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# PARISH MAGAZINE

ST MARGARET MARY'S RANDWICK NORTH  
OUR LADY OF THE SACRED HEART RANDWICK



# REFLECTION

DIANE GORDON

Prayer is about our relationship with God. Like any relationship, it requires time. Some of us are used to praying on the run, but our relationship with God cannot flourish unless we find the time to be fully present to God.

Intimacy grows when we invest in quality time - both in human relationships and in our relationship with God. There is truth I have found in this phrase, 'If we're too busy to pray, we're too busy'. When I'm too busy I find it is hard not to let my schedule get in the way of my prayer time.

There are so many books on how to pray and they are helpful but I think that we have to find our own way of praying to make the time to spend with God without interruption, a time to listen, and a time to reflect on the day that's passed.

I remember reading a book on prayer some years ago now and it quoted Saint Francis de Sales, the 17th century Spiritual Director who observed: 'Half an hour's listening is essential except when you are very busy. Then a full hour is needed'.

## **The Prayer of St. Francis de Sales**

*Be at Peace*

*Do not look forward in fear to the changes of life;  
rather look to them with full hope as they arise.*

*God, whose very own you are,  
will deliver you from out of them.*

*He has kept you hitherto,  
and He will lead you safely through all things;  
and when you cannot stand it,  
God will bury you in his arms.*

*Do not fear what may happen tomorrow;  
the same everlasting Father who cares for you today  
will take care of you then and every day.*

*He will either shield you from suffering,  
or will give you unfailing strength to bear it.*

*Be at peace,  
and put aside all anxious thoughts and imagination.*

Readers may recall the article by Fr Doug Smith in the February edition of the magazine writing of his joy at being in the parish for the previous six years. Sadly, Fr Doug passed away on 7 June this year. It was only last year on 17 July that he celebrated being a priest for 50 years. His wise counsel brought much happiness to many parishioners

Front Cover Photo

OLSH Hospital, Francis St Randwick

*see story page 13*

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# INTRODUCING CASSANDRA ADEWUSI

*It's a long way from Nigeria to Our Lady of the Sacred Heart Randwick. Cassandra and her family made it.*



One of a family of four brothers Cassandra's mother, Adetunke, was raised in the Anglican Church and her father, Anthony, was a member of the Christian Missionary Society School. Growing up attending various churches with her neighbours, Cassandra recalls frequently attending a Catholic Church from age 8. Bit by bit her interest grew but other interests took precedence.

A high achiever (she would not admit it!) she completed university studies in Economics at the Lagos State University, when 19, and her father gave her a car. And also a Saint Christopher medal, thus keeping alive her interest in religion. She completed a Master's of International Law and Diplomacy at the University of Lagos.

Travel was one of her other interests and with a British grandmother she travelled to England, did some studies there and would have migrated to that country except for the cold weather. Expecting warm weather in Australia the family received a rude shock when they arrived in Sydney on 24 July 2014 – a very cold winter's day. On their first night in Sydney they huddled together in the one bed!

Another reason for deciding to migrate to Sydney was that her husband Olukayode (Kay) had been admitted as a postgraduate student to study for a Master in Law of Taxation course at UNSW. On completion, he struggled to find a job (due to not having Australian work experience) and he took up security work for almost two years and filing tax returns with H&R Block during the tax season.

He landed an internship with the NAB bank in their African Australian Inclusion Programme (AAIP) organised by Jesuit Social Services. He was offered a permanent position after the program. Now a full time banker, he keeps fit by riding his bike from Matraville to North Sydney.

With no Australian work experience Cassandra found it hard to get a job but did voluntary work with the Red Cross and the Ted Noffs Foundation. Now she is in full time employment with St Vincent de Paul Society, NSW and is an Administration Support Coordinator with the Society in partnership with the NDIS.

Cassandra became friendly with another Nigerian woman, Ogochukwu Ezenowuka, who was a Catholic and shared stories about her faith but just as she thought seriously about become a Catholic her friend moved interstate.

So in 2017 Cassandra wrote to the Catholic Enquiry Centre about becoming a Catholic. Before an answer was received she met an OLSH parishioner Lucy Masache at SVdP. Lucy was holding some Rosary beads and Cassandra asked Lucy if she was a Catholic. Yes, came the reply, and a few weeks later Lucy introduced her to the RCIA program.

She enrolled in the program and became a Catholic at the Easter ceremonies in 2018. And 20 May this year was a Special Day – Cassandra's Confirmation.

Cassandra and Kay have two boys – Moyosoreoluwa (Moyo) aged 13 and Modadeoluwa (Mo) aged 8. Both are musical, like their grandfather. Moyo plays the guitar and piano and plays Rugby Union and Table Tennis. Mo plays the guitar and basketball. Moyo is in Year 8 at Waverley College and Mo attends the French School at Maroubra. The family is fluent in French and English as well as Yoruba, the language of one of the major ethnic groups in Nigeria.

Another special day was 17 June this year when the boys were baptised, Moyo taking the Baptismal name of David and Mo the name of Daniel.

For Cassandra there is always time for activities. She is a member of an early morning walking group and still volunteers at the Red Cross and Northern Beaches Council, Manly.

She was the plastic princess on Ocean Care day. Last year, she took part in the local Africultures Festival, 'Jollof Wars', a friendly cooking competition among West African nationals in Sydney. In the final between Nigeria, Senegal, Sierra Leone and Ghana, Cassandra's recipe was the winner. It was one passed down from her grandmother, mother and aunties. Ingredients? 'A secret' says Cassandra.

Travel is high on her list too. So far she has visited Fiji, Canberra, Brisbane (to see her friend) and Scone. Why Scone? The name sounded interesting, and it was too. The town had never seen an African woman. The locals were surprised but friendly she says.

Sydney is now home to the family but OLSH has a special place in their hearts.

# EVICTON STEPS FROM DESPAIR TO HOPE

MARGARET SCOTT

Bad news comes in many forms. For me it was while holidaying on the Rhine. 'Say goodbye to your house. POW Hospital is moving in'. Cryptic the email may have been, but my house and 88 others were facing demolition to make way for a hospital 'upgrade'. Another code word for 'move out of Eurimbla Avenue we're moving in'. And so the road to eviction began.

