



St Francis Xavier Primary School

Newsletter

Tuesday 13th June 2023
Term 2 Week 8

P.O. Box 2027
Ballarat East VIC 3354
Phone: 5331 6311
Fax: 5331 8337

Email: principal@sfxballarat.catholic.edu.au

Term 2 (9 weeks)

Mon 24th April - Fri 23rd June

Tuesday 13th June

Year 6 swimming

Tues 13th & Wed 14th June

Year 2 Log Cabin Camp

Friday 16th June

12.40pm 4BW Assembly

Regional Netball (Colac)

Saturday 17th June

6pm Year 4 First Eucharist
at St Alipius

Sunday 18th June

9am Year 4 First Eucharist
at St Alipius

10.30am Year 4 First
Eucharist at Ss Peter & Paul,
Buninyong

Mon 19th – Thurs 22nd June

Year 6 swimming

Mon 19, Tue 20 & Wed 21

June Yrs 4/5/6 Golf Clinics

Mon 19, Tue 20 & Wed 21

June SFX Music Showcases
6pm in Gym

Term 3 (10 weeks)

Mon 10th July - Fri 15th Sept

Mon 10th & Tues 11th July

Year 3 Camp

Thursday 13th July

State Cross Country

Friday 14th July

9.30am Mass in Gym

12.40pm 2EH Assembly

Friday 21st July

12.40pm 1MM Assembly

Fri 28th July

School closure day

Friday 4th August

12.40pm 5OH Assembly

Friday 11th August

12.40pm F LH Assembly

Friday 18th August

12.40pm 6MM Assembly

Wednesday 23rd August

Division Basketball

In the Land of the Wadawurrung People

Dear families,

Our collection of feast days continues with the last of the post Easter run last Sunday celebrating the feast of the Body & Blood of Christ. This is one of the most significant Feast days in the Catholic Church, and one which has a very special meaning to those in our community who have been preparing to receive the sacrament of First Eucharist.

The Church today recognises seven sacraments. The first sacrament is Baptism followed by Confirmation, Reconciliation, First Eucharist, marriage/Holy Orders and Anointing of the Sick/Last Rights. First Eucharist is when we are invited to participate fully in the sacramental life of the church by receiving communion. As the sacraments go, it's probably the one that the students most look forward to! We wish Isla, Charlie, Alfie, Nicholas, Angus, Hudson, Evie, Sophie, Ava, Hamish, Aria, Bailey, Henri, Audrey, Hudson, Elly, Margo, Cooper, Mia, Marli, Noah, Lachlan, Rhys, Ivy, Aila, Luella, Evangeline, Mila, Hudson, Lucinda, Leni, Amelia, Maeve, Beatrice, George, Christopher, Sierra, Sophie, Abbey, Reuben, Ava, Isabelle, William, Lois, Jed, Harriet, Archie and Haddie all the very best as they receive their First Eucharist this weekend and we congratulate Nicholas, Madison, Asha and Billy who have already received their First Eucharist.



God bless,



Mark Hogbin.

King's Birthday Holiday

Did you enjoy the King's Birthday holiday yesterday. It is the first time in more than 70 years that we have celebrated the King's Birthday so we hope that it was memorable for you. How interesting that the Queen and the King both share the same birthday!



School Closure Day

Thanks to all families for supporting our school closure day last Friday. We had a busy day working with the team from Mackillop family Services as we continued our work in the Relate wellbeing program. This is a focus across the Diocese so it is great to have the opportunity to work with a dedicated team of professionals.

