



School Newsletter

Parish Priest

Fr Maurie Cooney

Principal

Mrs Carmen Blatti

**Deputy Principal /
Curriculum
Coordinator**

Mrs Lina Vermeulen

**Religious Education /
Student Wellbeing**

Mrs Michelle Cassar

Accounts / Finance

Mrs Trudy Milligan

Administrator

Mrs Blazenka Coric

46 Banchory Avenue

Hillside, Victoria 3037

www.canahillside.catholic.edu.au

T: 8390 9200

F: 8390 9241



Lord, we welcome all our students back to school. Fill our hearts and minds with a hopeful and positive spirit. Keep each of us in Your safe embrace. In You we trust. Amen.

May God bless each of our Cana families – Enjoy the long weekend together

We have planned the following permitted events hoping there will not be any further restrictions

Term 4	
1 st – 2 nd November	School Closed – Cup Eve teachers writing reports/Cup Day Public Holiday
3 rd November	ALL students Prep – Grade 6 return
8 th November	Prep Parents 2022 online meeting 1: 7.00 – 8.00pm
9 th November	School Tours – 5.30pm and 6.00pm Please register with the office (office.staff@canahillside.catholic.edu.au) Please put your name, number and attendance in your email
15 th Novmber	Prep Parents 2022 online meeting 2: 7.00 – 8.00pm
16 th – 17 th November	Grade 3 Reconciliation 5.00pm + 6.30pm at Emmaus Church. Information to follow re: allocated day/time
27 th – 28 th November	Grade 4 First Communion 1.00pm + 3.00pm at Emmaus Church. Information to follow re: allocated day/time
10 th December	School Closed (No OSHC)– Parent Teacher Interviews via Googlemeet Details to follow
14 th December	Grade 6 Graduation evening details to follow
15 th December	End of year for all students 3.15 Dismissal

We will advie parents about the new permitted Prep 2022 transition program

In this newsletter:

- Message from the school leaders
- Welcoming children and parents back onsite
- COVID testing information
- Do not come to school when sick
- Face masks
- Ventilation
- Summer uniforms NO HAT NO PLAY
- Message from Fr. Maurie

Message from the school leaders

Dear Cana Families,

We are very excited to be back at school. We are proud that the students handled the remote learning this year, we know everyone did the best they could do. We thank the Cana parents for encouraging and supporting their children. We thank the staff for their commitment and patience in helping us learn. And we thank each student for showing resilience and persistence in working remotely.

We all worked together and got through it! Congratulations to all! We will see you all next week at school.

School Leaders

Mikayla Cutajar, Xander Tamaray and Michael Farrugia



Welcoming Children and Parents Back Onsite

We are very excited to inform you that from **Wednesday 3rd November, all children will be welcome back onsite!** From this day, children will go back to learning with their teachers in their classrooms each day.

- We will be returning to our usual drop-off and pick-up routine.
 - Cars will be able to park on the basketball courts for a prompt 10 minute drop-off / pick-up.
- Parents will also be allowed back onsite to walk their children to and from their classrooms. However, parents will not be permitted to go into their child's classroom.
- Masks **must be worn** by all adults coming onsite.
- **No** congregating.
- Everyone must maintain a 1.5 m distance from each other.
- Communication with the office via email or phone call is preferred. If you need to enter the office, please observe the density limit of **2 people**.
- If there are already two people in the office, you must wait outside.

Morning arrival: 8.30 am – 8.43 am

8.45 am: children expected to be in class

Dismissal time is 3.15 for **all** children

Covid Testing Information

This is an important message for families with students currently on site, and for all families once on site learning begins again. Please note that if any person living with the child/ren attending Cana are waiting for COVID test results, **your child/ren CANNOT attend Cana for onsite learning until the results come back negative**. This is to prevent Cana from having to close down in the event that a result returns positive.

Thank you for your understanding and for abiding by the current COVID safety guidelines.

DO NOT COME TO SCHOOL WHEN SICK

Another reminder to families that children **ARE NOT** to be brought to school if they are unwell or showing **ANY COVID** like symptoms. If they are brought to school, we will need to send them home. **DO NOT** tell your children to 'see how they go', if they are unwell.

Face Masks

As directed by the Victorian Government:

- **ALL ADULTS MUST WEAR FACE MASKS WHILE ON SCHOOL GROUNDS.**
- A new mandate issued by the Victorian Government has been put in place whereby **ALL** students from **Grade 3 upwards**, will be required to wear face masks when indoors.
- We ask that you ensure that your child/ren have been supplied with masks each day to use while engaged in classroom learning activities.
- We understand there may be some exceptions. However, the intention of this directive is to maximise safety while children are at school.
- ***Please communicate any exemptions or individual circumstances to your child's teacher via email prior to their return to onsite learning.***
- Children in Grades Prep, 1 and 2 are highly encouraged to wear masks indoors.
- For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but it is recommended that face masks be worn while teaching wherever practicable.

A **face mask must cover the nose and mouth**. Face shields, scarves or bandanas do not meet these requirements.

Ventilation

Ventilation is a high priority in order to ensure clean air quality is provided for our students. We will increase fresh air flow into indoor classroom spaces, including shared spaces throughout the school. Cana has been advised by the Victorian Government that we will receive air purifiers for our school. Unfortunately, we do not have a date when this will occur, but we will implement the following:

Natural Ventilation: we will keep windows, doors and vents open as much as possible, ensuring fresh air flow occurs in all classrooms and shared spaces. We are hopeful the air purifiers will be sent ASAP.