## ...To no avail...

**Step 1.** Holidays over, to find a not so friendly letter under the door to discover I had until September 2018 to move out or I could watch the demolishers pull it down. I was not alone with my despair as other affected residents sought help and a group of residents formed to do battle with the bureaucracy.

**Step 2.** We met with the Minister, Federal and State politicians and Local Councillors. I am not sure that we achieved a great deal. There was no negotiation to reverse the decision to acquire the properties even though we believed there were other possibilities including demolishing old on-site single storey buildings. To no avail.

**Step 3.** I'm on my own, engaging my own solicitor (that was Grade 1 easy), dealing with the bank (Grade 2 easy), looking for a new home (Grade 3 Easy). Have you ever dealt with solicitors not on your side? (Not Easy at all). Do they make mistakes on purpose to destabilize you? (Grade 4 difficult).

Decisions, decisions, decisions! Where would I look for a new house? Did I have enough money? Whether or not to do any improvements to my house in order to make my place as presentable as possible for a valuation.

When our family home was sold in Randwick some years ago I needed to find a new place to live. I had searched for several months and inspected about 35 residences. I found a semi in Eurimbla Avenue which ticked all the boxes – enough space, in Randwick, close to shops, transport, family, friends and Coogee Beach. I expected that I would live there for many years and not move again. Silly me.

**Step 4.** I decided to do some painting, tidy the gardens and declutter – mostly my books. A good decision as after all there is a great local library. I began looking at properties both on the internet and by personal inspection to see what was on the market and the selling prices. They were either too big, too small, had too many steps or not close to public transport. I could not commit to any purchase as I did not have a valuation from 'them' to know how much I could afford. But I had to move.

**Step 5.** Packing was the next drama. Just thinking about it was a worry. I had packed a few things but when the removalist came to pack the china and glassware she proceeded to pack everything else that I had not done so I still have lots of 'stuff'.

**Step 6.** There are days to remember and days to forget. Moving is one of them. It was a very stressful day with settlement and moving on the same day. Many people do this but it was a new experience for me. The

## ...a possum in the shed...

removalists arrived about 8:00am and did not complete moving until 7:00pm. They would have been tired but I was exhausted.

My new house you ask? More problems, more decisions. Overdue rates not paid, (not my problem but my problem to solve), gas and electricity accounts a mess for three months, a few leaks from the roof after heavy rain. What do you do with a possum in the shed?

And what do I miss? Conversations and get-togethers with neighbours especially Christmas drinks under the reindeers. Coffee in the mornings, and chats in the evening with neighbours. Bats flying south overhead at night.

There is comfort though in some things remaining the same. I am still living in Randwick and remarkably I have retained the telephone number which has been with my family probably since the 1940s. Only the prefix has changed – from, FX, 39, 398, to 9398. Swimming in the ocean and choir singing - at OLSH and UNSW – have helped in dealing with the stress.

**Step 7.** It's now four months since I moved into the new ('well', not new but very comfortable) house. It hasn't quite got the feel of 'home' but I can now look back with a lessening sense of dread. Perhaps, come Christmas time it'll be drinks with my new neighbours, and saying hello every now and then to the resident possum.

*As set out in that letter, unfortunately, your property at 22 Eurimbla Avenue, Randwick is needed for the delivery of the Project and will need to be acquired.*

NSW Health Infrastructure

# AND ON DAY THREE...

*Three days after arriving in Australia in March 2017 Xiao Wang visited a Catholic Church for the first time.*

Xiao (known now as Shawn) came to Australia to study and initially stayed with Janet, a member of our church choir. Three days after his arrival Janet took him to church where he met Fr Peter and was asked to operate the AV screen – he had never done it before! And so began his journey to becoming a Catholic and a member of the parish.

Shawn's was a traditional Chinese family of Mum (Ming Li), Dad (Tiancheng Wang) and big sister Xiaoxia. She was born in 1980 and Shawn in 1987 and in travelling to Australia he was the first of the family to travel beyond China.

## ...yearned for a better life...

After leaving high school in Xinjiang in 2005 Shawn completed a Bachelor of Petroleum Engineering at the China University of Petroleum in 2009. And for the next seven years he worked as an engineer on the oil fields in the Gurbantunggut Desert in North West China. Conditions were harsh with temperatures way below zero in winter.

In 2011 Shawn married Binggin Yi (Becky) the girl he had met in High School and their son Lele (meaning 'Happiness') was born in 2013. With Shawn working in the desert and home only at weekends Shawn and Becky yearned for a better life. They talked about wanting to be good parents and that might mean separating the family for some time so that Shawn might be better qualified even if that involved moving from China.

That came in 2017 when he had the opportunity to enrol in the Master of Petroleum Engineering course at the UNSW. Shawn recalls how nervous he felt on arriving in Australia especially as he was unable to bring their five year old son, Lele, with him.

'Culture shock' he calls it – a stranger in a strange country – was his first reaction but he was made welcome so readily. Conversations with Jane made him feel comfortable in his new surroundings and they began to talk more about music and religion, both topics a little strange to him.

Soon he was invited to the Holy Spirit Group. That became a special time for him as he became friendly with a range of different people. Their warmth and acceptance of him gave him a feeling of really being part of the Group and gradually he felt more and more drawn to the activities of OLSH.

Enter Sister Nancy the RICA coordinator! After talking with her, Shawn enrolled in the program to become a Catholic. Until then he had been an atheist and it was not easy to believe in God. He told Fr Peter about his confusion 'I felt so down and upset' was his reaction and was concerned that he was not well prepared in himself for baptism.

## ...taking the name of Joseph...

With Fr Peter's encouragement and that of Sr Nancy his doubts began to evaporate. Sr Nancy told him that the love of God would



come from his heart but initially he felt he was searching more with his brain than his heart. 'Slowly' he says, 'I began to realise then that love, and the love of God is more a matter of the heart than the brain'. He compares it to the feeling of falling in love and a sense of real happiness.

And at the Easter ceremonies this year he was baptised taking the name of Joseph.

The journey in being a Catholic continues for Shawn. 'It may take several years for me to believe everything in the church but gradually' he says 'his brain can be as firm as his heart is in being Catholic'.

Study and becoming really fluent in English is a priority. For the time being Lele is being minded by Shawn's parents. Becky is an Electrical Engineer but her emphasis too is on improving her English and is being helped by having lessons with a friendly parishioner, much the same as Shawn was helped by another parishioner when he first arrived.