Friday 25th August
Book Week celebrations

Friday 25th August
Ballarat Catholic Primary
Schools Athletics at
Llanberris

Friday 1st September
Fathers' Day celebration

Tuesday 5th September
Division Athletics @
Llanberris

Thursday 7th September
6pm at St Alipius
Year 3 Confirmation

Friday 8th September
12.40pm 1JS Assembly

Mon 11th – Fri 15th Sept
Years 1 & 3 swimming

Term 4 (12 weeks)
Mon 2nd Oct - Wed 20th Dec

Mon 2nd – Fri 6th October
Years 2, 4 & 5 swimming

Friday 6th October
9.30am Mass at St Alipius

Friday 13th October
12.40pm 5JF Assembly

Friday 20th October
Grandparents' Day

Friday 27th October
12.40pm 2CJ Assembly

Friday 3rd November
12.40pm F MM Assembly

Friday 10th November
12.40pm 4CP Assembly

Friday 17th November
12.40pm 3NM Assembly

Friday 24th November
12.40pm F GJ Assembly

Friday 1st December
12.40pm 2GH Assembly

St Francis Xavier Feast Day
celebrations

Wednesday 6th December
Year 4 Camp

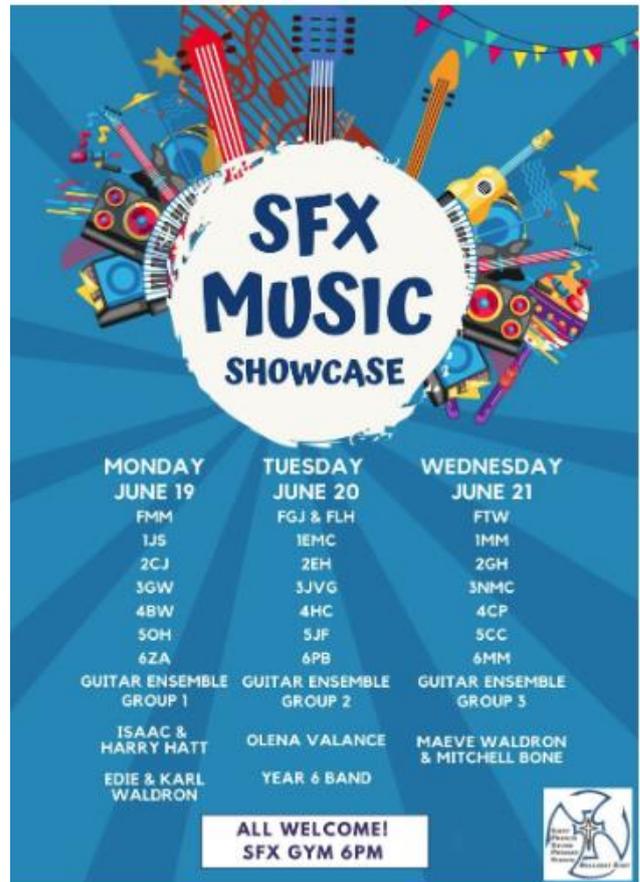
Monday 18th December
9.30am Mass in the Gym

Tuesday 19th December
Last 2023 student day

SFX Music Showcase

Are you ready? Your children are!

Please come along and enjoy a special night with our students as they show what they are learning in class.



The poster features a central white circle with 'SFX MUSIC SHOWCASE' in blue text. Surrounding the circle are various musical instruments like a guitar, keyboard, and drums. Below the circle is a table of dates and performers.

MONDAY JUNE 19	TUESDAY JUNE 20	WEDNESDAY JUNE 21
FMM	FGJ & FLH	FTW
1JS	1EMC	1MM
2CJ	2EH	2GH
3GW	3JVG	3NMC
4BW	4HC	4CP
5OH	5JF	5CC
6ZA	6PB	6MM
GUITAR ENSEMBLE GROUP 1	GUITAR ENSEMBLE GROUP 2	GUITAR ENSEMBLE GROUP 3
ISAAC & HARRY HATT	OLENA VALANCE	MAEVE WALDRON & MITCHELL BONE
EDIE & KARL WALDRON	YEAR 6 BAND	

**ALL WELCOME!
SFX GYM 6PM**

Apple for the Teacher

Congratulations to Mr. Jack Ferguson who has been awarded the 'Apple for the Teacher' award this week from Power FM! We already know that Mr. Ferguson is a super teacher so it's great that the wider community now knows it too. Congratulations Jack!



News from the Stork

Mrs. Brigid Ginnane-Smith celebrated some very special news with her students last week. Brigid is expecting the arrival of her second child later this year! Congratulations Brigid and Lukas. We wish you all the very best! Brigid will be with us well into fourth term so we will all be able to watch this little project grow over the coming months.



School Uniform Focus

We have been doing so well with our school uniforms lately. Our focus on footwear has been taken up so well and our jewellery focus last week really helped to get us all back on track. This week we will focus on *hair styles*. Our school policy asks that all long hair is tied back and that only approved ribbons/head gear can be worn at school. Your help at home with this is greatly appreciated.

Hair

Long hair is to be tied back. A plain maroon or navy hair tie, scrunchie or maroon or navy ribbons may be worn. Hair should always be neat and tidy. Shaving the head is not permitted. Unnatural hair colouring is not permitted.

