

Holy Cross Retreat

Letter 138



7th October, 2022

Greetings,

Fr Jim Elmore CP



Jim battled cancer for more than twenty years and finally succumbed on September 30th. Jim came from Ipswich in Brisbane and entered the Christian Brothers and was professed in 1965. After discernment of his vocation, Jim applied for and was accepted to be professed as a Passionist and was ordained in 1991. He lived and ministered in Marrickville, Hobart, Brisbane, Bourke and at Holy Cross. May he rest in peace. Jim's funeral will be next Monday.

JD Tam – New community member of Holy Cross



Joseph Dominic (or JD) Tan was born in Vũng Tàu Province, Vietnam, 100 kilometres south east of Saigon. He was ordained on 26th November last year. The Provincial has asked him to come to Melbourne to undertake post-graduate theological studies at YTU.

He will complete a semester at ELSPM this year, studying English for academic purposes (with Phi), so that he can begin his formal studies in February 2023. This means that we expect to have three of our Vietnamese brothers studying at YTU under the studious eyes of the President, Dr Chris Monaghan. JD arrived yesterday so some of you will be able to meet him after Mass on Sunday.

Recommended sessions

I have been asked to advertise these two events.

Speaker: Tim Staples

Date: Sunday 9th October, 2022

Venue: Our Lady Guardian of the Plants Chaldean Parish, 93-99 Somerset Road, Campbellfield VIC

Time: 7:00pm – 9:30pm **Topic:** *Be Not Afraid: Awakening the Culture*

Date: Monday 10th October, 2022

Venue: The Notting Hill Hotel, 260-262 Ferntree Gully Rd, Notting Hill, VIC

Time: 6.30pm for a meal, 7.30pm for the talk. **Topic:** Renewing the Church

Contact: John Smyth - jtsmyth@gmail.com - 0406 747 123

TV screen

To complete the work in the chapel (new chairs, relocation of the tabernacle etc) yesterday a TV screen was installed to replace the large white screen on the side wall. This means we now have three matching units for visual display.



Pathway to the chapel



Graham Newcomb spoke very clearly at Mass about the risk that exists in negotiating the walk from Carpark 2 to the chapel when people take the shortest route.

Our hope is to create a safe walking path, having removed the troublesome tree which has been damaging the building with its extensive roots. The first step

on that project was completed on Wednesday with the help of our arborist.

There is a bit of clearing away to be done as you can see from the photo, so the short route will be closed off for a while. We will consider the most suitable and affordable 'track' under guidance from Peter Norman and Graham Newcomb, and keep you informed.

Carpark



Vince

Celestino is continuing his project to expand the car parking space adjacent to the main carpark. Wet weather has delayed the work, which includes landscaping around the labyrinth and redirecting water flow. Vince has been laying and impressing hard material into the ground for the future carparking, as the photo shows. He had some help last week from the aforementioned President of YTU!

10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

Attitude

Attitude

By
Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past,
than education, than money,
than circumstances, than failures, than successes,
than what other people think, say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company... a church... a home.

The remarkable thing is we have a choice
every day regarding the attitude
we embrace for that day.

We cannot change our past...
we cannot change the fact that people
will act in a certain way.

We cannot change the inevitable.

The only thing we can do is play the one string we have,
and that is our attitude...

I am convinced that life is 10% what happens to me
and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes!"

There are a lot of generalisations these days that reflect widely held attitudes. One common opinion is that many people in our society have grown up with a sense of entitlement, and that they do not handle adversity well.

Personal opinions (which reflect personal attitudes) are freely expressed these days via social media.

As postulants we were advised, "If you can't change the situation, change your attitude".

I thought it could be worthwhile to reflect a

little on 'Attitudes'. **Charles Swindoll**, evangelical Christian pastor, author and educator wrote the reflection above, which ends with his claim that "that life is 10% what happens to me and 90% how I react to it....we are in charge of our attitudes."

If we connect Feelings and Behaviour with Attitude, we can easily recognise why Swindoll would make his claim. **Our Feelings** come from **our Attitudes** and these influence our **Behaviour**. It can help to think of **FAB!** We can change our behaviour, by altering our attitudes. Attitudes are formed from how we **interpret** the data or 'information' we see or hear. We need to check out our interpretations and assumptions whenever we can.

For example, suppose you see a person crossing the road with a white stick. It is likely that you will feel some concern for that person because you interpret (from the white stick) that the person is blind. In fact the person might not be blind, and if you find out that the person is trying to attract your sympathy and fool you, your feelings towards him/her will change and so will your attitude towards him/her change. They are connected.



If I try to examine my behaviour and what caused me (or someone else) to act in a certain way, it helps to begin by reviewing my interpretation of the particular events or act that led me to feel a certain way.