Both now feel at ease in Sydney. They occasionally jog in Centennial Park and recently spent a weekend camping in Kangaroo Valley.

Becky was supportive of Shawn's becoming a Catholic and now attends Mass with him. He still operates the AV system but is yet to join the choir. 'I'm tone-deaf' he jokes.

# REMEMBERING THE DE LA SALLE BROTHERS

COLIN GRIFFIN FSC

Perhaps you have heard of the De La Salle Brothers (perhaps not). We are an Institute of lay religious men (like the Marist Brothers much more familiar to Randwick parishioners) founded by St John Baptist De La Salle a young French priest in 1680. He died in 1719 leaving behind his special inheritance of just 100 Brothers serving the poor throughout France.

## ...Founded in 1904...

Next year the Institute is celebrating the tercentenary of his death throughout the Lasallian world comprising some 3500 Brothers, 9000+ lay associates working in our 1000+ schools, universities and various other institutions for around 1million student/clients. All this spread throughout 83 different countries in the world in Europe, Asia, North America, South America, Africa and Australasia.

De La Salle was canonised a saint in 1900, the first saint of the 20th century and in 1950 was declared the patron of all teachers and student teachers because of his enormous contribution to the 'human and Christian education of youth especially the poor and most disadvantaged'.

So what about us in this part of the world? The first De La Salle College in Australia was founded in 1904 in Armidale. Perhaps of more interest might be the foundation of St Peter's Surry Hills in 1909, our first Lasallian School in Sydney.

Unfortunately in spite of the clientele being so special to the Brothers, the introduction of the Wyndham report which drastically changed the shape of education in NSW in the mid 1960s and the dropping of numbers, we were forced to withdraw from this very special place.

De La Salle College at Coogee which was opened in the Eastern Suburbs in 1946 was also affected by the Wyndham Report which required some reorganisation of Catholic Secondary schools. As Marist Brothers Randwick was nearby it was felt it was more realistic for them to take over the school while the De La Salle Brothers concentrated on its new foundations of Revesby and Kingsgrove in the Western Suburbs more closely aligned to our schools in Ashfield, Marrickville and Bankstown.

Some new links with the Eastern Suburbs were established when a community of student Brothers studying at UNSW for Science degrees was established at Roma Avenue Kensington in the late 50's. In the mid 60's this house became the Provincial House, the Offices and residence of the De La Salle Provincial and remained so until recent years when extra administration required separate office facilities now based in Bankstown.

We now have two separate communities in Kensington with resident active and retired Brothers. Some attend and are active in the Kensington Parish as readers, choir, etc and others regularly attend Mass at Randwick.

Of course things have changed considerably in the Religious Life since the 'glory' days of the 1950's and 60's. The Western world has changed with greater affluence and secularisation which have

challenged many of our Christian and religious values. The numbers of local vocations have diminished drastically. Although there is always the potential for religious vocations, most Institutes have become dependent on other countries to enrich their number for the mission in this country.

Our Australian province (ANZPPNG) is boosted by a steady flow of fine young men from Pakistan and PNG, but we continue in hope to strive for local vocations in our mission to work among the poor and marginalised in the four countries that comprise it.

Furthermore, we are strongly supported by an army of committed Lay people in what we call a Shared Mission or Partnership where we work in Association in the Mission of Human and Christian Education given to us by St John Baptist De La Salle.

## ...strive for local vocations...

We spend considerable time in the formation of these people in the Charism and Spirituality of John Baptist De La Salle as leaders, teachers, youth leaders, and support people in the many aspects of our shared Mission within the Church.

All of this has provided our Institute and the wider Lasallian Family with new challenges as well as renewed energy and hope in the future of deep renewal within the Church of the 21st century.

# LESSONS FROM MY CHILDREN... PART 1

ANNE CHALFONT

As a Senior Child Clinical Psychologist, I have all the answers on how to raise children; yours and mine.

Of course, that couldn't be further from the truth! Despite my professional skills and experience I get it wrong often. At various times I have been guilty of the full spectrum of parenting pit falls just like all other parents.

I've yelled, said 'yes' too much, said 'no' too much, put too much pressure on my kids, failed to give them attention when they need it, had them babysat by the TV...I'm ashamed to say, I've even given them a (rare) smack on the bottom when they've been most non-compliant and I've been at the absolute end of my tether with '*...don't throw/play with that in the house..., look what you've just knocked over and broken!!!*'

Basically, I'm no expert. I regularly call on God's assistance to give me the grace of patience or a sense of calm when I feel the stress of parenting rising as the day goes on.

I think the main difference between my skill set as a professional and that of other parents (who are not Child Clinical Psychologists) is that I can probably see sooner where I am going wrong and perhaps, with that knowledge (and a little help from above), I can pull myself back into line a little faster to recover the situation.

Upon reflection, despite multiple degrees including a Doctorate, nearly 20 years' experience as a Child Clinical Psychologist dealing with the full spectrum of disorders and wide array of patients, I believe some of my greatest lessons in how to be a better parent have come from my own children!

There are hundreds of parenting lessons I've learned from my kids. Below is a simple one that is easy to remember and might help others in some way...

## LESSON 1: I can trust them...a lot more than I do!

Do I really trust my kids to manage without me for small jobs? Do we give our kids the little responsibilities that they can handle and let them sink/swim or do we go and re-do/fix it up... 'just in case' they need our help, make a mistake, get it wrong? Are we prepared to let our kids make mistakes?

My 8-year old's morning bag pack routine is one great case in point. I used to think that I was the only one who could be trusted to ensure that he had everything he needed for school as if I was the keeper of all knowledge of the school bag and its contents.

Then, one day, he turned to me in exasperation and said, 'Mum, you don't need to keep telling me/ reminding me! I know what I have to do, just let me try to do it'.

Now, it is possible that he might forget the odd article or two at times when I pick him up at the end of the day. But it's a healthier lesson for him when it's his mistake to fix than when I give him no opportunity at all to learn how to manage his own personal belongings.

There are so many small examples of where we can build our children's confidence by showing that we trust them to carry out little 'jobs'. It is never too early to start finding opportunities to put kids in charge of taking care of some aspect of themselves.