Summer Uniform – NO HAT NO PLAY

From Wednesday 3rd November students **must** wear their hats when playing outside. **No hat no play!** We ask children to be responsible for their own hats. If they forget their hat, it will not be sent to them from the office if a parent drops it off. Children are welcome to wear a hat from home to and from school. However, they **must** wear their **school hats** during recess and lunch play.

Full summer uniform must be worn as of Wednesday 3rd November. Children will be permitted to wear runners with their uniform if they have outgrown their school shoes.

Chocolate Money

We still have a number of families who have not yet returned their chocolate fundraising money. If you have not handed yours in yet, please do so urgently once your child is back to onsite learning next week.

PARISH UPDATE 84

“COVID restrictions now allow our churches to be open for 75 people for Mass at our usual times ‘fully vaccinated’. As well, there is an extra Mass with those of ‘unknown vaccination status’, limited to 30 participants. Bookings are essential - see below for full details”.

See an attachment for information for accessing Mass on TV and online.”

Greetings, everyone!

Whilst sharing with so many something of your frustration, annoyance, caution, I’ve found that the most recent easing of some restrictions has brought further confusion and anxiety along with some relief. Our churches are allowed to be re-opened for Masses ... with restrictions. An extra complication this time is the vaccination question. It is by no means a satisfactory solution, nonetheless this is how our Mass this schedule for this weekend (30/31 October) looks:

- SACRED HEART:

5pm Saturday (fully vaccinated)

6.30pm Saturday (vaccination unknown)

7.30am Sunday (fully vaccinated)

10.30am Sunday (fully vaccinated)

- EMMAUS:

6.30pm Saturday (fully vaccinated)

9.00am Sunday (fully vaccinated)

Other restrictions are:

- Booking for all Masses is essential: see below for details
- We will have a Mass which allows for ‘unknown vaccination status’ to come: that will be an extra Mass at 6.30pm on Saturday at Sacred Heart – limited to 30 people
- All other Masses require ‘full vaccination’ for all participants, which you indicate in the foyer – limited to 75 people with all 16 years old and older to be fully vaccinated (i.e. double)
- Evidence of ‘fully vaccinated’ is to be presented at the entrance of the church. A paper copy is acceptable and will be recorded.
- QR or manual recording of each person present is required.
- Face masks are to be worn indoors.
- Hand sanitising is to be done at the entrance.
- Social distancing (1 person per 4sq.metres) is required, except for people who live in the same household.

Bookings are essential in order to keep within the limits that are placed on us:

Emmaus

<https://www.trybooking.com/BNWQR>

Sacred Heart

<https://www.trybooking.com/BMKXC>

Weekday Mass re-commences in Sacred Heart church on Tuesday 2nd November at 7.30 (Tuesday-Friday) and 9.00am on Saturday. Bookings are not required for these Masses – all other restrictions apply.

If things were as they used to be, the Priests of the Archdiocese would have been at the Annual Clergy Conference this week. Last year it was cancelled altogether; this year it has been diminished to three-hour ‘webinars’ on a screen each afternoon.

This year’s speakers have opened up for us the meaning of Pope Francis’ call to develop more as a ‘synodal’ Church. That’s part of the process that the Plenary Council is attempting to use in its deliberations.

The first speaker, Michael Casey from the Abbey at Tarrawarra in the Yarra Valley, tells us that ‘acting in a synodal way’ means ‘to journey together’: to let the Holy Spirit be a key player to Whom we listen and Whose advice we are open to, and will be guided by’. That recognises that each one of us holds something of the Wisdom, no one of us has it all; each one of us holds something of the Holy Spirit, no one of us has it all. He went on to say, quoting Pope Francis, that ‘individualism is the root of all evils; we must develop that sense of belonging to each other and to the whole of humanity’. This is to be the way for all who make up the Church – listening to the ways in which the Holy Spirit is being expressed in each person’s life.

With the Glasgow climate conference coming up, he quoted Pope Francis: ‘to commit a crime against the natural world is a sin against ourselves and a sin against God’.

Another speaker, Austen Ivereigh, live from England (at 4am his time!) helped us to know the leadership of Pope Francis more clearly, particularly from the perspective of becoming a synodal Church and a missionary Church. That is, a Church that is part of the world as it is with all its changes, not imagining a world and a Church of past eras; and participating in this world with the Gospel of Jesus in our actions, attitudes and motivations in a life-giving way.

An attachment with this Letter looks at this from another perspective: ‘Acts of the Apostles – Vision for a Synodal Church’.

At the end of 2019, do you remember, we put out a call in our Parish for ‘expressions of interest’ in establishing and participating a Parish Advisory Group (Parish Pastoral Council) and a Parish Finance Committee. Fifteen or so Parishioners responded to each of those possibilities. This was to be a way of our becoming ‘synodal’. It was more straightforward to start with the Finance Committee: the Archdiocese has set statutes and roles to shape that. And so at the end of the year, we had a Parish Finance Committee – which, unfortunately has had to meet mostly by Zoom since then.

A goal for 2020 was to gather those other fifteen Parishioners and establish a Parish Advisory Group. One of my disappointments about the impact of COVID lockdowns is that they have stopped us having group meetings. Not giving in, a goal for our Parish for 2022 is to get this sort of ‘synodal’ group going.

