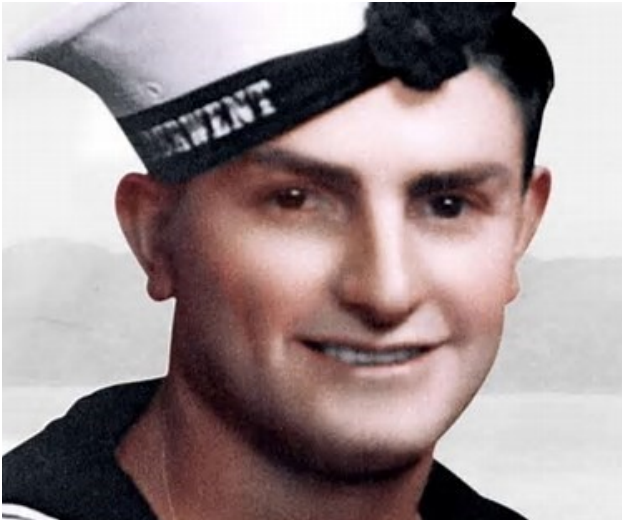


Do not be afraid – Fr Martin's Reflection

HE GAVE HIS LIFE FOR HIS FRIENDS



Edward 'Teddy' Sheehan V.C.

Some 75 years ago on 15 August 1945 the Second World War in the Pacific finally came to its end. Let us listen again to a timely story.

Ordinary Seaman Edward 'Teddy' Sheehan at 18 was the youngest and lowest ranked sailor on H.M.A.S. Armidale. He was a quiet Tasmanian lad described as 'the kind of boy who would do anything for his mates'.

The ship was attacked just after 3.00pm on the 1st December 1942 in the Arafura Sea on route to Timor. Hit by torpedoes and bombs with his ship in flames and sinking the Captain ordered 'abandon ship'. Teddy Sheehan was seen to leave his high angle anti-aircraft gun and go to the ship's side preparing to join his mates in the water. Pausing there he saw his friends being strafed by machine gun bullets from the Japanese aircraft it was his duty to try to destroy. He was still unwounded and would have stood some chance of survival if he had slipped into the water. He must have decided in that moment that he cared more for his mates and for his duty, than he did for his own life. He scrambled back through a hail of bullets to his anti-

aircraft gun and opened fire at the attacking aircraft. He certainly shot one down, possibly two and damaged two others. Incoming bullets slashed across his chest and back, his legs collapsed under him but the gun's harness held him in place. Now in agony he kept swinging his gun mounting, dragging his legs after him and firing back, causing aircraft to fly away from the ship and the men in the water. Undoubtedly, his selfless actions saved many shipmates' lives. As Armidale took her final plunge witnesses saw an arc of tracer rounds going up from Teddy's gun as the hot barrel hissed into the water. But, Teddy Sheehan did not die thinking of fame. He gave his life for his friends.

As Teddy's 94 year old sister pointed out at the commissioning of the new patrol boat H.M.A.S. Armidale, 'he was an ordinary seaman, and an ordinary Australian who performed an extraordinary act'.

This week after a number of different enquiries and after much petitioning it was announced by the Prime Minister that Teddy Sheehan was to be posthumously awarded Australia's highest military honour the Victoria Cross. Brendan Nelson the former head of the Australian War Memorial concluded 'As we live through the most significant adversity in our lifetimes let Teddy Sheehan inspire us to be a people who strive to be selfless, caring and brave'.



Fr Martin Cruickshank, Parish Priest

Do not be afraid ... cont

To use a modern phrase, perhaps what young Teddy teaches us all, young and old is, 'it's not all about me!' True, some actions during the COVID-19 restraints have suggested that life is all about me; the blatant disregarding of quarantine regulations, the unlawful crossing of interstate boundaries to reach a holiday destination, obnoxious, abusive and defiant behaviour extended towards those simply trying to do their job.

But, outside the media bubble there have been far more examples of people social distancing with respect and dignity, reaching out with kindness and empathy to those in lockdown particularly the vulnerable, elderly and grieving, co-operating and responding positively to life's situations as a sign that we are all in this together.