Even my just-turned-3-year-old is capable of finding the right place in her bedroom for her toys, finding the location of her hair brush and taking out some rubbish to 'the red bin'. Yes, if I let her have a go at putting her own toothpaste on her brush without my help, it might go all over the sink (or further).



ANNE & JUSTIN | EDITH, FREDERICK, AND XAVIER

But it's still more important that she learn how to do it than it is for me to feel calm about whether or not the sink/bathroom is clean.

## LESSON 2: It's okay if they are bored sometimes.

I don't have to spend every waking moment trying to stimulate my children in some way. Really?!? So, does that mean that if I don't enrol them in every after-school activity or give them extra tuition in maths, or make sure I am always keeping them busy with some activity or other, that they will still grow up to be normal functioning adults who achieve things in their life? We all know deep down that the answer is yes.

Yet, I, like other parents, have been guilty of over-programming my kids. I worry. I want to give them every opportunity to reach their full potential and achieve goals/success in their life. What I forget, is that the way I define success needs a check-up. I'm sure Christ would tell us that success is a child who becomes an adult who is well adjusted, secure in themselves, self-motivated, able to interact with others and content with their (hopefully) healthy/ wise choices. It is not defined by an annual income,

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# OLSH FAMILIES: THE COUANIS

OLSH Randwick Parish has always held a special place in the life of the Couani family as a place of faith, family and education. Maree and John Couani have both been involved in Catholic education all their working lives. Maree is presently the Assistant Principal at St Bernard's Catholic Primary School Botany and John is the Principal of St Pius X College Chatswood.

The association with the Randwick Parish for John dates back to 1961 when his family first moved into Botany St Randwick. John attended OLSH Primary school and was in Year 1. Mother Monica was the Principal and his teacher as well as his first football coach. Miss Pat Ryan (RIP), much loved Parishioner and teacher was a young teacher at the school. In 1963, John received his First Holy Communion at the Church.

In 1964, John, along with the other boys from the school, went to Marcellin College Randwick where Br Dacian was his 3rd class teacher before attending 4th, 5th, and 6th class at Marcellin Junior College in Coogee Bay Rd (now St Brigid's Catholic Primary school) and entering First Form back at Randwick in 1966. The Brothers took the boys regularly to Mass and always to Benediction on the First Friday of the Month. While John's family moved out of the Parish, his attendance at Marcellin continued and he proudly graduated as College Captain in 1973.

The Couani family moved into their family home in 1983 and returned to OLSH as Parishioners.

Interestingly Maree's early teaching career brought her to OLSH Randwick as an Infants teacher of Year 1 in 1977. Ms Olivia Pembrey was the Principal and among her colleagues were Pat Ryan and Claudette Ashburner. Maree left at the end of 1979 to begin her family but continued to teach in



Maree and John have four adult children – Michael is their eldest son and married to Nicole. Michael is also a teacher and currently the Assistant Leader of Learning in English at OLSH Kensington and Nicole is a literacy and English teacher at Brigidine College Randwick. Michael and Nicole first met at Antioch at OLSH Randwick in their school days in the 1990s. They have a son Darcy.

Michael has just been awarded his PhD in Media. Maree and John's second son is Paul who is married to Ana and they have two children Mia and Joshua. Paul is a Project Manager in the building construction industry.

Matthew, Maree and John's third son, is married to Kiki. Matthew is the Science Coordinator at Domremy College Five Dock. Kiki and Matthew have a son William and have a new baby boy, Cooper born on 12 July, 2018. Kathleen is the youngest of Maree and John's children and her degree was in Public Communication and International Studies. Currently living and working in London, Kathleen works for charities to help them raise funds for their causes.

All four children went to OLSH Catholic Primary School at Randwick. The three boys went to Marcellin College and Matthew held the honour of College Captain in 2001. Kathleen went to school at Brigidine College graduating in 2005 as College Vice-Captain.

the school in a casual teaching role over the following years before she returned to full-time teaching.

Maree's roles in education took her to St Agnes Matraville, St Francis of Assisi Paddington as Assistant Principal and St Paul of the Cross Dulwich Hill also as Assistant Principal. Maree's most recent appointment commenced in 2012 at St Bernard's Botany as the Assistant Principal having also filled the role of Acting Principal.

John's career in education saw him move from various roles across schools. In the 1980s John taught at Marist Brothers Pagewood and then Brigidine College Randwick where he was the English Coordinator. In 1987, the Couani family moved to Yeppoon in Queensland where Maree's parents resided. The children went to school in Sacred Heart Primary school Yeppoon and John was the Assistant Principal at St Brendan's College, a Christian Brothers Boarding school.

The family returned to Sydney and their family home in 1991 and once again returned to OLSH Parish.

John's roles in Catholic education leadership grew as he developed and he became Principal of De La Salle College Kingsgrove and then on to Holy Spirit College Lakemba as founding Principal

# OUR SCHOOLS

having amalgamated St John's College Lakemba and MacKillop Girls' High School in 1998. Following his Principalship of Holy Spirit College, John joined the Catholic Education Office Sydney as a Consultant and then Director of the Eastern Region of schools.

This responsibility included overall leadership of the 50 Primary and Secondary schools of the Eastern Suburbs, St George and North Sydney districts. One of his most memorable experiences was in contributing to Sydney's hosting of WYD in 2008. John remained Regional Director until the end of 2010 and in 2011 began his present position as Principal of St Pius X College Chatswood.

Maree and John have been actively involved in Parish life as Eucharistic Ministers and Readers and John was a member of the Parish Council during Fr John Rate's term as PP. They have also led Parish Lenten groups. Over the many years in the Parish, the Couani family have experienced great pastoral support from the Parish and the extraordinary Parish Priests. The Couani children received a number of their sacraments in the OLSH Church and the family remember with great fondness Fr Ted Collins,

Fr Len Helm, Fr Peter Robinson, Fr John Rate and our present Parish Priest Fr Peter Hearn.



BAPTISING MIA COUANI

The family are most appreciative and grateful to Fr Peter Hearn whose compassion and kindness gave great comfort during the period of loss when Maree's parents came to Sydney in ill health and passed away in 2010 and 2014 respectively. Fr Peter ministered to them both.

'Our family is very involved in trying to make a difference in whatever their field of endeavour. We are very proud of all of our family. It is really about living out your faith and beliefs and making a contribution to community and the lives of others whether it be as a parent, through education, work or friendships'.