End of term – Start of Term

Classes will cease for the end of term on Friday 23rd June at 2.20pm. Third term will commence on Monday 10th July at 8.55 am. Happy holidays everyone!

Year 2 Camp



Our Year 2 students are enjoying a very special time on camp today and tomorrow. This is their first camp experience and it's a big step in their young lives. Well done students!

Yr. 6 Swimming Program

Our Yr. 6 students commence their swimming program this week. This is an important component of their PE program and one which is always enjoyed by all. Should you have any questions regarding the swimming program, please contact your child's class teacher.

Please find at the end of this newsletter: Parish Bulletin; Grades do not define our worth.

Religious Education News

THIS WEEK'S GOSPEL- Sunday June 11, 2023 Most Holy Body and Blood of Christ (Year A)

Gospel: John 6:51-58

Jesus said: "I am the living bread that came down from heaven. If anyone eats this bread, he will live for ever. The bread that I will give him is my flesh, which I give so that the world may live."

This started an angry argument among them. "How can this man give us his flesh to eat?" they asked.

Jesus said to them, "I am telling you the truth: if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in yourselves. Those who eat my flesh and drink my blood have eternal life, and I will raise them to life on the last day. For my flesh is the real food; my blood is the real drink. Those who eat my flesh and drink my blood live in me, and I live in them. The living Father sent me, and because of him I live also. In the same way, whoever eats me will live because of me. This, then, is the bread that came down from heaven; it is not like the bread that your ancestors ate. They later died, but those who eat this bread will live for ever."

(Gospel passage taken from Good News Translation)

Gospel reflection:

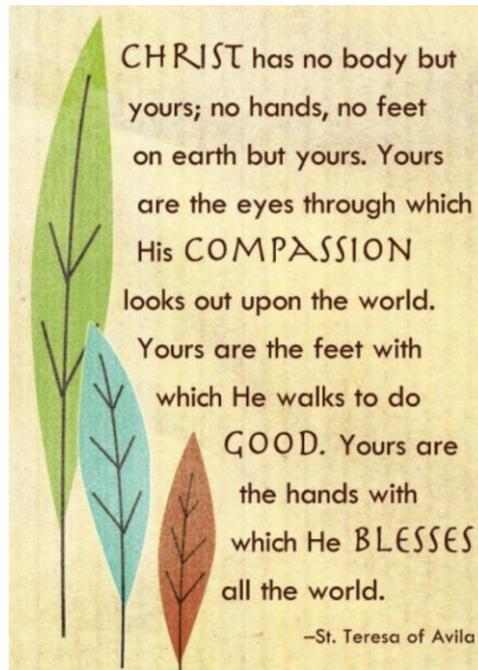
Why do you think Jesus chose to talk about bread?

Bread is a very important food- it is a basic food eaten by people all over the world.

St. Francis Xavier Primary School is a Child Safe School called to action through Gospel values and Mercy tradition. Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

It is an everyday food that all Jesus' listeners would have recognised and understood. Bread is still very important in the lives of many people around the world today and is a staple in most diets.

This week as many of our Year Four students prepare for their Sacrament of First Communion, we remember how very special the bread at Mass is, because we become Jesus' body. We look forward to taking part in this special meal with the whole parish community, by receiving a special blessing or, if we have made our First Communion, the Body of Christ.



Sacrament of First Communion: This week we pray for many of our Year Four Students who are receiving the Sacrament of First Communion. As a part of their Religious Education lessons, the children have been invited to think about hospitality and how Catholic Christians celebrate at Mass. Fr Jorge is coming to visit their classes this week and we wish them all the best this weekend. Many thanks to Ms Wrigley, Ms Howard, Ms Pearson and Ms Cicchini in helping prepare them for this special day.



Christine Meneely, **Religious Education Leader**

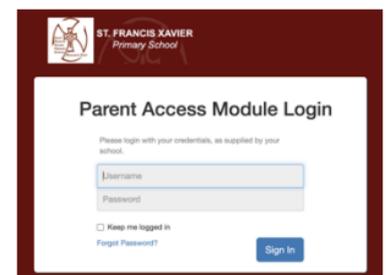
Curriculum News



Mid-Year Reports Leadership are now reading class reports ready for next week. Once again I thank the Specialists and Classroom Teachers for the energy, thoroughness, sincerity, professionalism and time that they have brought to their report writing. As communicated to families, St. Francis Xavier Primary School continues its firm commitment to working in partnership with

parents to enable our children to achieve their best.

