

Josephite Companions of South Australia

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Friendship Prayer Service



*"May God bless and
strengthen you."
MMK 1872*

Winter 2024

July 2024 Newsletter

International Women's Day – IWD

On the evening of Friday 8th March, there was much anticipation in Bethany as we all waited to listen to guest speakers from diverse backgrounds, professions and volunteer organisations.

Tass Schmidt, President of IWD Committee SA, life coach and pro-ageing influencer began. Representatives from Zonta International, Presidents **Judy Lovett** and **Carol Pearce** followed, while our final guest speaker for the night was **Faith Agugu**, Psychotherapist and founder of Silver Sirens, who spoke to us through the technology of Zoom.

From Tass, in her own words:

I have learned things which I wish I'd been more mindful of when I was younger. Every day is a blessing and it's my choice what I do with it. I can do good or not, have a good day or not. It's not a lottery. There will certainly be challenges, but giving thanks for the air I breathe, my life, this day, the people in my life and our beautiful world reflects back to me. Be present! And this I find empowering.

Every morning, I spend a moment or two in gratitude. I can't achieve anything without the support of others and the community, and they in turn, need our support. Networks are so valuable; we're surrounded by them. Engage and contribute to society; we are all part of the ecosystem which shapes communities and the world. This leads me to Mary MacKillop's,

If you see a need, do something about it!

This morning at Government House during the IWD Breakfast, keynote speaker Elizabeth Broderick AO former Sex and Discrimination Commissioner and United Nations Leader in Lifting the Status of Women and Girls Globally, said, "You don't have to be extraordinary; everything you do to support better choices helps for a better world and fulfillment in life." She also said self-care is pivotal, and that is not selfishness. Self-care is the ultimate best strategy. Being as well as you can be enables you to notice and have the energy to do something.

At the IWD SA Afternoon Tea on Wednesday 6th March, we orchestrated a conversation between a highly accomplished panel of female entrepreneurs discussing Economic Empowerment for Women Through Entrepreneurship. Some common themes emerged which included:

- to notice what needs to be done,
- to take action even though sometimes it might be scary,
- to ask and ask big – often something women are not good at.

So, I leave you with these questions to think about:

- What do I see?
- What do I want to see?
- What can I do?

And then do something!

cont on page 6

In Loving Memory compiled by the Sisters of St Joseph

Catherine Clark rsj OAM was born in Orroroo, South Australia on the 29th April 1939. After primary school, Catherine and her family moved to Adelaide. Following high school, Catherine attended the Adelaide Teachers College where she gained teaching qualifications in junior primary education.



In 1962, Catherine entered the Sisters of St Joseph and was professed as Sr Patricia in 1965.

Catherine was an excellent teacher, educator and leader paving the way for students and leaders to integrate faith, life, learning and culture. Her capacity for leadership was evident from her early days as a Josephite, as she was elected a member of each General Chapter of the Sisters of St Joseph until 2013. Catherine served as Provincial in South Australia from 1990 until she concluded her term at the end of 1995. Her capacity to bring

God's unconditional love to all she met and to every circumstance was the hallmark of her leadership.

The breadth and depth of Catherine's ministry influenced governance and leadership across Catholic education in SA. Her contribution and perspective influenced national Catholic education through her representation of SA on various standing committees. Her term as chairperson of the South Australian Commission for Catholic Schools had an extraordinary impact on the quality, access and affordability for families attending Catholic schools.

Catherine's commitment to her ministries of the Sisters of St Joseph created pathways that led to dignity for so many who were experiencing marginalisation. She embodied the qualities in the life and work of Mary MacKillop as she walked in her footsteps. She encouraged others to see the face of God through the charism of Mary MacKillop.

Our dear Catherine entered eternal life on the 22nd April 2024.

***"Remember, there is, even on this Earth,
a day of bright reward for all your
prayers and faithful perseverance."
MMK 1874***

OAM 4 SOSJ

Pauline Morgan rsj has been awarded a Medal of the Order of Australia (OAM) in the 2024 King's Birthday Honours List for service to the Catholic Church and education.



At present, Pauline is Community Leader at the Kensington Convent and this year celebrated her Diamond Jubilee as a Sister of St Joseph.

Pauline was professed in 1964 and her first 20 years of ministry was in education. Her interest

in psychology led Pauline to complete a Masters Degree in Clinical Psychology and later she gained a PhD in Social Psychology.

Pauline has held leadership positions with the Sisters of St Joseph in WA and Ireland before returning to SA just as Covid was making an impact on travel.

