



# St Francis Xavier Primary School

## Newsletter

Monday 11<sup>th</sup> September 2023  
Term 3 Week 10

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### Term 3 (10 weeks)

Mon 10<sup>th</sup> July - Fri 15<sup>th</sup> Sept

#### Mon 11<sup>th</sup> – Fri 15<sup>th</sup> Sept

Years 1 & 3 swimming

#### Friday 15<sup>th</sup> September

Last day of Term 3

2.20pm finish

Free Dress Day – Footy

Colours Day raising money  
for cancer

### 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 (Mercy Day)  
at St Alipius

Regional Athletics at  
Llanberris

#### Friday 13<sup>th</sup> October

12.40pm 6MM Assembly

#### Wednesday 18<sup>th</sup> October

Division Golf at Mt Xavier  
Golf Club

#### Friday 20<sup>th</sup> October

Grandparents' Day

#### Friday 27<sup>th</sup> October

12.40pm 2CJ Assembly

Free Dress Day – raising  
money for Mercy Works

#### Wednesday 1<sup>st</sup> November

Division Cricket

#### Friday 3<sup>rd</sup> November

12.40pm 3NM Assembly

F-2 Junior Sports Day at  
Russell Square

#### Monday 6<sup>th</sup> November

Reporting & Assessment  
Day – Pupil Free Day

#### Tuesday 7<sup>th</sup> November

Melbourne Cup Public  
Holiday – Pupil Free Day

#### Friday 10<sup>th</sup> November

12.40pm 4CP Assembly

### In the Land of the Wadawurrung People

Dear families,

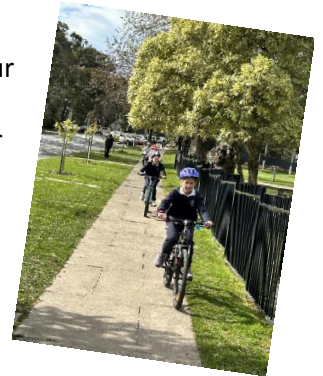
Welcome to our final newsletter for term three! We have had a busy ten weeks of living and learning together at St. Francis Xavier. Students from Foundation to Year 6 can all enjoy a break knowing that much has been achieved in the classrooms, and beyond.

I would like to thank our staff who have kept the learning agenda going so strongly for all students. Their dedication is amazing! To our students, I say thank you also for your dedication to your learning. You have certainly earned your break. Finally, I say thank you to our parents and friends who manage to keep school and home life together, even when it's cold and wet and our little ones might rather stay home by the heater. You have done a great job!

Regardless of whether you have time off work or not, I hope that the next two weeks can bring a more relaxed atmosphere to your household and that at least a few sleep-ins might come your way. Enjoy the break everyone, see you in term four.

God bless,

Mark Hogbin.



A reminder that our last day of term is on Friday and classes finish at 2.20pm. Our first day of Term Four will be Monday 2<sup>nd</sup> October. Happy holidays everyone!

**Please find at the end of this newsletter:** Parish Bulletin; Happy Families Schools - RU OK?

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**Friday 17<sup>th</sup> November**  
12.40pm F MM Assembly

Yr 3-6 Athletics Day  
at Llanberris

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

**Thursday 30<sup>th</sup> November**  
6pm Community Christmas  
Gathering

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

**Wednesday 13<sup>th</sup> December**  
6pm Year 6 Graduation  
In the Gym

**Friday 15<sup>th</sup> December**  
Last 2023 student day  
Normal finish time.

## Team Colours Day



We will celebrate our annual Team Colours Day on Friday when all children are invited to come dressed in their team colours (Football, soccer, netball etc.). A gold coin donation per child will help raise money for cancer research. Let's dig deep everyone and contribute towards an important cause.

## Summer School Uniform

According to our school uniform policy we will be moving towards summer school uniform in fourth term. Now is a great time to check your child's uniform to ensure that it is neat and tidy and ready for a new term.

*For the first 2 weeks of Term 4 we will be in a transition phase for Uniform. Children are permitted to be in either Summer or Winter Uniform. From Week 2 of Term 4 all children are expected to be in Summer Uniform. (Parent Handbook pg. 32)*

## News from our Staff

We say a fond farewell to Ms. Sarah Page this week. After more than 20 years of service to the community of Saint Francis Xavier primary school Sarah will leave us on Friday to take up a secondment position with Catholic Education, Ballarat where she will be working across the diocese to help educate in our mission to earth care for the planet. We will miss you Sarah, but we wish you all the best for the new role and we look forward to working with you in this new capacity in the future.

Wear a touch of green  
with your school  
uniform on Thursday  
the 14<sup>th</sup> of September  
to celebrate and  
farewell Mrs Page!

We say farewell to Rick Keen at the end of this term. After a period of recovery from ill health Rick has decided that it's time to enjoy a happy and healthy retirement. Rick has taken care of maintenance and gardens at our school for the past 8 years. We wish you well Rick for happy adventures ahead as you enjoy the next chapter of your life.