Our end of Semester One reports will be available on PAM from Thursday 22nd June.



SFX Music Showcase Performing Arts Lessons at St Francis Xavier Primary School assist students to participate in and develop a lifelong interest in 'The Arts'. Our Performing Arts program includes Music, Dance and Drama. Each

St. Francis Xavier Primary School is a Child Safe School called to action through Gospel values and Mercy tradition. Through the mission of Jesus within the Mercy tradition, we are called to action in pursuing fullness of life for all.

discipline has its own distinctive body of knowledge and its own elements, techniques and conventions. Students develop their literacy in each discipline which enables them to grow and to contribute to their school, community and culture. Performing Arts develop the artistic and aesthetic dimensions of human experience and contribute to their intellectual ability. Performing Arts stimulate imagination, thinking and understanding. I am looking forward to attending the upcoming music showcases! They will be very special evenings, and for many children their first 'school concert' experience. Many thanks go to our Performing Arts teacher Mr Dan West for providing this opportunity for our children, families and friends.

Enjoy your week.



Jane Clark, **Deputy Principal – Learning Enhancement**

Wellbeing News

If your household is anything like mine, watching sport is a big deal! In the last couple of weeks I've caught glimpses of AFL, Rugby League, Motorsports, Netball, Soccer and Golf as I wander past the TV.

An athlete's truly incredible accomplishment is not only their natural ability; but developing the mental strength needed to get them to the top level of competition.

We have so many wonderful conversations watching high level performances and gut-wrenching defeats. Sport can offer us numerous opportunities for teaching our children about perseverance, goal-setting, resilience, gratitude, adaptability and teamwork. Although most of us will never achieve or compete at such high levels, we can use these athletes as examples to help our children learn about what it takes to achieve great results and developing a growth mindset.

We can help our children develop a growth mindset by:

- Being curious about other ideas, learning tactics and solutions to problems
- Looking at failure as a learning opportunity- in fact replace the word "failing" with the word "learning"
- Using the power of "yet" (e.g. "I can't do that " versus "I can't do that....yet!")
- Learning we only improve if we keep trying
- Viewing challenges as opportunities

Attached is an interesting article about why school grades do not define our worth- and why it is more important to cultivate a growth mindset.

Kind regards,

Christine Meneely, **Wellbeing Leader**

Sport/Physical Education News

Greater Western Regional Netball Good luck to our Girls netball team participating in this Friday's Greater Western Regional Netball tournament in Colac. They qualified for this event by winning the Eureka Division earlier in the term. We wish Annabella Chalmers, Pearl Nicholson, Lola Roney, Felicity McGrath, Olivia Green, Abbie Gervasoni, Tayla Hiscock, Mia van Hamond, Mia Mahar, Ivy Pearce and of course the coach Mrs Barclay all the very best!

Interschool Sport Also this Friday, our Yr 5 & 6's will be participating in a variety of sports and activities at SFX with the Yr 5 & 6 students from St Pat's and Sienna Primary Schools. This is a wonderful opportunity for students to participate in sports in a friendly competition environment, play new sports and activities and to visit and mingle with students they may go to secondary school with later on.

2023 Sports Dates

Term 2:

- Week 8 - Tuesday Jun 13th - Yr 6 Swimming (session 1)

- Week 8 - Friday Jun 16th - Regional Netball (Colac)
- Week 9 - Mon/Tue/Wed Jun 19/20/21 - Golf Clinics (Yr 4-6)
- Week 9 - Mon/Tue/Wed/Thur Jun 19/20/21/22 - Yr 6 Swimming (sessions 2-5)

Term 3:

- Week 1 - Thursday July 13th - State Cross Country
- Week 7 - Wednesday Aug 23rd - Division Basketball
- Week 7 - Friday Aug 25th - Ballarat Catholic Primary Schools Athletics @ Llanberris
- Week 9 - Tuesday Sep 5th - Division Athletics @ Llanberris

SFX Football Jumpers, Singlets & Netball dresses/bibs If you have any SFX Football jumpers, singlets or netball dresses/bibs at home could you please return them to either Mr Down or Mr Carroll.

