



# St Francis Xavier Primary School

## Newsletter

Monday 29<sup>th</sup> May 2023  
Term 2 Week 6

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

Email: [principal@sfxballarat.catholic.edu.au](mailto:principal@sfxballarat.catholic.edu.au)

### Term 2 (9 weeks)

Mon 24<sup>th</sup> April - Fri 23<sup>rd</sup> June

#### Monday 29<sup>th</sup> May

Regional Cross Country at  
Warrnambool

#### Thursday 1<sup>st</sup> June

P&F Meeting  
6pm in Staff Room

#### Friday 2<sup>nd</sup> June

12.40pm F TW Assembly

Division Soccer

#### Friday 9<sup>th</sup> June

Student free day

#### Monday 12<sup>th</sup> June

King's birthday holiday

#### Tuesday 13<sup>th</sup> June

Year 6 swimming

#### Tues 13<sup>th</sup> & Wed 14<sup>th</sup> June

Year 2 Log Cabin Camp

#### Friday 16<sup>th</sup> June

12.40pm 4BW Assembly

#### 6pm Sat 17<sup>th</sup> and 10.30am

#### Sun 18<sup>th</sup> June at St Alipius

Year 4 First Eucharist

#### Mon 19<sup>th</sup> – Thurs 22<sup>nd</sup> 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 10<sup>th</sup> July - Fri 15<sup>th</sup> Sept

#### Mon 10<sup>th</sup> & Tues 11<sup>th</sup> July

Year 3 Camp

#### Friday 14<sup>th</sup> July

9.30am Mass in Gym

12.40pm 2EH Assembly

#### Friday 21<sup>st</sup> July

12.40pm 1MM Assembly

#### Fri 28<sup>th</sup> July school closure

#### Friday 4<sup>th</sup> August

12.40pm 5OH Assembly

#### Friday 11<sup>th</sup> August

12.40pm F LH Assembly

#### Friday 18<sup>th</sup> August

12.40pm 6MM Assembly

### In the Land of the Wadawurrung People

Dear families,

Yesterday we celebrated the feast of Pentecost. This marks the time when the Disciples gained the courage to move beyond their existing communities and spread the good news of Christianity to all nations. The feast of Pentecost is sometimes referred to as the birth of the modern church.

The gospels tell us *"When the day of Pentecost came, they were all together in one place. <sup>2</sup> Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. <sup>3</sup> They saw what seemed to be tongues of fire that separated and came to rest on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them"* (Acts 2:1-5)

This story reminds me about what it means to act with courage. A long time ago in my early years of leadership, I was offered the following advice; 'What's popular is not always right, and what's right is not always popular'. It has stood by me for many years and I still keep this in mind when the hard decisions have to be made. For those early disciples, spreading the word of God led to many adventures, and misadventures but ultimately, and with courage, the word spread and today we are the recipients of that message. Just like the early disciples we are called to live our lives according to a set of values that we call Christianity.

In the week ahead, may we all act courageously according to our beliefs. If something is wrong in our life, may we have the courage to seek the help we need. If someone we know is seeking assistance, may we be the person to assist. Let's take on the message of the early disciples and be brave, courageous and determined to make our world a better place.

God bless,

Mark Hogbin.



**Yr. 3-6 School Sports** Unfortunately we were beaten by the pre-winter artic blasts last week which meant that we had to postpone our sports day again. It's always tricky making a call like this but we would prefer to be cautious when it comes to caring for our children. We will organise another day and pray for better weather. Third time lucky!

**School Closure Day & Public Holiday** A reminder that there will be no classes at school on Friday 9<sup>th</sup> June. This will allow the staff to continue training in the ReLate program which is designed to assist us as we continually work towards building a happy and safe environment

