



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 25th February, 2016

Term 1 Week 5A

Dear Parents, Staff and Friends of St Joseph's Community,

## 2015 HSC Success

Last Wednesday the school acknowledged the hard work and success of the 2015 HSC Class by hosting an 'Academic Excellence and Dux Ceremony'. It was a wonderful occasion for the school to be able to congratulate the students for achieving a Band 6 (over 90) in a course and/or receiving a high ATAR score.

### Congratulations to the following students for receiving a Band 6:

## Congratulations

Melanie Bletas	Community and Family Studies Studies of Religion 1
Hayden Callaway	Music 1
Natalie Chang	Mathematics Music 1 PDHPE Studies of Religion 1
Georgia Conway	Visual Arts
Charlotte Hall-Millington	VET Hospitality
India Jardim	Visual Arts
Sarah Knight	Senior Science
Savannah Ross	Visual Arts
Susie Seitaridis	English Standard Mathematics PDHPE
Amy Shepherd	Senior Science
Olivia Venettacci	Senior Science
Lucie Volf	Studies of Religion 2
William Welch	Information Processes and Technology Information Digital Technology
Bronte Willis	Visual Arts



Well done to the following students for receiving a high ATAR score:

Susie Seitaridis - 96.45  
Lucie Volf - 94.2  
Natalie Chang - 92.4  
William Welch - 90.9  
India Jardim and Nicholas Sammut

Special thanks must also go to Susie Seitaridis for her inspirational address that she gave as she reflected upon her experience of being a senior, high achieving student at St Joseph's.



### Lent 2016

As we approach the Third Sunday of Lent I have included another item from Bishop Peter Ingham explaining 'What is doing Penance all about?'

### Parents and Friends Association - Claim the Date

The Annual General Meeting will be held on 21st March, 2016 in the staff lunch room commencing at 7pm. All parents and friends are most welcome.

Mr John Barrington, Principal.



Attached to this week's Newsletter is an article entitled "10 Ways to Build Resilience". Resilience is NOT a trait that we are born with. It is learned and developed by our behaviours, thoughts and actions. Please take some time to read this interesting and informative article.

Mrs Gail Tarrant, Pastoral Care Coordinator

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### Important Dates for your Diary

- 26/2 - Staff Development Day (Pupil Free)
- 2/3 - School Cross Country
- 8/3 - Year 7, 2017 Information Evening
- 9/3 - International Women's Day
- 16/3 - Year 12 Parent Teacher Night
- 18/3 - St Joseph's Day
- 21/3 - Harmony Day
- 25/3 - Good Friday
- 28/3 - Easter Monday
- 30/3 - Year 11 Parent Teacher Night
- 8/4 - Last day Term 1
- 26/4 - First Day Term 2

## Assistant Principal

### Communication between Teachers and Parents

A reminder that since the start of the year, teachers have been communicating with many students' parents via the Sentral Parent Portal.

To ensure that you are kept informed about your child's progress, it is necessary that all parents have registered your access to the Parent Portal and that you are checking the Dashboard on a regular basis for important information regarding your child's progress at school. The Parent Portal is the primary source of information for parents regarding your child's academic and behavioural progress. Please use the Parent Portal each week to view the details of any merits and demerits, as well as the details of your child's attendance at school.

The informative communication between teachers and parents via the Sentral Parent Portal is necessary for teachers and parents to work together to ensure your child's quality learning. If you need to make a request to the school to resend your personalised access key to you, please contact Mrs Penny Corradini on 4230 8511 or by email [corradinip01@dow.catholic.edu.au](mailto:corradinip01@dow.catholic.edu.au) as soon as possible.

*Mrs Jenny Bell, Assistant Principal*



The 2015-16 Social Justice Statement released at the Australian Bishop's Conference focuses on Refugees and Asylum seekers and calls us to support these suffering people.

Late last week, Australian musician, Missy Higgins released her newest song, titled 'Oh Canada', which is about 3 year old Syrian refugee Alan Kurdi and his family's plight for sanctuary. The music video includes drawings from children in a Caritas program in Damascus, Syria. Caritas team members have been working with the students by providing trauma healing activities, such as games, handicrafts and drawing to express their emotions. For one activity, the children were asked to draw their fears. Every one of the drawings was about war. You can watch the video [here](#). Higgins was compelled to write the song after seeing the haunting images last year of Alan lying lifeless on a beach in Turkey. Alan's family, like millions of others, was fleeing the bloody conflict in Syria. Below is a prayer for refugees and victims of war.

