, but they
would not come. Next he sent some more
servants. "Tell those who have been invited"
he said "that I have my banquet all prepared,
my oxen and fattened cattle have been
slaughtered, everything is ready. Come to the

wedding." But they were not interested: one went off to his farm, another to his business, and the rest seized his servants, maltreated them and killed them. The king was furious. He despatched his troops, destroyed those murderers and burnt their town. Then he said to his servants, "The wedding is ready; but as those who were invited proved to be unworthy, go to the crossroads in the town and invite everyone you can find to the wedding." So these servants went out on to the roads and collected together everyone they could find, bad and good alike; and the wedding hall was filled with guests.

When the king came in to look at the guests he noticed one man who was not wearing a wedding garment, and said to him, "How did you get in here, my friend, without a wedding garment?" And the man was silent. Then the king said to the attendants, "Bind him hand and foot and throw him out into the dark, where there will be weeping and grinding of teeth." For many are called, but few are chosen.'

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

Shorter form, Mt 22: 1-10

HOMILY

PROFESSION OF FAITH APOSTLES' CREED

Or the Nicene Creed may be said.

I believe in God, / the Father almighty, / Creator of heaven and earth, / and in Jesus Christ, his only Son, our Lord, / who was conceived by the Holy Spirit, / born of the Virgin Mary, / suffered under Pontius Pilate, / was crucified, died and was buried; / he descended into hell; / on the third day he rose again from the dead; / he ascended into heaven, / and is seated at the right hand of God the Father almighty; / from there he will come to judge the living and the dead. / I believe in the Holy Spirit, / the holy catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. Amen.

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

After the priest raises the paten with the bread and prays, and then the chalice, we respond to each prayer:

R. Blessed be God for ever.

P. Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

R. May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

P. Accept, O Lord, the prayers of your faithful with the sacrificial offerings, that, through these acts of devotedness, we may pass over to the glory of heaven. Through Christ our Lord.

R. Amen.

THE EUCHARISTIC PRAYER

P. The Lord be with you.

R. And with your spirit.

P. Lift up your hearts.

R. We lift them up to the Lord.

P. Let us give thanks to the Lord our God.

R. It is right and just.

PREFACE I-VIII OF THE SUNDAYS IN ORDINARY TIME

After the Preface, we sing or say:

All: Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

THE MEMORIAL ACCLAMATION

P. The mystery of faith.

All: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

COMMUNION RITE

P. At the Saviour's command and formed by divine teaching, we dare to say:

All: Our Father, who art in heaven ...

P. Deliver us, Lord, we pray...

All: For the kingdom, the power and the glory are yours now and for ever.

P. Lord Jesus Christ, who said...

R. Amen.

P. The peace of the Lord be with you always.

R. And with your spirit.

P. Let us offer each other the sign of peace.

All exchange a sign of peace.

LAMB OF GOD

All: Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

INVITATION TO COMMUNION

P. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

R. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

COMMUNION ANTIPHON cf. Ps 33:11

The rich suffer want and go hungry, but those who seek the Lord lack no blessing.

PRAYER AFTER COMMUNION

P. We entreat your majesty most humbly, O Lord, that, as you feed us with the nourishment which comes from the most holy Body and Blood of your Son, so you may make us sharers of his divine nature. Who lives and reigns for ever and ever.

R. Amen.

THE CONCLUDING RITES

P. The Lord be with you.

R. And with your spirit.

P. May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

R. Amen.

P. Go in peace.

R. Thanks be to God.

REFLECTIONS ON THE GOSPEL

INVITED TO THE BANQUET OF LIFE

The parable of the Wedding Banquet symbolises the story of salvation. The banquet represents God's intent for human beings, which is simply to have us as honoured guests at the banquet of life. The bridegroom is Jesus. The servants sent out to issue the invitations are, first, the Old Testament prophets and then Christian missionaries. The response of the king to those who rejected the invitations reflects early Christian belief that the fall of Jerusalem in 70 CE was retribution for failure to accept Jesus as Messiah. The new invitees from the highways and byways are Gentiles (non-Jews) who have joined the Church in large numbers.

We should not too readily identify the king in the parable with God. Jesus takes illustrations from life as it is, using aspects of the way people, including kings, behave to illustrate what he wants to convey.

The parable thus serves as an *explanation* of otherwise disturbing developments. Israel's *No* to the Gospel and the fact that the Church includes bad members as well as good has all been foreseen by the Lord. What about the poor wretch caught out for not wearing a wedding garment? The wedding garment symbolises transformation of life. You don't have to be good to *get into* the community of the Kingdom: the invitation to the banquet is a great net of grace enclosing all, good and bad alike. But, *once within*, we must allow the grace we have received to transform us and make us worthy of final salvation, God's invitation to the banquet of life.

