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Eucharist28 invites Catholics to rediscover transforming power of the Eucharist

By Fr Fred

The official journey towards the International Eucharistic Congress 2028 (Eucharist28), to be held in Sydney, has formally begun with the launch of the Eucharist28 website and the rollout of national parish resources across Australia.

Eucharist28 marks a significant moment in the life of the Church in Australia, coinciding with the centenary of the first International Eucharistic Congress held in Sydney in 1928.

More than a single event, the Congress is being shaped as a multi-year national pilgrimage of prayer, formation and renewal, inviting Catholics across Australia, Oceania and beyond to rediscover the transforming power of the Eucharist.

The newly launched website (www.eucharist28.org) provides a growing collection of catechetical and devotional resources designed for individuals, families, parishes and schools.

These include podcasts, personal testimonies and

theological reflections intended to deepen understanding of the Eucharist as the source and summit of Christian life.

As a parish, we have already distributed Eucharist28 prayer cards and introductory materials that outline the vision of the Congress and invite local communities to take part in the national journey toward 2028.

Speaking about the hopes for the Congress, Bishop Richard Umbers, the General Secretary for Eucharist28, said:

"My hope is that people in Sydney, across Australia, Oceania and the whole world will discover for the first time – or rediscover – the joy of being nourished by Christ and be strengthened to become His presence in our communities – other Christs for the life of the world."

Continued on page 2



St Matthew's
Bridgewater



St Joseph's
Lobethal



St Matthew's
Birdwood



Our Lady of the Rosary
Stirling



St Catherine's
Stirling

Continued from page 1

Eucharist28's call to Catholics

The Congress offers a rich spiritual and cultural program designed to inspire, uplift, and unite.

Pilgrims will have the opportunity to enter moving Eucharistic celebrations and moments of communal prayer, inspiring catechesis and keynote sessions, and exhibitions and opportunities for encounter.

Eucharist28 is for the whole church! There will be youth and family activities, as well as cultural performances and artistic expressions of faith, ensuring the event is a moving pilgrimage experience for all who join this journey.

Eucharist28's theme of "This is My Body, Given for You" was personally chosen by Pope Leo XIV (right) and is drawn from the words of institution at the Last Supper.

It powerfully encapsulates the self-giving love of Christ in the Eucharist and serves as the guiding principle for the entire Eucharist28 journey.

It calls the faithful to reflect on the sacrificial nature of the Eucharist and its implications for their own lives of service and charity.

Final dates and the full timetable will be released as planning progresses.



Meet our new parish secretary

As the new parish secretary, I thought I'd take a minute to introduce myself to those who don't know me. I'm Paul Robinson and have been a member of the parish – attending Mass primarily at St Matthew's Bridgewater – since arriving in Australia, Adelaide and the Adelaide Hills in late 2000.

I was born and raised in Johannesburg, South Africa, am the father of two wonderful young adult daughters – the 'baby' our Aussie, having been conceived in South Africa and born in Adelaide seven months after our arrival.

Professionally, I have spent most of my career in journalism, advertising and public relations, and currently run a small copywriting business, Word Café. I also edit the parish's monthly newsletter, The Bridge, and am a Minister of the Word at St Matthew's Bridgewater.

As parish secretary, I'm slowly learning the ropes, assisting with the preparation of materials for Mass, helping with the parish administrative tasks and (hopefully!) making life just a little easier for an incredibly busy Fr Fred.

I also look forward to helping you all with parish enquiries – and within my limited six hours per week.



Leonie Holmes retires from Vinnies Stirling Conference

By Marianne Berry

On 29 May 2026, Leonie Holmes sent me an email as president of St Vincent de Paul Society's Stirling Conference advising that she was retiring from our Conference after a decade of sterling (no pun intended) and selfless service.

What a sad day for us, especially the companions at the northern end of our parish.

I am sure that Leonie has been involved with assisting people in need well before becoming a member of the Stirling Conference in 2018.

She showed dedication and compassion to those who needed a hand up and maintained a caring relationship with all of them. I believe that Leonie will continue to do this for as long as she can.

To say thank you to Leonie, the committee hosted a morning tea at the Crystal Café at Southern Cross Homes on Cross Road. There was a fabulous turnout – 14 in total. I felt a bit sorry for the others in the café as I think we may have been a bit loud!

During the tea, we presented Leonie with a certificate and some flowers, and after an enjoyable cuppa, Leonie kindly took us on a tour of the Lourdes Valley Chapel before showing us where she and Leon now live.