In a few days the year becomes November, during which we remember in our prayer in a particular way for those who have died and passed beyond us to eternity life in the Resurrection of the Lord. An attachment with this Letter reflects on that experience for us who remain here.

Blessings amongst us, as always; and the struggle continues. As one of the Readings put it during the week: ‘Nothing can separate us from the love of God made visible in Jesus!’ (Romans 8:39).

To our Year 12 young people now in the midst of exams, and to all: take care ... prayers and best wishes!

Maurie Cooney

(Parish Priest)

PARISH UPDATE

Schedule of Masses for Sacred Heart and Emmaus churches

During the current 'COVID-safe' restrictions, the 'density limit' applies to our churches, allowing us to have 75 people at each 'fully vaccinated status' Mass, and 30 people at the extra 'unknown vaccination status' Mass at 6.30pm at Sacred Heart.

WEEKDAY MASSES

Bookings are **not required** for these weekday morning Masses

Sacred Heart church	Tuesday	7.30am	Full Vaccination Required
Sacred Heart church	Wednesday	7.30am	Full Vaccination Required
Sacred Heart church	Thursday	7.30am	Full Vaccination Required
Sacred Heart church	Friday	7.30am	Full Vaccination Required
Sacred Heart church	Saturday	9.00am	Full Vaccination Required

SUNDAY MASSES:

Bookings are **essential** for Sunday Masses

Sacred Heart Church	Saturday	5.00pm	Full Vaccination Required
Sacred Heart Church	Saturday	6.30pm	Unknown Vaccination status
Sacred Heart Church	Sunday	7.30am	Full Vaccination Required
Sacred Heart Church	Sunday	10.30am	Full Vaccination Required
<u>Emmaus Church</u>	Saturday	6.30pm	Full Vaccination Required
<u>Emmaus Church</u>	Sunday	9.00am	Full Vaccination Required

Bookings for Saturday evening and Sunday Masses at Sacred Heart open at Sunday midnight through Trybooking for a first-come-first-serve basis: <https://www.trybooking.com/BMKXC>
Bookings close at 12.00 noon on Saturdays

Booking for Saturday evening and Sunday Masses at Emmaus open at Sunday midnight through Trybooking for a first-come-first-serve basis: <https://www.trybooking.com/BNWQR>
Bookings close at 12.00 noon on Saturdays.

Arrangements are being made for those who do not have access to online booking.

Other Options/Alternatives to view Mass

Mass for You at Home, (MFYAH), which up till now had been produced in the studios of Channel Ten, now has a new base in the Diocese of Wollongong (NSW). The Mass is celebrated in St John Vianney Co-Cathedral, Wollongong. It shows at 6.00am Sundays on Channel Ten and is repeated multiple times a day on Foxtel's Aurora channel.

Importantly for those who have become used to Mass being 'streamed', this Sunday Mass is also available on demand on Channel Ten's platform www.tenplay.com.au/mfyah.

The Mass is also available on Wollongong's YouTube channel which can be accessed on www.massforyou.com.au as well as the Diocesan website, www.dow.org.au. There are also links to it on the Diocesan Facebook page and the MFYA Facebook page.

Channel 31 (usually found at '44' on digital TV's) 11.00am Sundays from St Patrick's Cathedral or online at: <https://melbournecatholic.org.au/Mass> at 1.00pm on weekdays, and at 11.00am on Sundays

online at: <http://bit.ly/MassOnDemand> (continuous daily from Lavender Bay Parish, Sydney)

Acts of the Apostles

FR TOM O'REILLY

Vision for a Synodal Church

Where is the Spirit leading the Church? That is the underlying question in the Acts of the Apostles. Columban Fr Tom O'Reilly suggests it is also the basic question of the synodal process today.

The Vatican does not postpone major events without good reason. Just before Pentecost this year, Pope Francis postponed the next Synod of Bishops, due to be held in Rome in October 2022, for one year. The theme chosen is synodality itself, which he says is God's wish for the Church of the third millennium.

The meaning of the word synodality is journeying together. What is envisaged is a Church in which all the baptised - laity, priests, religious and bishops - journey together in seeking the way forward as we respond to our common vocation as missionary disciples of Jesus Christ.

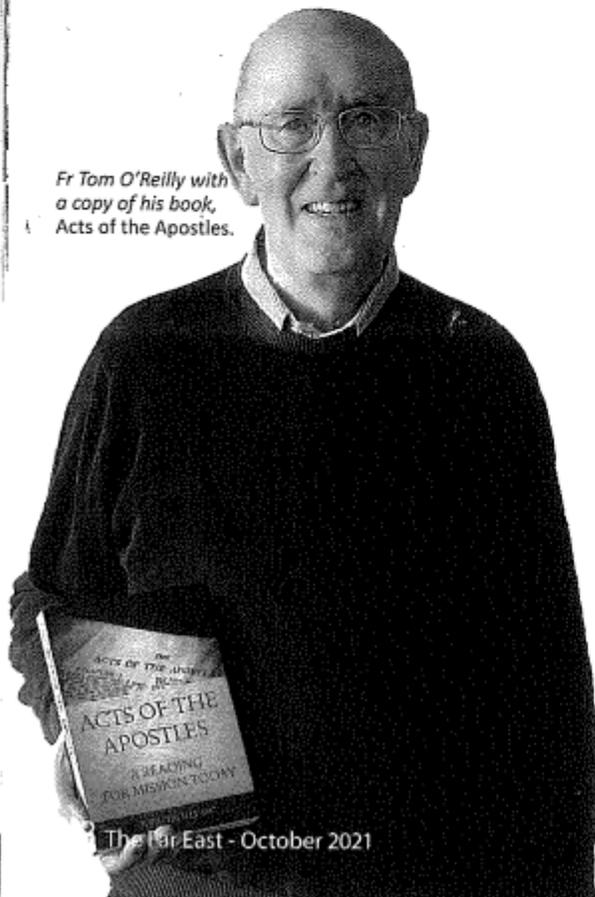
Pope Francis is saying that the synod is not just a one-off event in Rome, but an extended process in which there is maximum participation of all the faithful. For this reason, he is now providing ample opportunity for conversations at local, national and continental levels before the Rome meeting in 2023. There are three interrelated focal points for the upcoming synod: communion, participation and mission. In teasing out the meaning and implications of these, we can find inspiration and guidance from the *Acts of the Apostles*.

