

# Companions News

Welcome to the **JOSEPHITE COMPANIONS QUEENSLAND** Quarterly Newsletter  
**December 2022**

## Editorial

*Strengthen our commitment to live justly,  
love tenderly and walk humbly  
conscious that we are participating  
in your mission.*

Over this past year we have focused on the three defining features of the **Josephite Companions Movement – Friendship, Prayer and Service**. In asking that our Companioning Spirit “grace us” we are acknowledging that these are freely given to us by our loving God.

The final paragraph of our prayer asks for strength as we strive to embody these features and directs us to the quote from the prophet Micah, “to live justly, love tenderly and walk humbly” (Micah 6:8) conscious that we are participating in your mission.



### PLANNING GROUP

**Pauline McGuire** (Chair)  
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**FOR CONTRIBUTIONS TO THE  
QUARTERLY NEWS PLEASE EMAIL:**

qld.companions@sosj.org.au

Micah lived in times not unlike our own where there was much upheaval. The population was divided between the “haves” and the “have nots”. Corruption in public life was rife. As a prophet, Micah was missioned to call out God’s people. He berates them after reminding them of all God has done for them and he asks the question, “What does God ask of you? Three things only – to live justly, love tenderly and walk humbly with your God” (Micah 6:8) These are not aspirations but actions, actions that we also are called to.

### **Live Justly**

In order to fulfil this injunction we need to do more than profess to love God and our neighbour. We need to acknowledge and be aware of the injustices in our close and wider communities. Like our patron, St Joseph, we should be fair and just in all we do and find ways to support those who actively work towards justice for those who are treated unfairly, discriminated against, judged and condemned on the basis of colour, religion, health status or ethnicity. Following in Jesus’ example, we should embrace “the least of these”, those neglected and despised by society.

### **Love Tenderly**

To love tenderly is to be like God, to love with kindness. Our love for God is seen in our love for others and is built on love and kindness. This is beautifully expressed in the prayer of St Francis:

*Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.*



(Continued on page 2)

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None of us is perfect, yet God loves us. To love tenderly is to show mercy, understanding and compassion to others without judgement, realising that we know nothing of their life struggles. We should strive to be open, aware of peoples' circumstances and make allowances for them as God does for us. St Paul reminds the early Christians, *"Be friends with one another, and kind, forgiving each other as God forgave you, in Christ"* (Eph 4:32).

### Walk Humbly

To walk with someone implies a connection, a closeness. To walk with God is to acknowledge the truth about ourselves, admitting that we depend on Him and need a personal relationship with Him. Through prayer we develop that relationship and learn to trust in God's love for us, allowing Him to guide us, knowing that all will be well.

*"With God on our side, what need we fear?"* Mary MacKillop 1890

By living justly, loving tenderly and walking humbly with God we are not just doing what the Lord asks of us: we are on the path to a meaningful and blessed life following in the footsteps and spirituality of Mary MacKillop and Julian Tenison Woods.

***Companion, encourage and enfold us  
in the fulness of divine love.***

**Carolyn Grimward**

Queensland Companions Office Coordinator

## A CHRISTMAS BLESSING

*May you experience the love of the Spirit in your children  
May you experience the love of the Spirit in your family  
May you experience the love of the Spirit in your country  
May you experience the love of the Spirit in your right conduct and  
May you experience the love of the Spirit in your service to those in your  
community.*



Source unknown

*We can all meet together in spirit at the crib of our loving Infant and pray for one another.  
I wish you every grace and blessing of this holy time with fondest love.*

Mary MacKillop 1881

## ADVENT/CHRISTMAS PRAYER SHEET

This truly beautiful prayer was prepared by the Josephite Companions Aotearoa leadership team and can be accessed from the Sisters of St Joseph website at [www.sosj.org.au/wp-content/uploads/2019/05/JA-PRAYER-Advent-prayer-sheet.pdf](http://www.sosj.org.au/wp-content/uploads/2019/05/JA-PRAYER-Advent-prayer-sheet.pdf)

I would encourage you to visit the website which is a mine of great resources for each of you personally as well as to be used at group meetings. It provides an opportunity for those of you who do have access to the internet to share with those who do not. Companions page: [www.sosj.org.au/become-involved/josephite-companions/](http://www.sosj.org.au/become-involved/josephite-companions/)



Artwork by Therese Quinn rsj

## Around the Ridges...

### Townsville

Congratulations to **Pauline McGuire** on the birth of her second grandchild, Drew William John, 6/11/2022.