What have I learnt about myself during this most unusual and challenging of times?
 What sacrifices have I made to keep others safe?
 Where have I discovered God's presence amid the trials of the pandemic?
 What graced moments and unexpected surprises have touched my life?
 Let us remember the reassuring words of Jesus, spoken to Peter and to us when the sea was turbulent and wind was roaring and the disciples were terrified:



A painting from the War Memorial depicting 'Teddie'

'Courage! It is I! Do not be afraid!'

Let us continue to invite Jesus to travel with us in the boats of our lives.

NEXT EDITION OF HEARTBEAT—CHRISTMAS

Articles welcome

Send to bevispurtle@internode.on.net

KAIROS



Kairos is an inter-denominational fourth-day movement that originated in the USA from the Cursillo Movement there.

While Kairos is a single Ministry, it functions through 3 arms:

Kairos Inside, the best known, presents programs inside prisons

Kairos Outside, for partners/families of prisoners, and

Kairos Torch, for juvenile offenders.

The Mission of Kairos Prison Ministry is to share the transforming love and forgiveness of Jesus Christ to impact the hearts and lives of incarcerated men, women and youth, as well as their families, to become loving and productive members of their communities

Kairos is a Lay led, Christ centered Ministry.

Kairos Inside is presented as a 3-day, Short Course inside a prison followed by the "Journey" program led by prisoners and supported by members of the Short Course Team going into the prison fortnightly. This continuation of the Ministry is similar to the Cursillo 4th Day content of Accountability, support and prayer.

Looking back at the Mission, leading prisoners to become loving and productive members of their communities, we might immediately think of better lives outside- after release. The sad reality is that some prisoners are never getting out, and many not for a long time. Life inside of prison is their community. Kairos is specifically structured toward those lives.

Kairos is currently suspended in Australia, but when the current restrictions are lifted, Inside programs will resume in Junee and Mannus, alongside the Kairos Outside for Women program (KOW) in Wagga.



Kairos volunteers regularly ask for prayer support from within their own Church communities, but while we can't go into prisons, remember that prisoners are presently seeing no visitors from outside. Please pray for prison inmates and staff at this time.

A LOVING COUPLE

By Reg and Pat l'Anson

Let's have a loving story about the couple who arrive in a wheel chair taxi for Mass on a Saturday night at the Sacred Heart Church, North Albury. Well the one legged man was born in Albury, and went home to Sandy Creek with 2 legs. He attended a lovely school, being taught by a range of teachers over the 8 years.

One teacher, Miss Blyth, married my uncle and became Auntie Marion. The best teacher we had was a newly married young man who had played 2 seasons of league football with Hawthorn. Over a period of 12 years, we played marbles, tennis, cricket and footy. From him we learned that learning could be interesting. He influenced us for many years.

The two legged man married a young girl from Glen Creek near Dederang in 1956. I met my wife, Pat, by accident in the Dederang Hall where a large crowd was in attendance including many dignitaries. Pat won a watch and when she was coming down off the stage after being presented with the watch, she fell down the steps into my arms!!!! haha. That night I asked her for a dance and we fell in love. 2 years on, we later married.

My father was an Australian soldier in the 1st World War, and was gassed towards the end of the war. He spent many months in hospital in England, recovering before being sent home. He was told not to work inside, so he bought a farm. His health deteriorated and instead of continuing my education at an Agricultural College, I was needed at home to carry on the farm work. By then I had married Pat, and we milked cows, fed the pigs and ran sheep, plus shearing etcetera. After 20 years at Sandy Creek we sold out and moved to Burrumbuttock where we had 2,000 acres, running sheep and cropping. When our boys took over the farm, we moved to Albury and thus retired. We lived in Lavington for 10 years

In early years of married life, Pat couldn't drive so I just had to drive her to Mass. I would stay listening and learning, then I would attend my church in the afternoon. The priest, who married us, said he had never had anyone ask him as many questions about the Catholic Church, as I did. We then attended a week-end at Hunters Hill in Sydney called "Vatican 2 Revisited". Pope John the 23rd made a few changes in the church. The school had some excellent speakers; one was the Auxiliary Bishop of the Catholic Church in London. As we lived-in for the week, we met many different people, including Bishops and had great discussions. After this weekend I thought with Pope John 23rd's leadership, it may not be many years before all Christians would be united. It was here we met Fr Kevin Flanagan and we became close friends for many years.