Let us begin with mission. The Church is not a club for the benefit of the members. Its reason for being is to continue the mission of Jesus Christ in our world. Jesus gave the gift of the Holy Spirit to the disciples so that they could be his witnesses "in Jerusalem, in all Judea and Samaria, and to the ends of the earth" (Acts 1:8).

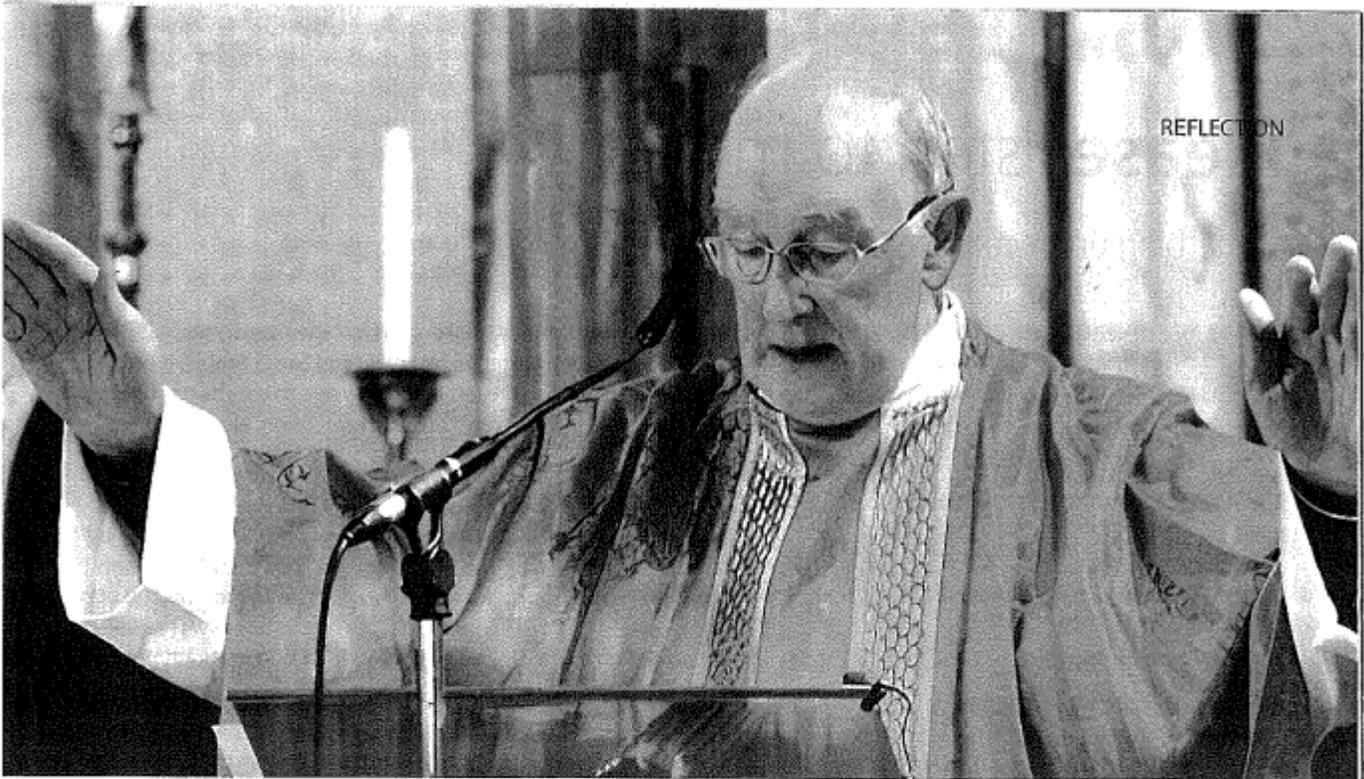
On almost every page of the *Acts of the Apostles*, we read the story of Spirit-filled disciples courageously witnessing to the good news of God's all-inclusive salvation through Jesus Christ. As they faced opposition, they experienced the Holy Spirit empowering them (Acts 5:32). As they set about their plans, they realised that the Holy Spirit had other plans for them (Acts 16:6-10). They also learned that setbacks, uncertainties and adverse circumstances can be taken up by the Holy Spirit into the working out of God's plans (Acts 20:22-23). Engaging in the synodal process means trying to discover what the Holy Spirit is doing in the ongoing mission of Jesus today and cooperating with that.

