

*May the Sacred Heart of Jesus be everywhere loved. Forever!*

# **Ametur**

**No: 348**

**December 2022**

## **Newsletter of the Associates of the Daughters of Our Lady of the Sacred Heart**

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Dear Associates,

The beautiful liturgical season of Advent is here to help us prepare prayerfully for Christmas.

Some countries still celebrate the feast of Mary's Expectation on December 18th. What must Mary have been feeling as her time drew near? You who are mothers would have some idea and be able to answer this question from your own experience. What a richness that would be if only we could hear your responses. I am sure that there would be many thoughts and feelings in common.



We may not know exactly what Our Lady was feeling and thinking during those precious waiting days, but, like all mothers, I am sure that Mary would have been longing to gaze upon the face of her Babe. What would the Son of God, flesh of her flesh, look like? We know that He would have looked very much like His dear Mother, as He had no earthly father.

Imagine Mary gazing into the eyes of God incarnate, her newly born Son. There is something so open and trusting about any baby's gaze that goes straight to our hearts and evokes an immediate response of love. How much more so when Jesus gazes at Mary for the very first time, and Mary gazes at Jesus! A newborn can see clearly for about 8", just enough to see its mother's face. It has no sense of itself apart from its mother for the first year because its whole identity is intricately entwined with hers. One mother has written:

*"I would think Jesus went through this same stage of development.*

*No wonder Mary is the Mediatrix of All Graces.*

*she soaked up the love of God as she nursed and held the newborn Jesus  
and now she simply allows this Divine Love to flow back through her to us."*

*(Melanie Juneau)*

At the Annunciation Mary gave her whole-hearted "Yes" to co-operate in God's plan for the Incarnation. She lived this "Yes" throughout her life, as she brought the Christ Child to birth, and with Joseph prepared him for life, her loving gaze always upon him. She farewelled him as he went to proclaim the wonders of the Good News and she was there, gazing at his mangled body, when he died.

What thoughts were hers as God's plan for our salvation began unfolding in the birth of Jesus?

Perhaps a poet can best answer this question as he reflects on Mary wrapping Jesus in swaddling clothes and laying him in the manger:

*“ Her first gift to Him, and His first witness  
to the ways of earth, the first of tribute,  
and the gesture that began the long  
fulfillment was a simple care she brought  
to him, not as a creature comes to stoop,  
but as a mother bends to love. We know  
no more that this, and what exchange beyond  
lies gathered to the spaces of her heart  
to turn forever there, inviolate.”*

*John W Lynch, A Woman Wrapped in Silence, Paulist press, NY.1941. P44*

St Luke tells us that *“Mary kept all these things, treasuring them and pondering them in her heart.”* (2:19). During these days before Christmas let us imitate our dear Mother, Our Lady of the Sacred Heart, and treasure the many blessings God has bestowed on us through his Son, and our brother, Jesus.

Here is a beautiful invitation from Our Lady, as we live our Advent with her:

*If you want, the Virgin will come walking down the road  
pregnant with the Holy and say,*

***“I need shelter for the night, please take me inside your  
heart, my time is so close.”***



*Then, under the roof of your soul,  
you will witness the sublime intimacy,  
the divine, the Christ, taking birth forever,  
as she grasps your hand for help,  
for each of us is the midwife of God, each of us.  
Yes there, under the dome of our being  
does creation come into existence eternally,  
through your womb, dear pilgrim  
– the sacred womb of your soul,  
as God grasps our arms for help:  
for each of us is his beloved servant, never far.  
If you want, the Virgin will come  
walking down the street  
pregnant with Light and sing.*

*St. John of the Cross, Translated by Daniel Ladinsky*

And so, let us go to Bethlehem this year, and in the company of Mary and Joseph gaze upon the Divine Child.

May your Christmas time be filled with the peace and deep joy of the Christ Child and His Mother – that peace the world cannot give.

Thank you for your support and loving living during 2022, for all the ways and times, often hidden, that you have been the Heart of Jesus to others. Together with Our Lady of the Sacred Heart let us thank God for this year and look forward with hope and trust to whatever 2023 brings, knowing that we are so precious and infinitely loved by our heavenly Father.

United in the Loving Heart of Jesus with Mary,

*(Sr.) Ancilla White Osh*



The following is a meditation on **Advent, Waiting and Sickness** written by Pope Emeritus Benedict XVI in December 2018.

## *A Very Personal Advent of One's Own*

Let us reflect on what the word “Advent” actually means. The Latin word “adventus” can be translated as “presence” or “arrival”. In the vocabulary of classical antiquity, it was a technical term for the arrival of a high official and especially for the arrival of kings or emperors in a province. It could, however, also express the arrival of a deity who emerged from hiddenness and gave proof of his presence through mighty works or a god whose presence was solemnly celebrated in a cultic act.

