



WA JOSEPHITE ASSOCIATES Newsletter



Friendship ~ Prayer ~ Service

Dear Sisters, Associates and Friends,

A warm welcome to our Autumn/Lenten edition.

Help one another and ever strive to serve God in a generous spirit.

MMK1882



Dot Savage for the Dardanup, Metro, Esperance & Geraldton Groups



Unless a grain of wheat falls into the earth and dies, it remains just a single grain.

John 12:24

Prayer

**O God of Creation,
you have blessed us with the changing of the seasons.**

**As we welcome the autumn months,
may the earlier setting of the sun
remind us to take time to rest.**

**May the brilliant colours of the leaves
remind us of the wonder of your creation.**

**May the dying of summer's spirit remind us of your great promise
that death is temporary, and life is eternal.**

We praise you for your goodness. Amen.

UPDATE FROM THE DARDANUP ASSOCIATES

On behalf of the Dardanup Josephite Associates - happy new year! Our prayers and thoughts go especially to our eastern states brothers and sisters who have suffered loss through bushfires, drought and floods this summer season. May you truly know that God is near and watching over you.

At the beginning of 2020, Dardanup JA's made an effort to put their lives into perspective. As we reflected on past joys and successes, we became aware of the endless possibilities and challenges that lie ahead. We acknowledged our individual and group roles in God's plan for the future of our Church. Our February meeting revisited Father Tony Chiera's summer school theme – the future of the Church. Kaye, Maura, Annette, Jan and Dot each gave their own accounts of Father's presentation. We were pleasantly surprised that our own JA mission statement is so closely aligned with Pope Francis' vision for the Church of the future- "To support one another... to make a difference in our local area and so, further the Kingdom of God". Following Pope Francis' example, we pondered the question – so what can we do?

All agreed wholeheartedly to pray with our hearts, act where we have influence, ask questions and listen attentively to God's word.



Congratulations to Sr Monica Cavanagh on receiving her OAM for services to the Catholic Church of Australia in the recent Australia Day awards. Her humble acceptance of the award and her recognition of the many women who have shown leadership of the Church and in the Congregation are truly inspirational.

Finally, our love and prayers go out to Sr Denise, get well soon.

Love and warmest wishes,

Dot Savage and the Dardanup Associates (PTO)



Presenters Kaye Middleton, Annette Morellini, Dot Savage, Jan Hynes & Maura McNamara



Joanne Hynes (left), Lily Scantlebury (right) with Srs Bernadette Hynes and Pauline Dundon



Media Release:

Congregational Leader Receives Australia Day Award

(From www.sosj.org.au website)

26 January 2020

Sister Monica Cavanagh of the Sisters of Saint Joseph awarded Medal of the Order of Australia.

The Sisters of Saint Joseph are delighted to announce that Congregational Leader Sister Monica Cavanagh has been awarded a Medal of the Order of Australia (OAM) in the Australia Day Honours 2020 For Service to the Catholic Church of Australia.

Sister Monica has been part of the Congregation of the Sisters of Saint Joseph for nearly 50 years, having joined the Congregation in 1970. Having initially trained in education and working as a primary school teacher, Sister Monica has a natural passion for education.

Sister Monica went on to continue her work in education across a variety of parishes and dioceses in Australia, working with adults in the fields of faith formation and lay leadership. She is widely recognised as having changed many peoples' lives through her teaching endeavours, her pastoral commitment and guiding people in the spiritual development of their lives. Sister Monica worked tirelessly at the time of Mary MacKillop's canonisation in preparing Australians for this important moment in our history.

I am humbled and honoured to receive the Medal of the Order of Australia.

I look to the many women who have shown leadership in the Church and in our Congregation over the years, and in receiving this award I want to acknowledge them and the Sisters of Saint Joseph.

Monica Cavanagh rsj

Among her numerous achievements, Sister Monica has been the Congregational Leader of the Sisters of Saint Joseph and re-elected for a second term commencing next month, was President Catholic Religious Australia as well as serving on its Council, and acted as the facilitator of senior meetings with the Australian Catholic Bishops Conference (ACBC). She holds an MA in Pastoral Leadership, B Ed and Grad Diploma in Religious Education and studied Community Development in the Philippines and Mission Studies at the Pacific Mission Institute in Sydney. She is currently the delegate of the Australian Women Religious Leaders at Congregational Leader's International Meetings.

The people I have worked with – those who have ministered to me and those I have ministered with – and others like the brave RFS volunteers deserve this award more than me.

Monica Cavanagh rsj

Notes from the MCG

Happy New Year to all, we wish you health and happiness.

The Core Group's wish for 2020 is that two people will come forward and join us. Come and enjoy our friendly meetings and assist in preparing the newsletter for mailing - followed by a delicious lunch shared with the sisters. You will be working to help keep St Mary of the Cross Charism going. There is so much joy to give when we join together in prayer and service, both at the Group meeting and the Associates' Gatherings.