OLSH remains a focal point in the faith life of the Couani family as it continues to grow.



OLSH PRIMARY STAFF 1978

## OLSH Primary

Its early years are uncertain. It seems to have begun with lay teachers in 1881. Various Religious Sisters taught from 1883 (Poor Clares, Loreto Sisters, Our Lady of the Sacred Heart Sisters, Brigidine Sisters). Primary and lower secondary classes were taught until the 1960s. It is now a primary Sydney systemic school.

First known Principal | Miss Shevlon (1885)

## St Margaret Mary's Randwick North

Was established in 1956, and to 1974 it was operated by the Brigidine Sisters. Up until 1972, the only classes taught were Kindergarten to Second Class. It has been a primary Sydney systemic school since 1974.

First Principal | Sr Camillus (Carmel)

## Brigidine College

Was established in 1901 and operated by the Brigidine Sisters for day and boarding secondary students as well as day primary pupils. Primary classes ceased in 1987 and the boarding school ceased in 1972. Brigidine College is now a Sydney systemic school for secondary girls.

First Principal | Mother Alacoque Miller

## Marcellin College

Was established by the Marist Brothers in 1923 with 159 primary and secondary pupils. In 1964 primary pupils were transferred to the Coogee school known as Marcellin Junior. In the late 1960s Marcellin became a Sydney systemic secondary school.

First Principal | Br Walstam

# WALKING THE CAMINO WITH MY DAUGHTER

Ian Harvey, writes of his experience walking the Camino with his daughter



‘You want me to do what?’ exclaimed my middle daughter. ‘Walk with me ... just a couple of hundred kilometres in Spain; part of the Camino Primitivo’, I replied.

It was mid-2014. She was not immediately attracted to the idea. The Camino Primitivo is a major pilgrimage route to Santiago de Compostela. It is known as the Way of St James although there are various pilgrimage routes known historically by that name.

My daughter had seen the film ‘The Way’ in which Emilio Estevez portrays a young man who perishes while attempting to walk the first leg of the full Camino - over 800 km in length - that starts in the Pyrenees. (The father of Estevez’ character, played by Martin Sheen, subsequently undertakes the several months long walk to finish that which his son had started). I assured my daughter that we would not start in France but in Oviedo and only take 10 or 11 days to do that part of the Primitivo that passes from the Asturian region into the Galician region of Spain to arrive at Santiago de Compostela.

‘Alright’ said the daughter but only if we can drop in on the Guggenheim Museum in Bilbao before we start. ‘Deal’ I said.

In late August 2014 we set off on our pilgrimage via Rome. The year before I had visited St Peter’s Basilica and taken the Scavi tour (tour of the Vatican necropolis) which enables subterranean walkers upon emerging into the Basilica to appreciate that it is literally built on the bones of St Peter.

After flying to Santander we hired a car and travelled to Bilbao to visit the wonderful Guggenheim Museum. Taking in the coastal scenery, we then retraced our steps to Covadonga in the Cantabrian mountains of the Asturias. Here there are many caves including one known as St Mary of Covadonga. This historical place, legend has it, is where King Pelayo, founder of the Christian Kingdom of Asturias in the 8<sup>th</sup> century, fought off the Moors after praying to the Blessed Virgin Mary for her assistance. The shrine in honour of Our Lady of Covadonga is a beautiful and holy place.

## Day 1 proved quite tough...

At Oviedo, we encountered an initial challenge in returning the hire car to an obscure location – which required all the skills of my Spanish-speaking daughter to find. We then needed to orient ourselves and find the Cathedral of Oviedo where shells, embedded in the pavement, mark the route for the Way.

The direction of travel on the Asturian side of the walk is indicated by following the shells from the rays to the point of the shell. On reaching the Galician side, the direction of travel is indicated by following the shells in reverse. I very quickly left the responsibility for observance of this important travel guide to my far more astute daughter!

Day 1 proved quite tough. Although little more than 25km to our first stop at Grado the undulating hills tested our fitness and resolve. However, we were not carrying heavy packs as we had arranged for our main bags to be taxied ahead to the next resting place. (To this extent, we were squibbing the real burden of ‘true’ pilgrims and not sleeping in albergues or under the stars)!

At the Grado City Hall we took a taxi to the Hotel Casa de La Veiga, an ancient ‘casona asturiana’ and refurbished farmhouse with its original emblematic features and traditional architecture well preserved.

Over the ensuing days we walked from Salas to Tineo to Barducedo to Grandas De Salime then transferred by taxi to Cadavo for a long walk to Lugo then on to Ferreira, Melide, Arzua and Rua before the final walk into Santiago. At the hotels we had to have our Pilgrim’s passports stamped to confirm the distances that we had walked each day, it being essential to walk every step of the last 100 kms. On arriving in Santiago my daughter and I went straight to the Pilgrim’s Office to receive the all-important Compostela certificate. The next day was the Pilgrim’s Mass in Santiago Cathedral where I was fortunate to see the huge incense censer (called the Botafumeiro) swung in dramatic fashion during the Mass; a marvelous way to end a spiritually uplifting experience.



The wonderful thing about walking The Way was meeting fellow travellers, sharing stories and discussing a range of topics from politics to philosophy and the meaning of the experience for different people from different countries and walks of life. Undertaking the walk for me was not only a joyous opportunity to share a wonderful experience with my daughter but also underscored the importance of community and the spiritual connections that are formed in the community of Christ.

# THE STORY OF THE CHEF AND THE NURSE

It's not often now that people have the same job career all their adult lives. Less so when they are husband and wife. Welcome to that couple - Ratu (Danny) and Sera Niunitoga, who have also lived in the same house since arriving in Australia in 2006.

But back to the beginning. Danny's father was a seaman, with a stay at home mother. Danny is the eldest of three boys, one still living in Fiji and the other now deceased. Danny attended the parish primary school - St Agnes - in Suva, Fiji's capital.



The Columbian Missionaries founded the parish in 1950 and it is now administrated by our Missionaries of the Sacred Heart. Fr Kevin Barr, well known among Randwick's parishioners worked among the poor population in Fiji. There are many Catholics in Fiji but many more in other Christian denominations.

