

Heartbeat

A NEWSLETTER FOR THE FAMILY OF SACRED HEART PARISH

FR KEVIN'S EASTER MESSAGE

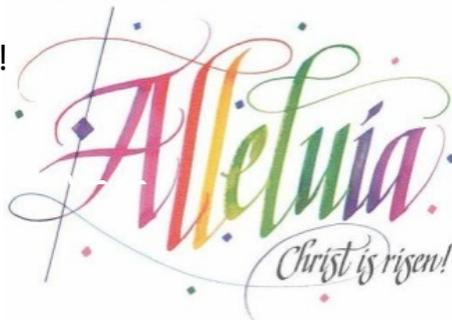
One blessing, among the many we share in living in this part of Australia, is the change of seasons. From Winter to Spring, from Summer to Autumn, we are embraced by nature and so too, the God of Creation.

So here we are at the end of Summer, a time of aridity, as we await the soaking Autumn rains (a good early break as wished for by the farmers). Indeed Autumn is a good time to celebrate the Church's holiest time of the year, Good Friday giving way to the joy and growth of Easter Sunday.

So in the words of St Paul, "Let us rejoice and be glad", that like the breaking rains of Autumn, our Salvation is near at hand.

Alleluia! Alleluia!

Fr Kevin



HOLY WEEK and EASTER CEREMONIES

Holy Thursday

7.00pm Mass of the Lord's Supper

Good Friday

10.30am Ecumenical Stations of the Cross
(commencing at St Mark's)

3.00pm Celebration of the Lord's Passion

Holy Saturday

6:00pm Easter Vigil Mass

Easter Sunday

9:30am Mass

Walking Through



Holy Week

HOLY WEEK gives us the opportunity to look at our own lives, to look at our own commitment to truth and justice and our loyalty to Christ and His Gospel.

Palm Sunday (Passion Sunday), is the beginning of Holy Week. On this day the priest blesses the palms at all Masses and distributes them to the people, symbolising Jesus' entry into Jerusalem.

THE TRIDUUM is the three-day celebration of the death and resurrection of Jesus. The three days are counted as the Hebrews counted their days from dusk to dusk. Therefore, the three days of the Easter Triduum are from dusk on Holy Thursday to dusk on Easter Sunday.

Holy Thursday brings us to the conclusion of Lent. The Mass of the Lord's Last Supper is celebrated in the evening and includes the procession of the Holy Oils, (blessed at the Mass of the Chrism). The readings consist of the story of the Passover and Jesus washing the feet of the apostles, with symbolic washing of the feet or hands. The Blessed Sacrament is transferred to the Altar of Repose.

Good Friday: Stations of the Cross are usually held in the morning. The Liturgy of Good Friday, which begins and ends in silence, is celebrated at 3pm. This ceremony includes the reading of the Passion, prayers, Adoration of the Cross and Holy Communion.

Holy Saturday/Easter Vigil consists of the Blessing of the Fire and the lighting of the Paschal Candle. This is followed by a number of Scripture stories of God's interaction with humankind from creation through to the Resurrection. The Baptismal Font is blessed as well as the Easter water and any baptisms take place of those wishing to become members of the Catholic Community. The celebration continues with Mass. On **Easter Sunday** we join with the Christian Church worldwide to proclaim and rejoice in the new life of Christ. It is the event that refreshes our spirits and gives new hope to a tattered, weary world. It is the event that speaks to us of living forever and thus makes our lives here and now more tolerable, even promising.

... from Sr Anne

Sacred Heart Parish, North Albury, pays respect to the Wiradjuri people, the traditional custodians of the land on which we gather to celebrate our faith and worship God. We acknowledge with respect elders past and present.

TUESDAY EVENING LENTEN REFLECTIONS

Lent was a busy time for Sacred Heart Parish.

Beginning with Pancake Tuesday, Parishioners and visitors gathered in the Church on Tuesday evenings across Lent to reflect, pray and listen, and also to contribute in a small way to Caritas' Project Compassion appeal. Barb Jackson, Terry Hillman, Molly Dick and Darren Eddy shared reflections with us as we prepared the Gospel for the coming Sunday. The stories of Dinia from the Philippines, Martina from Timor-Leste, Uncle Richard from Australia, Nguyet from Vietnam and Semiti from Fiji provided an insight into the work of Caritas Australia improving the lives of people in small communities in our neighbouring countries and at home. Our support enables that work to continue.



