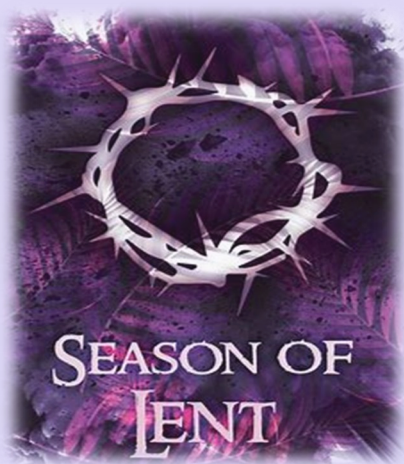


JOSEPHITE COMPANIONS NEWSLETTER AUTUMN 2024



*A journey that moves each one
of us towards the Cross.*

Dear Sisters, Companions and Friends,

Welcome to the Autumn 2024 issue of the Josephite Companion Newsletter. We trust that your Christmas season brought much joy and love onto your lives and that you can approach the New Year with energy and vitality.

As Autumn ushers in the Lenten season, we are urged to put our lives into perspective, to reflect on our spiritual growth and prepare ourselves for Easter. Josephite Companions welcome Lent as a time for striving to live the charism of friendship, prayer and service in our daily lives and have confidence in our ability to make a difference in our own circle of influence.

We congratulate those Sisters who celebrated Jubilees recently;

Sr Mary Engelbrecht—75 years

Sr Teresa Keane—70 years

Sr Theresa Morellini —60 years

Sr Pauline Dundon—50 years

We give thanks for their dedication and loving service as they continue to inspire us all by following in the footsteps of St Mary of the Cross and Father Julian Tenison Woods.

JCoLT met in Sydney in January, with Helen Brown present as our West Australian delegate. We look forward to the future, recognising the importance of a growing membership and structural and financial viability. Among priorities is the revision of our Josephite Companion database and Helen will contact members to clarify detail of this membership.

This year, Josephite Companions will gather to celebrate Companions Day (to be named Annie's Day after Mary MacKillop's sister) on 31 August with a webinar available to all members. Please save the date.

Our prayer for this season focuses on the peace that only Christ can give. We pray for peace within ourselves, our families, our communities and the world. *"Let There Be Peace On Earth"* reminds us that we are God's instruments of peace in our troubled world.

Wishing you joy and Easter blessings.

Best wishes and love, *Dot Savage for Dardanup, Metro & Esperance Groups.*

WA JOSEPHITE COMPANIONS, PO BOX 593, SOUTH PERTH WA 6951

Phone: (08) 9334 0999 Email: wa.companions@sosj.org.au

A Ministry of the Sisters of Saint Joseph of the Sacred Heart

JOSEPHITE COMPANIONS

Explore—Embrace—Embody

Sue D'Ath, embraces the lessons from the **Explore, Embrace, Embody** document of the Sisters of Saint Joseph of the Sacred Heart by recycling pre-loved T-shirts to create mats, making shopping bags from fabric offcuts purchased from secondhand stores and using tea towels or shopping bags instead of wrapping paper. Recycling, Reducing and Re-using are key actions to ensure that each one of us can look after the planet.

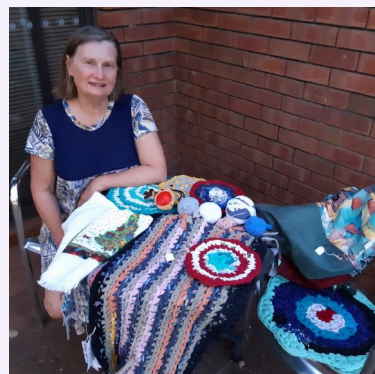
To make T-Shirt Mats

Step 1: Cut cloth into one continuous strip

Step 2: Roll into balls

Step 3: Crochet

YouTube has an easy-to-follow tutorial.



JCoLT Gathering 2024

The Josephite Companion Leadership Team met in Sydney 16-20 January. Representatives from Victoria, South Australia, Queensland, New Zealand and Western Australia worked with Sr Clare Conaglen, the representative from the Congregational Leadership Team to establish clarity around the Josephite Companion Movement and its future focus.

Bernadette Roche, facilitated sessions focusing on—

Who the Josephite Companions are; Who we want to become; How we can respond to the call to live the Josephite charism as we proclaim God's mission in 2024; Identifying the most urgent needs to be addressed given the demographics and or issues evident in the profiles of regional groups and brainstormed possible initiatives that could/should be put in place to ensure the viability and continuation of the Josephite Companions.

We had the opportunity to meet with the Congregational Leadership Team to discuss where the Josephite Companions sit in relation to the Congregation of Sisters. The CLT is committed to supporting the Josephite Companions Leadership Team as it looks to the future and strives for financial and structural independence while maintaining its strong ties to the Sisters of Saint Joseph.

Metropolitan Group News

We will be attending *Mary MacKillop Today's* 'Breakfast in the Park' as the Metro Group's March gathering. **COME** join us in this beautiful garden setting at the Mary MacKillop Centre in South Perth on **Saturday 9 March at 8.00am**. Our Christmas gathering in December indicates that there is a core group of Companions who are keen to re-energise the group and support a Metropolitan Group. During 2024, Metro companions will meet for a prayer service and social gathering every quarter. Please see Metropolitan dates on page 4 of this newsletter.

Esperance Group News

Deepest sympathy is extended to the family and friends of our companion, Pam Usher and we pay tribute to her dedication to the Josephite cause over many years.

Recently, Srs Pauline Dundon and Kathleen Hitchcock visited Esperance. Catechists welcomed Sr Pauline in her role of Catechetical Co-ordinator for the Bunbury Diocese. The Sisters addressed Josephite Companions, unpacking 'Laudato Si' and introducing the Explore—Embrace—Embody initiative of the Sisters of St Joseph of the Sacred Heart and the Sisters of Lochinvar.