**Friday 25<sup>th</sup> August**  
Book Week celebrations

**Friday 1<sup>st</sup> September**  
Fathers' Day celebration

**Thursday 7<sup>th</sup> September**  
6pm at St Alipius  
Year 3 Confirmation

**Friday 8<sup>th</sup> September**  
12.40pm 1JS Assembly

**Mon 11<sup>th</sup> – Fri 15<sup>th</sup> Sept**  
Years 1 & 3 swimming

**Term 4 (12 weeks)**  
Mon 2<sup>nd</sup> Oct - Wed 20<sup>th</sup> Dec

**Mon 2<sup>nd</sup> – Fri 6<sup>th</sup> October**  
Years 2, 4 & 5 swimming

**Friday 6<sup>th</sup> October**  
9.30am Mass at St Alipius

**Friday 13<sup>th</sup> October**  
12.40pm 5JF Assembly

**Friday 20<sup>th</sup> October**  
Grandparents' Day

**Friday 27<sup>th</sup> October**  
12.40pm 2CJ Assembly

**Friday 3<sup>rd</sup> November**  
12.40pm F MM Assembly

**Friday 10<sup>th</sup> November**  
12.40pm 4CP Assembly

**Friday 17<sup>th</sup> November**  
12.40pm 3NM Assembly

**Friday 24<sup>th</sup> November**  
12.40pm F GJ Assembly

**Friday 1<sup>st</sup> December**  
12.40pm 2GH Assembly  
St Francis Xavier Feast Day  
celebrations

**Wednesday 6<sup>th</sup> December**  
Year 4 Camp

**Monday 18<sup>th</sup> December**  
9.30am Mass in the Gym

**Tuesday 19<sup>th</sup> December**  
Last 2023 student day

for all members of our school community. We will also be closed on Monday 12<sup>th</sup> June to acknowledge the King's Birthday public holiday.

**Winter school Uniform** Thanks everyone for ensuring a smooth transition to our winter school uniform. The children are looking much warmer at school now! Our suppliers have been in touch to say that they are still experiencing some difficulties in obtaining larger sizes but they are working hard to build up their stocks and will make them available to us as soon as possible. A reminder that coats and beanies are a good idea at this time of year and we ask that children wear the navy blue school and a navy beanie to help keep us looking neat, tidy and proud of our school.

**School Uniform** We are very proud of our school at St. Francis Xavier, and one important way of showing that pride is by making sure that we wear our school uniform correctly at all times. As part of our commitment to honoring the school policy we will be focusing on one aspect of the uniform policy each week between now and the end of term. You can assist us at home by ensuring that the children come to school each day in their correct school uniform.

This week's focus is **Footwear**. According to our policy we ask the following of all students in our school:

#### Winter Uniform

- Black shoes
- Grey sock with school colours

#### Sports Uniform

- White socks
- Sports shoes



**School Drop off and Pick Up** I wish to remind everyone that the management of traffic flow at the beginning and end of the day is always a concern. We are fortunate that there is very little non-school traffic in the mix at these times. If the road signage and markings are adhered to with a good level of patience a safe environment can be maintained. We remind drivers to pull off to the left around the trees where the buses travel and U-turn to return down Fortune Street rather than cross directly across the traffic. (This is illegal!). Our staff carpark is not to be used as a pathway to either drop your children at school or pick them up. Car spaces are limited and the onsite carpark is for staff cars only. Many thanks for your assistance with these matters.



**Project Compassion** Congratulations to all students who contributed to our Project Compassion campaign this year. Through your class contributions we have been able to raise \$380.90 for CARITAS to share with those in need. CARITAS is reliant on donations to assist the most poor and vulnerable in society so we know that every penny counts. Well done everyone!

**Please find at the end of this newsletter:** Parish Bulletin; Assembly Awards; Teaching kids to be kind.

**St Patrick's Cathedral is establishing Choral and Organ Scholarships.** The program will provide an opportunity for children with an aptitude and interest in music to sing regularly at Cathedral Masses. The children will receive annual scholarship payments towards their general education in return for their participation in the choir. The children will benefit from vocal and musical tuition, and develop skills in teamwork, time-management, professionalism and discipline. Children in Grades 3-6 are welcome to audition for the choir, which will have a gender balance. The safety of the children will be of the highest priority. Copies of the Choir Handbook, Audition Form or further information can be obtained by contacting the Choir Director, Mr Vincent Sully, on 0407 310 115 or [vincenzo101923@gmail.com](mailto:vincenzo101923@gmail.com).

*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.*

THIS WEEK'S GOSPEL- Sunday May 28 , 2023 Pentecost (Year A)



Pentecost by Jennifer Allison (2018)

**Gospel:** John 20:19-23 It was late that Sunday evening, and the disciples were gathered together behind locked doors, because they were afraid of the Jewish authorities. Then Jesus came and stood among them. “Peace be with you,” he said. After saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. Jesus said to them again, “Peace be with you. As the Father sent me, so I send you.” Then he breathed on them and said, “Receive the Holy Spirit. If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven.”