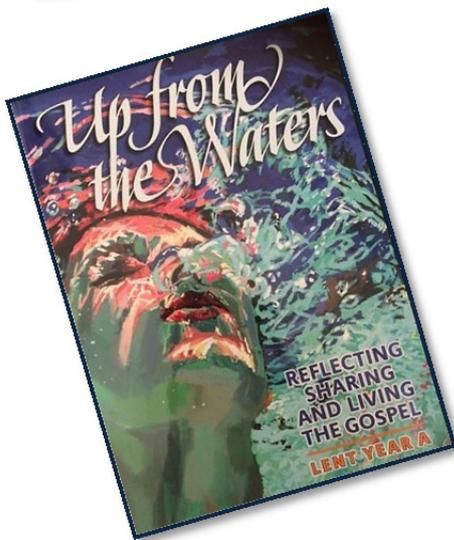
Terry, with John & Marie



Molly



Fr Kevin and Darren



SMALL LENTEN GROUPS

Small groups gathered each week during Lent and followed the Archdiocese of Brisbane program: *Up from the Waters*. This program challenged us to live our baptismal call and provided a channel for interior reflection and intense spiritual preparation for Easter (p. 6). Each week we were offered very insightful personal testimonies of living the baptismal call, which helped to deepen our understanding and call of the Gospel. These six "Good News" reflections are available online for you to also watch:

<http://lentprogram.com/stories.html>

ECUMENICAL STATIONS OF THE CROSS

In further preparation for Easter, consider joining in the North Albury Ecumenical Good Friday Stations of the Cross and walk around the North Albury churches. The Stations of the Cross commence at St Mark's Anglican Church (Corner Gulpha & Corella Streets, North Albury) at 10:30am and finish at our Sacred Heart Church, followed by 'Good Friday' Hot Cross Buns in the hall. This is a friendly, happy, community event, where you can meet up with old friends and make new ones.

our 2016 Stations of the Cross ►►



WEEK OF GUIDED PRAYER

Catherine Cutler reports on the Week of Guided Prayer in our Parish during Lent

On Sunday 19th March, a Week of Guided Prayer commenced in our Parish. The teams and participants used the hall, the Church and the presbytery as their meeting places. The Week of Guided Prayer enables the participants or Pilgrims to make a directed retreat in the midst of daily living. The format is based on making a half-hour prayer period on the Scripture each day and receiving direction for another half hour. The week begins and concludes with a group prayer experience in ritual. The week in our parish was conducted by "The Breath of Life Ministry", led by Sister Margaret Walsh, a Presentation sister (PBVM) from Wagga.

Throughout the world, the Week of Guided Prayer encourages a rhythm and ministry with Jesus as the model to follow. As Jesus walked with and supported others in their daily life journey those engaged in a Week of Guided Prayer are encouraged to walk with Jesus and to support each other on life's journey. The Week of Guided Prayer program has been introduced into Australia from various overseas venues. The Prayer Companions receive training on how to be in touch with the God within, the God of their own



Pilgrims, Prayer Companions, and supporters at the closing gathering for the Week of Guided Prayer held in North Albury

experience through the insights of Saint Ignatius. The Prayer Companion can be religious or lay, male or female. It is mainly a listening and guiding role assisting the Pilgrim to deepen his or her relationship with God. On-going formation and supervision is an essential part of the professional development of the Prayer Companion.

Some comments made by the Pilgrims at the closing ceremony:

"A time to refresh and renew"

"A renewal to trust, to be still"

"Reconnection with God"

"A feeling of peace"

"Refocusing, a new chapter"

Reference: Come and See by N. M. Fox PBVM

TRY A 3-MINUTE RETREAT FROM LOYOLA PRESS

At the closing gathering for the Week of Guided Prayer, one of the Pilgrims mentioned these 3-minute retreats. Just Google **3 minute retreat Loyola** or access this direct link:

<http://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

PARISH PASTORAL COUNCIL REPORT ... from our Chair, Justin Clancy

It has been a busy few months in the lead up to Easter:

The Parish has recently welcomed Sr Margaret Walsh and her Breath of Life team for a Week of Guided Prayer. This program consisted of an opening gathering followed by daily prayer sessions. I hope the participants feel enriched by their experiences. As a parish community I feel it is important that we are able to offer a variety of opportunities for parishioners to be alive to their faith, and it is wonderful to host events such as the Week of Guided Prayer. My thanks to Sr Margaret Walsh, her team, as well as Gordon Robison and Catherine Cutler who helped facilitate the sessions.