BRENDAN BYRNE, SJ

A SERVICE OF THE SOCIETY OF ST PAUL

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ST. MARY'S PARISH, NATHALIA

**Sunday October 11th 2020
Twenty-Eighth In Ordinary Sunday A**

**As we come to worship, we acknowledge the original custodians of this land.
*The safety of children and the vulnerable is a priority in our parish.***

**PARISH PRIEST: FR. MICHAEL GRACE: Phone 0419 794 511
PRESBYTERY: Phone 03 5866 2694
MEDITATION: At the Parish House at 11.30am
MASS: At the Parish House at 12.00pm**

NATHALIA: NO SUNDAY MASS: Until Further Notice.

**MASS FOR YOU AT HOME is televised at 6.00am every Sunday on Channel 10
<https://10play.com.au/mass-for-you-at-home>**

Sunday Mass will be livestreaming from St Kilian's, Bendigo on the diocesan website's home page www.sandhurst.catholic.org.au and the Catholic Diocese of Sandhurst Facebook page at 10 a.m.

RECENTLY DECEASED:

Please pray for those whose anniversaries occur at this time: Father Alois Bocek, Mona Mildred Hansen, Sheila Wilson, Ann Fogarty, Martin O'Hare, Carmel Bryant, Harry Bicknell, Monsignor F. Owens, Betty Bourke, Kathkeen Rae, Bishop Bernard Stewart D.D., Terese Joachim, William Barry Thomas.

Please pray for all those who are ill, especially: Sally McKeown, Sister Maureen Banyard (Mother Mary of the Cross), Paul Speekman, Paul Quinn, Margaret Cranko, Sister Jennifer Sanders, Julian Segafredo, Panagiota Spanos, Mary Trevaskis, Molly Hargreaves, Noel Loughnan, Christine McIntyre, Norm Walsh, Neil Clardey, Enna Holmes, Aaron Coates, Martin Russell, John Walsh, Darren Robertson, Kath Heaton, Andrew Cameron, Paul Congues, Sean Barry, Bob Brooks.

**PLANNED GIVING PROGRAM: Account Name: St. Mary's Catholic Church
BSB: 633 000 Account Number: 1100 22928**

Financial contributions to the work of the Parish can be made through the Bendigo Bank. If you advise the staff there that you wish to contribute to St Mary's Catholic Parish, it is helpful if you know the above details. If you do not have these details with you, please ask the staff – they have offered to assist where possible to make it easy for you all. The addition of a Reference, such as your name or your Planned Giving envelope number, will allow the tracking of your contribution, should you require it.

PARISH COUNCIL MEETING: on Thursday 15th in the Presbytery at 10am.

CARER'S WEEK: 11-17th OCTOBER 2020: I have seen my family members and friends suffering silently as they are caring for loved ones. The mixed emotions are evident as it is apparent that they deeply love who they are caring for, yet they themselves experience such fatigue and frustration and maybe, even some feelings of failure. What a rollercoaster of emotions these caregivers must ride! Often other people focus their concern more on the patient, so the caregiver gets neglected. They then end up being worse off than the patient in both physical and emotional health, especially if they are older, or have health problems of their own. Let us find the time to check on, encourage and support the caregivers we know, who have had extra challenges during COVID-19. See if we can find things to do this week to ease their burden in any way. Because they have a higher risk of stress and medical problems, I give you this prayer. Gracious God, be with those whose lives are consumed by the loving care of others, with exhaustion leaving them empty from the act of giving. Grant them refreshment, rest and strength enough for the challenges of each day. May they, and those within their care, be blessed as love is given and received. Mary Pianta. Disability Contact Coordinator.

MENTAL HEALTH DAY: is remembered on October 10 People with disabilities or chronic health conditions may be three or four times more likely to develop depression and anxiety disorders. Because they are 'invisible' illnesses, we are often tempted to misjudge people and expect that they can 'snap out of it' with willpower. We need to work towards changing Government and community attitudes so that they include compassion for people who live with mental illness. Mary Pianta, Disability Contact Coordinator.

INTERNATIONAL WHITE CANE DAY: is remembered on October 15th each year. On this day we celebrate the achievements of people who are blind or have low vision, and the White Cane as an important symbol of blindness and a tool of their independence. Currently, it is important for us to support our blind and low vision communities, especially in light of social distancing and social isolation of white cane users. Mary Pianta, Disability Contact Coordinator.

OUR JOURNEY TO THE PLENARY COUNCIL: continues! The postponement of the first session of the Plenary (originally scheduled for this month in Adelaide) is not so much a setback as a graced opportunity to continue our prayerful discernment. Sandhurst responded enthusiastically to the first phases of discussion and reflection. We now have the opportunity to keep momentum of preparation going by participating in the diocesan program of prayerful discernment around the six thematic papers of the Plenary. That diocesan program outlining our preparation between October 2020 – May 2021 can be accessed here. https://sandhurst.catholic.org.au/index.php?option=com_docman&view=download&alias=1433-discerning-the-way-to-the-plenary-council-sept-2020&category_slug=diocese-of-sandhurst-publications&itemid=830. Let's continue our prayerful involvement