*(Gospel passage taken from Good News Translation)*

**Gospel reflection:** The disciples were alone and afraid, because their friend Jesus had been put to death. Suddenly Jesus appeared to them and the disciples were filled with joy. Jesus repeated the words “Peace be with you.” He told the disciples he was sending them out to spread his word.

The disciples were filled with joy, hope and courage to go out and spread the word of God. The Holy Spirit gives the disciples the courage to see that they can do what Jesus asks of them.

Jesus asks us to do the same as the disciples – to spread his message of love and peace to all people through what we do. The Holy Spirit gives us the courage to answer Jesus’ call, to do what God asks of us even when it is difficult. We each answer that call in a different way, but the Holy Spirit helps and guides us along the way.

**Our Challenge:** This week let’s try to notice the Holy Spirit in our lives, helping us to be brave, and helping us to spread Jesus’ message of peace in our world. *(Adapted from CAFOD website)*



Christine Meneely, **Religious Education Leader**

### Curriculum News



#### Continuing to Strive for Excellence At SFX

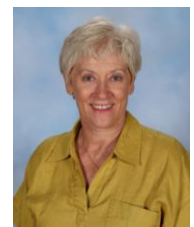
Here at SFX we are continually striving to provide quality learning and teaching that promotes excellence and fosters fullness of life for all. We believe in always looking for opportunities to strengthen our current practices to enhance the learning outcomes for our children. As a school, we are currently celebrating how our current Reading Program aligns with evidence-based practices, while also investigating reading strategies

to enhance our current reality. Within this our ultimate goal is to develop engaged readers, who read to learn and love to read.

#### Mid-Year Reports

Currently teachers are working hard to moderate your children’s work to ensure that their reports are accurate and up to date with where their learning is positioned. I thank them for the energy, thoroughness, sincerity, and professionalism that they bring 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 23rd June.



Enjoy your week.

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

## Wellbeing News



In a world where you can be anything, be kind! I love this quote! Kindness needs to be a conscious act and we need to create opportunities for our children to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important).

It might mean us as parents modelling kindness- giving genuine compliments, letting someone with fewer items go ahead in the grocery line (time permitting) or helping someone carry something when you see they are struggling. It might mean encouraging your child to invite the whole class to their birthday party, instead of excluding one or two children.

In the attached Parenting Ideas, Rachel Tomlison explores why encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. Genuine kindness is one of the most important

virtues in developing good character in our children.

Let's try and start a Kindness Revolution!

**Dress As A Superhero Day** This Friday (June 2) is Dress As a Superhero Day at St Francis Xavier and our focus is raising awareness of Duchenne Muscular Dystrophy and supporting research efforts. We will be donating the proceeds of our free dress day to this valuable work.

We recognise not all superheros wear capes! Everyday people can display extraordinary qualities, like the good Samaritan who runs in to help after an accident. These people possess internal qualities that make them a hero, and because of them, the term "everyday hero" was coined. Many superheroes are everyday people in disguise- like doctors, nurses, paramedics, teachers, scientists, police officers and researchers.



**What is Duchenne Muscular Dystrophy?** Duchenne Muscular Dystrophy (DMD) is a genetic disorder that affects the ability of muscles to make dystrophin. Dystrophin is used in muscle contraction to produce muscle strength. Without the dystrophin, muscles are unable to contract properly and therefore are weakened. This process is degenerative and progressive. DMD only affects males as the gene for dystrophin is located on the X chromosome.

Research focuses on gene therapy and the hope of finding a substitute for dystrophin. Other research seeks ways to protect the muscle and help it to repair and regrow. Some research efforts have found their way to clinical trials.

Kind regards,

Christine Meneely, **Wellbeing Leader**

## Sport/Physical Education News

**Eureka Division Netball - Boys & Girls** SFX took to the netball stage last Wednesday competing in the Eureka Division Netball Competition. With four strong sides in the competition, we were able to represent SFX very well.

Congratulations to all of the students that played and well done to the Girls A team that have qualified through to the Regional Finals in a couple of weeks.

A big thank you to all of the support from families, coaches and staff that brought alive the Villa Spirit!