Thanks also to the team of Brian Waters, Val Hayes and Sr Anne Hagan for another wonderful Tuesday evening Lenten series. Again a great opportunity to come

together as a community. Whilst I was not able to make all the presentations, the evenings I attended had engaging, thoughtful speakers. This program would have to be one of the highlights of our Parish calendar – if you have been unable to attend make sure you pencil in next year's series!

Whilst it has been our loss not to always have Fr Kevin with us each week over the past few months, we have been fortunate to have Fr John Frauenfelder return to the Parish on occasion. I would imagine that in turn Fr John welcomes the opportunity to renew old acquaintances and make new ones – including one Seamus Joseph who marched up to the altar for the sign of peace to greet him!

Wishing all members of our community a safe and happy Easter. *Justin*

ST ANNE'S SCHOOL NEWS

... from Judy Foley (Acting Religious Education Coordinator)

2017 has begun with some new faces on our teaching staff. We extend a very warm welcome to Rhiannon Dolahenty, Nick Goode and Jo Harrington, and welcome back Jessica Wild who returns after 12 months of leave. This year also sees some new initiatives being undertaken with Belinda Moran taking on the role of whole school Science teacher and Rebecca Art who is fulfilling the new role of Targeting Maths teacher.

On Saturday 11th February the staff gathered together at Mass and were very privileged to receive a blessing from Father Frauenfelder. During his blessing he asked the Holy Spirit to guide us in our teaching and asked that we lead with integrity and commitment. His words also quantified that not only do we have the important role of educating young children but we also act as faith-filled role models. We thank Father Frauenfelder for this blessing.

Early in the Term we celebrated our 2017 Beginning School Liturgy. As part of the celebration, our Student Council members were presented with their badges.



Congratulations to Grace, Billy, Jasmy, Mason, Lani, Indy, Jimmy, Hannah, Jesse, Laila, Rachel (Vice Captain), Charlie (Vice Captain), Lachlan (Captain) & May (Captain). It was also a good opportunity to welcome our new Kindergarten children.

Early in March a lovely evening was shared at our welcoming BBQ. It was a wonderful opportunity to relax and catch up in an informal setting to welcome new families to our school.

We began **Lent** with parent helpers under the guidance of Leanne Michael preparing pancakes for the whole school on Shrove Tuesday. For a gold coin donation we were able to raise \$419 for Caritas Project Compassion.

On Ash Wednesday we came together as a school for Liturgy where we received ashes as a reminder to follow Jesus in the way we live and treat each other.

Week 7 was Catholic Schools Week. This was an opportunity to celebrate with pride, all that we value about Catholic education, which starts from a foundation of faith, developing the spiritual life of our students as well as sustaining high expectations of achievement and conduct. This year's Catholic Schools week theme was

"Great Learning, Great Communities". This theme reflects two key elements of our school: The quality learning that takes place; and the sense of belonging that we seek to provide for every member of our community.

Term 1 has also been very busy with our Swimming, Athletics and Cross Country sport carnivals. Flanagan House (Green) were the very proud winners of our Swimming Carnival whilst Mercy House (Blue) took the honours at the Athletics Carnival.

We had 14 students represent our school at the Diocesan Swimming Carnival in Leeton.

Congratulations to Cooper, Alicia, Lani, Corvette and Jasmine who made it through to individual events at the MacKillop swimming trials in Sydney. Special mention, and congratulations, to Corvette and Jasmine on winning Gold and Silver medals in their age group in Sydney.

Special mention also to Lani and Sam who have earned themselves positions in the MacKillop Basketball teams, Xylavene who has made the Diocesan rugby team and again Lani in the Diocesan Netball team.



Year 2 students had a fun day dressing up and visiting the Jindera Pioneer Museum to complete their learning about the "Olden Days".



During this Term students in Years 3 to 6 have been learning songs as part of an A3 Singing Project where tutors visit every fortnight to teach the songs and dances. Students are very excited about the Concert in the last week of Term where they will combine with St Patrick's Albury and St Mary's Corowa to present a concert.