Have a magnificent week.



Shaun Carroll, **SFX Sport Coordinator**

P&F News

Term 2 P&F Update:

Hot Chocolates

We are once again offering hot chocolates with marshmallows for sale in the gym on Mondays for \$1.50 at first break.

We are again grateful to Inglenook Dairy for the generous donation of their delicious milk, Grounded Pleasures for the hot chocolate and So Soft Marshmallow Co for the yummy marshmallows! We require helpers (sorry no younger siblings due to OH&S) <https://signup.com/go/EQWuAaB>

Hot Lunches

We are back ordering with Stewart's Bakery as our supplier and are so happy for them they have been able to re open. Orders need to be placed on Flexischools by 10am on Thursday. We are always in need of volunteers. Toddlers and younger siblings are most welcome in the gym.

<https://signup.com/client/invitation2/secure/9916281720121/false#/invitation>

Second Hand Uniform Shop

We currently have a large supply of second-hand items available for purchase. If you would like to check what is in stock and buy, please call into the front office. New items are available to buy from Crockers.



▶ **SS PETER & PAULS**
701 FISKEN ST
BUNINYONG 3357



▶ **ST ALIPIUS**
82 VICTORIA ST
BALLARAT EAST 3350



▶ **PARISH OFFICE**
84 VICTORIA ST
BALLARAT EAST 3350
PH 5332 6611
OPEN TUE – FRI
10.00 AM – 1.00 PM

11 June 2023

The Most Holy Body and Blood of Christ
I am the living bread

St Alipius parish

ballarateast@ballarat.catholic.org.au

www.ballarat.catholic.org.au/parish/ballarata-east/

MASS TIMES

St Alipius

Wed – Fri 9.30 AM in the Parish Hall
Saturday 9.30 AM, 6.00 PM
Sunday 9.00 AM (1st, 3rd & 5th)
10.30 AM (2nd & 4th)

Ss Peter and Paul's

Sunday 9:00 AM (2nd & 4th)
10:30 AM (1st, 3rd & 5th)
Rosary – Thursday 11:00 AM

Mass and prayer resources

www.ballarat.catholic.org.au

Counting team 7 this week – 9:30 AM

PARISH VISION STATEMENT

THE COMBINED
COMMUNITIES OF ST ALIPIUS
PARISH REACH OUT IN THE
SPIRIT OF FAITH, HOPE,
LOVE, AND ACCEPTANCE, AS
GOD CALLS US TO IN THE
GOSPELS.

WE PRAY FOR

Faithfully departed: Florita (Flo)
Mercado Cue

Anniversaries: Sheila McCartin,
Tania Giles, Bill Murphy

Unwell: Peter McLachlan, Sarah
McLachlan, Carole Simmons

*Our parish is committed to all
children, young people, and
vulnerable adults' safety, well-
being, and dignity.*

*We acknowledge this land's
traditional owners and custodians
and pay our respects to Elders
past, present, and emerging.*



St Alipius
Parish Community

Parish Priest
Fr Jorge Jr De Chavez, OSJ

Sacramental and Parish
Coordinator
Cathy Prunty

Administrative Assistant
Natalie Shannon

Parish Pastoral Council
Chair
David Morrison

Finance Officer
Bernadette Prestwood

Finance Chair
Paul O'Beirne

Child Safety Officer
Emily Clarke

Liturgy Coordinator
Jason Fletcher
www.sapliturgy.net.au

Funeral Ministry
Carmel Flynn
stalipiusfuneral@gmail.com



PIETY STALL

The piety stall has a range of very affordable cards and gifts for sale. The current display shows items suitable for **First Eucharist**.

During a recent stocktake, many slow-to-move articles were identified. These have been placed on tables near the piety stall and are either free or \$2 each.

UPCOMING EVENTS

Finance Committee Meeting

5:30 PM, Tuesday 13 June, St Alipius Presbytery

Parish Pastoral Council Meeting

6:30 PM, Thursday 15 June, St Alipius Presbytery

Buninyong Casserole Night

6:00 PM, Friday 30 June, Ss Peter and Paul's

Parish Trivia Night

7:00 PM, Friday 4 August, St Alipius Hall

PARISH TRIVIA NIGHT

We are holding a Trivia Night at 7:00 PM on Friday 4 August. Tickets will be \$10 per person with tables of up to 8 people. BYO nibbles and drinks. Tea and coffee will be supplied. Please contact the office if you can secure a donation or would like to donate a prize for the raffle. Please call the office for further information.