Congratulations to Mr. Tom Willmott who became engaged recently. We wish Tom and Tegan all the very best as they plan for their future life together.

We look forward to welcoming Ms. Rose Russell to the position of Environmental Education Teacher at our school for fourth term. Rose is no stranger to our school community and we look forward to having her on our team for the final term.



Thankyou to our Hot Chocolate Mondays team who have kept us warm this term with delicious treats to begin the week. Special thanks to Lisa and Robin who have been the driving force behind our winter warmers!



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**THIS WEEK'S GOSPEL- Sunday September 10th, 2023      Twenty-third Sunday in Ordinary Time (Year A)**

**Gospel:** Matthew 18:15-20

"And I tell you more: whenever two of you on earth agree about anything you pray for, it will be done for you by my Father in heaven. For where two or three come together in my name, I am there with them."

*(Gospel passage taken from Good News Translation®)*

**Gospel reflection:**

What does Jesus say about when two or three people meet together in his name?

Jesus says that he is there with them. We can meet together in Jesus' name at church, at home and at school. Can you think of any other places where this happens?

Spending time with others is really important. When we join together in Jesus' name with other people to pray or to sing, remember that all around the world other children are also joining together in Jesus' name. Say a prayer for them: that all children around the world may live happy and healthy lives, in peace and free from poverty.

**Our Challenge:** If Jesus is with us, when we gather together, how can we make sure we listen to him and do what he asks of us? *(Adapted from CAFOD website)*

**SACRAMENTAL NEWS-** Last Thursday evening, over fifty children from our school celebrated their Sacrament of Confirmation at St Alipius Church. These children have been preparing with their parish, families and teachers to learn more about their faith, what it means to confirm our Baptism and that we are God's body here on Earth. Thank you Fr Jorge for visiting the children prior to Confirmation and for sharing wonderful messages of God's love- we are blessed to have such an involved and genuine parish priest.

Congratulations to the children involved in making their Confirmation and a special thank you to Ms McGannon, Ms Van Gaans, Ms Ginnane-Smith and Ms Warr for all their hard work in supporting the children to prepare for this special day.



Christine Meneely, Religious Education Leader



Many thanks go to our children and teachers who have over the last two weeks conducted their **Student Led Conferences**.

Student Led Conferences are designed to:

- assist students with demonstrating evidence of their learning
- assist students with learning the process of reflection and self-evaluation
- develop students' organisational and oral communication skills and to increase their self-confidence
- encourage students, parents and teachers to engage in open and honest dialogue
- encourage students to accept personal responsibility for their learning
- increase parent understanding of their child's learning- students and parents need to leave a Student Led Conference feeling well informed about the student's learning journey
- strike a balance between parent teacher interviews and conferences that give opportunities for student voice



### Week of September 3 - September 10 at St Francis Xavier Primary School - Ballarat East



**798**  
New Items



**451**  
Likes



**154**  
Comments



**501**  
Family Visits

#### **Seesaw**

Please remember to visit your child/ren's Seesaw page as we continue to post their 'real time' learning. We encourage you to make a comment. Thank you for supporting the work both your child and their teacher have made for these posts. All classes use the Seesaw Digital Portfolio platform for assessment and reporting purposes. Assessment and reporting are integral to our planned approaches to teaching and learning and assist the improvement of student learning outcomes for all. A Digital Portfolio is a collection of student assessment tasks, learning samples and learning experiences that are associated with the Victorian

Curriculum standards and school continuums. The collection of work is often gathered over a long period of time to reflect what has been taught as well as what has been achieved. Each learning piece in the portfolio is selected because it is an authentic representation of what has been learned and will therefore demonstrate current knowledge and skills.

Enjoy your term 3 holidays.



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



## Start a conversation using these 4 steps

1


**Ask RUOK?**

2


**Listen**

3


**Encourage action**

4


**Check in**

Find tips at [ruok.org.au](https://ruok.org.au)

### Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.  
You can find support by contacting your local doctor or one of these crisis lines available 24/7.

<b>Lifeline</b> 13 11 14 <a href="https://lifeline.org.au">lifeline.org.au</a>	<b>Beyond Blue</b> 1300 224 636 <a href="https://beyondblue.org.au">beyondblue.org.au</a>	<b>Suicide Call Back Service</b> 1300 659 467 <a href="https://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>
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R U OK Day this week (September 14) reminded us to check in on our family, colleagues and loved ones.

R U OK suggest we use four steps to start a conversation about mental health-

- 1) Asking R U OK?
- 2) Listening with an open mind
- 3) Encouraging the person to take positive action
- 4) Checking in with the person again to follow up



This Friday to end our school term we are having a Talk-And-Walk-A-Thon! It's important that our children feel safe, connected and supported in the school community and this afternoon has been designed to strengthen feelings of connection and sense of belonging.

