



July, 2021

## Community Newsletter

No. 43/2021

### ***The year of St Joseph the Patron of our Parish***

The church declared 2021 the year of St Joseph, the husband of Mary and foster father of Jesus. He is the Patron of the church and indeed ours too. Under his patronage, we have seen some great renewals demonstrated in various ministries and groups within our Parish.

Our parish, like St Joseph is central to God's revelation of salvation for mankind.

All of us call to actively participate in that same mission. With St. Joseph's virtues and friendship, this year invites us to be spiritually open to what God is asking of us today. The Plenary Council has given us that opportunity. To listen, reflect, pray and act. Our Blessed Patron was a humble listener but a powerful doer. He listened and acted on what God was asking of him.

We have just inaugurated our plan for the future – Our Strategic Plan gives everybody an opportunity to get engaged, participate and celebrate being a member of St Joseph's Parish. I have occasionally heard some members refer to our Parish as Brighton Parish. We are St Joseph's Catholic Church in Brighton. Modelling ourselves after St Joseph, we quietly and humbly commit ourselves to doing the will of God –building the Kingdom of God.

For the short time I have been a member of the Parish, I have personally been encouraged by very many quiet yet life-giving pastoral activities happening within our Parish. Let us allow God through St Joseph to continue involving us in creating the new heavens and the new earth.

Our Mother Mary and her son Jesus trusted the wisdom, friendship and protection of St Joseph in the holy family. Today, we can trust the same from Him.

St Joseph, pray for us.  
Thank you.

Fr Michael M. Kyumu



### **From our Pastoral Associate**

What a vibrant and busy parish we have. So much has happened since our last Community Newsletter.



This week and last week we had 51 students from our Catholic schools and parish be confirmed by Fr. Philip Marshall VG. We had two celebrations and both celebrations went well. Fr. Philip spoke to the students and family about when the children were baptised that the parents and godparents promised to bring the children up in the Catholic faith. Now it is the turn of the students themselves to make the promise to continue with their Catholic faith. The students were given a cupcake with a dove placed on top of the cupcake and it was such a special celebration for these young people. I thank everyone who helped on these nights. See the photos of the Confirmation.

At the Pentecost weekend, most of our parishioners who do ministry in our parish were given a special blessing from Fr. Michael. Our strategic plan was launched, and Fr. Michael planted two trees with the help of one of our younger parishioners and an older parishioner. A great day was had by all who stayed for the sausage sizzle, cooked by some of our ever-gracious men from the Men's Shed. That day was truly a day of our parishioners being together in harmony.

On the 25<sup>th</sup> of July Pope Francis has declared this a special day for the Elderly and grandparents and we are hoping to have some special celebrations for our elderly and grandparents. More news in the coming bulletins.

In the coming weeks we will begin our RCIA program for adults who wish to become part of our Catholic faith. If you know anyone who is discerning about becoming Catholic, please encourage them to make contact with me and I will give them all the information needed.

It is so important for you the parishioners to take a postcard about the Diocesan Assembly and fill it in and either return it to the parish office or send back to church office. The postcard is reply paid. It is an important time in our Archdiocese with a Diocesan Assembly. The Diocesan Assembly should give us important input into the Plenary Council happening in October in Adelaide. I encourage you all to have your say. Everything you say matters.

God bless,

Clare Thewlis, Pastoral Associate

### *Our Parish Vision*

*To be a people of God working together to build a caring, faith-filled community.*



## **Parish Pastoral Council**

Our Parish can truly be grateful for so many things: which is very evident by the commitment and dedication of so many people within our community.

We give thanks to all our volunteers who live out the Gospel message and were acknowledged on the feast of Pentecost.



We wish to thank all those who contributed to making this weekend such a special celebration of all the individuals and groups who truly bring our parish "Alive in the Spirit". Many of these individuals work behind the scenes, arranging flowers, washing linen, administering to the sick to name a few. The list is endless and is truly a miracle!

With the Diocesan Assembly and Plenary Council events coming up, please take this opportunity to provide your input, via the Diocesan Assembly postcards, in the church foyer, which will contribute to the life of the Church and new Diocesan vision.

Christina Jonas  
Chairperson  
PPC



During each of the Masses that weekend all volunteers were acknowledged and given a special blessing for their many gifts and contributions in the parish.

It was a wonderful opportunity to focus on the Spirit of God's presence in and amongst us, as we continue to witness being "Alive in the Spirit".

On that same day we also launched our vision for the next 5 years with our Strategic Plan which includes the focus areas and goals that will guide our actions together. The Strategic Plan is on the Parish website and copies of the plan are in the Parish office. The PPC wish to acknowledge and thank the parishioners who gave feedback about the priority areas.