**Year 3 - 6 Athletics Day** Unfortunately Mother Nature wasn't on our side (again) last Friday and in the best interests of all involved we had to postpone our event. We are endeavouring to find an alternate date or plan for a third attempt.

**Regional Cross Country** Good luck to the 11 students that are running in the Regional Cross Country Championships this Monday in Warrnambool. We wish Hudson McGrath, Jed Hynes, Nellie Cheeseman, Archer Spackman, Mitch Kane, Pippa Dalton, Jake Cheeseman, Ash Norris, Olivia Green, Tayla Hiscock and Felicity McGrath all the very best.

**Eureka Division Soccer** Good luck to all students for this Friday's Eureka Division Soccer Competition. SFX will be represented with 2 boys teams and 1 girls team. Congratulations to all students involved.

**Boys:** Xavier Staley, Matthew Corrigan, Wentworth Campbell, Henry Robb, Abe Sosinski, Jensen McCartin, Julian Simpson, Jake Cheeseman, Alex Hocking, Cooper Downs, Sully Boyd, Jack Gertz, Augie Mason, Beau Hansen, Lachlan Patterson, Sam Hill, Campbell Delahunty, Jack Elliot, Monty Harrison, Oscar Trigg, Logan Warren, Carrington Taylor, Jasper Patterson, Rafter Castles, Xavier Kersley & Isaac Hatt

**Girls:** Abbie Gervasoni, Lucy Kierce, Pearl Nicholson, Sadie Wilson, Tayla Hiscock, Georgia Dundas, Isa Jones, Olena Vallance, Evie Knowles, Lola Roney, Olivia Green, Pippa Dalton & Mabel Reus

## 2023 Sports Dates

### Term 2:

- Week 6 - Monday May 29th - Regional Cross Country @ Warrnambool
- Week 6 - Friday Jun 2nd - Division Soccer - Wendouree West Rec Reserve
- Week 8 - Friday June 16th - Regional Netball - Colac
- Week 9 - Mon Jun 19, Tues Jun 20 & Wed Jun 21 - Golf Clinics (Yr 4/5/6)

**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 fantastic week.



Shaun Carroll, SFX Sport Coordinator

## P&F News

### Term 2 P&F Update:

**IGA Community rewards** During the month of May, our school will be participating in the IGA Community Rewards Program. Where possible please try and support the following supermarkets, Pleasant Street, Midvale Street and Northway and place your rewards tokens in the St. Francis Xavier Primary School box. (Please note the new Victoria Street Supermarket is not part of this program as yet.)

**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** If you are wanting to inspect/purchase from the uniform shop, please fill out a slip at the front office and we can organise a time to meet you.

**Parents and Friends meeting** Our next meeting will be held on Thursday the 1<sup>st</sup> of June at 6pm in the staff rooms, all are welcome to attend.

28 May 2023

Pentecost

Receive the Holy Spirit



▶ **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

# St Alipius parish

[ballarateast@ballarat.catholic.org.au](mailto:ballarateast@ballarat.catholic.org.au)

[www.ballarat.catholic.org.au/parish/ballarata-east/](http://www.ballarat.catholic.org.au/parish/ballarata-east/)

## MASS TIMES

### St Alipius

Tues, Wed, Thurs and Fri 9.30 AM  
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 (2<sup>nd</sup> & 4<sup>th</sup>)  
10:30 AM (1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>)  
Rosary – Thursday 11:00 AM

### Mass and prayer resources

[www.ballarat.catholic.org.au](http://www.ballarat.catholic.org.au)

Counting team 5 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:

Anniversaries: Margeurita Keogh

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.sapliturgo.net.au](http://www.sapliturgo.net.au)

Funeral Ministry  
Carmel Flynn  
[stalipiusfuneral@gmail.com](mailto:stalipiusfuneral@gmail.com)



## FIRST EUCHARIST

This weekend we welcome 20 children who are joining us to celebrate Eucharist for the first time. We congratulate each of these children on becoming fully initiated into the Catholic Church. The children have been preparing for this sacrament both with their families and in their schools. Please continue to pray for them.

## CARING GROUP

The caring group will meet at 2:00 PM on Friday 2 June in the St Alipius parish hall. All are welcome. Please bring a plate to share.