Children will meet with their buddies and other schoolmates; and will be encouraged to talk about topics from how they spend their weekends to how they want to change the world. These topics will encourage peer engagement, help strengthen bonds and allow students to feel connected with people they see every day but may not necessarily know well.

If you have any questions about the Talk-And-Walk-A-Thon, please feel free to contact me to find out more.

#### How can you support your child in developing their social skills?

You can help your child develop conversational skills at home by:

- Modelling conversation with your child
- Modelling conversation and social etiquette with people you meet
- Discussing times you've had to problem solve and seek help, talking about your experiences, challenges and successes

**We are talking  
and walking to  
build peer  
connections.**

### Kindness Mascot Competition

Feeling bored on the holidays? Children complaining they have nothing to do?  
Get creative for kindness and enter this great local competition!  
Fabulous prizes to be won for both you and the school!

*Australian Community Media (ACM) is the proud media partner of the Kindness Factory and together we are on a mission to make the world a kinder place.*



*Since 2020 Kindness Factory have been implementing the Kindness Curriculum in schools across Australia in support of youth mental health. In a short period of time over 3,500 schools have taken part and now actively incorporate this important resource within their curriculum. An incredible initiative we want to share with even more schools.*

*To help spread the message of kindness, this September we are launching the Kind Kids Design a Mascot Competition. To enter, kids need to design a mascot for one or more of the 12 attributes of Kindness: Collaboration, Compassion, Empathy, Gratitude, Honesty, Humility, Humour, Mindfulness Meditation, Perspective, Positivity, Self Acceptance or Trust.*

*This could be in the form of a stick figure, a sketch, a cartoon or emoji.*

*The winning entry will become one of the official Kindness Factory mascots and the nominated school will receive a prize pack and there also will be two runner up prize packs to be won.*

*Competition closes 11.59pm Sunday 15th October 2023. Kindness Factory has the right to alter designs to ensure all mascots are aligned. Entry is open to children aged 4 to 13.*

*Thank you for helping us spread the word. Your support is helping our nation to become a kinder place.*

<https://kindnessfactory.com/mascots-entry/>



Kind regards,

Christine Meneely, **Wellbeing Leader**



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**Eureka Division Athletics:**

Well done to the students that participated at last week's Eureka Division Athletics at Llanberris. All of the students tried their hardest, supported each other and some fantastic results were achieved. Well done to all of the students on their efforts. Congratulations to those that have qualified for next term's GWV Regional Athletics event!

**After School Netball** A huge well done and thank you to all of the students that represented SFX during the Term 2 & 3 after school netball competition. The feedback I received from players, coaches and parents was that there was significant improvement and development from many players, the teamwork was amazing and that lots and lots of fun was had!

A massive thank you to all the families and friends that supported the teams over the season and a special thank you and congratulations to the coaches of all of the teams. Your commitment, inspiration and instruction is what makes a difference and creates positive memories.

**Swimming Program** In week 10 of this term, our Yr 1 & Yr 3 students will be participating in a one week Aquatic and Water Safety program at BALC. We wish them well and hope they learn a lot and have lots of fun. Years 2, 4 & 5 will be participating in Week 1 of Term 4. Please refer to the PAM note for more details.

**Golf Tournament** Following last term's golf clinics, Tony Collier has selected the below students for the Term 4 tournament: Rhys Bell, Angus Burbidge, Jed Hynes, Evie Staley, Charlie Kersley, Nicholas Green, Billy Cheeseman, Hudson McGrath, Edward Lloyd, Alfie Sosinski, Lachlan Patterson, Adele Marson, Mitch Kane, Beau Hanson, Archer Spackman, Pippa Dalton, Stella Reus, Braxton Buntsma, Olivia Klein, Monty Harrison, Jack Elliot, Xavier Kersley, Leo Thorp, Rafter Castles, Alex Hocking, Ash Norris, Jake Cheeseman, Mackenzie Burbidge, Jack Gertz, Jack Fraser, Nate Toohey, George Britt, Ella Lunn, Zach Kennedy, Xavier Staley, Abe Sosinski, Felicity McGrath, Julian Simpson, Wentworth Campbell & Evie Knowles.

The tournament will be held at Mt Xavier Golf Club on Wednesday October 18th. More details to follow.

**Congratulations**

Well done to students that were recently selected in the Ballarat Miners Junior basketball programs.

Good luck to all of the students that will be playing in football, netball and soccer finals over the coming weekends.

**2023 Sports Dates**

**Term 3:**

- Week 10 - Mon Sep 11th - Fri Sep 15th - Yr 1 & 3 Swimming Program

**Term 4:**

- Week 1 - Mon Oct 2nd - Fri Oct 6th - Swimming Yr 2, 4 & 5
- Week 1 - Friday Oct 6th - Regional Athletics @ Llanberris
- Week 3 - Wednesday October 18th - Division Golf @ Mt Xavier GC
- Week 5 - Wednesday Nov 1st - Division Cricket
- Week 5 - Friday Nov 3rd - F - 2 Junior Sports Day @ Russell Square
- Week 7 - Friday Nov 17th - SFX Yr 3 -6 Athletics Day @ Llanberris

If your child has achieved recent sporting success or a significant sporting achievement, please feel free to contact myself, Nev Down or your child's classroom teacher so that we can celebrate and commend their efforts.