While our intent is that this plan will be clear, visible and transparent providing direction in our Brighton Parish, the plan is also agile enough to ensure we can be flexible to adjust as needs arise or change.





## MEN'S FELLOWSHIP GROUP

Hooray! We have lift off. The new shed's going up and there is quite some excitement about how the new premises are going to evolve.

In the meantime guys still meet and chat, sip and chew every Tuesday and Friday. All the regulars are usually there with some welcome new faces. The kindly ash has shed its autumn leaves, like dropping a few tears at the imminent departure of all its friends who enjoyed its shade for these last few years. Dear 'ash' the feeling is mutual.



## Meditation group



On Tuesday mornings in the McAuley Room, you are welcome to join us.

## Marian Procession

Held this year indoor in the Showgrounds. Thank you to Gary Amott for carrying our parish banner.



## Around the grounds

So much has happened since our last community news.



The Men's Group shed has been erected in the car park. Jim Ballestrin has been keeping a very close eye on proceedings. We are waiting for the power and water to be connected and for documentation for occupancy to be signed off. The new community gardens beds have been started. Once everything is ready the men will relocate from their current space and as mentioned in the last community news the vacated area

will be cleared and garden/reflection areas created behind the Activity Centre.

The area will be opened up to allow for easier access/egress to the church.

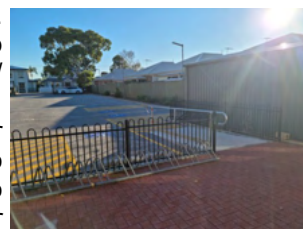
The new ramp from the car park has been installed to allow easier access to parish grounds. The car park has been lined and 6 new disabled car parks marked out.

We have new neighbours!!! The old school admin area has been leased to an organisation called Access4U. Access4u exists primarily to help people with disability to navigate the National Disability Insurance Scheme, optimising their plans and activating effective supports. I am sure you will hear more about their services as they settle in. Thank you to Keith Moorman for volunteering his services to freshen up the office spaces. Welcome to Access4U.

Tutti Arts will be creating a wonderful art piece on the wall along Commercial Road. See article in this newsletter. Works for the new Tutti lift have commenced and it is expected that the lift will be in situ by the end of August. This will allow all students access to the upstairs study areas. The Tutti choirs are now performing in public again. It has been a long time due to Covid restrictions. We are currently working with Tutti and hopefully they will be able to sing at a Mass or two in the near future, there is also talk about a concert in the parish grounds. Watch the bulletin for updates.

A big thank you to all the volunteers who work in and around the parish grounds and buildings. Volunteers help save the parish calling in contractors. Maintenance is ongoing as our buildings age.

Jenny McCabe



## Knights of the Southern Cross



The Brighton/Marion/Hallett Cove/Glenelg Branch continues to hold its meetings on the first Wednesday of every month and physical attendance is still good. A few members still use Zoom.

The effort to help members get more familiar with digital systems also continues. At the May meeting Geoff Papps shared his experience with using Excel for a range of applications. Examples of varied uses made for a very informative session.

In addition to normal procedures and prayers, May's meeting also had a novel addition with a talk by Rod Roach. Putting on his nautical skipper's hat, Rod explained how one differentiated between magnetic and geographic north for navigational purposes, just in case, for example, you didn't end up in Outer Harbour on a cruise to Victor!

Long term membership of some six members was recognised, especially Gerald Ascione (51 years), John Milnes (57 years), Frank Barrett (69 years) and John Entwistle (64 years) whose recent funeral at Mount Barker was attended by some of our local branch members.

June's meeting was substituted by another of Chairman Pat Hodgson's happy social Crazy Whist nights. Due perhaps to the weather and COVID restrictions attendance was a bit down on the previous whist nights. Nevertheless it was a very pleasant function making for a great 'meet and greet' occasion and an opportunity to get to know our parish clergy better, including the Sisters of Charity who were well represented that evening and proved they were not novices any more when it came to shuffling a deck of cards. The funds raised made a good contribution to the Branch's annual donations to the local Vinnies' Conferences, and to our local Antioch group.



## VINNIES THIS WINTER

It's always a busy time for our Brighton Vinnies Conference but every winter we see many people struggling to manage their budgets, with utility bills causing great hardship for most.

We have been very fortunate in this parish with wonderful support for our Lenten food drive and the Winter Appeal.

The local Muay Thai Fitness group, who are regular supporters, conducted a Mothers' Day raffle with proceeds used to purchase food for our store room.



Most recently, McAuley Community School held a food drive for us with classes allocated different foods to donate. Once again we were overwhelmed by the generosity of the school community and look forward to being able to distribute more food hampers to those asking for assistance.



The Vinnies Sewing and Knitting group has also donated a selection of beautiful hand made rugs for us to distribute along with the food parcels. These will be greatly appreciated.