***Lord God, no one is a stranger to you and no one is ever far from your loving care.  
In your kindness, watch over refugees and victims of war, those separated from their loved ones, young people who are lost, and those who have left home or who have run away from home.  
Bring them back safely to the place where they long to be and help us always to show your kindness to strangers and to all in need.  
Grant this through Christ our Lord. Amen.***

*Miss Senitta Hurley, Mission Coordinator*

### Canteen Roster 2016

29th Feb	Terry Thomas
1st March	Elizabeth Oiteirin, Vanessa Orlandi
2nd March	Nicole Oswald, Wayne Thomas
3rd March	Cathy Sperring, Sandy O'Connor, Joanne Barker
4th March	Mary Daly, Wayne Thomas, Nicole Roach

### Careers Room is Open!!

Students may visit the Careers Room F8 at Lunchtime on Tuesdays or Fridays or by appointment at other times. All year groups welcome.  
Mrs Sue Kennedy—Careers Adviser



**THE THREE PILLARS OF LENT**

# SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

## School Swimming Carnival

Congratulations to all students who participated in the St Joseph's swimming carnival. We were blessed with beautiful weather and it was wonderful to see lots of students participating and earning house points. Thank you to the parents who attended the carnival and to Kim Mills, Joann Barker, Deanna Sturley and Kylie Thompson for their valuable assistance with timekeeping.

Congratulations to the following students who have been selected to represent St Joseph's at the Diocesan Swimming Championships at Corrimal on Thursday 10th March:

*Sophie Mills, Paris Abela, Taylah Allen, Emma Bartley, Claudia Castelli, Taylah Gilbert, Jasmine Gozna-Trpenoski, Jasmine Hunt, Jennifer Klepczarek, Sarah McPhan, Madison Mitchell, Kristina Puljak, Leisha Ryan, Ruby Sawtell, Hayley Seeney, Lilli Staff, Molly Sumner, Danica Thomas, Rachael Thompson, Ellyse Tindall, Elyse Sawtell, Sabrina Minns, Jayden Allen, Thomas Blunden, Jayden Cappetta, John D'Alessio, Zac Hollingsworth, Noah Lepre, Isaac Long, Jacob Lord, Lleyton Mundt, Izak Parkes, Kyle Quinn, Zachariah Rippon, Matthew Sperring, Zachery Sturley, Lachlan Reasin and Brian Su.*



To gain selection in this team, students had to place first or second in the 50m Freestyle or first place in all other events. We also have student representing the school in relay events.

### Our 2016 Age Champions are:

<b>12 Years</b>	<b>Jasmine Gozna-Trpenoski</b>	<b>Noah Lepre</b>
<b>13 Years</b>	<b>Paris Abela</b>	<b>Zac Hollingsworth</b>
<b>14 Years</b>	<b>Jennifer Klepczarek</b>	<b>Jayden Allen</b>
<b>15 Years</b>	<b>Kristina Puljak</b>	<b>Thomas Blunden</b>
<b>16 Years</b>	<b>Rachael Thompson</b>	<b>Izak Parkes</b>
<b>17 Years</b>	<b>Hayley Seeney</b>	<b>Matthew Sperring</b>
<b>18 Girls</b>	<b>Leisha Ryan</b>	<b>Zachery Sturley</b>
<b>AWD</b>		<b>Jacob Lord</b>

**Well done to Warrigal House who were awarded the 2016 Swimming House Champions!!**

2016: COMMUNITY

## **Congratulations**

On the weekend of 12th-14th February the Oztag State Cup was held in Coffs Harbour. Mitchell Heffernan and Izak Parkes were part of the Shellharbour Steelers 16's Boys Team. They made it to the quarter finals but unfortunately were beaten by one try to be knocked out of the competition. The boys all had a great weekend playing Oztag! Zoe Parkes and Zali Hart played in the Shellharbour Steelers 15's Girls Team. They had a great weekend playing hard and coming away with a couple of wins and a great sense of achievement!