The Christians adopted this word in order to express their special relationship to Jesus Christ. For Christians, he was the King who had entered this wretched province, Earth, and bestowed on it the gift of his visit; and they believed that he was present in the liturgical assembly. In general terms, when they used this word, they intended to say :

*God is here. He has not withdrawn from the world.*

*He has not left us alone.*

*Although we cannot see him and take hold of him  
as we do with objects in this world, nevertheless he is here,  
and he comes to us in many ways.*

Accordingly, the word “visitation” is closely connected to the meaning of the word “Advent”. This means “visit”, but our ecclesiastical language has long been accustomed to translate it as “visitation”. And a strange shift in our thinking has occurred here; the word “visitation” has almost completely lost the joyful contents of the word “visit”. We no longer think of its original meaning, rather we think of “visitations” as burdens and labours that we interpret as a punishment “visited upon us” by God. But the opposite ought in fact to be the

case! The word “visitation” (or “visit”) ought to help us perceive that even hard things may contain something of the beauty of Advent.

Just like a great joy, so too illness and suffering can be a very personal Advent of one’s own – a visit by the God who enters my life and wants to encounter me personally. Even when it is difficult for us, we should at least try to understand the days of our illness in this way: the Lord has interrupted my activity for a time in order to let me be still.

In my daily living, I have little time for him and little time for myself. I am completely involved from morning to evening in all the things I have to do, and I even succeed in eluding my own grasp, because I do not know how to be alone with myself. My job possesses me; the society in which I live possesses me; entertainment of various kinds possess me; but I do not possess myself. And this means that I gradually go to seed like an overgrown garden, first in my external activities and then, in my inner life, too. I am propelled along by my activities, for I am merely a cog in their great machine.

But now God has drawn me out of this. I am obliged to be still. I am obliged to wait. I am obliged to reflect on myself; I am obliged to bear being alone. I am obliged to bear pain, and I am obliged to accept the burden of my own self. All this is hard.

But may it not be the case that God is waiting for me in this stillness? May it not be the case that he is doing here what Jesus says in the parable of the vine: *“Every branch that does not bear fruit he prunes, that it may bear more fruit”* (Jn 15:2)? If I learn to accept myself in these days of stillness, if I accept the pain, because the Lord is using it to purify me – does this not make me richer than if I had earned a lot of money? Has not something happened to me that is more durable and fruitful than all those things that can be counted and calculated?

A visit by the Lord – perhaps illness can present itself in a new light when we see it as a part of Advent. For when we rebel against it, this is not only because it is painful or because it is hard to be still and alone: we rebel against it because there are so many important things we ought to be doing and because illness seems meaningless. But it is not in the least meaningless! In the structure of human life as a whole, it is profoundly meaningful. It can be a moment in our life that belongs to God, a time when we are open to him and thus learn to rediscover our own selves.

Perhaps we should try an experiment. Let us understand the individual events of day as little signs God sends us. Let us not take note only of the annoying and unpleasant things; we should endeavour to see how often God lets us feel something of his love. To keep a kind of inner diary of good things would be a beautiful and healing task.

The Lord is here. This Christian certainty is meant to help us look at the world with new eyes and to understand the “visitation” as a visit, as one way in which he can come to us and be close to us.



*A Christmas Blessing  
For You and Your  
Loved Ones*



*May the grace of Christ bring you hope and joy,  
and may the peace of Christ be yours.  
May Jesus, the Lord, the miracle of God,  
fill your heart with Christmas love.*

*May you hear the songs of the angels this morn'.  
May you feel the joy that Jesus Christ is born.  
May the beauty of Christmas surround you today.  
May you find joy this Christmas Day.*

*May you thank the Lord for the hope that He brings.  
May you know the love of Jesus Christ, the King.  
May you always believe that Christ came to save.  
May you find hope this Christmas Day.*

*May the peace of Christmas bring joy with no end.  
May you feel the love of family and friends.  
May the wonder of Christmas surround you today.  
May you feel peace this Christmas Day.*

*May you share this day with our Jesus in prayer.  
May you share this day and show all you care.  
May you gather together with loved ones this day.  
May you find Christ this Christmas Day.*