So, to all these groups we offer our sincere thanks. Without your help we would not be able to provide the assistance we give to families in our area.

In the second half of the year we are planning three Bunnings BBQ's at Marion to further aid our fundraising efforts.

Liz Kelton



**Happy 60<sup>th</sup> Birthday to**  
**Mandy Bosson**  
for this Sunday 4<sup>th</sup> July



### **Deanery Reflection Day**

At one of their regular monthly meetings, Deanery members decided they wanted a more prayerful gathering to enhance their pastoral ministries and share their gifts.

The prayer day was attended by 24 Deanery pastoral associates, deacons and priests who were guided by Emeritus Bishop Greg O'Kelly SJ in their reflection.

Due to COVID, clergy have not been able to gather regularly for prayer and reflection days which were an opportunity to spend some extended reflective time with God and to meet each other.

"Unfortunately, COVID-19 stopped these gatherings as it stopped so many opportunities for public worship and prayer, not just for the clergy but for all of our Archdiocesan community," Mgr Ian Dempsey said.

"This deanery gathering was an attempt to fill the void, at least for our members.

"Bishop O'Kelly brought many years of experience in the Ignatian Spiritual Exercises to our time together.

"Both the clerical and lay pastoral associates had the opportunity to listen to two reflections from Bishop Greg, followed by some quiet time for us to spend reflecting on particular scriptural passages taken from the life of Christ.

"He reminded us of the first principle and foundation of the spiritual exercises, which states, among other things, that we should never forget that: *The goal of our life is to live with God forever.*"

Mgr Dempsey said the group was privileged to be able to use the church and grounds of Brighton parish. He thanked Fr Michael Kyumu, parish priest at Brighton, Bishop O'Kelly and all the members of the organising committee for making the day so enriching.



### **The Library Group**

We continue to gather on Tuesday and Friday mornings in the Library with approximately 20 participating on Fridays and 12 on Tuesdays

We enjoy a great sense of fellowship as we play a variety of games such as Mah-jong, Scrabble, Rummikub and Bridge. It is a special time to renew old friendships and create new ones and enjoy morning tea.

You are very welcome to visit us for a chat and a cuppa before attending midday Mass on Tuesday and Friday.

We encourage you to view our wedding dress exhibit before we replace the dresses in September.

We also plan to show the video of the address by Joan Chittister titled "The future of Catholicism in Australia Convocation" as she speaks to the deep desires among Australian Catholics for a fresh vision and new directions.

The date will be announced shortly in the Parish Bulletin.

Thanks to everyone involved in making this such a wonderful part of our parish life.





The Archdiocese of Adelaide will be holding a Diocesan Assembly this September. The Diocesan Assembly is a meeting of representatives from parishes, schools, communities and groups to discuss the life of our local church, discern a new vision for the diocese and prepare for the upcoming Plenary Council. Individuals and groups are invited to respond to the pre-assembly consultation question, "What do you think are the most important things to discuss at the Diocesan Assembly?" You may watch the videos again online at [www.adelaidediocesanassembly.org](http://www.adelaidediocesanassembly.org). Postcards for your feedback are available from the foyer. These may be posted directly to the Archdiocese or returned to the parish office. Feedback may be lodged online also.

### **Centacare Foster Care Program**

Centacare Catholic Family Services is a Catholic welfare organisation delivering a range of services across the Catholic Archdiocese of Adelaide. One of the many services that Centacare delivers is the Foster Care Program based at Seaton. The Centacare Foster Care program commenced in 2013 and was initially established as a Specialist Reunification program where the ultimate goal was for children in foster care to reunify with their birth families. However, in 2018, the foster care program is contracted to provide all types of foster care including short-term, long-term, respite and immediate care. There are over 4000 children in South Australia in out of home care and Centacare's Foster Care program is seeking individuals, couples and families who have a genuine interest in making a difference to a child's life. If you have ever wanted to know more about the application process, eligibility requirements and what is involved with being a foster carer please contact us on 8159 1400 or email us at [fostercareenquiries@centacare.org.au](mailto:fostercareenquiries@centacare.org.au). You can also check out our website [www.fostercare.centacare.org.au](http://www.fostercare.centacare.org.au) to learn more about how you can 'Join our Circle of Care'.