Mission and communion are inseparably connected. Communion has to do with how we relate to one another in the Church. In the early chapters of *Acts*, we hear how the Holy Spirit is creating a prayerful, discerning community that is open to what God is doing in its midst and in which there is a great spirit of sharing and practical care for the poor (Acts 2:42-47; 4:32-35). However, we are also told of a counter spirit that sows seeds of division, deceit, hypocrisy, self-glorification, collusion and possessiveness (Acts 5:1-11; 6:1).

Fr Tom O'Reilly with a copy of his book, *Acts of the Apostles*.



The Far East - October 2021



Fr O'Reilly has written of the valuable lesson the Acts of the Apostles has for us in choosing leaders for our communities.

If Christian mission is about the promotion of loving, compassionate, forgiving and just relationships, then we must be a sign of that by the way we relate to one another in the Church. In a world where people are often divided on the grounds of class, culture and race, we need the witness of Christian communities in which people with diverse backgrounds, cultures and viewpoints can relate in a mutually enriching way.

During the synodal process, we open ourselves to the Holy Spirit drawing us into open, hospitable communion, where all are included, and each one's contribution is valued. A synodal Church promotes the participation of all in its life and mission. Here also we can draw inspiration from the *Acts of the Apostles*. When ministerial structures proved inadequate to meet community needs, "the whole community of disciples" selected seven Spirit-filled persons who were then approved for ministry by the apostles (Acts 6:1-6).

When the apostles and elders met to discuss the implications of the increasing influx of Gentiles into what had been a predominantly Jewish-Christian Church, "the whole Church" had a part in reaching fundamental decisions about Christian identity and communal life (Acts 15:6-29). These decisions were taken with the guidance of the Holy Spirit (Acts 15:28), who is given to every baptised Christian.

Here we are touching on a basic principle of synodality: the *sensus fidelium* - that is, the instinct of the whole Church in recognising true Christian faith and discerning the new ways that the Holy Spirit is revealing it to the Church.

Where is the Holy Spirit leading the Church? That is the underlying question in the *Acts of the Apostles*. It is also the question in the synodal process today. This process differs from the parliamentary procedure of debate and argumentation where the loudest or most articulate voices often prevail. A mindset interested only in defending positions or pushing agendas is detrimental to the synodal process.

A synodal Church is a listening Church in which everyone has something to learn. A synodal Church is a praying Church, open to hearing the voice of the Holy Spirit and aware of the prejudices and resistances that make us deaf to the Holy Spirit. A synodal Church recognises and values the variety of roles in the Church where, in the words of Pope Francis, *the only authority is the authority of service*.

Columban Fr Tom O'Reilly lives and works in Ireland.

Parish of
Sacred Heart/Emmaus

St Albans & Sydenham



Pray—Work—Share
Together

MINISTRY VOLUNTEERING IN THE PARISH

“I would like to participate in the Ministry of our Parish”

PARISH OFFICE

4 Winifred Street, St Albans 3021

Telephone: (03) 9366 2146

E-mail: stalbens@cam.org.au

Website: pol.org.au/stalbenssydenham

PARISH SAFEGUARDING

Mobile: 0413 841 936

E-mail: stalbens.safeguarding@cam.org.au

CHILD SAFETY POLICY

Sacred Heart/Emmaus Parish is committed to the care, wellbeing and protection of children, young people and people at risk in our community. The Parish takes a zero-tolerance approach to child abuse and upholds that child protection and the dignity of every person is the responsibility of every adult.

Safeguarding Sunday –September 12, 2021

This weekend, the Catholic Church in Australia marks Safeguarding Sunday.

The Catholic Archdiocese of Melbourne and Sacred Heart/Emmaus Parish are committed to the care, wellbeing and protection of children, young people and people at risk in our community. Safeguarding and the dignity of every person is the responsibility of every adult.

A significant impact of COVID lockdowns for the Sacred Heart/Emmaus Parish has been that we have had to limit severely all our Ministry activity.

When restrictions begin to ease we will be in a position to reassemble our various ministry groups. That will be the opportunity to re-engage with our community in those well-established 'tried and true' ways, to re-form our groups and invite new participation, and to offer 'formation for ministry' as a refresher or an introduction.

To get ready for that, there are some administrative details that we can prepare. It is the policy of the Catholic Archdiocese of Melbourne that *everyone* in *every* Ministry within each Parish must hold a valid Working With Children Check (WWCC).

I invite all who have previously been involved in Ministry and also those who wish to participate for the first time to build up this aspect of our Parish's life again!

There is a list of our Ministry areas on the next page.

To ensure that all involved in Ministries have complied with the requirement for holding a Working With Children Card, please complete the information on the attached form and send it to the Parish Office: this will indicate your choice for participation in Ministry.

If you have a WWCC already, include a copy of that.

If you do not have a WWCC, the procedures for acquiring one are on a following page. When a Card is sent to you, forward a copy to the Parish Office.