### Brisbane Northside

This group now welcomes seven Companions to its quarterly meetings. They meet at St Joseph's Convent, Nundah, where they are invited to share morning tea with the Sisters before gathering for prayer and discussion. While reminders are sent to those who have indicated their interest, any Companions who wish to attend would be most welcome.

The first meeting for 2023 will be **Saturday 18 February** at 10.00am.

Please contact Marie Sellin 0421 323 063.

## Companions News

Please remember that **our Newsletter is for all Companions** and input from all groups helps us to bond and build up personal connections. Two or three sentences are sufficient and it would be appreciated if contributions for the first Newsletter of the new year were sent to [gld.companions@sosj.org.au](mailto:gld.companions@sosj.org.au) by **20 February 2023**.

### Brisbane Southside

The November meeting was a farewell for **Jay Tobin**, a long time member and sandwich maker extraordinaire, who is moving to the Sunshine Coast to live with family. She will be greatly missed by her friends who have been meeting regularly at St Sebastian's Parish House at Yeerongpilly for a number of years.

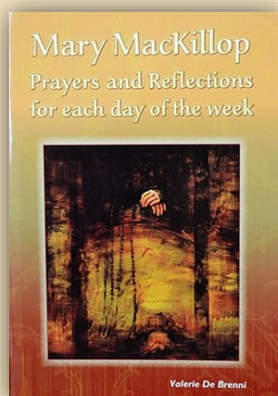
If any of you are in the city and visit St Stephen's Cathedral, you may meet **Judy Harris** who is a guide and welcomer there. Her work at the Cathedral gives her the opportunity to spread the word about Mary MacKillop which she does with knowledge and enthusiasm to groups who visit there. Just recently Judy was able to speak to some American tourists who were amazed to learn of Mary MacKillop's exploits.

Contact Judy about Southside meetings 0407 029 796.

### Allora

The group were involved in the celebration of Mary MacKillop's feast day at St Patrick's School, Allora where they presented a reflection on how Mary's story connects with the present day school. Mrs **Joyce Gibson**, who has been an Associate then Companion since the beginning of the movement, presented the school with the book "*Mary MacKillop Prayers and Reflections for each day of the week*". This prayer resource is a personal favourite of Joyce and the group recently ordered copies for each of their members from the online store.

(To access, go to [www.sosj.org.au/resources/online-store/](http://www.sosj.org.au/resources/online-store/) — click on *Books* and scroll through for the above mentioned book as well as other great reads.)





## Josephite Companions Leadership Team - Regional Report 2022



**W**udumuli, Mullee weeyee, Gudamulli, Gurumba bigi, Kia Ora, Greetings!

The season of Advent is a time of anticipation and hope, eagerly watching for the coming of our Saviour. Like Advent, 2022 was a year of anticipation, we waited eagerly for the end of the pandemic and hoping we could return to 'normal'. Waiting and watching as conflict broke in Europe. Watching with hopeful anticipation for the leaders of the world to hear the anguish of the Earth and act quickly. Waiting can be challenging and overwhelming, however Hope is what inspires us to respond in whatever way we can, sometimes with actions, sometimes with prayer. With hopeful anticipation we look towards 2023 as a time a renewal for both our movement and the world. We may be a small group but with God by our side we can make a difference, if not to all than at least to the people near us.

*'God give me strength for what is necessary.' MMK 1877*

March 2022 saw the Queensland Leadership Team meet face-to-face, inviting Robyn Phelan from Alora and Mary Wallace from Townsville to join in the discussions on the journey Queensland Josephite Companions are travelling. Through guided reflection and contemplation, the group endeavoured to develop the 'Recipe' that helps to make our groups 'Josephite'. Attached to this report (page 6) is the 'Jam' recipe'; see if it helps you spread the Companion Spirit. We completed the face-to-face weekend by holding an induction ceremony for Tanya McNeill who is part of the new Northside Group. CONGRATULATIONS TANYA!

The Northside Group is not the only new group we have in Queensland. We currently have the beginnings of an Egroup, run by Bernadette Roche on the Gold Coast. Toowoomba also sees the beginnings of a group discovering how they may fit into the Josephite Family.