Aid to the  
Church in Need

ACN AUSTRALIA

A message from *Aid to the Church in Need Australia*: In areas of crisis, churches are often destroyed by violence. Where the faith is growing new churches are needed. ACN supports the reconstruction of churches in these areas because a church is the centre of the life of faith and even the smallest chapel provides people with hope and a spiritual home. To help build a church today visit [www.aidtochurch.org/construction](http://www.aidtochurch.org/construction)

Speaking<sup>™</sup>  
made easy

developing confident women

### **SPEAKING MADE EASY**

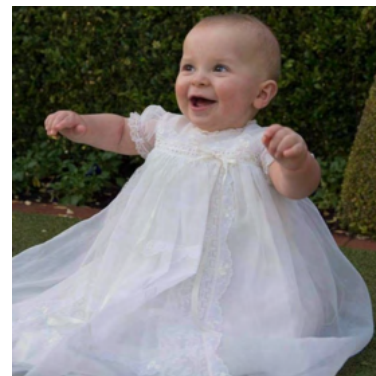
is a Ladies' Group  
meeting in St Joseph's Activity Centre  
at 11.00am on a Monday twice-monthly.  
If you want to improve your speaking ability in  
conversation, self confidence in front of an audience,  
or reading at Mass (for example)  
call Maureen on 0408 628 899 for further information.  
(FYI: The first two meetings attended are free!)

.....

**Are you celebrating a significant Wedding Anniversary this year** ie any number ending with a 5 or 0? This year the Anniversaries Mass normally held in the Cathedral will be parish based on Sunday 19th September. We would like to acknowledge all those who have achieved these milestones. Please let me know your details before the end of August, as a certificate will be provided by the Archdiocese for this occasion. Pat

.....

We **Congratulate** the Nadia & Will Coffey on the Baptism of their son Cade on the 23rd May at St Joseph's.



### **8 things to remember!**

1. The past cannot be changed
2. Everyone's journey is different
3. Overthinking will lead to sadness
4. Happiness is found within
5. Kindness is free
6. You only fail if you quit
7. What goes around comes around
8. Smiles are contagious



## McAuley Community School News

We congratulate Alice Dunlop (APRIM) on her recent ACEL (Australian Council for Educational Leaders) SA Fellowship Award



Alice has been a teacher and leader for the past 11 years. During this time, she has been an active lifelong learner and is currently completing a Doctor of Philosophy (Curtin University), in Science and Mathematics Education. Alice has been a strong supporter of ACEL and has been an active member of the SA ACEL branch Executive for 5 years. During this time Alice has facilitated numerous professional learning opportunities for emerging leaders focusing on well-being, special needs, and leadership. She has been a committee member on the SA ACEL branch Executive Professional Learning and Awards. She regularly offers her support and time to ACEL activities. Her commitment to ACEL has been recognised through: World Teachers Day Award for Exemplary Service for the ACEL SA, ACEL, Keith Tronic Award, National Award for Outstanding Teacher Leadership, ACEL, Educational Leaders Learning Award for leadership in Ecological Sustainability.

.....

### St Joseph Statue

In recognition of the Year of St Joseph, this year on the Feast of St Joseph the worker, 1st May, we purchased a Statue of St Joseph for the church. We are still to determine where he will be placed permanently in the church.



*Emerging Aboriginal artist Jackie Saunders, who is based at Tutti Arts, has been working with acclaimed contemporary Aboriginal visual artist Elizabeth Close to design a mural for the western wall of the Tutti Arts Centre on Commercial Road at Brighton.*

*With support from a City of Holdfast Bay grant, Jackie and Elizabeth created two potential designs and the final design, Laying Under the Stars, was chosen by popular vote from the community at Tutti, Brighton Catholic Parish and in the local area. The work reflects the artists' shared themes of connection to community, country and family.*



*Work is now progressing to secure funding for stage two of the project – to paint the mural. Jackie and Elizabeth's mural will create visual interest for local residents and commuters while increasing the visibility of Aboriginal arts and culture and self-identified Disabled artists.*

Tutti Arts Inc





# OUTREACH WEEKEND

JOIN US FOR A WEEKEND OF  
ACTIVITIES, TALKS, GAMES,  
PRAYER AND MORE...



JULY 16-18  
FRI 6.30PM TO  
SUN 6.30PM

## 2021

AGES 16 TO 25 - \$20 ENTRY  
24 STRATHMORE TCE, BRIGHTON, SA

FOLLOW BRIGHTON ANTIOCH ON FACEBOOK FOR MORE INFORMATION





**“And it was in Antioch  
that the disciples  
were first called  
Christians” Acts 11:26**

***This August, our  
Brighton Antioch  
are celebrating  
their 30<sup>th</sup>  
Anniversary.***

***There will be a celebration Mass on Sunday 15<sup>th</sup>  
August at 2pm at St Joseph's followed by  
Afternoon Tea in the Activity Centre. All past  
and present members and supports are invited  
to attend, to help celebrate and catch up with  
others.***

### **Antioch – The beginning**

In July 1991, two young people from Antioch knocked on our door to invite us to a training weekend, with the view of starting a youth group in four parishes in Adelaide. They were to be Elizabeth,



Edwardstown, Prospect and Brighton. They were looking for Parent Couples that were willing to support the groups in their mission to reach out to the youth of the Parish. We had heard of Antioch, as some of our friend's children were involved in other groups and spoke highly of how it had helped their children in their faith journey. We wanted this for our own children, so we decided to go along and attend the training weekend with our eldest son and three other boys. We were so impressed with the weekend, listening to teenagers share their personal stories and seeing the joy and affirmation that they gave to each other. We could see that Christ was truly alive in these young people, and they had no fear in sharing their faith.