STEWARDSHIP PROGRAM

Thank you to all parishioners who contribute to our stewardship program. Your generosity is appreciated.

Supporting our parish priests	Collection	\$1,173
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	Envelopes	\$838.20
	Credit cards	\$590
	Direct debits	

VINNIES BREAD RUN

Each Monday night between 7:00 and 7:30 PM, Vinnies volunteers can be found in the St. Alipius Church Hall providing bread for those in need. If this would benefit you, or someone you know please call into the hall and bring a bag to put the bread in.

CASSEROLE NIGHT

To be held at Ss Peter and Paul's in Buninyong at 6:00 PM on Friday 30 June. Please bring casseroles or other food to share. Beer, wine, and soft drinks will be available. \$15 per person. Everyone is welcome.

SUNGLASSES FOUND

A pair of sunglasses were found at Ss Peter and Paul's church in Buninyong after 10:30 AM mass last week. They are at the parish office if anyone is missing them.

REFUGEE WEEK LUNCHEON

The House of Welcome Ballarat, who assist refugees, asylum seekers, students, and those in need, are holding their annual Soup and Sandwich Luncheon which resumes this year after pausing during the pandemic. This year's event will be held at 1:30 PM on Wednesday 21 June in the Uniting Church Hall, 107 Lydiard Street South, near the corner of Dana Street. There will be stalls, competitions, and great company. The guest speaker is Mr Anthony Krohn (BA(Hons), LI.B, B.Theol), who is a former member of the Refugee Review Tribunal and the Migration Review Tribunal. Entry is \$25 and all are welcome to attend. To book, text your name to 0401 175 045 or email annekav1234@gmail.com. Donations can be made to the House of Welcome Ballarat, BSB 633-000, account number 1440 44963.

VINNIES WINTER APPEAL

The St Vincent de Paul Society's annual Winter Appeal will focus on older women experiencing and at risk of homelessness. Appeal envelopes are located at the ends of the pews. People wishing to support the work of SVdP through our local conference can place their donation in an envelope and return it via the collection plate. Donations over \$2 are tax deductible and can be made at www.vinnies.org.au/nswwinterwarmthappeal, at Vinnies shops, or by calling 13 18 12.

MUSIC CONFERENCE

The Australian Pastoral Musicians Network & National Liturgical Council are hosting a joint national liturgy and liturgical music conference entitled "Mystery and Mission: The Art of Liturgical Celebration" to be held at the Hilton Brisbane from 28–30 September. There will be 6 keynote speaker presentations, 50 workshop options, networking and discussion, prayer, and liturgy. Watch the conference promo video – <https://youtu.be/rpFbN0NgR2s> For more information and to register go to: <https://www.mysteryandmission.com.au/register>

NATSICC WEBSITE

The National Aboriginal and Torres Strait Islander Catholic Council (NATSICC) has launched a new website called "One Journey, Together" for Catholics to learn about the Indigenous Voice to Parliament. The website hosts stories and anecdotes from Aboriginal and Torres Strait Islander communities and organisations, Catholic figures, and Catholic organisations. Visit the website at this address: <https://indigenousvoice.church/>

BAPTISMS

Mason Joseph and Cooper Thomas Drew
Children of Daniel Drew and Taylor Robertson

Parker James Reid
Children of Child of Jack and Hayley Reid

Vienna Marie Curtis
Children of Shannon Curtis and Nancy Cabel

The church gives faith to your children through Baptism, and you have the task to make it grow.
Pope Francis

POPE'S PRAYER FOR UKRAINE

I ask you to pray the Our Father for peace in Ukraine, now and throughout this day. Let us ask the Lord to grant that the country may grow in the spirit of brotherhood, and that all hurts, fears, and divisions will be overcome. They are a people who have suffered; they have suffered from hunger, suffered from much brutality and they deserve peace. May the prayers and supplications that today rise up to heaven touch the minds and hearts of world leaders, so that dialogue may prevail and the common good be placed ahead of partisan interests. Please, no more war.

