

Holy Cross Retreat



Letter 179

21st July, 2023

Greetings,

Returning home

Slowly, everyone is coming back home to Holy Cross.

Chris and Erick returned last Saturday.

Phi and Tri were in Brisbane for just a little under three weeks and returned on Monday. Unfortunately, the last part of their stay was affected by them catching the flu. Phi was quite unwell.

I got back on Monday and **JD** will return next Tuesday.

Still to come

Joseph (Joey) Liaia will arrive on July 31st, and spend some weeks here prior to a pastoral placement. We will also see the return of **Phuc**, Tri's classmates for several months of English studies at ELSPM.

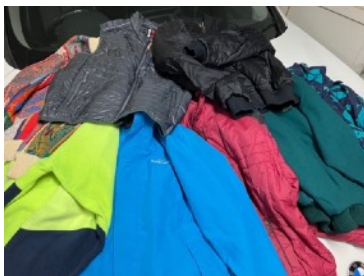
Jeff Foale will be visiting sometime next week and **Sony Marsilin** (from our Hobart community) will be here on Saturday (til next Friday, for a private retreat

We will have two Indonesian Passionists (**Rafal** and **Franciscus**) arriving in the near future. They have generously agreed to work in Vanimo, PNG, so they will spend the next semester at ELSPM, improving their English. After that, they will need to learn Tok Pisin (or pidgin).

Thanks, Tim

Again, we'd like to express thanks to **Tim** for living-in and assisting with the recently arrived students, and for leading the Sunday liturgy on July 2nd. It was most generous and greatly appreciated.

Coats



As we did last year, we are putting out an appeal for any unused coats that can be given to people in need. This is being organised by **Helen Jurevic**.

If you have a coat you no longer need and would be happy to donate you could leave in the foyer at the back of the chapel, please.

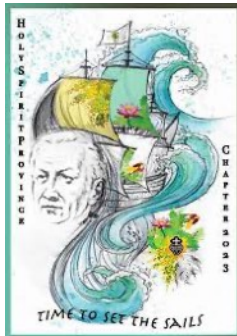
Shock – Maree Metcalfe



It was a deep and saddening shock to learn on Wednesday evening, that Maree Metcalfe (wife of Bernard and daughter of Berry Bick) collapsed and died that afternoon. Maree was so vibrant, and she, Bernard and I had been discussing plans to celebrate their 50th wedding anniversary in early February. (I was fortunate to be preside at their wedding back in 1974).

Maree and Bernard met through the Brothers Rugby team which was coached by Maree's dad. Maree and Bernard spent many years as Directors of the Passionist Family Group Movement in Victoria and were dedicated to that ministry. When they retired, Maree put her energies into refugee work, among other things, and her care for her younger brother John while he suffered from premature dementia, was astounding. Her loss to Bernard will be huge, as it will be to so many of us. We give thanks for her love and Christian service and extend our condolences to Bernard. Maree's funeral will be live-streamed from Holy Cross on Saturday July 29th at 10.30am.

The Provincial Chapter



As reported last week, the Provincial Chapter was a significant event for us. Now we have to catechise out brothers who could not be present and the many members of our Pasionist Family who are strongly connected with us. An underlying reality is that we are a diverse multi-cultural group and we committed ourselves to learning how best to live that reality. We elected a diverse Provincial Council which includes a Vietnamese and a Papua New Guinean.

Denis Travers, our newly elected Provincial sent this video message yesterday.

<https://www.youtube.com/watch?v=MUSgJHiiELY>

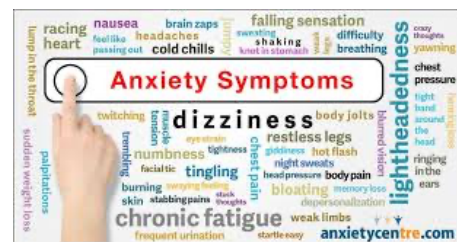
The diversity of Holy Cross

As noted on the previous page, when everyone who is coming to the community is here, we will have fourteen members of the community, of whom, seven will be Vietnamese, two will be Indonesian, one will be Papua New Guinean, one Burundian-Australian and three Australian born. Of course our Sunday Mass community is enriched by the many nationalities who belong to Holy Cross.

with it, as we've always done, then we will always get the results we've always got! (An old adage, but true). A healthy approach is to have the courage to take up the invitation to get help, to become vulnerable in the face of our suffering, and to reach out.

Choose to go to a counsellor to get help to face your own pain, is a form of **resilience**. Numerous studies show that many people arrive at a counselling session for the first time feeling much better than when they booked the session! The act of deciding to seek help is part of the healing process.

Anxiety is the fear of feeling – e.g. the fear of feeling afraid. Most of what we do fear and are anxious about does never eventuates. Merely trying to fight against it does not work. What we 'resist' persists. The more we struggle with something the stronger it gets. A common-sense strategy is to observe anxiety, notice it and move to a state of acceptance This is not the same as giving up, but it is lessening the power it has over a person and a base from which to heal.



What we do not express we depress. Ruminations over the past leads to us beating ourselves up. **Depression** is a state of self-absorption. We become wrapped up in self. Some of the ways this expresses itself is by overeating or undereating. A common issue is trying to make a quick fix rather than a more demanding option. Three ways that you can deal with depression are:

- i *Medication* – can provide about 65% of bounce back
- ii *Good self-care* – sleep, diet, drink less alcohol, exercise, connect with family/friends, develop interests.
- iii *Develop resilience* – with integrity and values driving this (i.e. reach out to counselling).