It was a wonderful occasion enjoyed by all, and a memory we are sure she and Leon will treasure in their hearts forever.



St Vincent de Paul Society's Stirling Conference president, Marianne Berry, left, presents Leonie Holmes, centre, with her certificate while husband Leon takes care of the bouquet of flowers

Parish celebrates feast of St Mary of the Cross McKillop



The Feast of St Mary of the Cross McKillop was celebrated at our parish at all weekend Masses on the 8th and 9th August.

St Mary of the Cross MacKillop is Australia's first canonised saint.

She is remembered as an ordinary woman who lived an extraordinary life.

As a woman of faith, courage and hope, she overcame many obstacles and challenges to create a legacy that continues to inspire today.

Fr Fred, left, is pictured here in front of the image of St Mary of the Cross at the back of St Matthew's Bridgewater, leading the congregation in special prayers at the close of Mass.

From Betty's sadness to great joy

By Colleen Sim

Sometimes, things that happen quite by chance can turn out to be such blessings and the source of so much joy.

And so it was when Betty White shared a deep sadness that since moving into the Estia Health Aldgate residential aged care home, she could no longer attend Mass and, worse still, not receive Holy Communion.

I immediately said that while I wasn't equipped to say Mass, I could certainly take Communion to her...and so started a regular one-hour Tuesday afternoon gathering at the home every fortnight, initially visiting our former parishioners Betty, June Harvey, Jeff Oliver and the recently departed Gabrielle Morgan.

It wasn't long before Betty had rounded up other Catholics and a lovely Anglican resident, Elsbeth, who joined in, announcing that it was the fellowship, the reflections, the prayers and the hymns that brought her along, even though she suspected she couldn't receive Communion.

I had a chat with Fr Fred and he generously said he saw no reason why our Anglican friend could not receive Communion and now Elsbeth is like one of us, in every sense!

Our get-togethers start at 1.00pm, always with a bit of gossip and a chat about what's happening in the world. We usually have a singalong, we discuss our faith and say a few prayers before I share a mini liturgy script provided by Fr Fred.

I also share the Gospel reading from the parish Bulletin, we discuss the reading, Communion follows and we end the hour with a beautiful silent moment of thanksgiving.



Betty White, left, with Colleen Sim while still attending Mass at St Matthew's Bridgewater

It has become such a wonderful blessing and I thank the lovely management team at Estia for being so welcoming, to the residents for bringing more joy into my life than I'm sure I do theirs, and to Fr Fred for his support.

Thomas and Connor welcomed into Catholic faith at OLOR

By Debbie Somers



Sunday 12 July marked a special occasion in the life of two young men, Thomas and Connor, pictured right, when, having successfully completed the RCIA programme under Fr Fred's guidance, they were welcomed into the Catholic Church with Baptism and Confirmation.

For them, their families, friends and congregation, this important milestone was fittingly celebrated afterwards with hot food, sandwiches, tea and coffee.

A big thank you to Fr Fred for his instruction of both Thomas and Connor and for supporting the OLOR community, now increased in numbers.



St Catherine's Catholic School News

*Term Three has commenced with a raft of activity across the school – and none more celebrated and exciting than the arrival and naming of five chickens! As usual, our correspondent and St Catherine's **APRIM, Krystina Dawe**, is on hand to take us on a journey to 'Cluckingham Palace' and stopping off along the way to show us faith in action and celebrate the arrival of the new Reception students*



Formally introducing our newest school members

The votes are in and, after much excitement and careful consideration, our school chickens officially have names!

A big thank you to everyone who submitted their wonderful suggestions. We were so impressed by the creativity shown, making the final decision no easy task. We are delighted to introduce the newest members of our school community above: Paprika is in the red box, Honey in the yellow, Bluebell in the blue, Clover in the green and Truffle in the black.

We look forward to seeing our fab five continue to settle into their new home at school. Our ECO reps will this term have the honour of making some name plates which will be on display at Cluckingham Palace.

The chickens have already become a much-loved part of our community, providing wonderful opportunities for students to learn about caring for animals, responsibility and sustainability.

Faith in action through fundraiser

A heartfelt thank you to our wonderful school community for your ongoing support of our Direct Collect recycling initiative.

Thanks to your generosity and commitment, we have raised \$162 for Backpacks 4 SA Kids, helping to provide essential items and support for children and families experiencing hardship across SA. Just as importantly, together we have diverted an incredible 1,627 containers from landfill, demonstrating how small, everyday actions can make a big difference for our environment.