LAY MINISTRY PROGRAM

The Virtual Learning Community for Faith Formation is a new initiative to offer adult religious education and faith formation anytime and anywhere. The online study and formation for employed or volunteer lay workers in parishes is available through the Diocese of Ballarat's partner, Dayton University at a cost of US\$50. There are 39 subjects to choose from. Registrations are open for the next cycle, which begins on 10 July. For more information, visit www.ballarat.catholic.org.au/services-agencies-2/pastoral/pastoral-ministry/lay-pastoral-ministry-program/, phone 5337 7121 or email [djurdja.klaric@ballarat.catholic.org.au](mailto:djurja.klaric@ballarat.catholic.org.au).

PRAYING WITH THE POPE

Each month, the Pope puts forward a prayer intention and asks Catholics around the world to join him in prayer. The Pope's intention for June is for **the abolition of torture**: We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families. Lord, hear us. View 'The Pope Video' – www.thepopevideo.org.

SCHOLARSHIPS

The St Vincent Pallotti Scholarship Trust offers scholarships to enable lay people to further their understanding and skills in leadership/ministry or a specialised activity, such as promoting faith enhancement, social justice, and pastoral care. Visit pallottine.org.au/svpscholarship for more information and application forms. Applications close on 4 August.

ACU LITURGY PODCAST

The ACU Centre for Liturgy presents Australia's first liturgy podcast, which features local and international experts exploring a wide range of liturgy-related topics, including thought-provoking discussions on Catholic liturgy, liturgical music, art and architecture, liturgy in Catholic schools, preaching and more. Listen at www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/the-liturgy-channel

MARY MACKILLOP CENTRE

The Mary MacKillop Heritage Centre Museum Gift Shop supports the Sisters of St Joseph. The shop stocks communion and confirmation gifts, devotional items, Vatican pieces, rosary beads, holding crosses, candles, cards, statues, crucifixes, books and Peruvian handmade items <https://www.mmhc.org.au/facilities/gift-shop/>
The Heritage Centre also offers accommodation in well-appointed one and two-bedroom apartments, including free parking and wi-fi, at very reasonable rates. To book, contact Kate on 9926 9300 during business hours.

SAVE THE DATE

The annual Knights of the Southern Cross Victoria's Archbishop's Dinner in support of Corpus Christ Seminary will be held at 7:00 PM on Friday, 1 September at Moonee Valley Racecourse. The guest speaker is Corpus Christi College Seminary Rector, Fr. Cameron Forbes. More information is available from www.facebook.com/profile.php?id=100081831675720

Reflection on the Gospel

Veronica Lawson RSM

Body and Blood of Christ: John 6:51–58

As I watch the birds foraging for food in my front yard, I am transported back to the poetry of Gerard Manly Hopkins who began his famous work, *The Wreck of the Deutschland*, with the prayer: "Thou mastering me God! giver of breath and bread." Every creature needs bread and every creature need breath. "I can't breathe", that cry of African American George Floyd has echoed across the globe for over three years now, making of both Pentecost and Trinity strange reminders of the right of all to the breath of life. It will haunt us until we effect the conversion of heart that eliminates white supremacy and every form of violence.

As we celebrate Corpus Christi, we remember the two billion or more across the globe who yearn for "bread" in order to remain physically alive. We cannot appreciate this feast and what it signifies unless we have some appreciation and some satisfying experience of the material reality that underpins the symbolism of bread and wine. At the most basic level, this Feast is about bread broken and shared. It calls us to share our daily bread.

Today's gospel passage belongs within a section of John's gospel

generally called the Bread of Life Discourse. Some scholars suggest that the discourse as a whole is cast in the form of a synagogue homily. In this view, it is a rabbinic-type exposition of Exodus 16:4 and Psalm 78:4–5 on the manna/bread that God rains from heaven. In John 6:51–58, there are allusions to Eucharist as both meal and sacrifice. Jesus is the manna or bread from heaven. Life comes from eating his flesh/body. It also comes from drinking his blood. For the ancient Israelites, the life was in the blood. Blood poured out is life poured out. To drink the wine/blood is to participate in the life of Christ poured out.

Jesus is the manna or bread from heaven.

An analogy from my own context might help us to grasp something of the mystery that we call Eucharist. My hometown, Ballarat, is the site of the Eureka Rebellion. The Eureka flag is housed in a place of honour in the Museum of Australian Democracy at Eureka. At one level, this flag is fabric and thread. At another, it far transcends the materials from which it is



crafted. These materials were transformed, possibly by women from our own parish, into a symbol of freedom for the Eureka rebels. In the process, they changed their purpose and meaning; so too with the bread and wine of our Eucharistic celebrations. They have become, in a very real though mysterious sense, the body and blood of Christ. While we reflect on this mystery, we ground our faith in action designed to address the issue of global hunger and the circumstances that inhibit access to "bread" for all. The feast of the Body and Blood of Christ invites us to careful consumption of the world's resources so that all God's people and all God's creatures may have life.