As the Footy Season gets underway it is great to have visits from Father Kevin where the boys catch up and discuss the weekend results. **Judy**



RECENT BAPTISMS AT SACRED HEART PARISH

- | | |
|-------------------|-----------------------|
| Jackson Walker | Zan Digney |
| Chloe Oats | Paisley MacDonald |
| Ruby Byrne | Marli Hastings |
| Nate Hayes | Willow Hussell |
| Matilda Ning | Oscar & Theodore Webb |
| Hudson Zanardo | Harvey Lodge |
| Olivia McGrath | Milla Bockman |
| Catherine Whiting | Logan Grove |
| Brady Moore | Patrick Toohey |
| Shelby Junck | Henry Muir |





XAVIER HIGH SCHOOL ... from Sarah O'Farrell

As a busy term at Xavier High School draws to a close, students reflect on the many exciting experiences and challenges of the past few weeks, namely, the year 7 camp, a central step in the new students' initiation into the Xavier school and faith community.

Year 7 students travelled to the Feathertop Chalet, Harrietville, where they spent three days undertaking a vast range of activities and challenges, as well as the celebration of our Ash

Wednesday liturgy. These not only allowed them to meet and develop closer relationships with their fellow students, but encouraged them in their pursuit and understanding of the 5 C's!

These are the fundamental qualities we aspire to live out at Xavier, to be: **Compassionate, Collaborative, Challenged, Courageous and Christ-like.** Over the course of the camp, these strengths were emphasized in sessions such as raft building, archery, mountain bike riding, and

Clean-Up-Australia, which required kids to work together, and conquer fears. Some comments from children after the experience include; **"This was the best experience of my life"** - Sophie, **"- Pushed me to new limits"** - Venessa.

Year 7 will continue on their faith journey together, over many future camps, and the exciting year to come. **Sarah**



Our Parish Community

JOHN AND HELEN O'KEEFFE ...

... reflect with Margaret Gawen

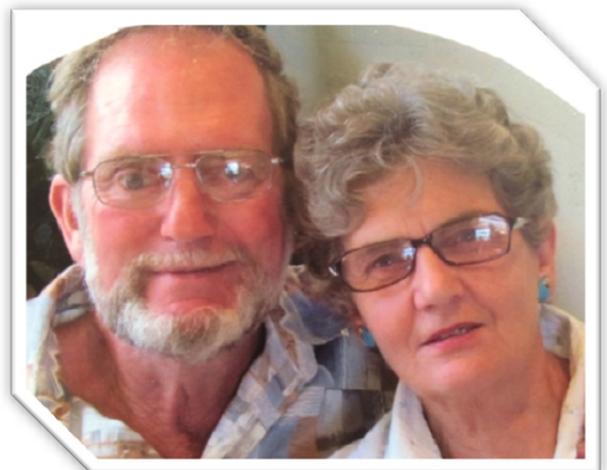
The words Aussie battlers, devoted, faithful, persevering and generous come to mind when I think of Helen and John O'Keeffe's life journey. Here is some of their story:

John was born in January 1946, the seventh child in his family. His first home was at 'Arlington' Walla Walla, then 'Craignoon' Culcairn. He was educated at St Joseph's, Culcairn and later St Patrick's, Goulburn. After school John's work included contract shearing and share farming with his brother, Brian.

Helen was born at Barellan (Evonne Goolagong country), the youngest of a family of four. After her schooling at the Barellan Central School Helen chose a career as a nurse's aide. This work took Helen to the Culcairn Hospital.

John and Helen met in 1966 at a mate's 21st birthday party. Their courtship spanned five years and involved lots of travel as Helen's work saw her move on from Culcairn. It also provided five years of saving time for their future. They married in 1972 at Sacred Heart Church Binya/Barellan. They had big dreams.