Marcia A. Newton





## Vale Sister Theresa Coleman fdnsc

Our much-loved Sr Theresa Coleman died suddenly at St Joseph's Aged Care Facility, Kensington, on Tuesday 8<sup>th</sup> November. Her gentle and wise presence was always appreciated in any situation. After many years in the secondary school educational apostolate, Theresa began to work with the OLSH Associates in small ways at first, but then in 1994 she arranged a pilgrimage for the Associates to Issoudun. Thus began her close involvement with the Associates over many years – fruitful for her and extremely fruitful for the Associates. She compiled informative booklets on the lives of Father Chevalier and Mother Marie Louise and the places relating to their lives that the pilgrims would be visiting. Such was the success of the first pilgrimage that it was decided to have another one in 1998 and a third in 2001. In the years following Theresa was very involved in all aspects of the Associates' movement. She led the Randwick group until her health failed and she began the final chapter of her life at St Joseph's. Hopefully Theresa's Mass Eulogy will be in the next *Ametur*. Meanwhile the Randwick Associates have written their own eulogy to their former beloved leader. Our sympathy is with the Randwick Group as the Associates mourn their last two leaders in a matter of months, as Sr Terie died in June.

*Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.  
May they, and the souls of all the faithful departed, rest in peace. Amen.*

### **From the OLSH Associates, Randwick**

The Randwick Associates are greatly saddened by the death of our dear leader and mentor of many years, Sr Theresa Coleman.

Sister's presence, support and gentle kindness were exceptional. She gave great love and energy to every one of us, encouraging us to strengthen our faith and devotion to Our Lady of the Sacred Heart.

While a deeply spiritual woman of faith, Sister was very aware of and involved in the events of our daily life and was a constant source of wisdom and comfort.

Sister Theresa enjoyed sharing hospitality and at retreats, spirituality days at Kensington and annual Christmas gatherings of the Associates at Randwick where Associates from many branches joined us amidst great friendship and joy.

During her teaching career Sr Theresa led a group called the, "Rainbow Program", which helped students who were involved in the breakup of families. One of the girls involved in this Program in Year 7 said, when later discussing Sr Theresa's role, "She was great!" The Randwick Associates echo that assessment wholeheartedly.

Margaret Krijinen – on behalf of the Randwick Associates

**HIS WORDS.  
YOUR JOURNEY.  
TOGETHER.**



*“The Risen One lives in God’s world, where there is a place for everyone, where a new earth is being formed, and the heavenly city, man’s final dwelling place, is being built.*

*We cannot imagine this transfiguration of our mortal corporality, but we are certain that it will keep our faces recognizable and allow us to remain human in God’s heaven.*

*It will allow us to participate, with sublime emotion, in the infinite and blissful exuberance of God’s creative act, whose endless adventures we will experience first-hand.”*

Sunday, August 28, 2022

*“As soon as we awaken, we can say: “Lord, I thank you and I offer this day to you”...*

*Then, before an activity, we can repeat, “Come, Holy Spirit”.*

*Between one thing and another, we can pray thus,*

*“Jesus, I trust in you. Jesus, I love you”.*

*Really short prayers help us stay in contact with the Lord.*

*How often we send instant messages to the people we love!*

*Let’s do this with the Lord as well, so that our hearts remain connected to him.*

*And let’s not forget to read his responses.*

*The Lord always responds. Where do we find them?*

*In the Gospel which should always be kept at hand*

*and should be opened several times every day,*

*to receive a Word of life directed to us...*

*May the Virgin Mary, faithful listener, teach us the art of praying always, without losing heart.”*

Wednesday, October 26, 2022

*"Jesus is coming, and the road to meet him is clearly marked:*

*it passes through works of charity.*

*Charity is the beating heart of the Christian:*

*just as one cannot live without a heartbeat,*

*so, one cannot be a Christian without charity."*

December 1<sup>st</sup> 2019



## Pope extends Synod on Synodality to 2024

*The updated Synod on Synodality logo expresses the new dates (Vatican News)*

Pope Francis announced yesterday that the Synod of Bishops on Synodality will be extended by a year, with the assembly meetings to be held in Rome over two sessions in October 2023 and October 2024. Source: CNA.

Pope Francis explained that he made the decision to hold the scheduled October 2023 assembly over two sessions with a year in between “in order to have a more relaxed period of discernment”.

“The fruits of the synodal process under way are many, but so that they might come to full maturity, it is necessary not to be in a rush,” he said.

“I trust that this decision will promote the understanding of synodality as a constitutive dimension of the Church and help everyone to live it as the journey of brothers and sisters who proclaim the joy of the Gospel.” .

The two sessions of the XVI Ordinary General Assembly of the Synod of Bishops will take place on October 4-29, 2023, and in October 2024, bringing together bishops from across the world to discuss and prepare a document to counsel the Pope.