At the end of the training weekend we had to make a decision to commit to bringing Antioch to our Parish of Brighton. The boys were very excited after experiencing this wonderful weekend, and they definitely wanted more of what they had just experienced. I knew this was going to be a huge task, as we were meant to have at least twelve people to start a group, but the Holy Spirit had other ideas and as we were discerning what to do, one of the Antiochers who had knocked on our door, Liz Dickinson, committed to come and help us and be with us every Sunday night at our meetings. So, Brighton Antioch was born in August 1991, and we held our first meeting on the floor of our back room with the boys and different people from other groups that Liz would organise to come and help us. The structure of a Sunday night meeting would be music, some news, a talk delivered by one of the group, share groups to discuss questions on the talk they had just heard, and then prayer time and more songs. In the early days, Liz would find someone to play the music, deliver a talk and lead the prayer until the boys were confident enough to

do it themselves. The first big hurdle was to recruit some girls and work towards putting on our own weekend. Liz invited three girls to experience a weekend and come along and join our group. I still remember that first awkward meeting when the girls first met the boys, but over time they became a real team and very close friends.

To grow the group, we had to work towards putting on our first Antioch weekend and we needed lots of help from other groups. So, with the help of Woodville, Brooklyn Park and Seacombe Gardens we held our first weekend at St. Teresa's at Brighton. We were able to recruit a few more teenagers who kept coming back and eventually we were big enough to meet on Sunday nights in the hall at Brighton. After several weekends getting help from other groups, we eventually were able to run our own weekend with just our Brighton Team.

Over the years we were blessed with great musicians, and wonderful leaders who paved the way for the future.

The group would meet for Mass on Thursday mornings at 7am and stay for breakfast, as well as



meeting Sunday nights, and we were amazed at their commitment to come and be with each other. There would be lots of fun and laughter before they would head off to school, Uni or work

We were so blessed to be part of this ministry, and saw how lives were changed and lifelong friendships were made. We were involved for over eleven years, and we are so proud that the ministry has lasted over thirty years, and congratulate all the Parent Supports and all the Antiochers who kept this mission alive for so long.  
Anne & Chris Ryan

### **Judy Fernandez – Being a parent of Antiochers**

In 1998 my son was invited to experience an Antioch outreach weekend. Neither he nor I knew a great deal about Antioch at that time. He attended the weekend and returned home on the Sunday night saying he enjoyed it but “it's not for me”. However, about a month later after someone followed him up, he decided to give it a go. This was the beginning of a great experience for him. Eventually as his sisters became old enough, they also did a weekend and became part of the group.

A bit like the kids, I was also learning about what it meant to be in the group. So, how did I feel about it? I liked the fact I knew where they were and who they were with. They were having the opportunity to grow in their faith and work out where God was in their lives at this time. But it was more than this. They supported each other, looked after each other, and they were making lifelong friends. They were a very tight group who enjoyed each other's company.

I have said to many people that I was extremely thankful at the time because the group helped my children cope while they were going through a tough time. And then the icing on the cake was my son met his wife while in the group.

Thankyou Antioch.

### **30 years**

On behalf of the current Antiochers and Adult Parent Supports we would like to acknowledge & thank so many people for the prayers & support our group has been given to enable us to achieve & celebrate our 30th birthday. To Fr Roman Palma who 30 years ago was very involved & supportive in establishing our group & to Mons Ian Dempsey & now to Fr Michael & Fr Dominick for their ongoing encouragement & guidance.

To the numerous priests, especially Mons Rob Egar, who have spent time & celebrated Mass & Reconciliation with us, we thank you.

To all previous parent supports without whom our group could not exist, we thank you.

To those who have worked in the Parish Office, we thank you.

To the Brighton Parishioners, we thank you for your prayers & for all your care over the past 30 years.

We as a group have been privileged to be part of this parish & have been honoured to sing at every Christmas Eve Vigil Mass at SHCS & to be involved in recent Good Friday Liturgies

Antioch is a youth group for youth run by the youth. This year the Brighton Antioch Youth Group will celebrate its 30th anniversary since it formed in 1991.

The group is now comprised of 20 members ranging in age from 16 to 24.

They come together on Sunday nights to talk, sing, listen & pray together, a great way to navigate & understand our faith & what it means to be Catholic in today's society & to better understand themselves.