**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 marvellous week.



Shaun Carroll, SFX Sport Coordinator



### **CELEBRATING INDIGENOUS LITERACY DAY WITH AUNTY JOY OLDAKER**

On Thursday afternoon our Foundation, Year 1 and Year 2 children were visited by Wadawurrung Elder Aunty Joy Oldaker and our artist friend Jenna Oldaker.

This special visit was to recognise and celebrate Indigenous Literacy Day. Aunty Joy read two beautiful books to the children - 'Our Dreaming' and 'We Are Australians'. Both of these books were shortlisted for the 2023 CBCA Book of the Year.

Our children were an enthusiastic audience and were wonderful at sharing their thoughts and knowledge with Aunty Joy and Jenna.



Jacinta Molloy & Sarah Page  
RAP Leaders

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**SFX Official School Beanies**

**Our stylish and warm official SFX school beanies are here!! Available to purchase from the office for \$25 while stocks last, then available from Crocker's Ballarat.**

**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.



Did you know we pack out over 10,000 hot lunches a year for our little people, make almost 3,000 cups of Hot Chocolate and cut the tops off even more Zooper Doopers! Now we need YOUR HELP! VOLUNTEERS are the life line of the P&F!

It could be Mothers, Fathers, Aunts, Grandparents, Uncles - even your neighbour, (as long as you have a working with children check) you can help us support our school community!

Sparing 45 minutes even just ONCE throughout the year on a FRIDAY from 11.15am to 12pm packing hot lunches or a MONDAY for hot chocolates 10.30-11.30 would make a massive difference.

If you have ever wondered what we do and a little unsure how you could help, feel free to get in touch with the P&F.





► **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

**10 September 2023**  
**23<sup>rd</sup> Sunday in Ordinary Time**  
*Harden not your hearts*

# St Alipius

## parish

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

### MASS TIMES

**St Alipius**

Tue – 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 (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 6 this week – 9:30 AM

Our Parish is committed to the safety, well-being and dignity of all children, young people, and vulnerable adults.

We acknowledge the traditional owners and custodians of this land and pay our respects to their elders, past, present, and emerging.

### WE PRAY FOR

**Faithfully departed:**

**Anniversaries:** Janette Pearse, Robert Stevenson

**Unwell:** Peter McLachlan, Sarah McLachlan, Eleanor McMahon, Colin McKenzie, Patricia Murry, Carole Simmons, Shelley Pawang

### PARISH TEAM

**Parish Priest**  
Fr Jorge Jr De Chavez, OSJ

**Visiting Priest**  
Fr Barry Ryan

**Sacramental and Parish Coordinator**  
Cathy Prunty

**Administrative Assistant**  
Natalie Shannon

**Finance Officer**  
Bernadette Prestwood

**Child Safety Officer**  
Emily Clarke

### PARISH VISION

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.

### PARISH MISSION

Our mission in the Parish of St Alipius is to actively engage and serve our combined communities, embodying the teachings of the Gospel. Strengthened in the spirit of faith, hope, love acceptance and Mercy, we strive to foster a welcoming and inclusive environment. Guided by God's call to service, we aim to build strong connections, provide spiritual nourishment, promote social justice, and offer support to individuals and families in their journey of faith. Through our dedicated interactions, we seek to deepen our relationships with God, inspire transformation, and make a positive impact in the lives of those we encounter, spreading God's love and compassion to all.



## THANK YOU

We would like to thank Fr Barry Ryan, Fr. Jim McKay, and Fr. Kevin Maloney for celebrating our weekend masses during Fr. Jorge's absence. Their willingness to come to our parish so that we can continue to celebrate the Eucharist is greatly appreciated. Thanks also to Fr. Eladio for celebrating our weekday masses with us. A big thanks also, to John for the wonderful job he has done around the grounds of St Alpius.

## UPCOMING EVENTS

**Parish dinner at Golden Point Hotel**

6:00 PM, Wednesday 13 September, 639 Main Road

## PLANNED GIVING RECEIPTS

If you would like to receive a statement for your contributions to the Stewardship Program over the past financial year, please contact the office.

## STEWARDSHIP PROGRAM

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

Supporting our parish priests	\$1,039
Maintenance of parish buildings, office and administration expenses, grounds maintenance etc.	\$573.20

Thanks to all who participate in the stewardship program for your contributions. We invite anybody who would like to join the program to please contact the parish office.

## PIETY STALL

The piety stall has a range of cards and gifts suitable for Confirmation all at very affordable prices.