Pope Francis launched the Synod on Synodality in October 2021 as a worldwide undertaking during which Catholics were encouraged to submit feedback to their local dioceses.

The Church’s massive multi-year synodal process has been divided into stages. The initial diocesan listening phase concluded with the participation of 112 out of 114 of the world’s Catholic bishops’ conferences, according to the General Secretariat of the Synod of Bishops.

The second, continental phase is taking place from September 2022 to March 2023. In this stage, Continental Synodal Assemblies will be convened between January and March of next year.

The final, universal phase will begin with the XVI Ordinary General Assembly of the Synod of Bishops at the Vatican in October 2023 and continue in October 2024.

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## *Thank You*

My sincere gratitude to those groups and individuals who sent generous donations during the year to help with the printing and postage of the Ametur. Thanks also to those who keep sending stamps for the Auction with the proceeds going to our OLSH Overseas Mission Aid. We have made over \$4000 since we started.



The beloved Persian poet, Hafiz ( 1320-1389), I am sure, expresses the thoughts of us all in this beautiful poem about our world, our Father's gift to us:

## *I Have Come into This World to See This*



I have come into this world to see this:  
the sword drop from men's hands  
even at the height of their arc of anger  
because we have finally realized  
there is just one flesh to wound and it is His –  
the Christ's, our Beloved's.

I have come into this world to see this:

all creatures holding hands as we pass through this miraculous existence  
we share on the way to even greater being of soul,  
a being of just ecstatic light, forever entwined and at play with Him.

I have come into this world to hear this:

every song the earth has sung since it was conceived in the Divine  
womb and began spinning from His wish,  
every song by wing and fin and hoof,  
every song by hill and tree and woman and child,  
every song of steam and rock,  
every song of tool and lyre and flute,  
every song of gold and emerald and fire,  
every song the heart should cry with magnificent dignity  
to know itself as God:  
for all other knowledge will leave us again in want and aching –  
only imbibing the glorious Son will complete us.



I have come into this world to experience this:

women and men so true to love that they would rather die  
before speaking an unkind word,  
women and men so true their lives are His covenant –  
the promise of hope.

I have come into this world to see this:

the sword drop from men's hands even at the height of their arc of rage  
because we have finally realized,  
we have finally realized,  
there is just one flesh we can wound,  
and it is *our own*.

*A Year with Hafiz*, translated by Daniel Ladinsky, Penguin Books, New York, 2011, page 358



The Australian Council of the Laity of the Chevalier Family



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With deep respect and love, we acknowledge the Aboriginal and Torres Strait Islander people, the traditional custodians of this land, and to Elders, past, present, and emerging.

We support the Uluru Statement from the Heart, and recognise the importance of ensuring First Nations people have a voice in Australia.



We commit to a "greater love for our Creator, each other, and the home we share" (Laudato Si, 14).

We live in the Spirituality of the Heart and are called to love and care for Creation.

## *National Council LCF Australia*

### *Information about the 4<sup>th</sup> International Assembly of the Laity of the Chevalier Family – 2024*

Dear fellow member of the Chevalier Family.

Thank you for your ongoing involvement in the Lay Chevalier Family (LCF). It is inspirational to be part of a group who believe in the charism of Jules Chevalier, a Spirituality of the Heart that encourages us to work toward a better world through prayer and action. One of the goals of the Australian National Council of LCF is to support the work of the International Council of LCF to develop an Asia/Pacific identity among lay groups.

The International Council is organising the 4th international assembly of Laity of the Chevalier Family in Philippines 2024. We aim to raise funds to support two people from Pacific countries to attend as well as supporting four delegates from Australia. The funds will assist with airfares and accommodation expenses. Delegates will bring back wonderful memories and ideas to assist in guiding the future development of the LCF. The estimate of the cost of attending is \$2500 per person. Our goal is therefore to raise \$15000. Should we be fortunate enough to raise more than required any remaining funds be used to assist the work of the National Council for things such as outreach projects.

**The theme and date of the gathering:**

**One Heart and Caring for our Common Home.**

**21 – 29 Jan 2024 in Cebu, Philippines.**

**Your contribution is one way you can express our solidarity as part of the Chevalier Family. Can you give \$25 per month for four months? (Any contributions will be welcomed). You may wish to make an ongoing commitment to the operation of the National Council or a one-off contribution to the above. To contribute please donate via electronic funds transfer (EFT) The EFT details are: BSB 062 200 Account number 1053 0202 Reference: (Your surname, first name)**

**How important will this gathering be?**

Here are some comments from those fortunate to have attended previous gatherings:

*"It was a great experience, my first opportunity to meet and mix with so many other International Lay MSC from so many different countries and cultures. It was a time of great spiritual blessings, as you can imagine from so many cultures. A time of real grace and friendship."*