Antioch will launch their yearly Outreach Program in these school holidays (July 16-18th)

This is where the group invite new members to join for a weekend full of laughter, talks, music & games.

If you, or if you know of a young person who may be interested & would like to know more, please find us on Facebook at 'Brighton Antioch Youth Group' or contact the Parish Office on 8296 7292.

You will be very welcome.

Also if you as an adult/parent & wish to support us in our weekly meetings please contact Clare in the Parish Office.

To all past Antiocher's, we thank you for the rich legacy you have given us & you are invited to bring your guitars & voices to our Anniversary Mass Sunday 15<sup>th</sup> August at 2pm in St Joseph's church at Brighton.

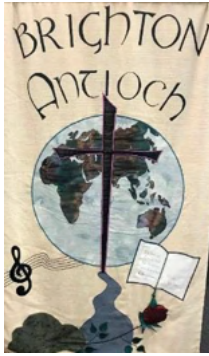
Brighton Antioch Support Team

*Antioch is a place where you can never feel like an outsider. With many walks of life coming together to share a common interest, I'm always ready to share a good chat and laugh with my other members of my community and church.*

Gus

*Antioch is a place of reflection and perspective. Every Sunday I am surrounded like-minded young youths who shape me into living a life of following Christ.*

Xavier



### **Antioch – a place to belong for Youth**

Brighton Antioch group has a long and rich tradition in our Parish. Over the years, great women and men of integrity and faith have emerged through this Youth Group. In this world of technology and social media Antioch creates a safe place for young people from all walks of life to meet, connect and share.

As a parish we are blessed to have Antioch as an integral part of the life of our parish. Among many other activities, annual Outreaches and Retreats are strong statements of the dynamism of this wonderful youth group.

As a parish priest I pray and commend you all to the guidance and protection of the Holy Spirit.

Fr Michael

*I joined Brighton Antioch in 2000, just as I was starting Year 12. Initially I thought it would be an interesting way to meet new people. Little did I know the impact it would have on my life, and on those around me.*

*Antioch gave me a safe space to not only meet like-minded people my own age, but a place to discover more about who I was as a person and as a Child of God. I found a depth of faith I never knew possible and was encouraged to share this with those around me.*

*Antioch gave me the opportunity to make life-long friends, travel to Sydney for World Youth Day in 2008, attend marriages of those who met through Antioch (including my own sister) and welcome 'Antioch babies' into the world.*

*I know I am the person I am today because of the love, support and faith I found through this amazing group of people known as Antiochers.*

Josie Mignone  
Brighton Antioch 2000-2005



*Antioch is my second family. It is a group of people who want to share and grow in their faith while being open and respectful. It is a safe space for me to come and reflect on my faith and to share my light with others.*

Nick

*Antioch is my church. Every Sunday we come together to celebrate our Catholic faith through music, scripture, and communal prayer. I have been in Antioch for nearly 5 years now, and it has given me so much. I have made lifelong friends, discovered so much about myself and my faith, and it has honestly helped guide my mission in life.*

Beth

*To me, Antioch is a place where I can come and just be my faith and my friends. Talking amongst like-minded people is truly remarkable as spending quality time with my close friends and growing alongside them has led to me to be the young man that I am today.*

Ben

*Antioch to me is such a special thing. It's the only place in my life where I can express my faith without fear of judgement. Meeting every Sunday is the highlight of my week. Knowing that I have a space to see my friends every week means everything to me.*

Kate

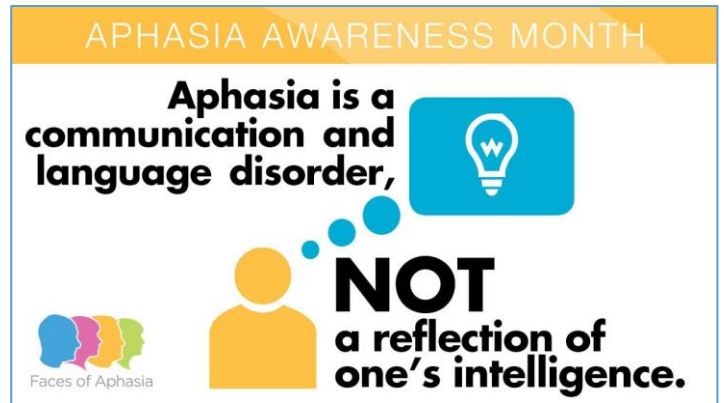




# Aphasia

June is National Aphasia month across Australia and other parts of the world such as UK and USA. Most people are unaware of what Aphasia is unless they know someone that suffers from the condition or suffer from it personally. It is common after stroke, with 38% of stroke survivors having some sort of Aphasia but it is not limited to stroke survivors. Head injuries, tumours or inflammation and infections in the brain can also result in Aphasia.