PARISH MINISTRY GROUPS - SACRED HEART/EMMAUS
recommencing post-COVID 2021/2

SACRED HEART AND EMMAUS AND CANA

BAPTISM PREPARATION

BEREAVEMENT SUPPORT

COMMUNION TO AGED CARE/NURSING HOMES

COMMUNION TO PRIVATE HOMES

FAIR COMMITTEE

PARISH ADVISORY COMMITTEE

PARISH SCHOOLS ADVISORY COUNCILS

PREPARATION FOR THE SACRAMENTS - Public Schools

SACRED HEART

ALTAR SERVERS

ALTAR LINEN WASHING

CHURCH CLEANING

CHURCH MAINTENANCE

COLLECTORS AT MASS

DIGITAL PROJECTOR Operator

MUSIC AND SINGING in LITURGY

PRAYER GROUPS

READER OF THE WORD OF GOD at
Masses

SPECIAL MINISTERS OF COMMUNION
at Mass

EMMAUS

ALTAR SERVER GOWN Washing

ALTAR SERVERS

CHURCH CLEANING

CHURCH MAINTENANCE

COLLECTORS AT MASS

DIGITAL PROJECTOR Operator

MUSIC AND SINGING in LITURGY

PIETY STALL

PRAYER GROUPS

READER OF THE WORD OF GOD at
Masses

SPECIAL MINISTERS OF
COMMUNION at Mass
at Masses

PLEASE SEND THIS FORM TO THE PARISH OFFICE WHEN COMPLETED

“I would like to participate in the Ministry of our Parish”:

Please complete in Capital letters

Area/s of Ministry interested in:			
Name:			
Address:			
Telephone Number:			
Email:			
Are you over 18 years old	Yes	<input type="checkbox"/>	No
<i>If YES please complete the questions below</i>			
Do you have a current Working with Children Check (WWCC) card	Yes	<input type="checkbox"/>	No
<i>If YES, have you provided a copy of your WWCC to the Parish.</i>	Yes	<input type="checkbox"/>	No
<p><i>It is essential that the Parish has a copy of your WWCC for your participation in Ministry. You can scan and email a copy of your WWCC card to stalbens.safeguarding@cam.org.au, or bring it/post it to the Parish Office.</i></p> <p>*****</p> <p><i>If NO (you do not have a Working With Children Card), see next page for the process for completing and submitting a WWCC application:</i></p> <p>You can apply only online at www.workingwithchildren.vic.gov.au.</p> <p>There is no cost associated with Working With Children application for volunteers.</p> <p>If you are unsure of the procedure please contact the Parish Office on 9366 2146 for assistance.</p>			

To apply for a Working With Children Check

The Working With Children Check application form is available **only online** at www.workingwithchildren.vic.gov.au

Outlined there is the process that needs to be followed.

In the application, identify yourself as 'volunteer': there is no cost associated with an application as 'volunteer'.

.....

When you receive back your Working With Children Check, it is essential that you lodge a copy with the Parish Office:

- Email a copy to, stalbans.safeguarding@cam.org.au

OR

- Drop a copy at the Parish Office or into the letterbox at Sacred Heart, St Albans

OR

- AustraliaPost to the Parish Office.

The Gift of Tears - Grieving

The human instinct is to block suffering and pain. This is especially true in the West where we have been influenced by the “rationalism” of the Enlightenment. As anyone who has experienced grief can attest, it isn’t rational. We really don’t know how to hurt! We simply do not know what to do with our pain.

The great wisdom traditions are trying to teach us that grief isn’t something from which to run. It’s a liminal space, a time of transformation. In fact, we can’t risk getting rid of the pain until we’ve learned what it has to teach us and it—grief, suffering, loss, pain—always has something to teach us! Unfortunately, most of us, men especially, have been taught that grief and sadness are something to repress, deny, or avoid. *We would much rather be angry than sad.*

Perhaps the simplest and most inclusive definition of grief is “unfinished hurt.” It feels like a demon spinning around inside of us and it hurts too much, so we immediately look for someone else to blame. We have to learn to remain open to our grief, to wait in patient expectation for what it has to teach us. When we close in too tightly around our sadness or our grief, when we try to fix it, control it, or understand it, we only deny ourselves its lessons.

Saint Ephrem the Syrian (303–373), a Doctor of the Church, considered tears to be sacramental signs of divine mercy. He instructs: “Give God weeping, and increase the tears in your eyes; through your tears and [God’s] goodness the soul which has been dead will be restored.” [1] What a different kind of human being than most of us! In the charismatic circles in which I participated in my early years of ministry, holy tears were a common experience. Saints Francis and Clare of Assisi reportedly wept all the time—for days on end!

The “weeping mode” really is a different way of being in the world. It’s different than the fixing, explaining, or controlling mode. We are finally free to feel the tragedy of things, the sadness of things. Tears cleanse the lens of the eyes so we can begin to see more clearly. Sometimes we have to cry for a very long time because our eyes are so dirty that we’re not seeing truthfully or well at all. Tears only come when we realize we can’t fix it and we can’t change it. The situation is absurd, it’s unjust, it’s wrong, it’s impossible. *She should not have died; he should not have died. How could this happen?* Only when we are led to the edges of our own resources are we finally free to move to the weeping mode.

The way we can tell our tears have cleansed us is that afterwards we don’t need to blame anybody, even ourselves. It’s an utter transformation and cleansing of the soul, and we know it came from God. *It is what it is*, and somehow God is in it.

[1] Ephrem, sermon on Isaiah 26:10, in *Penthos: The Doctrine of Compunction in the Christian East*, by Irénée Hausherr, trans. Anselm Hufstader (Cistercian Publications: 1982), 29.

Adapted from Richard Rohr, *Beloved Sons Series: Men and Grief* (Center for Action and Contemplation: 2005)

Sacred Heart and Emmaus churches are closed in compliance with COVID-19 restrictions.