Marg O'Loughlin, (Melbourne) Santo Domingo 2008

*"The topic of the Sao Paulo gathering was  
**Spirituality without Borders: Vision and Mission of the Laity of the Chevalier Family.***

*We began the conference as strangers but ended as friends and confreres.*

*Twenty countries were represented and six languages –  
translators were kept very busy especially when people spoke passionately and quickly!*

*Countries represented included Australia, Brazil, Republic of Congo, England,  
Senegal, El Salvador, Guatemala, Mexico, Dominican Republic,  
United States, Paraguay, Peru, Ecuador, Korea, Philippines, France,  
Belgium, Germany, Netherlands.*

*A wonderful, enriching experience that strengthened my feeling  
that we are part of a thriving worldwide movement of great promise!!*

*My experiences at Santo Domingo and Sao Paulo  
energised me to continue my part in the mission of Jules Chevalier."*

*Fred Stubenrauch (Wagga Wagga) Santo Domingo 2008, Sao Paolo, Brazil 2017*

*"The whole experience was profound.*

*Being companions on the faith journey at this gathering,  
given expression in a spirituality of the heart, inspired by Jules Chevalier,  
was overwhelmingly one of the most nourishing experiences of my life.*

*For me, the global connections were deep and unifying,  
no matter the language/cultural differences our faith, our Spirituality of the Heart united us all.*

*I witnessed so many giving expression to 'being God's heart on earth!'  
and the deep desire we all had to continue to share this 'way of being' in our lives,  
our own culture, our own time and place, knowing we were connected across the globe."*

*Julie Taylor (Sydney) Santo Domingo 2008*

*"I was fortunate to be able to attend both gatherings  
of the Chevalier Family in 2008 and 2017.*

*By then I had been an  
active Associate of the Daughters of Our Lady of the Sacred Heart  
for many years.*

*This was the first time that I became familiar with the wider MSC Lay family.*

*It was overwhelming to see the number of attendees,  
enthusiastic and alive in Spirituality of the Heart.*

*The sharing in small groups was rich despite the language barrier.*

*The encounter and interaction shaped where I am today  
as a member of the Chevalier Family*

*and inspired me to do what I can to further the mission of Jules Chevalier."*

*Therese Poulton (Sydney) Santo Domingo 2008, Sao Paulo 2017*

*From the very beginning, the experience of the warmth and welcome  
from the host country, Brazil, was overwhelming.*

*Spending time with Chevalier Family members from around the world  
was inspiring and enriching. The sense of belonging was wonderful.*

*My hope for the future was strengthened.*

*To be able to come home and share my experiences and sense of belonging  
with our Associates, here, in South Australia, was an immense blessing.*

*The International Conference is an opportunity to come together,*

*to be inspired and enriched by meeting with members of the Laity of the Chevalier Family  
from different cultures and countries, to deepen our Spirituality of the Heart,  
in spiritual and practical ways, and so strengthen our calling as Laity  
to be on earth the Heart of God, in the world,  
in our families and everyday life.*

Ellenmary Lomman (Adelaide) Sao Paulo 2017

We will be grateful for any assistance you are able to provide.

***Fred Stubenrauch***

(Chair National Council of LCF) October 2022

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If you would find it easier to send a cheque to me,  
made out to *OLSH Associates*,  
I will see that it gets to Fred.  
Any contribution, no matter how small, **will** be gratefully accepted.  
Thanks from Sr Ancilla.

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## *Meeting Reports*

**BENTLEIGH:** Twelve Associates met at the Convent at Bentleigh on 27<sup>th</sup> August. Today's meeting was centred around "Our Heart relationship with Mary". We looked through many stories about Mary in the Gospels and her close involvement with Jesus at all stages of his life. She was always available for care and help for Jesus, even supported the Apostles after Jesus returned to the Father. She is also available to help us intercede and pray to Jesus. She can lead us to the source of living water that flows from his Heart.

**Patricia Baxter**

We twelve Associates met at the Convent, Bentleigh on 22<sup>nd</sup> October for our Annual retreat given by Fr Paul Castley msc. Father spoke to us about the infinite nature of God and how God, as well as being Master of the Universe, is in control of the smallest of matter down to the atomic level. He reminded us that everything is not just dead without God, but it simply ceases to exist without Him. We had a wonderful opportunity to reflect on this message in the surrounds of the beautiful Convent garden. After lunch Father reminded us of God's compassion and love. God does not want to punish us for our wrongdoing but to help us fix up our mistakes and make things better. Father encouraged us to be accepting and even welcoming, as Jesus was, to those whom we do not consider to be "normal" in their relationships. We then had some quiet time with adoration in the Chapel. A refreshing and thoughtful day!