I recently presented a talk to the National Australia Aphasia Association where the main theme was 'Relationships'. I would like to share it with you as a way of raising awareness among my community.



## “About me

My name is Mandy and I suffer from aphasia following a stroke I suffered almost nine years ago.

I was at work in the City at a council meeting on the evening of 25 September 2012 when I suffered a massive haemorrhage. I was 51. I spent five weeks in RAH followed by seven months in a rehabilitation hospital.

Apart from the obvious physical disabilities of hemiplegia (which is caused by a disruption between the brain and the muscles in the one side of the body resulting in paralysis/weakness/lack of control on the right of my body), I also suffer from chronic fatigue (which is common after stroke) and Aphasia.

As most of you will be aware, aphasia is a neurological disorder caused by damage to that part of the brain which is responsible for language, comprehension, reading or writing etc. The symptoms of aphasia are different for everyone and can range from severe to mild. In my case, I have difficulty expressing myself because I know what I want to say but I just can't find the right words or pronounce words properly.

## My relationships

I was in St Margaret's undergoing rehabilitation for 7 months and had visitors every day, more than I wanted sometimes if truth be known. I knew as I was getting ready to go home that things would change.

- Would I still be welcome at social functions knowing my restricted ability?
- Would friends still visit me at home and would I appear rude if I asked them leave after a short time?
- Because of my aphasia and my disability I get tired very easily and quickly – would my friends be happy to take me home when I needed to go?
- I am very sensitive to background noise – would my friends be willing to choose quiet venues over the more popular busy ones?

The impact of aphasia on relationships can be profound as I found out:

- One of my friends had held a 50<sup>th</sup> birthday party just before I was due to be released from rehab. I was invited of course and very much looking forward to it, although a bit frightened if I'm honest. But in the days leading up to the party it was suggested that perhaps it wasn't an appropriate social function for me to attend after all – I was upset that I hadn't been given the choice, and assumed that I was an embarrassment.
- I remember telling someone that had been a very good friend that I was frightened that that was the way things were going to be when I left rehab and that I would be lonely after I went home. She said something along the lines of: ***“you will have to start mixing with people like yourself”***. I took offence because I thought that meant that she wasn't interested in being there as a friend and as a support and that she wanted me to make new friends who could fulfil that role. That she thought I'd be too much of a burden. I don't know what she meant or thought because I never asked.

These are examples of misunderstandings occurring when people don't take time to explain what they mean, how they feel and more importantly consider what the other person is feeling.

It is natural to take offence when both parties are feeling vulnerable and emotional. I know that was how I felt! I had to deal with the loss of my job, my partner, my freedom, my independence, my social life... and so the list goes on. The grief is overwhelming and very frightening. I was angry and very depressed and feeling a lot of negative emotions. But my friends were probably feeling a mixture of emotions too...I don't know because I didn't ask - we didn't talk about it.

I don't think that I dealt with the situation particularly well. And I don't think some of my friends did either. It would have helped to know how the other person was feeling in a particular situation. Maybe talked it through with a mutual friend. I know how it is difficult to be there for others when you are trying to deal with so much yourself. I just didn't realise in the beginning that it was hard for others too.

You have to find the most effective way of communicating with the individual - and it's not always the same with everyone. But it will enable a more meaningful relationship between you and it will benefit everyone in the end.

### People like me

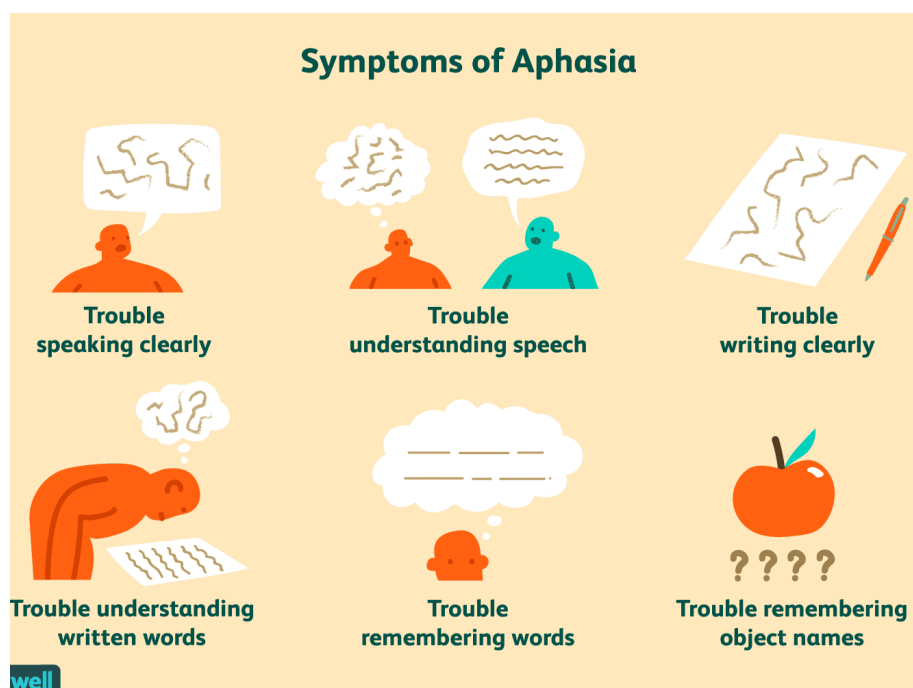
What I have learnt from this journey is that "people like me" just want to be treated like anyone else, with respect and thoughtfulness. Here are some tips for dealing with "**people like me**":