Leaving school at year 6, not unusual for boys then, Danny worked with a builder for a little

while and at age eighteen in 1975 he joined the Fijian Army. The Fijian Army is one of the smallest militaries in the world.

Danny also travelled to New Zealand with the Army as part of a learning program training to be a chef. In 1979 he left the Army and worked on ships as a cook on coastal boats (there are more than 300 islands comprising Fiji) for ten years, joining the Army again in 1989 as a chef.

Sera attended Lautoka Primary School and did her secondary studies at Ballantine Memorial School - a Wesleyan school for girls wishing to be teachers or nurses. She chose nursing. They were married in 1981 at St Agnes Church.

In 1991 Danny was with the Fiji Military Forces and went on peacekeeping duties with the United Nations to the Middle East.

In the meantime Sera worked at the only psychiatric hospital in Fiji and by 2006 was the hospital matron. She then travelled to New Zealand to do a conversion course which enabled her to work in Australia.

By then Danny and Sera were planning whether to stay in New Zealand or move to Australia. Warm weather won the day for Australia, and they moved to Kingsford. Sera with internationally recognised nursing qualifications had also been offered a nursing position at Prince of Wales Hospital and came to Australia in 2006. It was a year

later when Danny was able to come and resumed his career as a chef. They are now proud Australians, Sera a citizen from 2009 and Danny from 2011.

They became parishioners of OLSH. For some time they would go to St Michael's Daceyville where the Rosary and Adoration was held each Wednesday. It reminded them of a similar practice in Fiji where the Pilgrim Statue of Mary and the Rosary recitation was held in various homes and it helped develop family friendships.



But OLSH with its various other activities, especially the Bible Study program attracted Danny and Sera.

Danny says there are only one or two Fijians attending OLSH although there is a monthly Mass at the Holy Name of Mary Church at Hunters Hill for the Fijian community. They have four children; three girls and a boy, and seven grandchildren. Australia is their home. But part of their heart is still in Fiji.

## MSC LAY APOSTOLATE

There has been more than one group of Lay Apostolate members meeting in the parish over the years. In 1985 a group was formed under the guidance of Fr Tony O'Brien (R.I.P.), and this (small) group have continued to meet at 1:15pm on the First Sunday of each month at the Parish Centre.

Apart from sharing local MSC news, they study more closely the vision and outlook of the Founder of the MSC, Fr Jules Chevalier, and try to bring this into action in their everyday lives in Randwick or wherever they happen to be. Fr Peter Hearn is Chaplain for this group.

If you would like to learn more about it, or to join the group, please leave your name and details at the Parish Office.

# LESSONS FROM MY CHILDREN... PART 2

*Continued from page 7*

which university they attend, which trade they get into, the types of awards/accolades they receive along the way.

Letting my kids have times, even a whole day, when there is nothing special to do but just hang out at home and occupy themselves playing outside or doing something quiet inside (reading, craft, puzzles, Lego etc) is okay. In fact, it's better than okay, it's very healthy for them and, they actually like it!

### **LESSON 3: The more I escalate as I repeat instructions, the more ineffective those instructions become.**

*'Fred, please go and make your bed now'. 5 minutes later, 'Fred, I asked you to make your bed'. Another 5 minutes later, 'Fred, it's rude to ignore me, please cooperate and make your bed. This is the last reminder'. 2 minutes later, 'Fred, STOP what you are doing NOW and make your bed or I will ...' A minute later, 'FRED!!!! MAKE YOUR BED!!! I'M SICK OF ASKING YOU!!!!!!...'*

Does that sound familiar to anyone? Well, why would Fred move to make his bed the first time when he's going to get several more reminders as he continues to do whatever it is he is engrossed in doing. The fact that I am yelling by the end of the umpteenth instruction makes little difference. If anything, he probably thinks he'll wait until I get to that stage as that is when I *'really mean it'*. It's useless giving kids instructions then leaving them for 5 minutes or so and just continuing on with the same instruction as you become more and more frustrated.

I have learnt that my kids are able to follow one clear instruction the first time so long as I have their full attention and don't deliver it from the kitchen whilst they are engrossed in some other activity in the lounge room.

### **LESSON 4: My children love me unconditionally, beyond the times when I say 'no' / set a limit / give a consequence...**

In a Christ-like manner, my children love me no matter what. I might say 'no' to them, making them feel disappointed, miserable, angry, resentful. However, those feelings are transient. It is more important for my children to grow up understanding boundaries around acceptable and unacceptable behaviour or choices than it is for me to feel as though I am constantly pleasing them.

## **But I trusted in myself...**

Last night was a case in point in our household. When told that he could not watch all of the replay of the soccer world cup semi-final (it was way past his bed time), but could watch the rest tomorrow, my son went into meltdown mode. Crying hysterically, becoming angry, threatening to stay up anyway were some of his responses. I could have felt guilty for upsetting him and given in. But what would that really teach him?

Rather, I held firm, remained calm, told him I understood how unhappy he was about it but his body really needed the rest and offered to stay with him until he fell asleep. Begrudgingly he went to bed complaining about my parenting. But I trusted in myself, said a prayer that he would sleep well and followed through. This morning when he woke happily and came out to give me a big hug it was clear that my setting a limit was not going to scar him for life. Rather it was a sensible choice. It's hard to be the parent who says 'no'.

These days my children often tell me that other parents say 'yes' to experiences that I won't allow and that makes it tough for them and me. But, with faith and courage, holding firm still ensures a healthy, loving relationship between us.

### **LESSON 5: The best reward / treat for my kids is...me!**

Well, me, my husband, their grandmother...you get the idea. Basically, children enjoy and value spending time with a loving carer or parent more than any material gift you can give them or special treat. Sure, treats and presents are fun and bring them joy. But nothing compares to time spent with them fully engaged in whatever it is they are doing.

When I say fully-engaged I mean undivided attention. Children can tell when you are with them but your mind is on something else. Children can sense by your sneaking a quick look at the iPhone or other device that you are only half-present to them. We are all busy these days and many of us work and have to be 'connected' to that work often through our phone.

But really, there are always times when we can choose what to prioritise. Sending that last email off or coming back to it later when the kids are in bed? I'm certainly guilty of that one. But of late I have been asking God to give me the strength and self discipline to leave work aside even if it is half completed, and instead give a little top-up of attention to my kids. It doesn't require me being available to them non-stop, all day. Just 10 minutes of solid attention from me watching them play with their Lego, kicking a ball outside with them, playing handball or tip is worth more than gold to them. And, the delight on their face and connection it strengthens between them and me is worth more than gold to me.