UPCOMING EVENTS
<b>Caring Group</b> 2:00 PM, Friday 2 June, St Alipius Hall
<b>Buninyong Casserole Night</b> 6:00 PM, Friday 30 June, Ss Peter and Paul's
<b>Parish Trivia Night</b> 7:00 PM, Friday 4 August, St Alipius Hall

## 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 available. The cost is \$15 per person, and everyone is very welcome.

## 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. Anyone who may be able to secure a donation for a prize can you please call the office and let us know? For further information call the office.

## STEWARDSHIP PROGRAM

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

Collection: *presbytery and priest support* – \$1,008

Envelopes, credit cards and direct debits: *parish*

*buildings, office, admin, grounds maintenance* – \$665

## VINNIES BREAD RUN

Vinnies volunteers provide bread to those in need each Monday between 7.00 –7.30 PM **new time**. If this would benefit you or someone you know please visit the hall during this time. Please bring a bag to put the bread in.

## VINNIES RAFFLE WINNER

Congratulations to our two lucky raffle winners – Maree from Mercy Place and Maureen Mason. What a perfect time to win a blanket.

We are most grateful to Sr Angela Caine for providing the two prizes, one of which she crocheted. We wish to thank all who supported this fundraiser, with \$686.00 raised for the St Vincent de Paul Winter Appeal.

## VINNIES WINTER APPEAL

The St Vincent de Paul Society's annual Winter Appeal will focus on older women experiencing and at risk of homelessness. This week appeal envelopes will be placed 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 Vinnies shops, or [www.vinnies.org.au/nswwinterwarmthappeal](http://www.vinnies.org.au/nswwinterwarmthappeal) or by calling 13 18 12.

## CATHOLIC EDUCATION WEEK

We celebrated Catholic Education Week with the theme – "Let the words you speak always be full of grace." We give thanks for our parish schools and to all the staff and students. Visit the Catholic Education Week website at <https://dobcel.catholic.edu.au/news/catholic-education-week/>

## 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.

## CAR PARKING

Concerns have been raised about traffic safety on our church grounds. To ensure that everyone and everything is safe, please only park in allocated car parks. Be mindful of parking for the disabled and the raised garden beds near St Alipius Hall. Thank you for your support.

## MASS COUNTS IN MAY

The final Diocesan mass count will take place this weekend. Collectors, please take note.

## OUR DIOCESAN COMMUNITY

Planning is underway for the second issue with the themes of Year of the Millet, Synod of Synodality, and Plenary Council continuing. You are invited to contribute and share significant events from the parish. Send your material to [odc@ballarat.catholic.org.au](mailto:odc@ballarat.catholic.org.au) by Friday 2 June. Photos should be sent as separate files and permission to be published should be sought from anyone in the photos. Occasionally these photos may be used in other Diocesan publications.

### BAPTISMS

Max Peter Stonehouse

Child of Blake and Danielle Stonehouse

Charlie Aaron and Frederick Lyle Johnson

Children of Aaron and Alana Johnson

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

Pope Francis

## 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 <https://www.acu.edu.au/about-acu/institutes-academies-and-centres/acu-centre-for-liturgy/the-liturgy-channel>

## 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/](http://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:djurdja.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 May is for church movements and groups: We pray they may rediscover their mission of evangelisation each day, placing their own charisms at the service of needs in the world. View 'The Pope Video' – [www.thepopevideo.org](http://www.thepopevideo.org).

## RECONCILIATION WEEK

The CECV Aboriginal and Torres Strait Islander Education Working Party has written a prayer to celebrate National Reconciliation Week (NRW). All are invited to join in unity and voice by saying the prayer during the week. The prayer can be accessed here: [www.ballarat.catholic.org.au/wp-content/uploads/2023/05/CECV-Reconciliation-Week-Prayer-2023.pdf](http://www.ballarat.catholic.org.au/wp-content/uploads/2023/05/CECV-Reconciliation-Week-Prayer-2023.pdf)

## 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](https://www.facebook.com/profile.php?id=100081831675720)

## THEMATIC ENVIRONMENT

The City of Ballarat is developing a Thematic Environmental History to understand the themes that have shaped the city, our buildings, commerce, services, communities, families, and social activities. This will include a review of the current extent of the heritage overlays and associated policies, as well as assess new heritage precincts and individually significant places. An invitation is open to everyone to attend a community consultation on Tuesday 30 May in the Trench Room at Ballarat Town Hall between 5:30 PM and 7:30 PM.