- ***Don't mistake language and communication difficulties with lack of intelligence!***
- *Don't be afraid to stop and have a conversation - don't be put off if the person talks slowly, repeat themselves or maybe can't speak at all*
- *Include the person with aphasia in your conversations and don't dismiss their comments*
- ***Don't raise your voice or talk down to the person*** - Maintain a natural conversational manner appropriate for an adult
- *Avoid correcting the individual's speech*
- *Don't be afraid of offering to help. Most people will not take offence and if they do, don't judge - they may be just having a bad day. It's not about you.*
- ***Most importantly, take time to listen and understand what the person is trying to communicate....use all of your senses to be there fully in the conversation*** - People with aphasia are competent and intelligent and still have thoughts, opinions and emotions

### Conclusion

Eventually I joined a group for "people like me" (with aphasia). It has provided me with a safe environment within which I can communicate with others without judgement. I feel comfortable there knowing that we all have aphasia and although we are all different, we all face common difficulties. We laugh together (and sometimes cry together), and most importantly we realise that there is a life after aphasia...it's just very different to what we had before."

Mandy Bosson





# BRIGHTON PARISH CARITAS PROJECT

*Celebrating over 50 years*



Project Compassion, the Lenten Project arranged by Caritas Australia, is familiar to us all. Fifty years ago, as a flow-on after Lent, some Brighton parishioners decided to continue to donate to Caritas and invited other parishioners to join them. The Brighton Parish Caritas Project began with the aim of making a difference in under-developed countries throughout the world.

Original committee members included Dick Edmonds, Joyce and Ruth Byrne, Teresa and Bill Holland, Pat and Bernie McQuillan and Peg Carmody (all of whom are now deceased). For the last 8 years Bryson Quinlivan has generously counted and banked the money as well as arranging acknowledgements and receipts for taxation purposes. We thank Bryson for his efforts as he retires from this role.

Caritas is a Latin word meaning love and compassion. It is a worldwide nonprofit Catholic organization. It aims to end poverty, promote justice and uphold dignity. Previous Catholic agencies were known as Catholic Overseas Relief Committee and Australian Catholic Relief. These two organisations embraced the name of Caritas Australia in 1966.

During the 50 years many countries such as Bangladesh, Indonesia, Sri Lanka, Cambodia, Nepal, Solomon Islands, Brazil, Ecuador, Ethiopia, Ghana, Zimbabwe, Sudan, Thailand, Tanzania, India and many others have had help from our Brighton Parish Caritas Projects. Assistance has been given by providing funds for such projects as: promoting sustainable living in rural communities, resettlement for refugees, purchase of a tractor, purchase of a water pump, fish farming initiative, empowering people with disabilities, installation of a well, projects to access to clean water, along with many others.



This is an excerpt from an article from Pat, Peg, Teresa, and Joyce in the Brighton Parish Contact, July 2002:

**“Soitsambu Water Project, Tanzania.** The Committee of the St Joseph’s Brighton Parish Project wishes to advise that the current project has been completed.

Clean and safe water is now available to the community and their livestock. Domestic water points and cattle troughs constructed have enabled the community to get water services easily without going long distances.

Good cooperation, collaboration and assistance from Caritas Tanzania, in addition to availability of project funds in time, have allowed this project to be completed.”

More recent projects have focused on the people of Africa: Mozambique, Malawi, Tanzania, Democratic Republic of Congo, Southern Sudan and Kenya. Caritas Australia works in African communities to help them get access to clean water, food security, sanitation, education, safety and self esteem for women who have been violently treated.



Money for the Brighton Parish Caritas Project is collected through numbered envelopes. These were able to be placed on the collection plate each weekend, but now the envelopes are collected in the boxes in the foyer. Envelopes are supplied as required. Direct debit can be arranged. A statement of contributions is provided annually along with a receipt for taxation purposes.

Would you like to contribute and become part of the Brighton Parish Caritas Project?

Further information can be obtained by contacting Aileen Hodgson (0431 593 545) or Dawn Sullivan (0424 250 089)