On behalf of all Companions,

Congratulations Pauline

*and may our good God continue
to bless and keep you.*



Annie MacKillop

~ Our First Companion ~

Saturday 10th August

2pm

Bethany

4 High St, Kensington



✧ The Josephite Companions present Annie MacKillop, sister of Mary MacKillop ✧

Annie accompanied Mary and walked with many of the Sisters throughout her life. Josephite Companions have embraced her as our 'inaugural Companion'. Come and delight in Annie's story ... sharing in God's mission and making a difference.

RSVP appreciated by Monday 5th August
Mary on 0417 871 904 or SA.Companions@sosj.org.au

Afternoon tea will be available – please bring a small plate to share. There will also be a raffle. Donations and proceeds of the raffle will go toward Josephite ministries.



~ DATE CLAIMERS ~

- Webinar – Annie MacKillop
31st August, 11am (SA)
- Julian Tenison Woods
26th October, 10am
- Carols Evening
13th December, 7pm

Please note the change of time for our October event



Josephite Companions – Leadership Webinar

In May, leaders in the Companions across Australia and New Zealand participated in an online forum where the focus was on **leadership**. Over the next few newsletters, we hope to bring you aspects of that forum for you to reflect upon and consider how you can express, or continue to express your leadership qualities.

Eammon Pollard, Director of Spirituality of the Josephites, provided input and led this Webinar. One of the many items of interest was the following quote by Warren G Bennis:

No leader sets out to be a leader. People set out to live their lives, expressing themselves fully. When that expression is of value, they become leaders. So the point is not to become a leader. The point is to become yourself, to use yourself completely – all your skills, gifts and energies – in order to make your vision manifest. You must withhold nothing. You must, in sum, become the person you started out to be, and to enjoy the process of becoming.

Josephite Companions – Fundraising Focus

In 2024, the focus for our financial donations and proceeds from our raffles will again be to Josephite ministries including Peru, Afghan refugees and families in need. Should you see a need or have other suggestions, please make contact so that we can explore other opportunities.

2024 SA Jubilee Celebrations a Homily by Fr Maurice Shinnick

Almost 100 years after Mary MacKillop and Julian Tenison Woods first opened the school in Penola, what were the emotions of the young Pauline Morgan as she put on the postulant's dress of an aspiring Sister of St Joseph? And ten years later, young Josephine Dubiel and Majella O'Sullivan, doing the same. For Pauline, it was at the start of the Second Vatican Council, and for Josephine and Majella it was half a decade after the Council. They were all thrust into a time of great excitement, hope and energy in the Church, a renewal of every aspect of Catholic life and how the timeless message of the Gospel could be freshly transmitted into a changing world.

In the Decree on the Renewal of the Religious Life of 1965, the Council taught that "the spirit and aims of each founder should be faithfully accepted and retained." The Josephite family has been true to the heritage of faith and good works revealed in the lives of Mary and Julian. That renewal has constantly shaped and reshaped Pauline, Josephine and Majella.

Speaking more generally of the religious life, the Council said, "Under the impulse of love, which the Holy Spirit pours into their hearts, [religious] live more and more for Christ and his Body, the Church."

To live in Jesus Christ is to bring to others the fruit of our relationship with him. The Vatican Council directs all Christians to take up "the joy

and hope, the grief and anguish of the people of our time, especially those who are poor or afflicted" and make them our own. That is what Mary MacKillop did from that day when she opened the door of her little stable school and welcomed the children of Penola. All through her life no one was outside the realm of her compassion – from children to prisoners, from the frail aged and troubled teenagers, from the sick to the homeless. Every joy and hope, grief and anguish became hers. Her charism infused the hearts and lives of Pauline, Josephine and Majella in a rich tapestry of diverse ministries.

All ministries are an expression of faithfulness to Jesus' commandment, "Love one another as I have loved you." This love creates a friendship with him, but a friendship which forms us as servants to those most in need. That is the Josephite vocation.

Pauline, Josephine and Majella, give thanks for the joys and hopes which you have been given through your years as Sisters of St Joseph. But give thanks also for the griefs and anxieties which came your way, for they were the way of the Cross for you in which you discovered the pierced and sacred Heart of Jesus. The fullness of his love.

Today, stand with St Mary of the Cross, and in her words, "Look back a little and see what our good God has done for us."

Regional Days - Coming Together by Marie Egan rsj

Three times a year, on two days, the Sisters come together to catch up, to discuss latest experiences, to socialise, and to share meals. Other than these aspects, there is always a topic of some importance to be presented, reflected upon and discussed.

On a Friday in February this year, we remembered the Sisters who had died since our previous gathering. This was followed by our main topic for discussion, our manner of governance. Pauline Morgan led the group by way of input, reflection and shared discussion. During this day, our Covenant Josephites also met to reflect on matters pertaining to them, joining the Sisters the following day.