## LITURGY ROSTER

The St Alpius liturgy roster for October and November is being prepared. If you would like to volunteer for any of the following roles, please contact the Parish office: Altar servers, Special ministers, Readers, Welcomers, Sacristans, PowerPoint Operators, and/or taking up the Offertory gifts. If you're already on the roster and will be unavailable for any weeks during October and November, please let the office know.

## SAFEGUARDING SUNDAY

This weekend, the Catholic Church in Australia marks Safeguarding Sunday, on which we pray for those who have been abused, their families and supporters. We recognise and apologise for the harm done by priests, religious and lay people in Church settings. Rebuilding trust and confidence in the Church requires constant work and vigilance. We recommit to cultural change that will help the Church be a place that builds and supports safe communities for all people. You can find out more about the Church's work in this area at this website: [www.catholic.au/s/article/safeguardingsunday2023](http://www.catholic.au/s/article/safeguardingsunday2023)

## PRAYER FOR SAFEGUARDING SUNDAY

Gracious God, you love and care for all your children, especially the smallest and most vulnerable. We entrust to you the lives of children and adults at risk who have been abused, neglected, or exploited and whose trust and innocence have been destroyed. Help us to hear their cries of pain and to take responsibility for those whose lives have been broken. Help us to recognise the hurt felt by those wounded by abuse, and the failure to be heard. We pray that with the help of your grace communities and families will find understanding and support, so that now and in the future their wounds may be healed, and they may find lasting peace. Let your grace and love fall gently now upon our children and adults at risk, giving them the inner strength, peace and resilience to seek out assistance when required. We ask this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God forever and ever. Amen

## CONFIRMATION

We congratulate the 129 children who have been confirmed in our parish this week and thank their families and schools for the preparation they have done. These confirmation liturgies end the sacraments of Initiation for this year. Thanks to Fr. Jorge for all the work he has done in this area.

## LEGION OF MARY

The Legion of Mary will host a 'Day of Reflection' on Wednesday, 27 September to commemorate their 1001st Legion of Mary Meeting. Father John Corrigan from Mildura will be the keynote speaker for the day. All members of the Legion of Mary Family, active, auxiliary, and past members, including parishioners from all Parishes of Ballarat, are cordially invited to join in celebrating this milestone that the Legion of Mary, Our Lady of Nazareth Praesidium, Ballarat, has achieved. The day will start at 9.00 am and conclude at 3.15 pm.



## MERCY CHAPTER GATHERING

The Institute of Sisters of Mercy of Australia and Papua New Guinea Chapter would be grateful for your prayer, seeking the guidance of the Holy Spirit, during the coming weeks as they gather for their Chapter – a time of evaluating the past and planning for the future. Venerable Catherine McAuley, pray for us.

## SEASON OF CREATION

Every year from 1 September to 4 October, Catholic Earthcare Australia (Caritas and the Australian Bishops Conference) joins with Christian communities globally to celebrate the Season of Creation, to celebrate the gift of our common home. The theme for 2023 is "Let Justice and Peace Flow", drawing on the river imagery of in Amos 5:24. It challenges us to act for ecological justice, creating change and speaking out with communities most impacted by rising sea levels, biodiversity loss and other consequences of climate change. Resources for the Season of Creation are available from the diocesan website [www.ballarat.catholic.org.au/services-agencies-2/welfare/catholic-earthcare-ballarat-diocese/season-of-creation-2023/](http://www.ballarat.catholic.org.au/services-agencies-2/welfare/catholic-earthcare-ballarat-diocese/season-of-creation-2023/)

### BAPTISMS

#### Arlo Jai Hunt

Child of Nathan Hunt and Nicole Diamond

#### Hadley Maree and Ryker Sam Kermeen

Children of Sam Kermeen and Taylor Graham

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

Pope Francis

## CLERGY SUPPORT FUND

The Ballarat Clergy Support Fund relies on your generosity to enable it to continue supporting our sick and retired priests. You are still able to contribute, by using the special envelope provided, or in an envelope marked "Ballarat Clergy Support Fund". Contributions over \$2.00 are tax-deductible. Caring for those who care for us is the Church community's responsibility.



## TOILETRIES COLLECTION

Our local Vinnies are collecting toiletries for people in need. Please donate soap, toothpaste, or other toiletries, in the box on the Vinnies' stall. Anything you can give will be provided to someone who will greatly appreciate it.

## VOLUNTEERS REQUIRED

St Vincent de Paul, Ballarat East needs your help. Can you spare a few hours a week to assist those in need? If so, please leave your details with the Parish Office.

## VINNIES BREAD RUN

Each Monday night between 7:00 PM 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.

## PRAYING WITH THE POPE

The Pope's Worldwide Prayer Network (Apostleship of Prayer) is an international movement that is more than 170 years old. Each month, the Pope puts forward a prayer intention and asks Catholics around the world to join him in prayer. These intentions cover all areas of life, encouraging faith, renewing hope, and calling us to loving service. 'The Pope Video' forms part of the Pope's Worldwide Prayer Network – [www.thepopevideo.org](http://www.thepopevideo.org).