Ground yourself in the present moment. Often things are OK when we are at work, but in our spare time, our mind can be a 'monkey-mind' jumping from issue to issue, looking to the future and fretting or looking to the past and ruminating.

Stay present to the present!



Establish self-directed interests. (vs. an innate

attraction to the negative) Negativity is like Velcro - it attaches itself to us, whilst positivity is like Teflon it allows worries to run off us. Move from the negative to the position where you can cultivate the positivity of the mind. Practice compassion, patience, and grit.

Mary Magdalene



Tomorrow (July 22nd) is the feast of Mary Magdalene, whom Pope Francis declared 'Apostle of the apostles'. Often people have presumed she was a bad sinner, and frequently she has been thought of as the woman caught in adultery (John Chapter 8). However the gospels never indicate anything like this. All they tell us is that she was 'possessed by several demons', which in those days might have meant she was psychologically or emotionally depressed. Jesus cured her. According to the thinking of the times, sickness was a sign of a person's sin or their ancestor's sin, so when a person was healed, they were also forgiven. We remember Jesus saying, that a person who is forgiven much, loves much. Mary proved this is true.

Mary was a devoted disciple of Jesus and she gained great respect among the twelve apostles as we learn in the resurrection story. Because she followed Jesus, Mary would have seen him heal the sick; she'd have heard him tell beautiful and comforting stories. She'd have seen blind people being able to see again, crippled people being able to walk again, and she would have seen deaf people being able to hear and some people speak for the first time.

Each of the four gospels record Mary Magdalene as being the first person to see Jesus after he had risen. In the society of the time if the men could have written this differently, it is likely that they would have! They would have wanted men to be the first authentic witnesses according to cultural custom. Jesus asked her to pass on news of his resurrection to the disciples. We cannot avoid the recognition that Mary was an outstanding person.

Paul of the Cross, founder of the Passionists asked that there be a portrait of Mary Magdalene in each community. He also dedicated her as patron of lay Passionists. She was fiercely committed to supporting Jesus in his mission. She was a first-hand witness not only to the Passion, but to the Resurrection. This feast can encourage us to be stronger Companions of the Passion for one another and to celebrate and pray for the life and ministry of the lay members of our Passionist Family

OUR BRAIN IS
TEFLON
FOR THE POSITIVE,
VELCRO
FOR THE
NEGATIVE

every day may not be good,



but there's something good
in every day.

Humour



Life is not a fairytale,
if you lose your shoe at
midnight, you're drunk.



A man said to his wife, "The law says you must drive with your headlights on when it is raining in Sweden. How am I supposed to know when it is raining in Sweden?"

If you're bad at haggling, you'll end up paying the price.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad

"We both have something in common about this meeting. You don't know what I'm going to say, and neither do I".

I was at an abstinence conference last week. All we did was wait

A bison, a cow, and a swordfish all attended a business conference. They were steak-holders

Writing my name in cursive is my signature move.

A commander walks into a bar and orders everyone around.

I lost my job as a stage designer, I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Q Dad, are we pyromaniacs? A Yes, we arson.

Q What do you call a pig with laryngitis? A Disgruntled.

Q Why do bees stay in their hives during winter? A Swarm.

Q How much did the pirate pay to get his ears pierced?

A A buccaneer.

Q Why is it unwise to share your secrets with a clock?

A Well, time will tell.

Two patients limp into two different medical clinics with the same complaint! Both have trouble walking and appear to require a hip replacement. The first patient is examined within the hour, is x-rayed the same day and has a

time booked for surgery the following week. The second sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for 6 months from then.



Why the different treatment for the two patients?

The first is a Golden Retriever. The second is a Senior Citizen!!!!

Next time, see a vet !

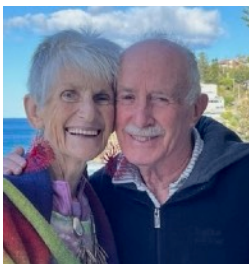
Prayers

We remember **Maree Metcalfe**, her husband, **Bernard**, their children Eliza, Anna and Kate, Maree's grandchildren and siblings.

We remember **Nigel Bulley**, Luke's grandfather who passed away in Capetown, South Africa last week. His memorial will take place today (Friday). Luke was very close to his grandfather.

We remember those whose anniversaries are around this time and their families, especially **Concetta Minichilli** (Tina's grandmother), **Nola Bennetto**, **Kathleen Coucher** (mother of Bro Jim) and **Robert Johnson** (23rd July)

We remember **Anthona and Monica**, Kevin Hennessy's sisters who are both in hospital with cancer.



We remember Marg Casey who, with her husband Paul (pictured) has been a dynamo personality, lighting up people wherever she goes. She has fought cancer very bravely. Living her life to the full despite serious decline. Marg is now at home receiving palliative care. We send Marg and Paul our love and prayers.

We also remember those in our Holy Cross family who are unwell, especially Marg Casey, Pam Storey, Simon Raffin, Maree Bartoli, Mario Minichilli, Gerry Bond, John Lazzari, Lynda Chin, Michael O'Callaghan, Cathy Petrocco and her sister, Marissa, Des Grisell, Peter Owen, Alexander Lim, Maeve Reardon, Phil Drew, Helen McLean, Greg Agosta, Errol Lovett, Peter DeMarzi, Angelo Vigilante, Chris O'Toole,



Bronwyn Burke, Jim Monaghan, Sr Gen Walsh RSC,
Pam Gartland, Anne Jenkins. Peter McNamara, Patricia Keeghan, Mary Hackett,
Mary and Kate Dunn, Brian Gleeson CP, Gerald Quinn CP

The **Mass link for this Sunday** will be sent by Chris.

Brian