Saturday morning commenced with a commissioning of the Principal, staff and Board members of Mary MacKillop College. This was a very meaningful ritual and was followed by morning tea. The remainder of the day was given to reflecting on our mission as Josephites. Input on mission was presented by Mary Cresp, leading us into personal reflection and sharing. In speaking with one other person, we gained insight into her current ministry/mission which was then spoken into the large group and followed by a missioning of each other. This was a unique way of affirming and respecting the mission of each Sister and Covenant Josephite, and was a fitting finale to our days together.

Kindness & Compassion

by Mary Hemmings

Pauline Morgan rsj explored the words *kindness and compassion* in a presentation to those present at our Josephite Companions' gathering on the 1st June. In the gathering prayer, St Paul's words to the Ephesian community were shared as a way of summarising this theme:

*Clothe yourself in compassion and kindness,
bear with one another ... forgive each other ...
love binds us together.*

Pauline used cartoons and images to help illustrate the message she gently conveyed to us. She named that kindness and acting with compassion are choices we make ... or don't make. There are different ways to be kinder and more compassionate to each other. This may mean thinking about how we see the world and what we do in response to others.

A key tool is to realise that we all view life through different lenses. How I see a situation is going to be different to how someone else might view the same situation. When we recognise that this creates differences in perspective and we accept that difference is okay, then we learn to respond in ways that allow this to happen. For example, I may be someone who notes details and pays attention to the minor details, whereas another person perhaps views the same situation with a 'broader lens', not taking in the smaller details. Our perspectives are different; this doesn't mean that one is right and one is wrong but rather that our perspectives are coloured differently. When we accept that this is so, we can learn to be less judgmental, and therefore kinder in our response and attitude.

Pauline outlined other scenarios to highlight how we can become aware of our attitudes and responses to others. Often in our social situations we may feel inclined to 'talk about another'. This is often where 'unkind' attitudes are shared or statements made, which in turn can do damage to people and to relationships. Pauline outlined a simple process that we might like to consider when talking about another. By using the acronym **TNK** we can quickly determine whether or not to speak about another or a situation. These letters remind us to **THINK** about what we will say, to decide if what we intend saying is **NECESSARY** and is what we want to say or do **KIND**. Possibly a simple way to prevent much damage through gossip!

Pauline also named that often in our lives we will be living or accompanying people who have dementia. If we are with people who are showing signs of dementia, this calls for a greater awareness of the other and patience to walk with them as often they will 'view' the world through a different lens. Being open to understand that is their reality is so important, and recognising that if that is our situation in time to come, we would hope that others would be kind in understanding us.

In essence, Pauline summarised it as us needing to learn to accept each other and be prepared to negotiate. That is, being open to difference, listening to insights and perspectives of others and not blinding ourselves to just our way of being and seeing. All were very grateful for Pauline's words of wisdom, presented in a gentle manner.



Kindness is a language which the deaf can hear and the blind can read.
Mark Twain – Author

From Judy's and Carol's Presentation:

We believe in making the world a better place by empowering women. We find joy in doing this in a supportive community of like-minded professionals from diverse countries and cultures. Zonta stands for women's rights. We advocate for equality, education, and an end to child marriage and gender-based violence.

We are passionate about providing life-changing opportunities to empower women and girls and improve their health, provide better economic opportunities and prevent gender-based violence.



ZONTA SAYS NOW to gender-equal climate action. We lead by example and take personal action to reduce our carbon footprint. Some ways we can do this is by only buying what we can use and gifting our surplus to others in need.

One of our services is making breast cushions for Breast Cancer patients. Other services include birthing kits, Malvern Place, which offers support and accommodation for young women who are pregnant or homeless and AFFLIP, whose focus is on supporting the learning of students in poorly resourced schools in the Philippines which have a large number of disadvantaged students.

Faith's Presentation written by Emmy Silvius:

What an amazing, energetic and inspiring woman! After a few initial hiccups with internet connection, we were finally able to listen to the incredible wisdom of this lady.

Faith told us that women over fifty have an incredible amount of positivity to bring to the world in which they live, as long as they believe this within themselves. Sadly, negative thinking about ageing can shorten one's life. However, if getting older is viewed as both a gift and a privilege, there are no limitations to what we can achieve.

Faith sees herself as *an elder in training*, and even though she was not physically present in the room, her positive energy bounced off the screen. Her words were uplifting despite the truthfulness in relation to the various forms of suffering women endure in our world. Apart from abuse, loneliness and homelessness, most women feel invisible and experience a loss of self-worth as they age. Also, changes in their bodies aggravate this sense of loss of value. Of course, the whole industry that exists around anti-ageing doesn't help to alleviate those feelings.