## **Sports Star of the Month Nominations**

We are in the process of awarding the Junior and Senior Star of the Month awards for February. We have received a few nominations already. If you know of someone who would be worthy of a nomination, please email me by Monday 29th February. [garbuttm01@dow.catholic.edu.au](mailto:garbuttm01@dow.catholic.edu.au)

## **Cross Country - Wednesday 2nd March**

Next Wednesday is the St Joseph's Cross Country event. We would love to see just as much spirit as we saw at the swimming carnival. It is all about doing your own "personal best" and having fun whilst doing it! Some important things to remember for the event:

- \* Full sports uniform can be worn all day
- \* Bring some house colours to wear during the event
- \* You will need to wear a hat as shade will be limited. Wear sunscreen and bring a water bottle
- \* All students are expected to participate as either a competitive runner or a walker. Students who are unable to participate due to injury or illness must submit a note to Mrs Garbutt at the start line
- \* Points will be allocated for participation in the event. Walkers will need to complete one lap of the course in under 20 minutes to earn a point for their house.

**Best of Luck** to the Boys Touch Football teams who will be competing at the Diocesan Touch event on Thursday. Bring back Vince!!!!

*Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators*



## Year 8 English Update!

Year 8 English have been working on a 'Poetry through the Ages'. In the course of their studies they have dealt with one of William Shakespeare's sonnets "Shall I compare thee to a Summer's day". The students in 8.4 were asked to write a modern sonnet in celebration of someone or thing they love. Here are some of the sonnets.

### Soccer Sweet Soccer

Should I compare soccer to fireworks?  
Or do I have something better to do?  
Then I decided with a cheeky smirk,  
I will in 10 lines just waiting for you.  
Fireworks has its wonderful moments,  
when the colours burst into the sky.  
The only thing is, they leave with a boring  
comment,  
soccer is better and I will tell you why.

In soccer every game is truly different,  
it always leaves you mesmerised.  
Every great goal is truly significant,  
it leaves magic sparkling in your eyes.  
So soccer is better that's all I have to say,  
just keep playing soccer and have a good  
day.

By Antoni Anic

### Love Sonnet

Shall I compare you to a sunset on the horizon  
You are more exquisite and more charming.  
Sunssets in the winter are pale and pink  
Sunssets in the summer are bright orange like tigers stripes.  
The snow that winter brings is puffy like white pillows  
Hanging on a tree like Christmas decorations  
But it is soon gone by the time summer comes  
It's beauty is quickly forgotten.

But your beauty is always in my mind  
Your eyes sparkle like I have never seen before.  
When you smile I realise how lucky I am  
The hair you have hangs from your head like silk  
You will always be in my heart no matter what  
Even if you're gone I will always feel sad in the heart

Athan Dedis

### Rubik Cube

Love is like a Rubik's cube,  
When jumbled.  
It looks confusing and hard to solve,  
All the pieces are jumbled.  
But all the right moves will help love evolve,  
It is hard to see where all the pieces go.  
When you first start out the colours are scrambled,  
You make more mistakes.

Then you do accomplishments,  
Though you might come through some heart  
breaks.

All the colours end up the way it should,  
In the end you never will be the best.  
It may not be like two loving doves,  
But solving the cube is like solving love.

Dominic Plattner

### Bright Lights

Will I compare you to a morning sky?  
Will it mean anything?  
How can I make my mind up?  
No your beauty doesn't compare to any sky.  
As the morning sky grows with colour,  
the faster it goes away.  
The bright colours of red, start to fade.  
Although the site is great it doesn't last all day.  
You're not like the sky you're beauty never fades.  
Your beauty grows greater by the day.  
I wish I could explain.  
But there aren't any words in my brain just yet babe.  
I choose you over any sky and over any bribe.  
If you are poor, small or tall nothing will change.

Ronan Estraube

**Don't Forget!!!  
Friday 26th February  
Pupil Free Day**

**Uniform Shop Trading  
Monday from 12 noon to 4:15pm  
And  
Thursday 8:30am to 1:45pm**

**Winter Jumpers are now in stock!!**

# What's Happening at St Joseph's

## WHAT A COUPLE OF BUSY WEEKS FOR Year7!!!!

Week 3 concluded with our Getting to Know You Day at Jamberoo Action Park. The sun shone, our students were beautifully behaved and everyone had a fabulous time getting to know their peers and the Year 10 Peer Support students. Many students braved the Funnel Webb and lots had the good sense to know their limits and choose Rapid River instead. There was lots of hot chips consumed, a truck load of sunscreen used and generally, very happy people all round.