## 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.



# Reflection on the Gospel

**Veronica Lawson RSM**

*Pentecost: John 20:19–23*

Pentecost Sunday is often called the birthday of the Church. The earth itself features powerfully in the imagery associated with this feast: harvest, mountain, earthquake, thunder, and fire. For the ancient Israelites, Pentecost (meaning 'fiftieth') was a harvest festival celebrated fifty days after the opening of the harvest. When the Jerusalem Temple was built, this harvest festival was transformed into a pilgrimage feast to celebrate the covenant that Israel had made with God on Mt Sinai. Several decades after the death of Jesus, the early Christians reflected on their origins and chose this feast to mark the birth of God's new covenant with God's people. In today's first reading (Acts 2:1–11), Luke tells the new Pentecost story in symbolic language that evokes the story of Moses and the people of Israel receiving God's Law on Mt. Sinai. Just as God's presence in Israel was marked by earthquake and thunder and fire, so God's Spirit enveloping the people of the new covenant in the upper room appears in a mighty rush of wind and tongues of fire. Luke's account also evokes early rabbinic teaching that the voice of God on Sinai was divided into seventy tongues and all the nations

received God's Law in their own tongue.

---

*No one has greater love than this, to lay down one's life for one's friends.*

---

For the teaching at the heart of the new covenant, we turn to the gospel reading from John 20:19–23. The resurrected Christ appears to the disciples who are huddled behind locked doors. He offers the simple greeting: "Peace be with you," the greeting we have been in the practice of offering each other with a simple gesture at every Eucharistic celebration – until Covid-19 challenged us to find other ways of communicating the peace of Christ. Jesus sends his disciples on a mission of peace in continuity with his own God-inspired mission. He breathes on them the gift of the Holy Spirit and tells them that God will forgive those whom they forgive and will "retain" or "seize hold of" the transgressions of those whose sins or transgressions they "retain". To seize hold of wrongdoing is to expose it and deal with it. Sometimes it is best to forgive and simply allow everyone to move on.



In other situations, an easy amnesty only exacerbates the problem.

Much of the enduring conflict in our world derives from the inability of ordinary people and of both church and civic leaders to know how to deal with transgression. The Holy Spirit is the unique source of our capacity to deal with the perpetrators of violence. The Holy Spirit is likewise the source of our power to forgive, of our power to refrain from vengeance and our power to ensure restoration and healing. In our times, the earth itself cries out for forgiveness, for restoration and for healing. As we celebrate this feast of the Holy Spirit, we might consider engaging in a "values inventory" by looking at how much of our personal and collective resources we invest in the things that make for peace.

**THIS WEEK'S READINGS**  
**PENTECOST**  
ACTS 2:1–11  
1 CORINTHIANS 12:3–7, 12–13  
JOHN 20:19–23

**NEXT WEEK'S READINGS**  
**THE MOST HOLY TRINITY**  
EXODUS 34:4–6, 8–9  
2 CORINTHIANS 13:11–13  
JOHN 3:16–18

**ASSEMBLY AWARDS 26<sup>th</sup> May 2023 Hosted by 1EM**

Theme: COMPASSION

Compassion means to feel the suffering of others and to help ease that suffering.

We show compassion to others because Jesus teaches us how to care.

F LH	Zaeli Page and Alexander O'Reilly
F TW	Lance Humphries & Hazel Martin
F GJ	Polly Meade and Nevon Thuse
F MM	Flynn Williams & Theo McAdam
1 JS	Eddy Heinrich, Freddie Brown
1 EM	Tom Maher and Evie Loader
2 EH	Leighton Troon and Charlize Simpson
2 CJ	Indie Shillito and Edie Waldron
2 GH	Sophie Olechnowicz and Archie Gerdtz
3 NM	Bonnie Giles and Miah Cooper
3 JV	Emily Bone and Levi Crowe
3 GW	Alby Skrokov and Lily Hunter
4 BW	Rhys Bell & Lachlan De Lorenzo
4 HC	Sierra O'Reilly & Cruize van Langevelde
4 CP	Maddie Murphy and Emerson Rolfe
5 JF	Emma Locke & Campbell Delahunty
5 OH	Harriet Le Grand and Oscar Trigg
5 CC	Mabel Reus and Sam Hill
6 PB	Georgia Dundas and Isa Jones
6 MM	Maebh Arnts and Wentworth Campbell
6 ZA	Sadie Wilson & Mackenzie Burbidge
Performing Arts	Lola Roney and Ivy Pearce 6MM
Visual Arts	<i>The whole of 1MM for being Superstar artists in Art this week!</i>
Principal's Award	Mila Shillito for being compassionate in her actions this week by alerting me to the kind actions of others