Our Christmas Gathering day went so very well. Our prayer catered to all our needs at this special time of

the year. We then enjoyed high tea - and Thank You - to all the Dardanup Associates who came and joined us along with a number of sisters. Santa also made a visit with our gifts!

Louisa and Margaret have registered for the Associates' conference in July and others are also hoping to make the trip. We are looking forward to it and hope to bring much back to you all.

In January I again visited Helen Johnston and the Josephite Associates for morning tea at the Star of the Sea Parish in Esperance. It was a wonderful morning and I loved meeting everyone. Many prayers are

needed for the people involved at the Active Foundation. It is being closed and there consequently there will be many out of work.

Prayer requests continue to come in and I have put them in the prayer book and sent them to North Sydney to be included in their prayers.

Please look out for each other during this very special time of the year.

Dot has produced a wonderful Lenten booklet for you all.



Marg Jones, Louisa Moore, Meg Phelan, Dot Savage

If anyone needs transport to our Gathering days please call me and I will see if I can help.

I also visited Sr Denise in hospital, please keep her in your prayers...

*Louisa Moore JA -
for the Metro Core Group*

Upcoming Events



Announcing the 2020 Mary MacKillop Today's "BREAKFAST IN THE GARDEN"

Come and join the fun, meet old friends and make new ones ...



- ◆ **When:** 8am Saturday 14 March 2020
- ◆ **Where:** Mary MacKillop Centre, 16 York Street, South Perth (St Joseph's Convent)
- ◆ **Bring:** \$15 for brekkie, byo chairs, tables, blankets, umbrellas, sun screen, smiles!
- ◆ **RSVP:** (For catering purposes) Before 10th March to:
Roberta Scanlan: robscan52@icloud.com or 0459 364 872

**Free raffle on entry ~ Assorted range of flowers and pot-plants in time for Mother's Day
~ Location – the leafy gardens of St Joseph's Convent ~ Same chefs, friendly people, warm weather ~ Just smell the food and follow your nose and signs !!!**

Meditative Prayer in the style of **TAIZÉ**

Dates 2020
7pm—8pm

South Perth Chapel doors open at
6.30pm on Sundays:

- + March 15th
- + May 17th
- + June 21st
- + August 16th
- + September 20th
- + October 18th
- + November 15th



Invite your friends and pray
in a relaxing, meditative way
(bring a torch & a friend!)

Enquiries: Sr Maree Riddler rsj
Phone: 0414 683 926
Email: maree.riddler@sosj.org.au

A Ministry of the Sisters of
Saint Joseph & the Presentation Sisters

Visit: www.sosj.org.au
www.taize.com

Morning of Prayer & Contemplation

at Kilmolee at Safety Bay,
182 Arcadia Drive, Safety Bay WA
Wed 11 March

'Women of the Scriptures - faithful disciples'

Please arrive in time for morning tea at
9.30am. Session commences at
10.00am and concludes at 1.00pm with
light refreshments following.

Prayer Guide: Dora Maguire rsj

Cost: \$20

RSVP: Essential - by Friday 6 March to
safety.bay@sosj.org.au or 9527 3240

PRAYING OUR EXPERIENCES

Growing awareness of God in my every day

Praying our Experiences is a directed contemplative gathering, with personal reflection time. It uses Catholic-Christian sacred texts, tradition and experience to discern God's call to us, both as a faith community and individually, in the everyday.

21 Feb	27 March	24 April	22 May
26 June	24 July	28 Aug	25 Sept
30 Oct	27 Nov	18 Dec	

Time: 10.30am - 12noon

Prayer Guides: Wendy Lailey rsj, Tina Khan

Venue: Mary MacKillop Centre, 16 York St, South Perth.

RSVP: Tuesday before session date

Enquiries and bookings: Mrs Laura McCarthy,
9334 0999, prayingourexpériences@gmail.com

**For more upcoming Retreats and Events please contact Laura for a copy of the
2020 Spirituality Brochure or visit <https://www.sosj.org.au/news/events/>**

WA JOSEPHITE ASSOCIATES GATHERINGS, NEWS & EVENTS



2020 SOUTH PERTH GATHERINGS



ENQUIRIES: Louisa Moore - 0438 616 228, email wa.associates@sosj.org.au

AUTUMN GATHERING~ SUNDAY 8 MARCH

- ✚ 2.00pm ~ Time for greeting one another, 'Bring & Buy 'and Raffle
- ✚ 2.30pm ~ Prayer in Chapel, followed by afternoon tea and drawing of the raffle in the Function Room
- ✚ **Where:** St Joseph's Convent, 16 York Street, South Perth
- ✚ **Bring:** A plate of food to share | Bring & Buy item | Raffle item

SAVE THE DATE!