*Annie is a lifetime OLSH parishioner*

# PLACES IN RANDWICK OLSH HOSPITAL

In 1953 the Daughters of Our Lady of the Sacred Heart purchased a two-storey house and attached stables at 12 Frances Street Randwick. It opened on 31 May as a small Hospice/Convalescent Nursing Hospital. It was a special apostolate, caring for the very sick and providing palliative care for those dying.

The first Community comprised Mother Gerardine Corrigan, Sisters Constance Daley, Daniel Kennedy, Gerarda Kennedy (Matron), Annette Herbert, Michaeline Mugavin and St. Jude Hennesy. Bishop Francis Xavier Gsell MSC, retired Bishop of Darwin, became the Chaplain.

Why did the Sisters begin their own hospital? Their Sisters had been excellently trained as Nurses at St Vincent's Hospital, Darlinghurst - a hospital where doctors were always available, necessary equipment was at hand and up to date.

## ...a special apostolate...

However, in the Missions the Sisters worked in village clinics, and small hospitals, rarely with doctors available and only basic equipment. Hence the decision to commence a small hospital, envisaged as developing into a training centre for the missionary Sisters, and perhaps for lay-nurses as well.

Soon after the hospital opened the property next door, No 14, was bought. Extensions and alterations enabled the setting-up of a surgical complex and the Sisters moved there also. Patients were then accommodated in the first house.

A friendly atmosphere marked the relationship between doctors, patients and Sisters. The doctors liked the homely simplicity of the



place and the friendliness of the Sisters. The presence of Bishop Gsell had a great influence as did that of the MSC priests who succeeded him as Chaplains. They celebrated the Sacraments and gave spiritual help. Over the years people were drawn to become Catholics or returned to the Church.

To meet increasing more than local needs No16, 'Chanel House' belonging to St Vincent de Paul was purchased in 1956. An Operating theatre, an X-Ray department a new Kitchen was installed. 8,392 operations were performed in the 6 years following 1959.

1958 was a significant year. On 2<sup>nd</sup> February Cardinal Gilroy blessed the hospital and during the year it was granted Registration as a 48 bed Training Hospital with Sr Gerarda as Tutor.

Later the Stables were replaced with a new building comprising Hall, Kitchenette, Sewing room and store on the ground floor with Lecture Hall, Demonstration room, Records' Room, Nurses change room and showers and a caretaker's flatette on the 1<sup>st</sup> floor.

In November 1963 the first group of trainees completed their General Nursing - five OLSH Sisters and two Our Lady's Nurses of the Poor, the first of about 60 to do so.

In March 1965, No.18. 'Ballarat House', a Wedding Reception venue, was purchased, Some of the Sisters moved there and the

complex then consisted of four houses connected by a covered way. By then the number of beds had increased to 60. For the next few years the hospital continued its mission of offering help for the sick, many of these were OLSH Sisters and brother MSC's.

In 1971 it was compelled to discontinue its role as a Training Hospital. New training programs required the formation of specialised areas that a small hospital could not adequately provide. However the training of Nurse-Aides, commenced in 1969, continued.

A similar predicament occurred in 1975 when the State Government required the provision of new courses. This proved impossible and so to the dismay of the doctors the decision had to be taken to close the hospital. It was very sad news for the Sisters, nursing and lay staff and friends.

Tribute must be paid to all the staff who supported in a myriad of ways the needs of the hospital as well as the 29 marvellous women and men as Auxiliary/Helpers, and the organizers of the annual Fetes, and the Sewing Ladies.

Although the Nursing apostolate had ended, a community of OLSH Sisters remained, others joined over the years and contributed to apostolates in the parish so continuing to live their Motto, *May the Sacred Heart of Jesus be everywhere loved!*

# STEADFAST, **STUBBORN** OR STUPID

CARMEL MAGUIRE

'May you live in interesting times' is an old Chinese wish which may be interpreted as a blessing or a curse. Perhaps the proliferation of choices is the aspect of life in our interesting times which is simultaneously the most rewarding and the most challenging.

## ...On the topic of refugees...

Choices spell freedom, and healthy societies need continually to debate where private choice comes up against public rights. Most of us may question the authority of a football star confident in consigning to hell others whose lives do not accord with his beliefs.

We may also regret that his proclaimed Christian belief has apparently not yet assimilated Paul's advice to the Corinthians about charity as the greatest of the virtues. At the same time, let's not imperil our own freedom of speech, including freedom to speak nonsense, by trying to remove his.

Many of our choices are trivial and trivially annoying as brands for mundane products continually multiply. Who needs ten choices of toilet paper? Much more irritating and unjust is the pretend choice in the price of services such as utilities and insurance. A company with which I have dealt for more than 50 years,

and with which I have two other policies, responded with a prompt decrease in this year's premium for my comprehensive car insurance after one enraged phone call.

What prompted the call was my learning that a young relative with his new car and on P plates had been quoted the same premium for a much larger insured sum than mine for my seven years' old vehicle. Perhaps the next Royal Commission should be into the insurance industry, and it is certainly time in a changing world to discard my once steadfast belief in a just price.

Steadfastness is difficult to maintain as we are surrounded by deliberate choice-disrupters. Fake news, absence of news, and the minimalizing of news, all play parts in the distortion of our choices. On the topic of refugees, I was unaware until Father Paul Hanna of Blackheath mentioned that there are one and a half million Syrian refugees in Lebanon, a nation which covers an area comparable to that of greater Melbourne.

On the second Sunday in June, 375 people attended a concert for refugees in the Blue Mountains, instigated by a group of citizens in which the parishioners of Blackheath play important roles. I am not sure why there is so little awareness of the magnitude of the world's refugee problem and so little publicity of the compassion for refugees in local communities here while our government's atrocities are hidden behind so-called security laws.

Are we really steadfast, stubborn or stupid in our belief that the secrecy

surrounding the treatment of refugees in detention centres, on and offshore, is justified?

Our certainties are crumbling around us. It seems in fact that taxes may be the only sure thing since medical specialists and bioethicists are increasingly embroiled in cases where death cannot be pronounced with certainty. Protocols adopted not long ago have proved questionable with application of more refined tools for measuring human perception.