MASS is available through STREAMING and TV

Other Options/Alternatives to view Mass

Mass for You at Home, (MFYAH), is celebrated in St John Vianney Co-Cathedral, Wollongong. It shows at 6.00am Sundays on Channel Ten and is repeated multiple times a day on Foxtel's Aurora channel.

This Sunday Mass is also available on demand on Channel Ten's platform www.tenplay.com.au/mfyah.

This Mass is also available on Wollongong's YouTube channel which can be accessed on www.massforyou.com.au as well as the Diocesan website, www.dow.org.au. There are also links to it on their Diocesan Facebook page and the MFYA Facebook page.

Channel 31 (usually found at '44' on digital TV's):

Mass at 11.00am Sundays from St Patrick's Cathedral or **online at:**

<https://melbournecatholic.org.au/Mass> at 11.00am on

Sundays and at 1.00pm on weekdays

Mass continuous daily from Lavender Bay Parish, Sydney, **online at:** **<http://bit.ly/MassOnDemand>**



RETAIL STORES REOPENING SATURDAY OCTOBER 30

GO TO [PSW.COM.AU](https://www.psw.com.au)
FOR DETAILED STORE
TRADING HOURS!



ALL VICTORIAN STORES
OPEN MONDAY NOV 1
9AM - 5PM
MELBOURNE CUP DAY
CLOSED



*ONLINE STORE IS OPEN 24/7 FOR CLICK & COLLECT AND HOME DELIVERY
PLEASE WAIT FOR EMAIL OR SMS CONFIRMATION PRIOR TO HEADING TO YOUR STORE FOR COLLECTION OF GOODS.
DELIVERY DELAYS SHOULD BE EXPECTED.

BACK TO SCHOOL SHOPPING

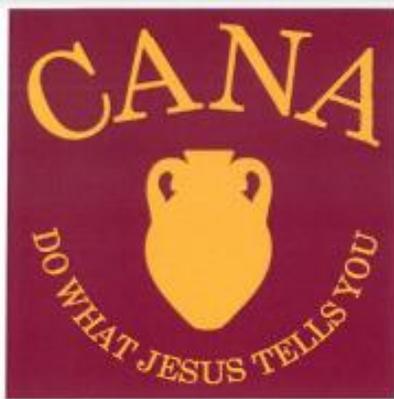
DON'T GET CAUGHT IN THE QUEUE

During the upcoming back to school period, **IN JANUARY 2022**, we are anticipating up to **3 HOUR WAIT TIMES** at our retail stores, **SO AVOID THE QUEUES BY SCANNING THE QR CODE** to **book your child's fitting**. Online bookings available between November 15 to December 23.



VISIT OUR WEBSITE
PSW.COM.AU





General		Colour	Logo	Size	Price(\$)
1100177	L/S T-Shirt	Sky		4-14/XS 16/S-18/M	20.95 24.95
1105050	Wool Blend Jumper - 50/50	Maroon	Embroidery	4-10/3XS 12/2XS-18/M	79.95 85.95
Boys		Colour	Logo	Size	Price(\$)
1110355	Gaberdine Zip Pocket Shorts	Ink		4-14/XS 16/S-18/M	24.95 27.95
1110400	Elastic Waist Pants - Yoke Back	Ink		4-14/XS 16/S-L	34.95 38.95
1101010	S/S Hip Shirt - Open Neck	School Blue		4-16/S 18/M-18/M	24.95 28.95
1101055	L/S Shirt - Stand Collar	School Blue		4-16/S 18/M-18/M	25.95 27.95
Female		Colour	Logo	Size	Price(\$)
1100559	Summer Dress	Maroon/White/Navy Check - 8125		4G-18G/12L	62.95
1100480	Girls Pleated Trousers	Navy		4G-18G	40.95
1101155	L/S Blouse - Peter Pan Collar	School Blue		4G-16G/10L 18G/12L-18G/12L	28.95 28.95
1104002	Box Pleat Tunic	551-Grey/Navy/Royal/Sky Winter Check		4G-10G	55.95
1104001	Box Pleat Skirt	551-Grey/Navy/Royal/Sky Winter Check		12G/6L-16G/10L 18G/12L-18G/12L	55.95 66.95
Sport		Colour	Logo	Size	Price(\$)
1100105	S/S Pique Plain Polo Shirt	Sky	NHI	4-14/XS 16/S-18/M	29.00 32.00
1100257	Drop Shoulder Nylon Windcheater	Navy	NHI	4-18/M	38.95
1100330	Rugby Shorts - Drawstring	Navy		4-14/XS 16/S-18/M	22.50 25.50
1100375	Skort	Lt Navy	NHI	4G-18G/12L	29.50
1100443	Nylon Trackpants - Double Knee - Zip Po	Navy		4-14/XS 16/S-18/M	33.95 37.95
Accessories		Colour	Logo	Size	Price(\$)
1100514	Safety Slouch Hat	Navy	NHI	S-XL	17.95
1100200	Raincoat	Navy		4-6-12-14 S-M-S-M	48.00 48.00
8302200	Explorer Bag with Laptop Insert	Navy	NHI	ALL-ALL	60.95
Socks		Colour	Logo	Size	Price(\$)
1110760	Cushion Foot Sports Socks - 3 Pack	White		9-12-11-14	17.95
2511000	Turnover Ankle Socks - 3 Pack	Navy		9-12-8-11	17.95
2511000	Turnover Ankle Socks - 3 Pack	White		9-12-8-11	17.95
2513000	Girls Tights	Navy		4-6-11-14	13.95