Sixteen years ago I had a total knee replacement and after an infection on and off for 10 years it developed into a staph infection and I had the leg off 6 years ago in December. We moved into Murray Gardens nearly 7 years ago, and the Sacred Heart Church, became our regular weekly Mass on Saturday night. The congregation are very friendly, although we all miss Fr Flan. Our new young priest Fr Martin is well suited to carry on, and help us pray our way to Heaven. We could not be happier parishioners than we are at the Sacred Heart Church.



We have been married 61 years and have 5 children, 11 grand children and 8 great grand children. We have enjoyed a long and happy married life

PS Before Covid, the highlight of my week was after Saturday night Mass at Sacred Heart Church. 2 young boys, 4 and 6 years old, wheeled me flat out into my waiting wheel-chair taxi for the trip home. "The thrill of the week" Thank you Xavier and Seamus!

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

A WEEK IN POLITICS ...

Justin Clancy

They say that a week is a long time in politics. Certainly the first 15 months of my time in the NSW Parliament have lived that maxim to its fullest!

Some people have remarked that it must be curious being a vet and going into politics, and how different it must be. Strangely, I actually feel that there are a number of parallels (puns about working with animals aside). One of the parallels that particularly comes to mind is that as a clinician consulting you encounter a diverse & broad range of issues – an elderly cat with kidney disease, a young sick puppy, a routine vaccination etc. Life as a parliamentarian is very similar – each day you deal with a broad range of issues that affect your constituents – across health, education, transport and so on.

There are both many opportunities and challenges that confront us in the present. In my journey I have learnt that problems are often complex and multi-factorial. Sometimes the problem can seem too big to know where to start. I feel it is important to focus on problem solving; to have empathy and to see multiple view-points. As the local Member you are a Jack of all trades and you need to be open to listening and learning.



The Clancy Family, Grandparents Annette and Terrence with Seamus, Xavier and Natalie

The great privilege of my role is that I get to witness so many good people in our community doing good things. I vividly recall uplifting images of people during the bushfire crisis doing extraordinary things. I also consider myself so fortunate to have the privilege to speak on behalf of our people. To stand in Parliament and speak a valedictory to the late Tim Fischer is something I continue to hold dear. I am grateful for such a privilege and know that it also comes with much responsibility.

Perhaps the biggest challenge with the COVID crisis is the loss of connection to one another. Being able to return to Mass these past few weeks has been very important to me – and a large part of that importance is to connect again with each other in our Parish community. The COVID challenge is far from over, but despite our challenges we really do have a beautiful community. Being back at Mass is a reminder of this, but also how good people are my compass.



In the Midst of Covid -19 a Reflection on the newness of life in the season of Spring

Spring is here, a time of waiting, of expectation...

Spring is here, a time of... preparing new ground planting new plants nurturing new seedlings tending new shoots protecting new buds.

A time of... clearing out the old throwing away the tarnished, discarding the wasted, emptying out the junk, chucking out the old.

A time of... dreaming new dreams, thinking new thoughts. making new plans, growing new goals, welcoming new hope.

A time of... holding tight the fragile, embracing the vulnerable, nurturing the young, becoming aware of the potential longing for summer.

Time to recommit, to continue our outreach to others, to continue to communicate with the lonely during this pandemic and to be aware of the needs of those around us. To bring new life and hope to all. (Author unknown)

POSTER FOUND IN A CHURCH IN FRANCE

When you enter this Church it may be possible that you hear "the call of God".

However, it is unlikely that he will call you on your mobile. Thank you for turning off your phone. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see Him, send Him a text while driving.

WHEN YOU HAVE BEEN DRAWN TO:

A BEAUTIFUL SCENE IN NATURE;

A NEW BORN INFANT IN YOUR ARMS;

CONTEMPLATE THE DEEPER MYSTERIES OF LIFE;

EXPLORE THE HIDDEN DESIRES OF YOUR HEART;

DO YOU EVER WONDER ABOUT GOD, THE SACREDNESS OF LIFE AND HOW THE MANY ASPECTS OF LIFE ARE INTERCONNECTED?

SPIRITUAL DIRECTION OR ACCOMPANIMENT COULD ASSIST



WHAT IS SPIRITUAL DIRECTION OR SPIRITUAL ACCOMPANIMENT?

This question is so good to hear because it means someone has heard about spiritual direction / accompaniment and that they have some interest in hearing more about it. Currently there is a renewed interest in this ancient spiritual tool found in all the great world religions in some form.