First Dardanup Gathering for 2024

Our first gathering for 2024 was held in the Bunbury Parish Hall on 7 February and despite the extreme heat, thirteen Companions shared a day of friendship, prayer and service. Maud and Annette were thanked for their many years on the Core Group. We welcome Shendelle to the Core Group and look forward to collaborating with her. Many thanks to Johanna Hynes for her work as Treasurer over the past 11 years. Sue D'Ath will take on this role in 2024. Members unanimously agreed that Helen and Dot will take over the role of shared leadership.

The Sisters were thanked for their support, their friendship and wisdom since the inauguration of the Dardanup Josephite Companions (Associates). The theme of the gathering was New Beginnings and we began the day with a beautiful prayer service thanking God for His light and the colour of our world.

Sadly, numbers attending meetings have diminished, due to failing health, aging and work commitments and our group agreed that a focus on increasing membership is needed in 2024. Our group continues to offer it's service in producing the Quarterly Newsletter and the accompanying Prayer Sheet. Many thanks to Helen Brown in this regard. Dot will continue in this role with her assistance.

CONGRATULATIONS JUBILARIANS!

The Sisters of St Joseph of the Sacred Heart, family and close friends gathered to give thanks for the lives of eleven extraordinary women who have dedicated their lives to serving God as Sisters of Saint Joseph.

Sr Mary Engelbrecht - 75 years (Tourmaline),
Sr Teresa Keane - 70 years (Platinum),
Sr Theresa Morellini - 60 years (Diamond) and
Sr Pauline Dundon - 50 years (Golden)

The Sisters who were remembered at the Jubilee were:

Sr Deanne Connolly (Golden),
Sr Cecilia Connolly (Diamond),
Sr Anne Boland, Sr Frances Neenan and
Sr Helen Mahony (Platinum)

As Josephite Companions we pray;
Gracious God,
You have called these extraordinary women
to life and gifted them in many ways.
Through Baptism You have sent them
to continue the mission of Jesus
by sharing Your love with others.
Strengthen them to respond to
Your call each day.
Help them to become all You desire of them
Inspire them to make a difference in
others' lives.
Lead them to choose the way of life
You have planned.
Open the hearts of all to listen to
to Your call.
Fill all with Your Holy Spirit that
we may have listening hearts and
the courage to respond to You.
Enkindle in their hearts
and the hearts of others, the desire to
to make the world a better place
by serving as a Sister of Saint Joseph of the Sacred Heart.
Amen.



From left: Sr Pauline Dundon, Sr Theresa Morellini,
Sr Mary Engelbrecht (seated) and Sr Teresa Keane

MARY MACKILLOP today



Announcing the 2024

"BREAKFAST IN THE GARDEN"

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

When: 8am, Saturday, 9 March 2024

Where: GARDEN VENUE - at the Mary MacKillop Centre
16 York Street, South Perth (St Joseph's Convent)

Bring: \$20 for brekkie, byo chairs, sunscreen, smiles

RSVP: For catering purposes etc, before 5 March to:

Roberta Scanlan: robscan52@icloud.com or 0459 364 872

☉ Free raffle ticket on entry

☉ Assorted range of pot plants and chrysanthemums
in time for Mother's Day

☉ Location - the leafy gardens of St Joseph's Convent

DONATIONS

Thank you very much to those Companions who contribute to the fund that covers costs for the production of the WA Newsletter and distribution of the JCoLT Newsflash.

Donations can be made to:

WA Josephite Companions (please see donation slip)

EXPLORE EMBRACE EMBODY

Snaplock bags
Squeeze pouches
Sturdy pet food bag



*Plastics pollution: greenwashed corporations continue to trash the planet (smh.com.au)

Spiritual Inspiration

The Eco-Spirituality Team of the Sisters of Saint Joseph offer you this reflection while you Nurture Evolutionary Consciousness.



Creator God, you walk with us on our journey. Open us to see the revelation of your presence in all of creation that we may safeguard and protect the beauty of Earth. We ask this in the name of your Son, who taught us about the sacredness and interconnectedness of all of life, Jesus Christ. Amen.

2023-International-Earth-Day-Cosmic-Awakening-reflection-sheet.pdf (sosj.org.au)

Meditative Prayer
in the style of

TAIZÉ

Dates 2024

7pm - 8pm

Chapel doors open at 6.30pm

Commencing on Sun March 17

3rd Sunday of following months

+ May 19

+ June 16

+ August 18

+ September 15

+ October 20

GONE TO GOD



Pam Usher

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

WA JOSEPHITE COMPANION GATHERINGS

SOUTH PERTH

March 9 *Breakfast in the Garden*
June 9

September 8

December 8

ENQUIRIES:

Sr Frances Maguire: 0419 801 211

DARDANUP

April 17

June 26

August 8 *MMK Feast Day Mass*

August 31 *Annie's Day Webinar*

October 2

December 4

ENQUIRIES:

Dot Savage: (08) 9791 4008

Helen Brown: 0478 783 990

Email: helenbrown.hb@gmail.com

ESPERANCE

Third Thursday of each month
Mass, Rosary and sharing.

ENQUIRIES:

Helen Johnston: (08) 9071 1256

Email: donaldjohnston@bigpond.com

Fundraising for Mary MacKillop Today

WA Containers for Change

10c per bottle

Includes

Glass & plastic bottles
Aluminium cans
Cardboard drink cartons

With 10c printed label on them

Code for Mary MacKillop Today
C10473265



For more info: Sr Maree Riddler 0414 683 926

Sisters of St Joseph's Chapel, 16 York St, South Perth