PSW 
 MAKING YOUR SCHOOL LOOK GREAT



Click & Collect



Flexible Exchange Options



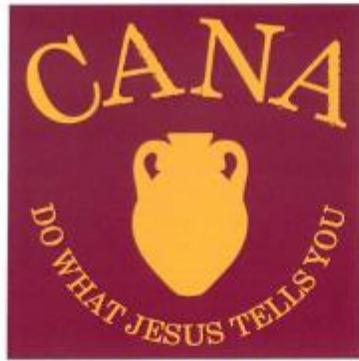
Pre-book your Personal Fit



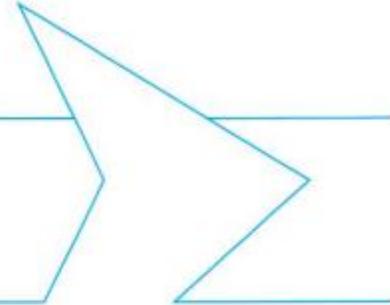
*** Non-refundable in January, as this requires a 30% deposit, by the student to allow us to 'Extend' to school 2021 must be placed between 1st and 15th Dec 2020. Payment must be paid for and pickup by 31st March 2021.

** Some trading hours are subject to change, please refer to our website for all store trading hours, holiday trading and public holiday information, or call the customer service team on 030 9768 0342.

* School Price Lists are subject to change throughout the year.



PSW



Your uniform is available from our

DEER PARK

PSW RETAIL OUTLET

**UNIT 2, 51-53 WESTWOOD DR,
RAVENHALL VIC 3023
(03) 9768 0342**

EXTENDED TRADING HOURS**

15 Nov 2021 - 12 March 2022

Monday to Friday: **9:00am – 5:00pm**

Saturday: **9:00am – 2:00pm**

NORMAL TRADING HOURS**

All year round except Extended Trade Period

Monday to Friday: **9:00am – 5:00pm**

Saturday: **10:00am – 1:00pm**

**CLICK & COLLECT PICK UP
AVAILABLE**

Reinforce COVIDSafe behaviours	Create COVIDSafe spaces	Promote COVIDSafe activities	Respond to COVID-19 risk
<ul style="list-style-type: none"> • stay home when unwell • practise good hygiene* • ensure physical distancing (1.5 m)* • wear a face mask* • avoid interactions in enclosed spaces* • Get vaccinated when eligible 	<ul style="list-style-type: none"> • make hand hygiene easy • keep surfaces clean and implement enhanced environmental cleaning and disinfection • promote outdoor air ventilation and do not have air conditioners on recirculate 	<ul style="list-style-type: none"> • move activities outdoors where possible, weather permitting • adapt, modify or defer higher risk activities • limit school access to outside visitors where possible • reduce mixing between groups • create workforce bubbles* 	<ul style="list-style-type: none"> • keep records and act quickly if someone becomes unwell* • use personal protective equipment • clean and disinfect appropriately if a staff member or student has been unwell while at school • manage individual risk

Get a COVID-19 vaccination at St Albans Secondary College

**By getting vaccinated you are helping to keep yourself,
your family and your community safe.**

Anyone aged 12 and over can get vaccinated at:

St Albans Secondary College

289 Main Road East, St Albans

Friday, 15 October (4pm - 7pm)

Saturday 16 October (9.30am - 5.30pm)

Sunday, 17 October (9.30am - 5.30pm)

How to get a COVID-19 vaccine at this venue

You can walk in to get vaccinated - no bookings required.

This clinic is accessible for people of all abilities, including people with disabilities. For more information, visit:

coronavirus.vic.gov.au/vaccination-information-people-disability.

The clinic provides first and second dose Pfizer and AstraZeneca vaccinations.



For more information

Scan the QR code to view a [webinar](#)
about COVID-19 vaccination.

coronavirus.vic.gov.au/vaccine
1800 675 398 - 7 days 8am - 8pm



Department
of Health



Cana is committed to the Safety and Wellbeing of our students

School Hours

Music starts at 8:42am

Monday	8:45am – 3:15pm
Tuesday	8:45am – 3:15pm
Wednesday	8:45am – 3:15pm
Thursday	8:45am – 3:15pm
Friday	8:45am – 3:15pm

Mass Times

Saturday	
Sacred Heart	5:00pm
Emmaus	6:30pm
Sunday	
Sacred Heart	8:00am, 10:15am, 11:30am
Emmaus	9:00am
Parish Office / Presbytery Secretary Margaret	T: 9366 2146 F: 9366 9876

Second Hand Uniform

Due to the need for social distancing and other COVID safety measures, we cannot currently offer second-hand uniforms. We will advise when this returns and in the meantime recommend contacting your PSW outlet for uniform enquiries.



School Website

To watch videos from the website, the password you will need is:

PASSWORD: CanaVids



Mobile Phone App

We advise all families to download this App as this is our form of communication.



OshClub is our Before & After School Care Program. Children need to be registered before they attend.

We advise all families to register their child/ren (registration is free).

OSH Program Numbers:

Mobile: 0478 022 320

Head Office: 1300 395 735

Cana Bank Account

For EFT payments, please ensure you reference your SURNAME and your

6 – digit family ID

BSB: 083 347

Account: 563 101 059