Spiritual directors would be the first to say that the spiritual guide is not actually a "director," in the sense of giving answers or telling you the direction to take. In spiritual direction, both the directee and the spiritual guide director listen together for the direction of the Spirit as you open your life in God's presence. There may be two chairs in the room, but there are three persons present in this monthly, sacred time - you, the director, and God. Something happens when we come before God on a regular basis and ask for guidance, blessing, healing. Both you and the director count on the graced action of the Spirit, as you talk through what's happening in your life and listen for God's voice.

WHAT DO YOU TALK ABOUT IN SPIRITUAL DIRECTION?

Talk about whatever is going on in your life, because that's where God meets you. You can talk about choices you face, relationships, feelings, prayer, questions stirring within. One of the gifts of direction is that the director is an objective listener who can hear themes, notice patterns, ask good questions.

MAKE YOUR SPIRITUAL AND PERSONAL GROWTH A PRIORITY IN YOUR LIFE.

This is another gift of spiritual direction - that you take yourself more seriously, listen to yourself more intentionally, and reverence the journey you are on. Many times in direction, you hear yourself say something you didn't consciously realize you knew or felt. It's good to listen to yourself on a regular basis!

If you are interested, or getting a nudge to look into this, think about how regularly you want to meet with a spiritual director. Spiritual direction usually happens every 4-6 weeks, for an hour per session. **Liz Rothe** is available to accompany anyone who is interested or to have an initial chat to see if this process is for you. To make an appointment or for more information contact:

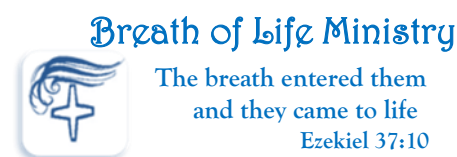
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Xavier High School

Despite some challenging COVID restrictions, students at Xavier continue to achieve outstanding academic results, and make a positive contribution to the wider community.

Year 12 Music: Students at Xavier begin their Music studies in Year 7 with a range of instruments (including voice) on offer to select from. Our Year 12 Music students are in the final stages of preparing for their HSC solo performances. Assessment of Year 12 HSC includes solo performances of up to four musical items with either a pre-recorded backing or live accompanist.



Accredited HSC Music Senior Examiners from Sydney attend to assess the final performances of each student in September. Each student must structure their performance and complete their set within a 30 minute time allocation.



Archaeology in the classroom.

Our Year 7 students recently played the role of Archaeologists, excavating the Chocolate Chips from a Cookie! Before starting the excavation, the cookie is placed on Grid A on their activity sheet. The students then draw the cookie in its original form, with all the visible artifacts (chocolate chips) included. This will be the record of the archaeological site.



The toothpicks are used to carefully chip away at the dirt (cookie) to slowly reveal any hidden artifacts (chocolate chips). Students need to be careful not to damage the artifacts while excavating. As each artifact is found, it is then drawn on Grid B on the activity sheet. At the end each student should have a pile of back dirt (cookie crumbs) and artifacts (chocolate chips), and a drawing of what the cookie looked like at the start. Students are not to pick up the cookie because Archaeologists cannot pick up sites.



Results: Who has excavated the most artifacts?

Great work - it's now time to eat the destroyed cookie! Yum!

Our Vinnies Youth Team (part of the St Vincent de Paul Society) continues to cook for and support the great work of Carevan in our local community.



St Anne's Primary School

We have had another busy time here at St Anne's with countless activities being undertaken by staff and students. Some of our highlights for Term 3 include:

Grandparents' Day

Although we were unable to open our doors for Grandparents this year, we still celebrated the wonderful grandparents that we have in our lives on Friday 24th July. We began the day with a special liturgy in classrooms and children were involved in many reflective activities around Grandparents. After recess students participated in a variety of Tabloid Sports games and 'old-fashioned' games



that our grandparents would have played when they were younger. A lovely tribute video to Grandparents was then shared via our Facebook page.

First Holy Communion

The Sacrament of First Holy Communion was celebrated by our Year 4 students from Monday 14th September through to Friday 18th September. Due to Covid-19 restrictions of numbers in the Church, our students were spaced across a number of Communion Masses. The students then celebrated making this Sacrament as a whole group back at school on Monday 21st September. We sincerely thank Fr Martin for the assistance in preparing the Year 4 students for this Sacrament.