This is a wonderful example of our school community living out our values of stewardship, compassion and service. Every container donated not only helps care for God's creation by reducing waste, but also supports those in need within our wider community.

Lego therapy celebrations

We are excited to celebrate the success of our Lego Therapy groups. The therapy allows students to improve social and communication skills through structured, collaborative building activities.



Throughout the term, students have worked together in different roles, practicing turn-taking, listening, problem-solving and teamwork. We are incredibly proud of the growth students have shown in their confidence, cooperation and ability to work effectively with their peers.

Learning, leadership at YELP

St Catherine's was delighted to host a recent Youth Environmental Leaders Program (YELP) day, welcoming students from several local schools for a day of collaboration, leadership and environmental learning. The day began with students exploring their character strengths and how these can be used to make a positive difference within their schools and communities.

Students then enjoyed an engaging presentation about tree hollows and the vital role they play in providing safe homes for many of our native wildlife species. The day concluded with students preparing a healthy snack while discussing the importance of reducing food waste and making sustainable choices.

This event was a great opportunity to showcase the many sustainability initiatives that are embedded throughout our school. It was a fantastic day of learning, connection and inspiration.

Grandparents celebrated across parish

With World Day for Grandparents and the Elderly celebrated on Sunday 26 July providing us with a wonderful opportunity to celebrate and give thanks for our grandparents and all the elderly in our lives, parishioners Cathie Oswald and Debbie Somers shared their experiences as grandparents with the congregations at St Matthew's Bridgewater and Our Lady of the Rosary Stirling East respectively. The St Matthews occasion also concluded with a well-attended and much appreciated sausage sizzle

The love, joy and fun of being a grandparent

By Cathie Oswald

Before commencing my reflection, I am mindful that for many Grandparents Day is a sad day; there are many who for often unknown reasons are estranged from their grandchildren and for others who, for a myriad of reasons, don't have grandchildren or other young people in their lives.

We keep these men and women in our thoughts and prayers.

When trying to find inspiration for this talk, I went to Google with the question "why are grandparents important?" The following was the response: "Grandparents are vital for providing emotional support, wisdom, cultural continuity, and practical help, enriching the lives of their grandchildren and families". This seemed to me to be a very cold and clinical answer, as surely there is more to being a grandparent than this – where is the love, where is the joy, where is the fun?

When our eldest grandchild, Molly, was born, it was such a wonderful moment, and as more grandchildren arrived – nine more – the thrill never diminished. The challenge in being a grandparent is to build a solid relationship that stands the test of time. They don't stay babies for long, or toddlers whose affection can be easily bought with a Freddo Frog or band aid on a non-existent sore.

Adolescence is where the relationship gets tested – they need to know that you are there to support, counsel and listen when they need you; you need to know when to listen, and most importantly when to offer advice and when not to say anything at all. Sometimes, it is more what you don't say than what you do say.

As adults, you probably won't see them as much – much like your children, you need to let them go secure in the knowledge that the bond formed in earlier years remains strong, unbroken.

Our grandchildren are now more or less grown up – Molly, Helena, Ruth and Frank are in the workforce; Joseph and Jovan in university, Peter at the Police Academy and Edith, Ana and Tom in the final years of their schooling. Things haven't always



Cathie Oswald is full of pride for the people her 10 grandchildren have become

been smooth sailing, but we have all come out the other side. John and I are so proud of the people they have become, and while their parents take most of the credit, I believe that at least a small part is due to us.

It is such a source of joy when we get a phone call... "Grandfather, do you want to catch up for coffee?", "Granny, have you got a bed if I come over for a few days?", "Grandfather, can you read my essay and tell me what you think?"

I especially love it when they share something on the family WhatsApp, something funny which they have come across – they know us so well that they know we will find it funny, too.

Best of all is when the phone call is ended with "Love you Granny". What a beautiful feeling that is!

I thank God for the blessings given to us and hope that you all have a wonderful day and wonderful year.



Our family life truly enhanced by grandchildren

By Debbie Somers

Fr Fred has asked me to provide a short reflection for you tonight for Grandparents Day.

As you know, Pope Leo XIV has chosen the theme, "I will never forget you", taken from the book of the prophet Isaiah to celebrate this the sixth World Day for Grandparents and the Elderly. It expresses God's unconditional fidelity toward his people and reveals how the Lord's love for each of us never fails, even in the fragility of old age.