Faith will be travelling to SA in August of this year, and I'm sure many of us will be very keen to be in the room with her when that happens.



L→R: Carol, Judy, Helen, Tass Faith



It isn't what we say or think that defines us, but what we do.
Jane Austen – Author

If you give an education to a girl, that's how you're changing her life and that's how you're also changing the world.
Malala Yousafzai – Nobel Peace Prize Laureate

Our Josephite Partners

Living in the Spirit of Mary MacKillop

• St Joseph's Old Scholars Association

An Old Scholar is anyone (female or male) who has ever been connected to a Josephite school or college in Australia, as a student or teacher. Our Association has been in existence for over one hundred years. Our final function for this year is the:

- Spring Luncheon

Wednesday 16th October, 12pm

The Highway Bistro, 290 Anzac Highway, Plympton – please note this new venue!

Seniors' Menu – starts from \$18.00 for one course

There will be a raffle and door prizes.

The maximum number is 80. So, in the meantime, consider contacting people who would be interested as we expect our maximum will be reached well in advance of the Luncheon.

Contact **Margaret (8264 0780)** for more information. Further details will also appear in our August/September Newsletter.

• Mary MacKillop Old Scholars Association

The Association continues the friendships and encourages the building of life-long networks amongst past students and staff. It also fosters justice and compassion, hospitality and concern for those in need and has a special relationship with the Sisters of St Joseph.

The Annual Reunion details are below. All alumnae and staff are very welcome.

- 2024 Alumnae Dinner

Friday 27th September 5pm – 8.30pm

Mary MacKillop College Gymnasium 10-14 High Street, Kensington

Bookings via Trybooking with reference CSWTH

Guests will be provided with a tour of the College, including the new Tenison Centre, before coming together with old friends to enjoy and reminisce the days as a student at Mary MacKillop College, St Joseph's High School and St Joseph's Higher Primary.

• Mary MacKillop Precinct

- Museum and Gift Shop – open Tuesday to Friday, 10am – 4pm and Saturday 10am – 1pm

The Museum tells the South Australian stories of some of the early companions of Mary MacKillop, and the history and legacy of the Josephites.

The Gift Shop has many products available for sale including the monthly *Southern Cross* magazine, books, cards, sacramental gifts and much more!

Orders and information: www.marymackillopadelaide.org.au or 8130 5910

- St Joseph's Chapel – open every day, 10am – 4pm

A place for quiet reflection and prayer. A place where Mary MacKillop herself prayed!

- Bethany

Check out the *2024 Events Programme* which offers workshops, reflection and retreat days. Details online through www.marymackillopadelaide.org.au or collect a copy when visiting the Museum.

- Feast of Mary MacKillop – Thursday 8th August

Archbishop Patrick O'Regan will celebrate Mass in St Joseph's Chapel at 10am followed by refreshments in Bethany. All are welcome!

No registration/no cost. Enquiries: infos@sosj.org.au or 8130 5900

Mary MacKillop

Inspiring people to work for peace and justice



Introduction

Whenever Mary MacKillop saw a need, she set out to respond. Mary sought always to bring about justice and required her followers to do the same. While she challenged unjust behaviour, Mary always showed great respect for people, and worked for peace and harmony in all situations. She did her best at the time of the excommunication to prevent the matter going into the public media. Similarly, she endeavoured to quieten the public critics of the Bishop Quinn in Brisbane.

Gospel: John 20:21

The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father sent me so I send you."



From the Pen of Mary MacKillop

Mary wrote to her mother on the 26th February 1872 after the excommunication was lifted: *The Bishop has acknowledged the injustice of his conduct to all, for priests, as well as Sisters, have been wronged, but God wisely permitted it for a hidden and mysterious end. I hope that our common sorrows have done us all good and that Adelaide will once more have holy and exemplary priests doing the work of God in her midst.*

Reflection

What inspires me to work for peace and justice in our world?

Let us pause and hold in prayer all those working to bring justice and peace in our world

Prayer

***O God of peace, you sent your Son as a gift of peace into our world.
You have revealed that peacemakers are to be called your children.
Grant, we pray, that like Mary MacKillop we will work without ceasing
to establish that justice which alone will ensure true and lasting peace.***

***We make this prayer through Christ our Lord.
St Mary of the Cross, defending human dignity, pray with us.***

Call to Action

Take time to resolve a conflict that exists in your life.

***"We may feel our crosses hard at times,
but our courage should rise with them."
MMK 1882***