## INSIGHTS

### Teaching kids to be kind



Judgement and criticism are the stock in trade for many people in today's fast-paced world. In our playgrounds and parks, children often act cruelly – or are simply uninterested in how other people feel. Little kids, big kids, and even adults can respond reactively and unthinkingly, or sometimes intentionally, with unkindness.

Although being unkind is nothing new (it's happened from the beginning of humanity), technology is enabling cruelty in faster, easier, anonymous ways. Technology is also making it hard for our kids to develop skills to delay gratification. Exercising impulse control – self regulation – is trickier because waiting isn't needed. These things combine to make it increasingly hard to be a compassionate and kind person, someone who considers the needs of others rather than acting out of self-interest. It demands intention and commitment.

#### The helper's high

Our brains release “feelgood” chemicals (like oxytocin, serotonin, and endorphins) which fight stress and make us feel happy when we engage in, or even witness, acts of kindness. It's called the “helper's high” and it's our brains' way of rewarding us for doing good, making us want to repeat the behaviour to get the same good feeling again. Not only does being kind feel good, but it generally keeps us safe because it makes us more likely to be accepted by social groups. It builds social capital when we are considerate of the needs of others.

#### Create opportunities for kindness

Even though they are hardwired for kindness we still need to create opportunities for our kids to engage in acts of kindness. We also need them to know what it feels like to have someone treat them kindly (so they know what behaviours to copy, and why kindness is important). So how can you help them?

#### Model kindness

Show your children how you treat others kindly. Hold open doors for people, put trolleys back that are in the middle of the car park, drop a meal to a sick family member, donate old towels to an animal shelter, let someone in when traffic is heavy.

They don't have to be grand gestures, just small and gentle ways of considering the needs of others.

#### Use kind language

Consider how you speak to your child and what you say when you speak. Ask how you speak about others (and yourself). Our kids use our behaviour as templates for how they should act. So let them see your compassion shine through for those around you. Be kind as you listen. Be kind as you talk. Say kind things.

## Encourage helping

Is one child great at maths and their younger sibling isn't? Invite them to teach them or guide them through their homework. Ask them to show you how to play their favourite video game. If they are great at cooking, ask them to help you prepare dinner. Having them involved in prosocial ways gives them a helper's high.

## Build their emotional intelligence

Kids who struggle to regulate and manage their emotions will find it harder to treat others with compassion. An essential part of teaching kids to be kind centres on teaching them to manage challenging emotions, and giving them coping strategies to navigate their way through.

- Teach them the words for feelings. Without the right words to share how they feel it can leave kids confused, fearful and frustrated...which only serves to make their big feelings more intense. When you see them experiencing a feeling, name it for them: "I can see that made you so mad", "I wonder if you felt sad when your friend left you out".
- Help them identify when they are escalating, but don't try and reason with them when they are in the "red zone" – we cannot reason with them at this stage as they are in the emotional part of the brain (mid brain) not the part that lets them be logical (pre-frontal cortex). Discuss strategies and practice when they feel calm. Get them doing things like squeezing play dough, talking about how they feel, going for a run, switching on music that makes them feel good, drawing or writing stuff down.

When you do this, you're being kind, teaching kindness, and helping them be kind to themselves.

## In closing

Encouraging kids to be kind is essential in helping them avoid seeking instant gratification, ego-centric solutions, or being cruel. When people are empathic and kind they are more likely to experience better overall wellbeing, this is in part due to the helper's high, but also because they feel fulfilled and tend to have better quality relationships. Kindness is cool!