THIS WEEK'S READINGS

THE MOST HOLY BODY AND BLOOD OF CHRIST

DEUTERONOMY 8:2–3, 14–16

1 CORINTHIANS 10:16–17

JOHN 6:51–52

NEXT WEEK'S READINGS

ELEVENTH SUNDAY IN ORDINARY TIME

EXODUS 19:2–6

ROMANS 5:6–11

MATTHEW 9:36–10:8



Grades do not define our worth

I remember the first time I felt like my pre-schooler was falling behind. I had just met another 3-year-old who could read. Actually read, not just remembering the words to a favourite story like my pre-schooler did. In fact, my kid was only just mastering the alphabet song! Should I have been spending more time with phonics flashcards? Maybe we needed to start doing worksheets? Was I doing something wrong?

Yes!

But I didn't need to pull out the flashcards. What I was doing wrong was focusing on observable outcomes. We want to see growth in the way our kids can count and read because those are the things we can easily measure. But the real work of pre-school and even primary school is much more important than A B C and 1 2 3. It's the work of teaching our kids social skills, the not easily measured attributes of being able to wait for a turn, process uncomfortable feelings, and problem solve.

Obviously, we do want our children to learn their A B Cs and 1 2 3s too. But we don't need to rely on tests and homework to measure their learning. We should be able to see it in the way they talk about the problem at hand, the way they apply knowledge to new situations, and in the way they creatively build on what they know.

We also don't need to compare them to their peers to see how they measure up. Childhood is a period of rapid growth and learning. But learning isn't linear, and it isn't consistent across every child. One child may be thriving academically – able to spell words even adults struggle with like 'definitely' and 'facetious'... but they can't do the monkey bars yet. Another child may be a competitive gymnast... but hasn't learnt all their times tables yet. And yet another child may be a maths whizz...but still needs to work on making eye contact with people while they're talking.

But just as we need to remember not to compare our kid to their peers, we also need to teach our kids not to compare themselves to their peers. This is important for students who are struggling, but just as important for those who seem to be at the top of the class. Here's how you can teach them, by teaching yourself first:

Step 1. Remind yourself that grades aren't everything

You probably grew up believing that your life prospects depended on the outcome of each test and exam you did. But look around you. Can you pick the ATAR score of your co-worker? Which of the parents in the school pick-up line was the best speller in grade 1? Which of the people at your church or gym or pottery class failed their Geography exam in high school? Can't tell? Of course not! Our grades are part of our story. But they do NOT define our story.

Step 2. Remind yourself that grades are much less important than social skills

We can teach a computer to do just about anything these days... except have feelings. In an increasingly digitised and technological world, if you want your child to have skills that truly set them apart, focus on helping them grow their emotional IQ. Empathy, creative thinking, grit...these are all things that are much more important than being able to spell flawlessly.

Step 3. Remind yourself that “comparison is the thief of joy”

Every child is on their own learning journey. Some kids may seem to be in the fast lane. Others may seem to be in the slow lane. But instead of comparing your child to another, compare them to where they were a year ago. Reflect on what they have learnt to do. Think about what they could work on further.

Step 4. Cultivate a growth mindset

If your child comes to you saying “I can’t do fractions”... or “I’m no good at colouring in the lines”... or “I don’t understand phonics”... just add the word “yet”.

“I can’t do fractions...yet” reminds them that while they can’t do it now, they can learn them one day.

“I’m no good at colouring in the lines...yet” encourages them that with practice, they can get better.

“I don’t understand phonics... yet” reassures them that they might understand it tomorrow.

Being able to accomplish great things doesn’t depend on high test scores. It doesn’t depend on being better than others. It just depends on an inner conviction that greatness can be accomplished. Believe in your child.



AUTHOR

Rebekah Delahoy

Beck Delahoy is a homeschooling mum of 3 and microadventure enthusiast who somehow finds time to read and write about parenting. Find her on Instagram @beckdelahoy or beckdelahoy.substack.com