There are four basic feelings: **Mad, Glad, Scared** and **Sad**. All of our feeling words are variations on these four feelings. It is important to be able to identify the feeling I have, and what caused this feeling.

Mad might be expressed as: Angry, Unhappy, Frustrated etc)
Glad might be expressed as: Excited, Happy, Relieved, Expectant
Sad might be expressed as: Regret, Sense of loss, Won't be the same, Not good
Scared might be expressed as: Uncertain, doubtful, anxious, worried, frightened

Actions (or words) affected us. If we interpret them incorrectly or negatively, our feeling will reflect this. If we want to feel differently, a review of our attitude or interpretation will help and can lead to different behaviour.



Suppose I feel lonely, and rather than 'sit with' this feeling, I decide to avoid it by 'doing something' either to distract myself or to feel better. The action might succeed in me not feeling lonely, but it might not change my attitude, such that when the 'moment' has passed, I feel worse (more lonely) than before. If instead, I recognise that I am more alone than lonely, I might decide that although it is not pleasant, it is

reality at this time. I can tell myself (attitude) that I just have to feel this way for now. I don't have to wallow in it. Feelings are neither good nor bad. What we do with them can lead to good or bad behaviour.. If I accept that what I am feeling is real and it is unavoidable I may feel some gladness because I have identified the reality. My behaviour will reflect this gladness.



If I start to doubt what I really feel, I need to identify the attitude that created the feeling I have. I can ask myself, 'Am I interpreting the information about this situation correctly?' Am I being honest that this is how the situation is? If so, whether I like it or not, I have to decide how I will respond, and automatically, my feeling will change.

When someone experiences big swings in their emotions this is because their attitudes have gone through big swings. They could have been affected by regrets, sorrow, hurt, disappointment and loneliness. At such times we can choose to think differently – to change our attitude. There is so much we cannot change But we can change our attitude. Life is 10% of what happens and 90% how I react.



Country and Western singer Roger Miller wrote hundreds of songs, and several were used to teach 'perception' in psychology classes. Perception might be renamed 'Attitude'. His song, "Walking in the sunshine" had the lyrics "Pretending can make it real"; "Put a smile upon your face as if there's nothing wrong". The lyrics suggested you could

imagine a green pasture was a snowfield.

He wrote another song "You can't roller-skate in a buffalo herd" ("but you can be happy if you have mind to"): This expressed an attitude that you could imagine you are doing something even if you can't do it: "You can't take a shower in a parakeet's cage, but you can be happy if you've a mind to"). Miller wrote dozens of song about trains, but never travelled on a train. He said to him trains remained a wonderful mystery, and the day he stepped on a train that mystery would be lost.



We can modify or change our behaviour by changing our attitude. Doing this will result in having different feelings and that is what drives what we do. A bad attitude is like a flat tyre - you won't get very far until you change it.

PATIENCE IS NOT THE
ABILITY TO WAIT, BUT
THE ABILITY TO KEEP
A GOOD ATTITUDE
WHILE WAITING.

Your attitude,
not your aptitude,
will determine
your altitude.
The Fighter

Only when we
NOTICE
all the *blessings*
around us
will we
STOP SEARCHING
for them elsewhere
www.strongrightspaints.com

“ATTITUDE
IS A LITTLE
THING
THAT MAKES A
BIG
DIFFERENCE”



2022 PASSIONIST INSTITUTE



THE JOURNEY CONTINUES..

Presenters include
Fr Erick Niyiragira cp
Fr Jeff Foale cp
Fr Tom McDonough cp

Along with prayer
guided by
companions from all
over the province

NOVEMBER 19TH-20TH
GATHERING ONLINE OR IN YOUR LOCAL AFEA GROUP
MORE INFORMATION TO COME

PROVINCE HISTORY 8. EXPERIMENTATION & ADJUSTMENT (1980-1997)



Following calls from the Provincial Chapter of 1979, there was an emphasis placed on team ministry. In 1980, a Retreat and Mission team was established in Templestowe and another at St Ives. The Melbourne team had had its origins in the youth retreat work that had been done largely from Geelong, and the gathering of several younger men for a new educational style of parish mission throughout Australia and New Zealand. Throughout the next few years, these teams specialised in three and a half-day retreats for final year school students in Victoria, Adelaide and Brisbane over five months of the year, and parish missions in various parts of Australia and New Zealand for the other months of the year.

The Youth retreat ministry of the mid 1970's that has continued until the present time, built on a rich tradition in the Province, and extended it. Retreats for youth, especially for school students were conducted in or from all of our communities in Australia and New Zealand.