Their first home was a caravan with annex on the block of land at Thurgoona (where CSU now stands), that John's



Dad had encouraged him to buy. The house plans were drawn and, in what was to become a priority pattern, the trees were planted to begin the landscaping. They would keep saving and build their home as an on-going D.I.Y. project. In the meantime their family expanded over two years to include Leanne and Shane. Their plans were disrupted by the news that their land was to become part of the new Albury/Wodonga Development Corporation. After the initial shock they saw this as an opportunity. Land was bought at Table Top and John fulfilled another dream by going into business in his own self-built industrial shed, making garages and carports. A garage and rumpus room were also taking

shape on their new land. Paul was born at about the same time as John began to experience some health concerns, including severe headaches. Ultimately, John was diagnosed with a pituitary tumour and immediate removal was required. All plans were put on hold. Family members cared for the three pre-school age children while Helen and John spent six weeks in Melbourne, John at St. Vincent's for surgery and Helen providing support for John and mediating with the doctors for the best outcomes. John's health outlook was very grim indeed and their future unstable. John was told it was unlikely that he would be able to do heavy physical work again. Their faith was severely tested during this frightening time. They questioned the Lord and He replied, "My precious child, during your time of pain and suffering when you saw only one set of footprints it was then that I carried you." So, they trusted and carried on," Helen said. They returned to the garage and rumpus room at "Sunshine" and their new life. Jason was born a year later. These first five years at Table Top were challenging, emotionally, physically and financially. Frugality and self-sufficiency became the norm. John's dream to build his home started to become a reality as his health improved and Helen began to create the garden. This was good therapy for Helen after the stress of the previous year.

The O'Keeffe family tradition of hosting Open Gardens as fundraisers for charity was born with this first of the beautiful gardens Helen created.

By 1982 the children were at school and Helen undertook further study and returned to the paid

workforce. Her 18 years in the Dementia field gave Helen a lasting respect for the fragility of the human mind. The work was challenging but had its beauty. John too, ventured back into the paid workforce with stints at Hume Resort, Ettamogah Pub and Borella House where his creative and practical skills were in demand.

While all this was happening they had not been idle at home. "Sunshine" was sold in 1995 and the new D.I.Y. masterpiece, "Terra Vista", became the new family home, another architectural and garden masterpiece. "Alpha Omega", their third home was equally outstanding and the final step in Helen and John's retirement plan. None of this was plain sailing. "Terra Vista" was achieved in the face of new medical challenges for John, including heart stents and the loss of his right eye after years of gradual disintegration due to a viral infection. The good news was he was a finalist in the Better Homes and Garden's D.I.Y. Dad of the Year competition. "Alpha Omega" was to be

the triumph after double knee replacement surgery. While this was realised, new health challenges arose for John. After 14 operations in all for John, downsizing to a smaller home and garden was now the goal. The children were settled and all but Jason and his family were living locally. But life had another curve ball for them. As Helen explained: "In 2010 we learnt what it was like to provide love and support through the loss and grief process after the accidental death of Jason's wife, Fiona, in Queensland. Jason and his children, Corvette and Jayden, relocated to Table Top, so accommodation, education and a huge learning curve in managing the special needs of a two and a half year old child with autism became our new creative challenge. Their downsizing plans were put on hold as they embraced this new challenge. "We are so grateful for our daughter, Leanne, her husband, Kansas and children, Declan and Desire who have been hands on and supported us and Jason through this new challenge." Through all these trials and tribulations John and Helen have always been consistent supporters of community and Church. Helen explained that, for John, church has not only been a place of worship but also the source of his "can do" attitude, so no job is impossible. John has devoted years to Parish Council and Church maintenance and we, the parishioners have all benefited. Works have

included, installing the complex shaped stained glass window, Narthex, and Eagle, designing, and constructing all the new altar furniture, framing and hanging art work and much of the upgrade work of our hall. Helen, Leanne, Shane, Paul and Jason have all contributed and



Fr Kevin recently presented John & Helen with a gift of appreciation

supported John, emotionally and physically in these endeavours.

The O'Keeffe family hospitality is legendary and one of the big beneficiaries has been their parish Family Group. Over the years they have treated us to a wide range of entertainments including: bonfire nights, grape crushing, home-grown lamb on a spit, Christmas in July, to name a few. The ideas they bring to our annual planning meeting have always been most welcome too.

Jason and family are now independent and John and Helen have become city dwellers. Their new home is a comfortable unit built by Shane and it has a garden for Helen and a shed for John! "We enjoy our grandchildren very much – Declan, Desire, Corvette, Jayden and Emma. We have been challenged physically, financially, mentally and emotionally but we have been carried in the footsteps of the Lord and we are very grateful", Helen said. "Just the dots and dashes of our lives" said John.

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