Pope's intention for September – **For people living on the margins:** We pray for those persons living on the margins of society, in inhumane life conditions. May they not be overlooked by institutions and never considered of lesser importance. Lord, hear us.

## DIOCESAN ENEWS



The latest edition of e-News has been published. Scan or click the QR code to access. Subscribe to receive future e-News editions straight to your email via:

[www.ballarat.catholic.org.au/news-events/e-news/](http://www.ballarat.catholic.org.au/news-events/e-news/)

## VOICE CONVERSATIONS

A kitchen table conversation is a wonderful opportunity to join with others and listen, learn, and reflect on the Indigenous Voice to Parliament referendum that will be held in the coming months. Online sessions will be held on 11 September, and 28 September from 3.30-4.45 PM via Zoom. More information and registration details are available from [www.ballarat.catholic.org.au/services-agencies-2/pastoral/aboriginal-catholic-ministry/](http://www.ballarat.catholic.org.au/services-agencies-2/pastoral/aboriginal-catholic-ministry/)

# Surrender Your Heart of Anger

## Gospel reflection by Veronica Lawson RSM

23<sup>rd</sup> Sunday in Ordinary Time: Matthew 18:15–20

As we mark the second Sunday of the Season of Creation, we are conscious of the need for the human community to be reconciled with Earth and with all that inhabits our common home.

The theme for the 2023 Season of Creation is "Let Justice and Peace Flow" and the symbol is "a mighty river". Both theme and symbol are inspired by the words of the prophet Amos: "But let justice roll on like a river, righteousness like a never-failing stream!" (Amos 5: 24).

Today's first reading from the prophet Ezekiel warns of our responsibility to warn transgressors.

The second reading from Paul's Letter to the Romans speaks of the debt of mutual love. The gospel reminds us of our responsibility to act in the face of transgression.

At the corporate level, we might ask if those who refuse to listen to the science on the climate crisis should be deterred by more stringent legislation and heavy penalties.

On the personal level, the shaming of offenders is rarely effective. So, what does a just society do with its persistent offenders, with those whose behaviour continually disrupts the very future of life on

the planet? There is no easy answer.

What does the gospel tradition offer in this respect? Today's gospel indicates that the power to deal with transgression is firmly in the hands of the community.

All care must be taken to allow offenders to recognise and acknowledge their offences without being publicly shamed.

### *Let justice and peace flow*

If that fails, the matter is referred to a group of witnesses, in line with Israel's ancient legal practice (Deuteronomy 19:15).

The next step is referral to the assembled community. Those who refuse to listen are to be treated as "Gentiles" or "tax collectors".

Some scholars suggest that the Matthean Jesus is proposing expulsion of those who refuse to listen. Others consider that he is advocating the sort of compassionate approach he has personally shown to outsiders, to those in need of conversion.

Since every one of us needs conversion in relation to planetary health, compassionate persistence and leading by example are attractive options.



We do well to seek the wisdom of others. We have the assurance that Christ, God-with-us, is present in the assembly. We also have the assurance that our failure to deal with transgression can leave perpetrators unreconciled and susceptible to reoffending. We need to "lose" the sins of those who acknowledge their offences. In other words, we are called to forgive them and thus set them free from the burden of their transgressions.

While the gospel passage focuses on forgiveness, our first concern must be with those who suffer at the hands of offenders, including the Earth itself. We must "surrender to the sky [our] heart of anger" (James K. Baxter) and, at the same time, work actively to provide our planetary home and all of its inhabitants with the care that is surely needed.

**THIS WEEK'S READINGS**  
**23<sup>RD</sup> SUNDAY IN ORDINARY TIME**  
EZEKIEL 33:7–9  
ROMANS 13:8–10  
MATTHEW 18:15–20

**NEXT WEEK'S READINGS**  
**24<sup>TH</sup> SUNDAY IN ORDINARY TIME**  
SIRACH 27:30–28:7  
ROMANS 14:7–9  
MATTHEW 18:21–35

**ASSEMBLY AWARDS 8<sup>th</sup> September 2023 Hosted by 1JS Theme: Excellence**

Excellence means being the best person we can be.  
We always try our hardest, even when it's difficult, just like Jesus did.