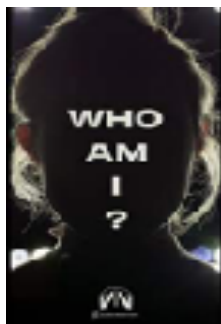
Many of today's school retreats are much briefer (some are just one day) and sometimes occur at the school site which is not the best environment. During the late '70's, many Catholic schools recognised the value of an extended retreat. Passionists teams offered a programme, that involved two priests, competent school staff, youth retreat assistants whom we trained, and sometimes our own students or novices.



Many of the school staff (especially those responsible for religious education) came on these retreats year after year and made a wonderful contribution to the experience.

Often they would tell us that the Passionist Year 12 retreat was of more value than the year-long religious education programme. One reason for this was that getting away as a class group and sharing at a reasonably deep level, allowed students who thought they knew each other to develop a new understanding and appreciation of one another and this remained a strength throughout the year.

This approach focused initially on personal growth and development, personal identity and the external factors that shape, assist or damage the search to find and be yourself.



'Who am I' was the first area explored. By sharing some factors common to adolescents, students were helped to separate environmental influences such as peer pressure, from personal strengths and weaknesses. By offering several opportunities to share safely in the same small group throughout the retreat, students always came to a better appreciation of themselves and others. This then enabled them to spend time focusing on relationships and how to relate to others.

This whole focus enabled students to appreciate their difference from others, not as a threat to their self-worth but as a reality of life. They also were able to see that everyone has gifts and talents, everyone wears masks at times everyone has their own doubts and insecurities. They would come to appreciate that we have to be gentle unmasking others and that ridicule, criticism and bullying are acts of weakness that are very destructive of other's self-worth.

In those days there was not the same emphasis on bullying as there is today, but there always have been teens who belittle those they think are weak or different. Most often bullies are cowards and are themselves weak, if exposed. It helped students to recognise these realities.



The third area of focus was faith and their relationship with God. Without the focus on self and others, this focus would not have been so well received or understood. Doubts and questions could be explored and expectations about belief could be related to personal growth and the stages they had already been through. A key point of this was to share (using A/V's) a stark, attractive and realistic story of Jesus, which students always appreciated.



The faith sessions climaxed with an evening reconciliation liturgy and Eucharist. The final exercise was to write affirming comments about each person they had shared the retreat with. It was because of this well-developed programme and those leading it, that the Year 12 retreats were so effective. One

mother expressed well what many others said, "I sent my daughter away a bud and she returned home, a rose".

The decline in numbers of young Passionists combined with increasing class sizes, created new challenges for these types of retreats. Over recent years under the leadership of Ray Sanchez CP a vibrant youth team has developed with lay leadership, and it is growing stronger each year.



Jo and Tim McDade and Tom Warren, with the help of many youth leaders over the past

twenty years, have resurrected this traditional Passionist ministry. The team is based in Brisbane and is gradually extending to Melbourne. There was a smaller Youth team in New Zealand during the last decade, led by Linda and Paul Darbyshire (Passionist Companions) which has been particularly supportive of young Catholic university students and provided annual retreats, particularly for PFGM youth and young adults.

Paralleling this period of youth ministry beginning in the late 1970's, was the development of a new style of parish mission, conducted by a large number of Passionists throughout Australia and New Zealand. With the growth of the Passionist Family Group Movement (PFGM) many parishes who had recently had a parish mission now wanted to introduce PFG's and many other parishes that had PFG's wanted a parish mission.




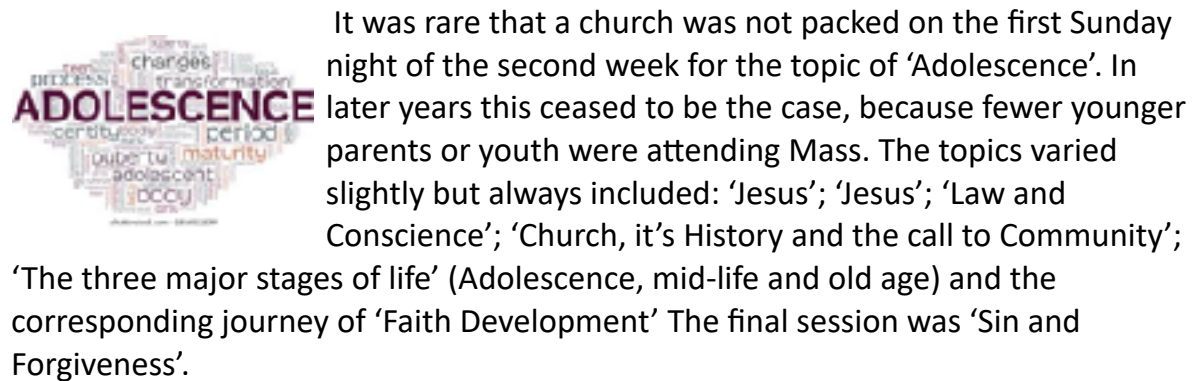
While there were variations in style and content, there was a general recognition, that there was a need for education of those in parishes so as to understand the teachings of Vatican 2. The more this style of mission was offered, the more parish priests requested a mission for their parish. The old 'stir them up' mission with its emphasis on how many people 'made their confession' and bringing people back to church, lacked something essential – why would people come back, if they were not welcomed, if there was no real community or no change?