2020 South Perth Gatherings

14 June
13 September
13 December

All Welcome!

2020 DARDANUP GATHERINGS



ENQUIRIES: Dot Savage: (08) 9791 4008 or email Dot: helenbrown.hb@gmail.com
Irene Rodgers: 0423 488 018 or email Irene: irenerodgers1@bigpond.com

Our (AUTUMN) gathering is on **WED 8 APRIL 2020 @ 9.30am**

PLEASE BRING:

- ✚ A plate of food for a shared lunch

**** VENUE - Parish Meeting House Centre, St Patrick's Cathedral Bunbury**

MEETING DATES FOR 2020

10 June, 5 August (please note change), **7 October** (please note change), **25 November**

all very welcome!

Gone to God

'Remember, we are all but travellers here' MMK



Joan Kefford (Helen Johnston's mother)
Cath Callaghan (Metro Group)
Pat Strickland (Metro Group)

Dear Associates, if you are aware of any associate/relative/friend who has passed away, can you please email or ring the office: wa.associates@sosj.org.au or [08] 9334 0999

Get Well Sr Denise



Sr Denise Casey is currently recovering after a fall. After a period in hospital followed by rehabilitation, Sr Denise is now at Amana Living in Mosman Park in transitional care. Visitors are very welcome but please ring first just be sure she is still there. (Ph: 1300 496 481)

Sr Denise, all the Associates hold you in their love and prayer.





WA Josephite Associates

Living Lent



Loving Father,
I invite you into my life today and make myself available to you.
Help me to become the-best-version-of-myself
by seeking your will and becoming a living example
of your love in the world.
Open my heart to the areas of my life that need to change
in order for me to carry out the mission
and experience the joy you have imagined for my life.
Inspire me to live my faith in ways that are dynamic and engaging.
Show me how to best get involved in the life of my parish.
Make our community hungry for communion with one another
as we care for the needs of the poor.
Give me courage when I am afraid,
hope when I am discouraged,
and clarity in times of decision.
Teach me to enjoy uncertainty and lead your Church
to become all you imagined it would be for the people of our times.
Amen.

Autumn 2020



Read Matthew 4: 1-11

“Man does not live on bread alone, but every word that comes from the mouth of God.”

Reflect

How do I experience temptations to abuse power, position and possessions in my life and work?

Pray

Bless me with courage when I am being tested.
With humility, when I am tempted to be arrogant.
With a generous heart, when I am tempted to store riches.
With inclusivity, when I am tempted to be overpowering.
Bless me with your unfailing kindness, loving God.
Amen

Read Matthew 17: 1-9



“There in their presence he was transfigured.”

“This is my Son, the beloved... listen to him.”

Reflect

What have been transfiguration moments in my life?

Pray

During this Season of Lent,
may I listen deeply to the whispering of God in my heart.
I ask you to bless me with your gifts of discernment and wisdom.
Free me from all my fears and sorrows.
Source of radiant light shine in my heart so that I may always be
your Body to a world hungry for your truth,
compassion, mercy and justice.
Amen

Read John 4: 5-42

“Whoever drinks this water that I shall give will never be thirsty again: the water that I shall give will turn into a spring inside him, welling up to eternal life.”



Reflect

What resonates with me in this story?
How am I challenged by Jesus teachings?

Pray

Loving God, I thank you
for the gift of water.

You created water to make the fields fruitful, to refresh and cleanse
my body.

May your eternal springs
quench my thirst through loving kindness.

Bless my friends and family
on their Lenten Journey.

Refresh our spirits when the way seems dry and barren.

Enliven us all with hope and gratitude. Amen

Read John 9:1-41 “Lord, I believe!”

*“I have come into this world so that
those without sight may see.”*

Reflect

How do I cope with times when I am
vulnerable and not in control of a
situation?

What gives me consolation and a sense
of peace and purpose in those times?



Pray

Transform my heart from blindness to sight

From meanness to generosity

From resentment to forgiveness

From hunger to fullness

From yearning to ecstasy

From sadness to joy

Lord, that I may see. Amen



Read John 11:1 - 45

“I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die”

Reflect

When have I experienced the Spirit lifting me up, saving me and raising me to new life?

Pray

Lord, grace me with
comfort in my sorrow,
empathy with the bereaved
solidarity with those who suffer
patience with those who wait
and silence when words are not enough.
God of the resurrection,
bless and transform me in
my ordinariness to be a person alive with joy.
Amen

*Palm
Sunday*

**Palm Sunday! Be reminded of the reason
for the Easter season! Amongst all the
busyness that goes on reflect on
Jesus & His resurrection.**



Acknowledgements:
Evangelisation Brisbane 2018 *Blessed and Broken*
Trustees of the Sisters of St Joseph of the Sacred Heart, 2014, *Act, Love, Walk.*