Last Tuesday we held the Year 7 Reflection Day. Mr Pannell and the team created a meaningful experience for our students around the theme of Community. The 7's began the day with dancing and games, moved onto some more reflective activities that focused on their role in the community, heard a session about Project Compassion and listened to Father Richard Healey, who explored a more personal perspective on relationship with God and others. Mr Barrington addressed the group, presenting information about the history of our school community and took part in a '20 minutes with Mr Barrington interview', where he shared his love for trains! The day was a hot one, but we got through it and were very proud of the participation by most Year 7 students.

The iPad day was another day students participated in. They listened to and practiced some great information on how to use their ipads. Hopefully, parents will support the correct use of ipads and take an active role in ensuring ipads are charged, come to school each day and are used appropriately.

Our final day out was at the Swimming carnival last Tuesday. Again, a hot day, but a fun community day. Year 7 really had a go and participated in lots of races. Learning to attend days where there is a level of freedom will be a challenge for some Year 7's, so lots of support and direction was on hand.

I made sure to let Year 7 know that despite all the days out and a bit of disruption over the last week or so, they needed to understand that it is school as normal now. This involves, respect for teachers and each other, lining up sensibly outside classrooms, being active listeners and following instructions.

Our Year 7's will really need lots of parental guidance around the treatment of their peers. If you get some time, parents, it would be good to remind them of what might constitute bullying behaviour. All of the 7's deserve to be able to come to school, learn and play in peace. We look forward to some more great weeks for Year 7 and I'm sure their first term at high school will be over too quickly.

*Mrs Megan Schibeci, Year 7 Coordinator*



"Look what happened at school today..."

**BREAKING NEWS & EVENTS FROM JOEYS**

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Join us @sjchsdow



# What did you miss at Joeys this week?



Photos & Photo Gallery of Swimming Carnival

Students at Encore performance at Sydney Opera House

Dedicated rugby union team at early morning training...

Language student visit to UOW Language Day

World Day of Social Justice

Indoor Lunchtime Soccer competition action

Magnesium & bunsen burner = Mr Lemmon's science class

iPad Support Day

High Achievers Assembly

Year 7 Reflection Day at St Paul's

and much much more... (click on link below)

<https://twitter.com/sjchsdow>

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YEAR 11 Students took home their Work Experience Placement Forms Today. These are due back end of Term 2 at the latest.

### **Professional Cadetships Australia**

2016 Business and Engineering & Technology Cadetship Programs

Two Cadet opportunities exist – Business Cadetship Program & Technology Cadetship Program.

Year 12 students who are interested in these Programs are encouraged to visit the website:

[www.businesscadetships.com.au](http://www.businesscadetships.com.au)

### **Finished Year 12 .... And looking for a pathway to University or Work?**

Certificate III's & IV's in Business Admin or Accounts starting soon

Subsidies, Scholarships & Pathways to Uni available

Guaranteed Uni entry options available - Local - Great Support - Strong Employment Focus

**Kiama Community College Inc RTO ID 90087**

**Kiama Campus 02 4232 1050**

**Shoalhaven Campus 02 4423 0351**

**[www.kcc.nsw.edu.au](http://www.kcc.nsw.edu.au)**

***Indigenous Students*** who are looking for an apprenticeship should contact Mrs Kennedy ASAP

Any senior female student interested in a DEFENCE FORCE Career please contact Mrs Kennedy ASAP

**The following is an extract from MHSCAREERS NEWS if you wish to see more please email [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au)**

### **Scholarship Opportunities for Future Teachers**

The NSW Department of Education offers presentations via video conference to groups of students interested in teaching. To register your interest please contact:

[emma.vandermoezel@det.nsw.edu.au](mailto:emma.vandermoezel@det.nsw.edu.au). <https://www.teach.nsw.edu.au>

### **UNSW: Industrial Design Workshops for High School Students**

13th March to 30<sup>th</sup> May 2016

Numerous one day workshops for students in Years 10, 11 and 12 will be run by UNSW Built Environment. The workshops include Industrial Design, Computational Design, Interior Architecture, City Planning and Architecture.

<http://www.be.unsw.edu.au/events/1-day-workshops-high-school-students-%E2%80%93-year-10-11-12>

### **University of New England: Open Day**

6<sup>th</sup> May 2016

The open day allows prospective students to see the academic, cultural, sporting and residential aspects of the university. There will be the opportunity to explore degree options, meet lecturers and see entertainment and demonstrations.