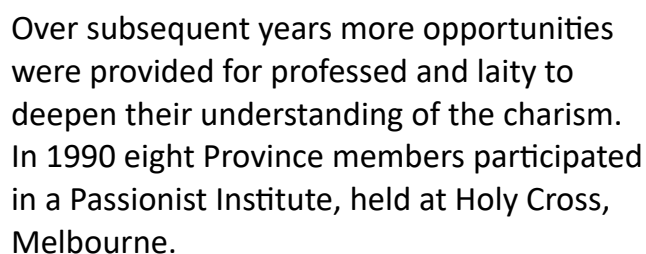
For some years two Passionists would participate in a two-week mission. The first week was mainly taken up with ninety-minute home meetings and a Mass (Monday to Friday). One meeting was in the morning mainly for mothers and older persons, and another in the evening. We gave those present a list of questions related to topical issues in the church at that time. There was free flowing discussion and an opportunity for people to ask questions.

These meetings were in valuable for the people and for the missionaries. People got to discuss critical issues and to share challenges and insights about their personal faith, and this gave the missionaries an insight into the people's thinking and what really need to be addressed in the second week.

The second week consisted of morning Mass and then a two hour educational session using an overhead projector, role-plays and relevant music/songs which were mostly new to the audience. The session was repeated in the evening, except for the opening session on Sunday night. The sessions were broken up with short breaks during which people could discuss what they had heard.



In 1981, twelve members of the Province joined seventy-two others in the first English-speaking Passionist Institute, in Rome. This Institute included visits to significant places in the history of the Congregation and provided the first in-depth studies of the history and spirituality of the Passionists in English. It led to significant discoveries about our founder and his life, and new language and understanding about the Passionist charism. Until that time there were very few historical Passionist or charism resources in English that had made their way to Australia, and the lives of the Passionist founder, were largely pious.



12

manager, stunned asked, “a \$250,000 Rolls Royce, really?”

The woman was completely positive and handed over the car keys, as the manager and loan officers laughed at her. They checked her credentials, to make sure she was the registered owner. Everything checked out. They parked the car in the bank’s underground garage for two weeks.

When she came back from her holiday, she paid off the \$5,000 loan as well as the \$27.41 interest. The manager said, “Miss we are very appreciative of your business with us, but we have one question. We looked you up and found out that you are a multi-millionaire. Why would you want to borrow \$5,000?”

The woman replied, “where else in Melbourne CBD could I park my car for two weeks for only 27.41 and expect it to be there when I return?”

2. A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. He took out a business card and wrote 'Revelation 3:20' on the back of it and stuck it in the door. 3:20 begins 'Behold, I stand at the door and knock.'

When the offering plate was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, 'Genesis 3:10..'

Reaching for his Bible to check out the reference, he broke up in gales of laughter. Genesis 3:10 reads, 'I heard your voice in the garden and I was afraid for I was naked.'

('A cheerful heart is good medicine' Proverbs. 17:22)

3. Jennifer watched as the cashier rang up her purchases.

Cash or credit card? The cashier asked, after folding the items Jennifer had bought. As Jennifer fumbled for her wallet the cashier noticed a remote control for a television set in her purse.

Do you always carry your TV remote with you? The cashier enquired.

“No”, Jennifer replied. But my husband Jeff, refused to come shopping with me, so I figured this was the nastiest thing I could do to him”.

Prayers

We remember those deceased, especially Jim Elmore CP, and those whose anniversaries are in the coming week especially Frank Mandile (father of Cathy Hardinge)



We pray for all of our Holy Cross family who are unwell especially Mary Coburn, Maree Bartoli, Jim Molan, Maeve and John Reardon, Paul Darbyshire, Jim Monaghan, Mary Dunn, Barry Wong, Helen McLean, Peter Owen, Denise Glasgow, Graham Hille, Dominic Isgro, Errol Lovett, Angelo Vigilante, Norm Heyhorn, Chris O'Toole, Gerry Bond, Pam Gartland, Lesley Yang, Peter DeMarzi, Anne Jenkins, Mary Corkoren, Greg Agosta Sr Gen Walsh RSC, Peter McNamara, Patricia Keeghan, Michael Doyle, Mary Hackett, Margaret Wright, Kate Dunn, Marg Casey, Ray Sanchez CP and those who seek or need our prayers.

The **Mass link** will be sent by Chris on Saturday afternoon.

Have a good weekend

Brian