F LH	Zephyr Swanson and Isla Easton
F TW	Lillian Armstrong & Zach Wilson
F GJ	Polly Meade and Nevon Thuse
F MM	Greyson Broadbent and Harriet Walshe
1 JS	Isla King and Judd Boyd
1 MM	Paddy Quinlan & Darcie Richardson
1 EM	Milla Nicholson and Evie Loader
2 EH	Charlotte Porter and Ned Kersley
2 CJ	Ben Walshe and Livia Pietrantuono
2 GH	Lyla Nestor and Paddy Ludbrook
3 NM	Cleo Roney and Mia Whatmough
3 JVG	Sienna Block and Carter Keen
3 GW	Eliza Hanrahan and Paddy Dwyer
4 BW	Claudia Cochrane & Elly Kane
4 HC	Henri Gleeson & Archie Williams
4 CP	Lois Cummins and Hudson McGrath
5 JF	Molly Danaher and Sahara Henjak
5 OH	Charlotte Quarrell & Eden Howard
5 CC	Orion Morton and Rahui Munokoa
6 PB	Carrington Taylor and Xavier Kersley
6 MM	Felicity McGrath and Mia Van Hammond
6 ZA	Mia Mahar & George Britt
Visual Arts	Gabe Dunne & Cleo Roney (3NM) Lawrence Wilson (2GH)





## R U OK?

I'm not really supposed to say this, but R U OK Day has always sat a little uncomfortably with me. I know we need to show we care – and I'm all for that. I know we need to be willing to have the tough conversations – and I'm all for that.

The trouble for me is twofold: first, asking "are you ok?" doesn't tend to feel authentic in most casual conversations. This, we can change, by having more meaningful conversations. But second – and importantly – in the unlikely event that someone says "No, I'm actually not doing so well" we tend to be a little unsure of how to respond. This is the case whether we're talking to a friend or one of our kids.

Our Insights articles are typically about parenting. This article can still apply to parenting, but really, this one's for everyone who has ever wondered how to ask if someone is ok, or who has felt unsure about *how to respond when things aren't ok*.

### R U Ok?

Think about how we typically ask someone how things are for them. Common questions might be:

- **How are you?** (Common responses are "not bad", "fine thanks", or a sigh followed by "I'm ok".)
- **How was your day?** (Common responses are "meh", "mmmm hmm", or "fine".)
- **What's wrong?** (Common responses are "nothing" or a big gush of emotions.)

Let's consider a couple of important factors:

**1. What have they already told you?**

Perhaps their body language is slumped. Maybe they seem to have been crying or are jittery, upset, or even antagonistic.

**2. How's your timing?**

Asking a question about emotions when someone is emotional or tired can trigger responses that aren't helpful. Sometimes we might even become irritated when we get a one-word answer like "fine". Timing matters.

**3. Is there an audience?**

If others are around, a person will want to "maintain face". Face needs describe the way we try to look like we have it together so no one judges us. An audience reduces the likelihood that someone will be honest with us.

**4. How have you asked?**

We often ask if people are ok because we've seen that they're looking like they're struggling, but we ask at the wrong time or in front of a crowd... or perhaps we ask the wrong way. A quick "what's wrong?", or "how are you" can sometimes give the impression that we're not interested in the answer.

**5. How is your relationship?**

A lesson I've learned the hard way is that if I don't share a strong enough relationship with someone, my questions about how they're doing won't go very far. (Face needs play a role here again.) A person has to know – deep in their bones – that you've got their back if they're going to open up.

## How to ask the question

There are many ways to find out how someone is. Here are three suggestions:

First, when you see that someone isn't doing so well, you are away from others, the timing is right, and the relationship is strong, ask "Are you ok?" The question should be asked with eye contact (and a gentle touch – perhaps on the shoulder – if appropriate), compassion, and a clear desire to know more.

Second, you might follow the suggestion above but instead ask "How are you feeling?". This question opens a dialogue that can also be productive.

Third, say what you see. (This is my preferred option, although it may not always be right.) In this instance, you might say, "It looks like you're having a really rough time at the moment." Or you could say, "I might be reading this wrong, but lately I feel like it's been a struggle for you." This leads to a more natural "are you ok?"

## When they say they're fine

People often hide how they're really feeling. They don't want to look weak or incompetent. Or perhaps they don't want to be honest – with you or themselves.

A friend recently shared the following with me:

*I was on a walk with a few mates. We walk regularly together – at least twice a week. After a walk, Shane came up to me and said, "No one cares about what I'm going through. But I'm falling apart. I just don't think I can keep doing this. And no one is checking in."*

My friend had checked in with Shane that day (and every other day they met) with a standard "how are things, mate?" and Shane had met that question with a smile, a nod, a handshake, and a "yeah, great mate. You?"

Now and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

## Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps.

Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

1. Say thanks. "I really appreciate you letting me know."
2. Validate. "Things can be really rough sometimes."
3. Listen. "I'm here and I'm listening."
4. Offer support. "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)".

And if someone is in real danger, **call Lifeline on 13 11 14.**



**AUTHOR**

**Dr Justin Coulson**

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).