<https://www.une.edu.au/info-for/for-high-schools/open-day-schools>

### **Notre Dame: Business – Law – Arts Symposium**

21<sup>st</sup> June 2016, 10am to 2pm, 104 Broadway, Chippendale

Registrations are now open for the Business – Law – Arts Symposium, the event is for students in Years 11 and 12. The day will provide information on different career opportunities available through degrees in Business, Law and Arts as well as curriculum support for students and teachers and allow students to hear from academic staff on current issues.

<http://www.nd.edu.au/events/2016/business-law-arts-symposium>

### **ATO Tax File Number Applications**

A tax file number is a unique nine-digit number issued to individuals and organisations to help administer tax and other Australian Government systems. Students need a TFN before they can start any type of paid work.

For information on how to apply visit: <https://www.ato.gov.au/Individuals/Tax-file-number/>

### **Macquarie University: Light Years Ahead Exhibition**

7<sup>th</sup> March to 23<sup>rd</sup> May 2016, 10am to 5pm, Macquarie University Art Gallery

The exhibition showcases the different ways artists have used light. Australian artists Ian Milliss, Paula Dawson and Vernon Treweeke are featured as their works experiment with light.

<http://www.mq.edu.au/about/events/view/light-years-ahead-paula-dawson-ian-milliss-and-vernon-treweeke-exhibition/>

### **Macquarie University: Friday Art Tours**

11 March 2016, 1pm to 2pm, Macquarie University Art Gallery

The Art Gallery runs guided tours on the second Friday of each month. The tour includes the Australian History Museum, Paula Dawson Holograms, Sculpture Park and Heritage Walk.

<http://www.mq.edu.au/about/events/view/friday-art-tours-march/>

### **UNSW: Built Environment Parent and Student Information Session**

16<sup>th</sup> March 2016, 6pm to 8:30pm, UNSW Built Environment Ground Floor Gallery

The information evening is aimed at high school students and their families and those who have already completed the HSC, are studying at TAFE, in a gap year, bridging course or already commenced work. Information will be provided on admission options, career pathways and an opportunity to speak to current students.

<http://www.be.unsw.edu.au/events/information-night-prospective-students-and-their-families>

### **University of Sydney: Dr Karl's Short Back and Science**

6<sup>th</sup> April 2016, 5:45pm to 7pm, York Lecture Theatre, Seymour Centre

Dr Karl Kruszelnicki will explore various science questions throughout the lecture. Some of these include looking at the Galapagos Islands and how radioactive you are.

<http://sydney.edu.au/science/outreach/whats-on/forum/2016/short-back-and-science.shtml>

### **Australian College of Applied Psychology: Information Session**

Sydney – 27<sup>th</sup> April 2016

Find out about the courses offered at ACAP. Take a tour of the campus and speak with staff and students. Register your attendance at: <http://www.acap.edu.au/>

### **Academy of Interactive Entertainment: Work Experience Program**

The work experience program runs throughout the year and is open to students in years 10, 11 and 12. Students will get the opportunity to do a range of activities such as 3D animation and programming. <http://www.aie.edu.au/StudentInformation/workexp>

### **Sydney Design School: Information Session**

23<sup>rd</sup> March 2016, 6pm, Level 2, 40 Oxley Street, St Leonards

For those interested in Interior Design the information session will enable prospective students to view graduates work and listen to a presentation from Sydney Design School's Director, as well as obtain further information on career options. <http://sydneydesignschool.com.au/info-sessions/>

### **Blue Mountains International Hotel Management School Open Day**

Saturday 27<sup>th</sup> February, Leura Campus, 10am – 2pm with lunch provided.

Reserve your place online: <http://www.bluemountains.edu.au/openday2016/>

### **Academy of Information Technology Information Night**

1<sup>st</sup> March 2016, 6pm to 8pm

15<sup>th</sup> March 2016, 6pm to 8pm

Information Night will enable prospective students to discover different career options, have a campus tour and learn about AIT's \$8,000 scholarship for domestic students.

<http://www.ait.nsw.edu.au/information-night/>

### **Applications are now open for the 2016 *Australian Catholics* Media Internship Program.**

The program offers Year 10 and 11 students the chance to get hands on experience in journalism and be the guest editors of the Spring edition of our magazine.