JCoLT, our International Leadership Team, ran a webinar in September to nourish our leaders and open discussions on what our next steps in the journey may look like. The webinar was attended by leaders from Queensland, New South Wales, Victoria, South Australia and New Zealand, and the discussions were lively and full of hope. 2020 and all its challenges provided a hurdle for JCoLT, but as we conquer the hurdle we begin again on the road to a sustainable movement. We also heard some exciting news, Sr Clare Conaglen rsj from the Sisters Central Leadership Team has informed us that we have the beginnings of a Josephite Companion Group in Brazil, a very exciting development.

We again thank Sr Jenny Scari rsj and Sr Annie McGuire rsj who give up their time to walk with us, encouraging us to take bigger steps and assisting us to maintain and develop our relationship with the Sisters of Saint Joseph.

*'Nothing makes us feel as charitable towards another as praying for them.' JTW 1863*

Let us pray that through Friendship, Prayer and Service, we can companion each other and working together we can bring community to all who are searching.

*Pauline McGuire*

*Chair – Josephite Companions Leadership Team (Queensland)*

# Financial Report 2022

JOSEPHITE COMPANIONS QLD OCTOBER 2022				
BREAKDOWN				
INCOME	AMOUNT	EXPENSES	AMOUNT	NOTES
		STATIONARY	\$329.23	
		POSTAGE	\$957.63	
		TRANSPORT	\$0.00	
		FLIGHTS	\$250.00	FACE TO FACE MEETING
		ACCOMMODATION	\$700.00	FACE TO FACE MEETING
		GIFTS	\$343.70	CANDLES FOR NEW COMPANIONS/FLOWERS FOR MEETING
		OTHER	\$230.89	ZOOM LICENSE
		TELEPHONE		
		FOOD	\$337.16	FACE TO FACE WEEKEND
MEMBERS	\$3,956.00			
FACE TO FACE	\$795.00			
DONATED OFFICE SPACE	\$0.00		\$0.00	DONATION SISTERS OF PERPETUAL ADORATION
SECRETARIAL SUPPORT	\$0.00		\$0.00	CAROLYN GRIMWARD
FACE TO FACE FLIGHTS				
DONATED X 2	\$0.00		\$0.00	FACE TO FACE DONATION
	\$0.00		\$0.00	
<b>TOTAL</b>	<b>\$4,751.00</b>	<b>TOTAL</b>	<b>\$3,148.61</b>	

21 MEMBER DONATIONS 3 ROCKHAMPTON GROUP DONATIONS  
 17 CASH DONATIONS STAMFORD 1 KING GEORGE SQUARE  
 NUMBER OF MEMBERS?





# COMPANION JAM

*Developing a Unique Flavour*

## INGREDIENTS

### **Friendship**

Love, Joy, Gentleness & Laughter

### **Prayer**

Peace, Love & Faithfulness

### **Service**

Compassion, Hope & Love

## METHOD

1. Gently spread joy, love and peace as we journey together with laughter and compassion, allowing our Josephite Hearts to connect us as one.
2. Walking together in peace, listening for God's Breath whispering on the wind. Allowing God's plan to seep into our hearts, guiding us gently into the deep.
3. Wait, Watch & Listen.....  
The Jam will thicken and sweeten as it is shared.



## **DONATION TO THE QUEENSLAND COMPANIONS MOVEMENT**

**NAME:** .....

**PHONE NUMBER/S:** .....

**AMOUNT GIVEN: (PLEASE CIRCLE)**

\$20 \$30 \$40 \$50 OTHER \$.....

**ALL DONATIONS CAN BE FORWARDED TO:**

JOSEPHITE COMPANIONS QUEENSLAND LEADERSHIP TEAM  
VILLA MARIA CONVENT  
123 WARREN STREET  
FORTITUDE VALLEY QLD 4006

**EMAIL:** [qld.companions@sosj.org.au](mailto:qld.companions@sosj.org.au)

*CHEQUES AND MONEY ORDERS MADE PAYABLE TO JOSEPHITE COMPANIONS QLD*

**OR PAID BY DIRECT DEPOSIT:**

COMMONWEALTH BANK  
**ACCOUNT NAME:** JOSEPHITE COMPANIONS QLD  
**BSB:** 064163  
**ACCOUNT NUMBER:** 10429581  
**REFERENCE:** SURNAME AND INITIAL (E.G. CAMPBELL M)

*Thank you for your donation!*