**Patricia Mirabile**

**CALLALA:** Our little group continues to meet on the first Wednesday of most months. Early in the year there was so much water that it was not possible to drive from Callala Bay to Callala Beach. Sicknes, too, has kept some away. We appreciate receiving the *Ametur* and reading and sharing is enriching contents. Thank you, Sr Ancilla. Sr Merrilyn has been able to join us for many of our gatherings.

**CANBERRA:** This winter has brought many trials for our little group, with most month's meeting being cancelled. When we have met with only four being the maximum number, we have used the *Ametur* as our meditation. The *Ametur* has been a wonderful source of information and prayer. Please pray for our group that those Associates who have been unwell will receive God's blessings and their health improve.

**Christine Casey**

**CORINDA:** Seven Associates met at Marnie's home on Sunday 21<sup>st</sup> August. There were five apologies. Our little team had been very busy. The focus of our gathering was "Heart", first considering the Gospel reading for the feast of the Assumption of the Blessed Virgin Mary. Much food for thought ... Mary whom we honour as "Our Lady of the Sacred Heart" put her cousin Elizabeth's needs before her own. She never did things for her own glory, but to reflect the love of Jesus. We may have limitations as we grow older, but we do know that one thing we can always do is pray. The Uluru Statement from the Heart was endorsed at the recent Plenary Council. We agreed we could support the proposed referendum if it is discussed in our presence and took a copy of the statement (and also the Aboriginal *Our Father*, which originated in the Diocese of Broome, Western Australia) to reflect on in our homes. We look forward to our planned retreat Day on Tuesday 18<sup>th</sup> October with Sr Merrilyn.

**Mary McMahon**

On Tuesday 18<sup>th</sup> October a group of Associates gathered at the Passionists Fort at Oxley for our annual retreat day. Although several of our members were absent because of illness etc. our time together was anticipated with great joy. Sr Merrilyn led us with her calm and encouraging manner as we spent the morning in silence contemplating where we are in our lives today. After lunch we had some beautiful sharing moments. We concluded with our special hymn, *Woman of the Sacred Heart*.

**Doreen McCarthy**

**ENFIELD:** This is a synopsis of our group meetings for 2022.

On February 28<sup>th</sup> our group of eight met for prayer and reflection and discussed the Plenary Council and Synodality.

On May 16<sup>th</sup> Sr Pat gave us a reflection which had been prepared for the recent Assembly of the OLSH Sisters at Hartzler Park. It was called: *Hearts Open with Hope*.

At our gathering on 29<sup>th</sup> August, we watched a digital presentation entitled, *A Virtual Pilgrimage in the Footsteps of Mother Marie Louise Hartzler*. It is part of the preparation for the Sisters 150 Anniversary of Foundation.

We then reflected on the practice of compassionate love and service and completed a Love Quiz adapted from Leo Buscaglia's book, *Born to Love*.

**Carmel Cowell**

**HARTZER PARK:** Our August Meeting.

A special kind of listening is "listening with the heart" – so Br David Steindl-Rast tells us in his book, *The Way of Silence – Engaging the Sacred in Everyday life*. After sharing a couple of quotes from the book we took the opportunity once again this month in our Reflection Time for quiet, reflective prayer with occasional words for "centering" from the Memorare of Our Lady of the Sacred Heart.

Formation was inspired by the topic of the "new normal" that was the introduction to the *Ametur* so beautifully presented for reflection and discussion. God in the midst of everyday life; "disguised as our life; finding joy in the ordinary; Mary, our mother and model living everyday in the presence of God who helps us to live the "new normal" with the same focus, were some of the points that we shared.

**Jan Clark**

The theme for our meeting on 18<sup>th</sup> September was "Blessings". As through the Heart of Jesus and His Mother we are continually blessed, so we too bring that blessing to others.

*To bless is to put a bit of yourself into something.  
It is to make holy, to change something or someone  
because of your presence.*

*Mackrina Weiderkehr*

Sr Dain certainly blessed us as she spoke with the group about her recent visit to South Africa to the Holy Family Care Centre, and her joy at being there again, 20 years since its inception and initiation with Sr Dain at the helm. There were many special and memorable experiences including the 20<sup>th</sup> Anniversary



celebrations prior to her leaving. We look forward to hearing more about “Holy Family” next week when Sr Sally, currently the Sister-in-Charge of Holy Family Care Centre, will be in Australia for a short period, and we will have the opportunity to hear her at Hartzler.