A group of students from Catholic schools in Melbourne will get the chance to spend a week at Jesuit Communications, learning about the publishing process and aspects of writing and editing publications, while planning and compiling the 2016 Spring edition.

Meanwhile, students from interstate will also have the chance to contribute to the edition as correspondents, and will hook up with our editors via phone or video link-up.

The program will run from Monday 16 May to Friday 20 May. The week will also include presentations and mentoring from professionals in the publishing field. This is a unique work experience opportunity for students interested in a career in journalism or publishing.

***Applications close 6 March. Successful students will notified by the end of Term 1.***

*For more information please see Mrs Kennedy Tuesdays/Fridays in Rm F8 or email me [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au)*

## 10 Ways to Build Resilience

Many people react to life's challenging experiences with strong emotions and a sense of uncertainty. Yet people generally adapt well over time to changing situations and stressful conditions. Resilience is the process of learning to 'bounce back' from adversity, trauma, tragedy and other significant sources of stress.

Resilience is not a trait that people are born with. It involves behaviours, thoughts and actions that can be learned and developed.

A combination of factors contribute to resilience:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses.

### 10 Ways to Build Resilience

**1. Make connections.** Good relationships with family members, friends or others are important. Accepting help and support from those who care about you strengthens resilience. Some people find that activity in local groups provides social support. Assisting others in their time of need can also benefit the helper.

**2. Avoid seeing crises as insurmountable problems.** You can't stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**3. Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

**4. Move toward your goals.** Develop realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

**5. Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

**6. Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

**7. Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

**8. Keep things in perspective.** In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

**9. Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

**10. Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. This will help to keep your mind and body primed to deal with situations that require resilience.

While these tips provide a good useful starting point, it is important to remember that the key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation, prayer and spiritual practices help people build connections and restore hope.

Adapted from Gen Next 02/02/2016



*“The  
spiritual  
person  
notices.”*

# What is doing Penance all about?

LENT 2016

**S**t John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus Christ began his ministry on earth calling on people to repent: “Repent and believe the Gospel.” (Mark 1:15)

Repentance means we reject sin, so as to turn back to the Lord. We seek reconciliation with God and with the Church community. We can have the assurance of forgiveness through the Sacrament of Reconciliation.

Doing penance by prayer, fasting (self-denial) and almsgiving (works of charity), is the concrete way we express our repentance and identify more closely with Jesus our Saviour. By doing penance we make satisfaction for our sins and take real steps in the renewal of our lives. To deny ourselves some legitimate pleasures can help train us to be able to say “no” to temptation and sin. Doing penance is proof of our repentance.

Because of original sin, our human nature is weak and inclined to sin. So repentance and conversion need to be central, ongoing features of living as followers of Jesus.

Penance, self-denial and self-control need to be part of our lives, not only for our own sake, but also for the sake of those who have to live with us, for the common good. In nominating special times of penance (all Fridays throughout the year and the season of Lent), the Church encourages and promotes in all of us the habit of penance.

Furthermore, observing these special times of penance by all members of the Church throughout

the world, emphasises “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body of the Church. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world.

Taking seriously our penitential obligations, we ought to carefully select the form of penance that we consider most appropriate for our own circumstances and for our own growth in the Christian life.

- All who have completed their 18th year and have not yet begun their 60th year are bound to fast.
- All who have completed their 14th year are bound to abstain from meat on Ash Wednesday and Good Friday.
- Pastors, teachers, parents are to ensure that even those who, by reason of their age, are not bound by the law of fasting and abstinence from meat, are taught the true meaning of penance.

a workshop  
for parents

seeing  
RED

A workshop exploring *how to deal with your teens use of multimedia devices* and the frustration this causes at home

### Topics covered

- Recognising feelings and needs and those of your teenager
- Communicating with your teenager
- Expressing and dealing with anger constructively
- Setting limits and boundaries

When: Thursday March 3, 7pm

Where: Staff Common Room, St Josephs High School, Macquarie St, Albion Park

Cost: FREE

Bookings (essential): Contact Libby from CatholicCare

Email: [libby.warren@catholiccare.dow.org.au](mailto:libby.warren@catholiccare.dow.org.au)

RSVP: Monday February 29

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For more information or to see other workshops on offer,  
please go to: [www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au)



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hope begins with us