Year 6 Incursion

Due to Covid-19 restrictions, our Year 6 students were unable to travel to Canberra for their excursion this year. Instead, with the creative efforts and thinking of Mr Lewis and Miss McLeish, they brought 'Canberra' to the students here at St Anne's. With a myriad of activities and interactive online virtual tours, the Year 6 students were able to experience some of what Canberra has to offer.



House Cup

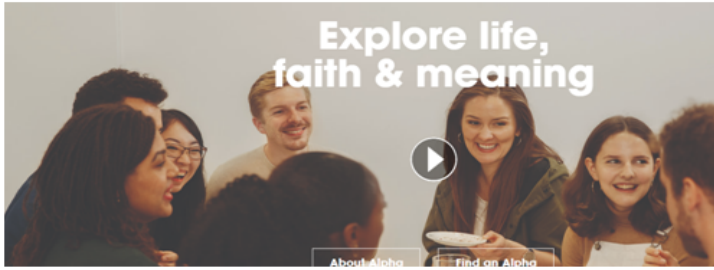


Students in Year 3-6 have been involved in a round robin style of sporting activities called 'House Cup' that covers sports of Netball, Hall Hockey, Soccer and Frisbee. There have also been

a number of grade challenges throughout the term. Next term there will be tag AFL and Newcombball.

Upcoming Events

- * Book Week
- * Year 5 Incursion – Ballarat
- * Catholic Schools Week
- * Confirmation for Year 6
- * Reconciliation for Year 3
- * Bongiorno Day



Alpha report for Spring 2020

Due to the uncertainty Covid 19 presents, it has been decided to post pone the programme for this year.

Alpha is an effective tool for reaching anyone who wishes to explore the Christian faith. Alpha offers this opportunity in an informal and open environment. It has been discovered over the years that if guests are treated with hospitality and allowed to be themselves, lives will be transformed. The most used format is a free meal and glass of wine while meeting new people, a short video introducing the basics of Christianity, and a discussion group over desert and coffee. Alpha is aimed at anyone, those who are seeking clarification on the existence of God, those who were given some education in Christianity and wishing to re-establish a relationship with God, or those wishing to renew their current faith!

My experience of the Programme which I attended in Wodonga last year was of surprise and refreshment! I found the evening to be more of a social night out with like minded people who shared various life experiences of faith which helped me to broaden my attitudes and beliefs in God. And I also made new friends which I have enjoyed contact with since. I believe alpha builds relationship with God and forms community. If you know of anyone who you may wish to invite to a future programme or consider coming yourself, you can find more information at the website: alpha.org/about/

**Gardening Renovation
Maintenance Installation**



MJR
Horticulture

Michael Regan
0419 982 574

ABN 706 752 454 24

BOOK REVIEW

Catherine Cutler

The Hidden Life of Trees: What They Feel, How They Communicate – Discoveries from a Secret World

by
Peter Wohlleben,

In *The Hidden Life of Trees*, Peter Wohlleben shares his deep love of woods and forests and explains the amazing processes of life, death, and regeneration he has observed in the woodland and the amazing scientific processes behind the wonders of which we are blissfully unaware. Much like human families, tree parents live together with their children, communicate with them. I found plenty in this book to make me wonder and to see trees in a new light. The connections which “make fungi something like the forest Internet”. The various ways trees exchange vital nutrients with each other. The use of scent as communication. The innovative ways that trees defend their leaves from predation. The methods trees use to intercept water. All these and other learnings I appreciated. The book does include gems of insight and knowledge. However it is not for the faint hearted and is not an easy read.

MERCY GLOBAL PRESENCE

Online Retreats

In her original writing about the purpose of Mercy Global Presence, Elizabeth Davis said “Mercy Global Presence is rooted in the conviction that there is a rich diversity among us and in the special exploration we do there will be the power and promise of intercultural wisdom and energy” This Mercy Global retreat adopts the rhythms and phases of this process. This retreat invites us to join in exploring what it means to be actively engaged in the protection of our common home and witness to the sacredness of all creation We will enter into this retreat against the backdrop of COVID -19 and the pain of the world at this time through our global contemplation. Honouring the fact that we are grounded and staying at home and the opportunities this brings for deeper contemplative experiences.

Enquiries: sally.neaves@ismapng.org.au