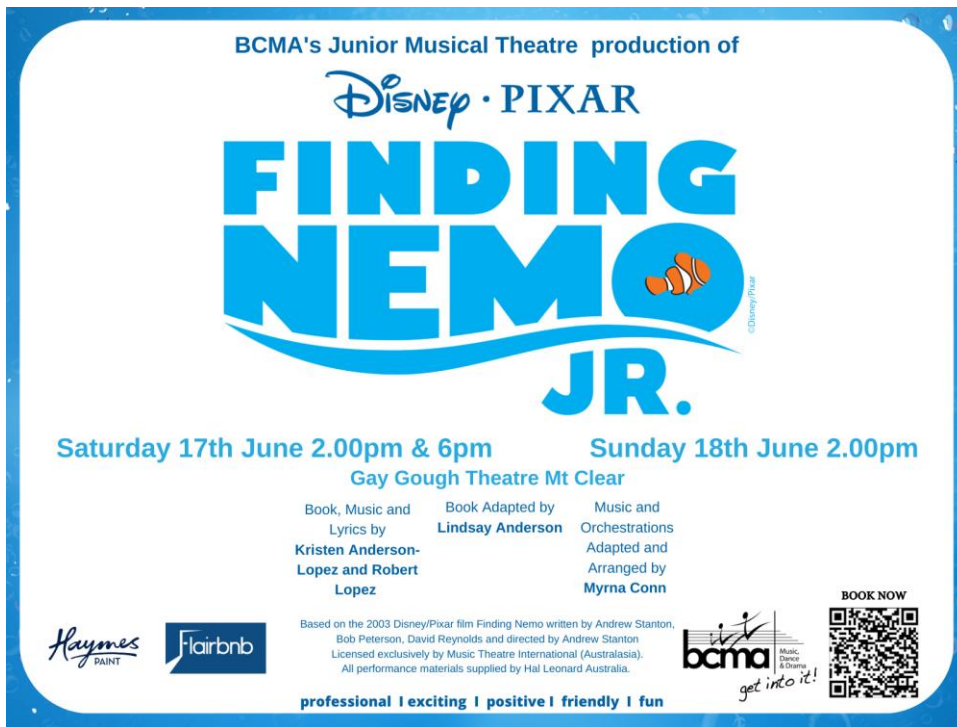


### Rachel Tomlinson

Rachel Tomlinson is a registered psychologist and the author of Teaching Kids to be Kind and A Blue Kind of Day. Rachel has presented at national conferences on mental health topics as well as guest lectured about relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as parenting, child development, and relationships. For further details visit [www.towardwellbeing.com](http://www.towardwellbeing.com)

## Community News

**Congratulations** to our students who will be performing in **BCMA's Finding Nemo Jr.** in June and **BLOC's High School Musical** in July, including **Finya Najera-Hinko** as Sheldon and **Orion Morton** as Chum in *Finding Nemo* and **Sophie Keating** as a cheerleader in *High School Musical*.



BCMA's Junior Musical Theatre production of  
**Disney • PIXAR**  
**FINDING NEMO JR.**

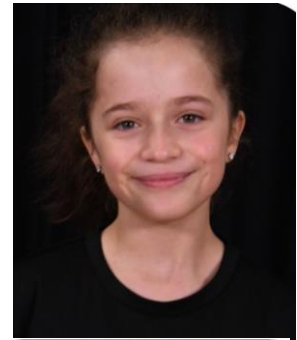
Saturday 17th June 2.00pm & 6pm      Sunday 18th June 2.00pm  
Gay Gough Theatre Mt Clear

Book, Music and Lyrics by **Kristen Anderson-Lopez and Robert Lopez**      Book Adapted by **Lindsay Anderson**      Music and Orchestrations Adapted and Arranged by **Myrna Conn**

Based on the 2003 Disney/Pixar film Finding Nemo written by Andrew Stanton, Bob Peterson, David Reynolds and directed by Andrew Stanton. Licensed exclusively by Music Theatre International (Australasia). All performance materials supplied by Hal Leonard Australia.

professional | exciting | positive | friendly | fun

Haymes PAINT      Fairbnb      bcma Music, Dance & Drama get into it!      BOOK NOW [QR CODE]



Tickets \$18 - \$30:

<https://events.humanitix.com/bcma-finding-nemo-jr-pips-and-fips-junior-students>



**BLOC**      Disney  
**HIGH SCHOOL MUSICAL**  
**ON STAGE!**

**TICKETS NOW ON SALE**

[WWW.HSMBALLARAT.COM](http://WWW.HSMBALLARAT.COM)

MOUNT ROWAN THEATRE | 6 - 9 JULY 2023



Tickets: <https://blocmusictheatre.com/productions/hsm/>

*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.*