**Jan Clark**

We met at Hartzler Park on 16<sup>th</sup> October.

“Be still and know that I am God” – Sue led us in a beautiful quiet and reflective time of prayer and silence to commence our meeting. Christopher Lamb’s reflection on the Plenary Council as it appeared in the *Ametur*, provoked a lot of discussion for our time of Formation.

As this will be our last formal meeting of the year various “administrative” and organisational items needed to be covered, including plans for our necessarily small Advent gathering this year in November.

**Jan Clark**

**KILBURN:** Our meeting on 20 August was a very interesting one. After our prayer time Sr Helen Armstrong from the Henley Beach Parish talked to us about her mission in South Africa. With a series of slides Helen described the situation in South Africa and the work the OLSH and MSC are doing in very primitive situations. We were enthralled and fascinated by Helen’s talk which gave rise to many questions and much discussion.

Afternoon tea followed along with further discussion of Helen’s input. Sr Patricia Irvin was present also and was able to make comments about her own time in South Africa. Our next meeting will be on October 15<sup>th</sup>.

**Sr Patricia Smith**

At our October meeting we remembered with much love our dear Associate, Mary Lawrence, who died surrounded by her family. Mary had been a loyal Associate for 32 years. May her dear soul rest in peace. At our Meeting we studied the Martha/Mary story from Luke 10: 38-42. Some sharing followed.

*I think of myself in this scene and hear Jesus’ words addressed to me.  
He calls me away from my over-busyness and reminds me of what is central.  
How does this passage touch your own experience?  
When are you Mary? When are you Martha?  
Which are you more often?*

We finished with prayer and Paul Gurr’s hymn, *A Quiet Heart*.

We were fortunate to have Sr Mary Sevens with us for the meeting and for afternoon tea.

Our next meeting is a retreat Morning beginning with 9am Mass in the Church and ending with lunch together on Saturday 19<sup>th</sup> November.

**Sr Patricia Smith**

**NOTRE DAME:** We had our August Meeting at Therese’s home. We began with a lovely reflection in preparation for the feast of the Assumption. We read a line from Mary’s Magnificat and then read a line from our own Personal Magnificat, pausing between each stanza to share our thoughts and reflections. We reflected that God is ever present with his gentle strength in times of trial and anxiety and is always there when we turn to him. His mercy is always there in abundance, never being revoked or limited. His grace is there for all He is asking of us. Kath shared how she could see God working when her son, Richard, was ill and died. God put people in her path who helped her during a most difficult time in her life. His love is unconditional. We pray that we may feel the gentle touch of His love every day of our life. We must keep our eyes fixed on Jesus and His Sacred Heart and realise that His great love for us never stops no matter what we may be going through. Our meetings are a great source of support in our lives as we share with others the faith we have. We are not alone on our journey. The last line of our Personal Magnificat read: “*Let it be done to me according to your word.*” May we have the strength and courage, as Mary did, to live this in our daily lives. Our Personal Magnificat was a prayer of great praise, thanksgiving and trust in a loving, caring God.

**Maureen Maher**

Once again, Therese kindly offered her home as a venue for our meeting in October.

Those of us who attended the Annual Gathering of the Lay Chevalier Family at Douglas Park earlier this month reported on events and talks. One very meaningful activity at the beginning of the day was taking part in an Aboriginal Cleansing Rite which involved walking through the smoke from the fire, breathing it in and allowing ourselves to be cleansed by it. We were all inspired and impressed by the weekend and how actively living out our Spirituality of the Heart can make our world a better place.

Our reflection then turned to the *Ametur* and finding joy in the ordinary. Let us appreciate our lives no matter how hum drum and boring they may be at times. We think of those people who are experiencing hardship and difficulties of all kinds in their lives and how they must long for “an ordinary” day. Our reflection reminds us to be confident of the continued presence of our loving God, Father, Son and Spirit, and trust in Jesus’ words as He ascended into heaven : “*Know that I am with you even until the end of the world.*”

**Maureen Maher**

We met on 12 November at Therese’s home and Sr Ancilla led us through our reflection, *Advent: A Time of Waiting with Mary*. We shared sections of the reflections that touched us, and one was very powerful:

*O God, give us all the eyes and heart of Mary,  
who saw the vision for the liberation of the world  
and with love and courage committed herself to live out that hope. Amen.*

As we had a new member present, Cristina, Sr Ancilla gave us a brief history of the Chevalier Family Story. It was Father Chevalier’s vision that the Family should consist not only of professed religious but also of lay people. Indeed, he saw this as essential in order to make the Sacred Heart of Jesus everywhere loved. Forever! Sister then spoke of the new and exciting expansion of the Lay Chevalier Family, the setting up of National Councils in many countries and the widening of the membership of the International Lay Chevalier Council to include representation from as many countries as possible. So now the Chevalier Family Tree has four distinct branches – Missionaries of the Sacred Heart, Missionary Sisters of the Sacred Heart, Daughters of Our Lady of the Sacred Heart and the Laity of the Chevalier Family. Together we are living out our mission:

*To be on earth the Heart of God.*

We also discussed the joyfulness of Pope Francis and the gift that he is to our Church at this time in history. Despite opposition, even from within the Church, he is still a beacon of hope and joy to our Church and our whole world. May God keep him well and safe.