## **East Ballarat Junior Cricket Program - 2023/24**

**“Your Local Family Club, Run by Families”**

### **Cricket 4 Kids**

Big Focus “**This Girl Can Pathway**” - U.9/11; U.14; U.17 and Women  
Junior cricket at Russell Square offers opportunities for Primary School **Girls & Boys** of all ages. “**Registration info.**” on our club's website **Juniors Section**.  
**Saturday** mornings (10:00 -11:10) - **Junior Blasters** for beginners (6 to 8 yrs).  
**Mid week** “Softer ball” Match Play (Grd 3s - Grd 6s). **Skills Sessions** **Tuesday**  
afternoons (**4:00 - 5:15**); “**Games**” - **Wednesday** afternoons (**4:15 - 6:15pm**).  
Some aspiring youngsters try **Friday** afternoon “Harder ball” cricket. Try our  
wonderful new Practice Nets and “**Multi coloured**” roll out pitches imported  
from England. You're all so very welcome ..... and bring a friend!!

Further information. - Mark Ryan. [markndianne179@bigpond.com](mailto:markndianne179@bigpond.com) - 0477 527 334

### **Basketball Ballarat Junior Miners Holiday Camp**

Adroit Insurance & Risk Junior Holiday Camps are held during each school holidays for children aged 5-13 years old of all genders and abilities.

Improve your skills, develop techniques, enhance your game, meet new friends and ultimately have fun! Our camps cater for the beginner who has never picked up a basketball to the most experience 13 year old in the land!

All participants can expect:

- Meet your favourite Miners players
- Expert instructions from professional coaches including Miners player and coaches
- Develop new basketball skills and training methods
- Fun and inclusive learning environment
- Structured session content including great games and prizes at every camp
- Learn how to be a great team mate and help others succeed

Registrations for the Spring Holidays are now open, with the camp being held on Monday September 18<sup>th</sup> , Tuesday September 19<sup>th</sup> , Wednesday September 27<sup>th</sup> and Thursday September 28<sup>th</sup> from 9:00am till 3:00pm at Selkirk Stadium.

For more information and to register: <https://www.ballaratbasketball.com/adroit-insurance-risk-holiday-camp/>

For further details please contact Zack Cummins via email [programs@ballaratbasketball.com](mailto:programs@ballaratbasketball.com) or for urgent enquiries call reception on (03) 5338 1220



Paging all Teddy Doctors and parents,

Grampians Health, Deakin University, and The University of Melbourne would like to invite you to join them for a day of fun at the Teddy Bear Hospital on **Thursday 21 September**.

Teddy Bear Hospital is a not-for-profit initiative that aims to provide health education, literacy and communication skills to primary school-aged children. The program is suitable for children up to 8 years and is coordinated by medical students who study at the Ballarat Base Hospital. All volunteers have Working with Children Checks.

#### Event Details:

- Sessions are available from 9am to 4pm and run for 50minutes and require children to bring their own teddy bears. Children and their parents will be divided into groups and rotate through a number of different stations designed to demystify various aspects of healthcare. At the end of the session each teddy will have received a comprehensive health check
- Tickets are **FREE** but required (a link to our trybooking page has been provided in the graphic attached and below), please book 1 ticket per person (e.g. 1 adult + 2 children = 3 tickets)
  - <https://www.trybooking.com/CLJXN>
- Children must be accompanied by an adult
- Please arrive at the University of Melbourne Clinical School (located at **806 Mair St, Ballarat Central**) 5-10minutes prior to your session
- If you are no longer available please cancel your ticket to give others an opportunity to attend

We would love to see you and your teddies at our pop-up event these school holidays! 🧸 🏥 👩 👨

Warm regards,

The Teddy Bear Hospital Team 🧸

**CRICKETERS WANTED!**

**BROWN HILL CRICKET CLUB (BHCC) BALLARAT**

**2023/24 Season**

**Still in Juniors?**  
We are looking to fill boys teams in U'11, U'13, U'15 & U'17s. We are also running a girls team in U'11s & looking to expand into older age groups.

**Senior Player?**  
Want to play & meet new people? We are looking to fill 5 senior men's teams & 1 senior women's side.

**Women's Cricket come & Try sessions** being held on Sunday 8th & 15th October, 2023 at Progress Park 11am -12pm

**Our Home ground:**  
Progress Park, Reid Street Brown Hill (Behind the Brown Hill pool!)

**For any further information or if you would like to become a Player, Coach or Volunteer please contact:**  
Phillip Knowles 0407 399 971  
[phillip.knowles1960@gmail.com](mailto:phillip.knowles1960@gmail.com)  
Peta Guy 0438 347 610  
[pg@petaguy.info](mailto:pg@petaguy.info)

**2023/24 Season**  
We are running a Woolworths Cricket Blast Program starting Sunday 22nd October 2023 at 11am & a NAB Auskick Program back in 2nd term of 2024. Both are fun, active programs for 5-9 year old boys & girls.

**2023/24 Season**  
Come join a fun, enjoyable culture for all age groups, learn some new skills and make some new friends

**BROWN HILL BULLS**

**2023/24 Season**  
Come along to our Junior information night / first training session on Thursday 21<sup>st</sup> September 2023 at Major League Indoor Sports on Howitt Street 4.30pm - 5.30pm