I refer doubters to Rachel Aviv's article, 'The death debate', in the New Yorker for 2 Feb 2018:30-41, available in our excellent public library. Some of the most difficult dilemmas face doctors in pediatric intensive care where the temper of the times demands that parents be allowed share in critical choices, without overwhelming medical recommendations.

## ...but choose we must...

Most of us face much less daunting choices but choose we must. If we strive to hold on to a world which does not exist, and maybe never did, we have to dismiss the findings of scientific inquiry and of a Royal Commission that shakes us to our foundations. Hubris offers no solace. Love of humanity and of the rest of God's creation does.

We are now witnessing the highest levels of displacement on record. An unprecedented 68.5 million people around the world have been forced from home. 'Among them are nearly 25.4 million refugees, half of whom are under the age of 18'.

unhcr.org

# IT'S A LONG WAY TO NAMIBIA BUT...

*Monique Mazzella Acting Religious Education Coordinator at OLSH Primary School writes of the school's project to instil compassion for others and to be the hands of Christ on earth.*

As our school is inspired by Mary's strength and gentleness and founded with a strong Spirituality of the Heart charism, I really wanted to give our students a voice in how to live the good news and put it into action to help those in need. Students love to be able to help others but can be limited in time, resources and finances to be able to do much themselves. One of our key improvements this year was to foster the personal and spiritual growth of students, engaging them in the life and mission of the Catholic faith community.

Inspired by Caritas Project Compassion, I was delighted when three Year 6 students asked whether they could raise money for children who may be suffering and in need of help. Alexis Scells said that she initially talked with her peers, Annabelle Molloy and Sophie Hudson, about wanting to help children in need 'who don't have the opportunities that we have'.

## ...to help the children...

After hearing what the girls had in mind, I asked Fr Peter for some suggestions of organisations that would benefit from the fundraising the girls wanted to do. They only had one request - that the money raised would go directly to help the children and not the organisation's fees.

Fr Peter guided us towards the Missionary Sisters of the Sacred Heart of Jesus. This suggestion was perfectly aligned with our school's charism, inspired by

Fr Jules Chevalier, founded in the Heart of Christ. The MSC Sisters are present in 17 countries on all continents and are motivated by a mission with preference to help the poor and excluded. Annabelle liked the idea of helping an orphanage as they were essentially helping more than one child.

The Year 6 girls decided that they would come up with ways to raise money to donate to the Sisters who are involved in taking care of the many orphans in Namibia, affected by the many HIV/AIDS sufferers.

The Sisters provide education for the orphans, food and clothing to the whole family, and supervise their well-being while at home.

I worked with Alexis, Annabelle and Sophie to come up with ideas for fundraising. They also brainstormed what children their age would actually like to do. The first event was called 'Dance Week'. Students could attend dancing activities in our school hall at lunch time with a gold coin donation. It was a good turn-out and \$312 was raised in their first week.

Secondly, the girls made their own lolly bags to be sold at the school canteen. Understandably, this was a big hit! Still to come this term, students will be able to wear the colours of the Namibian flag on a Mufti Day and join in Basketball and Netball Competitions. Term 4 will involve ice blocks being sold at the canteen and a 'Games Week', with all Year 6's bringing in a board game to teach other students to play.



ALEXIS SCELLS, ANNABELLE MOLLOY, SOPHIE HUDSON

Their goal was to raise \$1,500. With \$1,650 raised and only half way through the year, they have exceeded expectations and will need to set a new goal!

All these activities have been planned and executed by the girls. An amazing achievement! The donations to participate in all these activities will go towards the final amount to send to the MSC Sisters at the end of the year.

It is a great privilege that I can work alongside these young disciples of Jesus, making His heart visible for people suffering today.



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## THE BACK PAGE WITH FR PETER

A few months back I was writing this page at the time Cardinal Pell was facing court over charges of historical abuse. I commented then that this was a world first, especially for such a high-profile member of the Church.

Since then, Archbishop Wilson has been convicted of covering up abuse which occurred some 40 years back, and the abusing priest, tragically, went on to further abuse children. The Archbishop faces a gaol sentence which he is currently appealing. He has now resigned from his office of Archbishop of Adelaide. Other Bishops, together with prominent politicians and commentators had requested he do so. As far as I know this is the first time a bishop has been given a custodial sentence anywhere in the world.

At times the relentless presentation of these criminal matters can seem too debilitating for individual Catholics and church communities, like our parishes, to maintain a sense of morale and worthwhileness.

I feel that there is **tragedy** and **triumph** in the uncovering of abuse, especially through the Royal Commission.

The **tragedy** is searingly apparent in the mental, emotional and physical health problems abuse has left in its wake for survivors, sometimes leading to suicide. Then there is the well-documented ongoing pain, not only for the abused, but for their families and friends. There is the pain of not being believed.

The tragedy also plays out, especially in the covering up, the bad administration and lack of pastoral care, which has torn the heart and soul of Church communities and individual Catholics. So many, we are told, have had to recalibrate their stance with the institutional church. There is a decline in confidence and credibility in Church leadership, and probably, for some, in the very nature of the worthwhileness of religious adherence.

However, there is, I believe a **triumph** of the Spirit in all this, both the human spirit and the Holy Spirit of God. The truth is freeing, painful and all as it is. Imagine if all this was still festering beneath a respectable surface appearance in the Church. What may have seemed to be quite functional was in fact destroying itself from within as this evil festered.

Jesus said that *'what is covered up will be uncovered'*, and *'what is in the dark will be brought into the light'*. (Lk 12:2-9) The Holy Spirit acted through so many and varied agents to uncover this evil – many within and outside the Church: courageous individuals who had been abused, organisations such as Brave Hearts, journalists, police, legal and political agents.

Disconcerting and damaging as these revelations have been, they are the workings of the human spirit at its best, and in theological terms, the agency of the Holy Spirit, the Spirit of truth, and are to be welcomed. Let us also remember, Jesus does not abandon his Church, but calls us to ongoing renewal and reformation: *semper reformanda*.

Further good signs are the National Redress Scheme for survivors of abuse, the articles and books appearing by survivors that open pathways for healing, and the serious efforts made by Church authorities to make institutions child-safe.