We then a birthday afternoon tea for Maureen.

**Maureen Maher**

**Randwick:** Our small group met at Ventnor, OLSH Church, Randwick, on 15<sup>th</sup> August. We reminisced on how enriching Sr Terie’s RIP leadership of our meetings had been and the insights she gave us into missionary life. Plans for the management of our group were discussed and then we reflected on the Magnificat and Mary’s difficulties and her acceptance of the role as Mother of Jesus. She and her community would have been familiar with the Old Testament scriptures and would have been preparing for a Saviour without knowing how this would come about. This differs from our knowledge of the New Testament. We agreed that this month we would remember to pray especially for the relief from the upheavals caused by Covid and war in the world at present.

**Mary Gallagher**

On Monday 19<sup>th</sup> September our small, dedicated group met at Ventnor. We were joined by a visitor who was most welcome. At our previous meeting we agreed to pray for vocations to the priesthood and religious life. We discussed the need for more vocations and also the need for more dedicated Catholic teachers in our schools. We concluded our meeting praying for vocations and then listened to Charlotte Church and her rendition of *Pie Jesu*.

**Margaret Butler**

# *Prayer From Our Hearts*

## *For Our Beloved Deceased*

### *Daughters of OLSH*

Sr Theresa Coleman (St Joseph's)  
Sr Mary Manuera (Kiribati)  
Sr M Agnesia Subadariad (Indonesia)  
Sr M Gilberte de Connick (Rumst)  
Sr Marga Heijnen (Tilburg)  
Sr M St Michel Jacomy (Issoudun)

### *MSE*

Fr Barry Blundell (St Joseph's)  
Fr Martin Wilson (St Joseph's)  
Br Joseph Beelen (St Joseph's)

### *OLSH Associates*

Ellen Baker (Bentleigh)  
Joan McKernan (Bentleigh)  
Mary Lawrence (Kilburn)

### *Deceased Relatives and Friends*

Darren Cubillo, Victor Cubillo, Grant Carew, Terry O'Brien, Maureen Jensen, Jean Tierney, Charles Tabone, Margaret Cherry, Kathy Meleady, Joe Van der Lee, David Leatham, Violette Saggal, Andrew Reilly, Brian Davissen, John Massie, Christopher Hitchin, the Holy Souls in Purgatory.

## *For the Sick and Those Needing Our Prayers*

Sr Maria Amon olsh, Sr Helen Warman olsh, Sr Delia Donahoe olsh, Maureen Maher, Annette Thornton, Carol Ward, Carol Canavan, Dorothy Johnson, Julie Wong, Josie Jackson, Richard Hayes, Venance ((needing a job), Joan Munday, Grace Lawrence, Patricia Kaurgrill, Mary Roberts, Chris Bulters, Anne Ireland, Marie Brown, Lucie de Viers, Fr Michael Sims msc, Fr Paul Guy msc, Michael and Family, Annie and her family, Jeanette Butler, Judy Balston, a cancer sufferer, Patricia Mollard, Rachael Gillespie, Beverley Trenear, Kathleen Holtzapffel, Maureen Inman, Maureen Doherty, Clare Hickey, Helen Salliner, Rae McIntosh, Rayma Weaver, Christine Baker, a special intention, the Australian floods victims, peace in Ukraine, all those affected in any way by the Covid pandemic.

## *With Thanksgiving to Our Lady of the Sacred Heart*

- For the re-election of our Mother General, Sr Marife Mendoza
- For our new General Councillors: Sr Madeleine Ngoy – African Province  
Sr Margaret Bob – PNG Province  
Sr Eufrasia Wea – Indonesian Province  
Sr Fabilene Santo Castro – Brazil Province  
May God bless them as they take up this new role in our Congregation.
- For Sisters Merle, Elly and Laurentia as they return to their provinces after serving so faithfully on the General Council in Rome.
- For Associates Aileen Gallagher (Bentleigh), and Doris White (Kensington), on their 100th Birthdays.