As all parents know, bringing up a family is one of the most challenging and hardest of jobs anyone can ever undertake, but less daunting, perhaps, is the role of a grandparent. I feel very blessed to witness the overwhelming joy of seeing my eldest son, now with his own little ones.

I am fortunate to have two healthy grandsons, Harrison (6) and Oliver (4). I also have the privilege of spending quality time caring for both boys frequently and it gives me indescribable pleasure.

Sadly, some grandparents are estranged from their grandkids and this is heartbreaking. The role of a grandparent is vastly different to that of a parent and I've embraced these differences, mostly in the role of emotional support, sharing family history while building deep bonds and, where possible, offering spiritual guidance and example.

This can be tricky – even without the exhausting day-to-day pressures. Yes, of course it's tiring to have young people in your life, but my family life is truly enhanced with an extended family and witnessing the growth and yearning to learn in my



Debbie Somers recalls how her grandchildren give her great hope for this next generation

little boys is a gift from God.

I have continued hope for this next generation to become loving, good, generous and kind people. I ask God to help us all in our journey as a careful, guiding presence, and as respectful loving grandparents. I pray that God gives us continued strength and endurance. Thank you.

Social Justice event raises over \$600 for Orange Sky

By Cathie Oswald



The Social Justice team thanks all the parishioners who came to hear our guest speaker from Orange Sky, Mikaela Rawlings provide an insight into the work of the Orange Sky volunteers after Mass on 9 August.

We thank them, too, for their most generous donation of \$620 that will go towards supporting the work of Orange Sky in offering warm showers and clothes washing facilities to homeless people throughout Australia.

A call to parishioners to join in a Global Week of 24/7 Prayer

By Lyn Norris

As the parish representative, along with Maria Thompson, on the Hills Combined Christian Churches committee, we would like to bring your attention to an upcoming Prayer Room at Sunset Rock in the hope that some of you will be able to take part.

The Hills Combined Christian Churches initiative works to find ways in which all of the Christian churches in the Adelaide Hills region can have more to do with one another, and the '24-hour Prayer Room' at Sunset Rock in Stirling from 5.00pm on Friday 11 September to 5.00pm on Saturday 12 September provides a perfect opportunity to do just that by signing up for a one-hour prayer slot during this window.

The Global Week of 24/7 Prayer runs from 6 to 13 September and invites the global Church to pray non-stop in every nation on earth during this period.

More information can be found in the poster to the right.



Ecology Group celebrates two years of caring for our common home

By John Leeton

The parish Ecology Group gathered after the 10.30am Mass at St Matthew's Bridgewater on Sunday 2 August to celebrate its second anniversary, review its performance over the 48 months and consider new initiatives as it seeks to play its part in caring for our common home.

The establishment's roots probably go back a few months earlier when Paris Huffman – a founding and still very active member – prepared a great article on *Laudato Si'*, Pope Francis' 2015 Encyclical on climate change and inequalities, that was carried in the June 2024 issue of *The Bridge*.

The group aims to meet quarterly, keeping in touch – and active – in the interim via email.

We also hold monthly Working Bees at St Matthew's Bridgewater, which go a long way towards keeping up with the maintenance, not to mention provide a chance for camaraderie and a good few laughs.

Upcoming events include the Season of Creation, which runs from 1 September to 4 October (see article opposite), and the 'God's Cathedral' Mass at St Catherine's Catholic School on Sunday 4 October.

We also hope to have the official opening and blessing of the St Francis Memorial Garden around that day, while plans are also advanced to place a statue of St Francis in the garden between St Matthew's Church Bridgewater and the carpark, complete with a rest seat installed.

Our long postponed visit to Recreate at Mount Pleasant looks like it will happen on Friday 16 October following Mass at St Matthew's Birdwood.

Watch this space for confirmation and more details on car pooling.

The next Working Bee is set for Saturday 22 August from 9.00am, while the next Ecology Group quarterly meeting follows Sunday Mass at St Matthew's Bridgewater on 1 November.

Please think about joining us.

People and voices matter.



Season of Creation unites around 'Living Water' theme

By John Leeton

This year's Season of Creation – which begins on September 1, the day that many Christian denominations celebrate as the World Day of Prayer for the Care of Creation, and ends on 4 October, the Feast of St Francis of Assisi – calls on us to unite around the theme "Living Water", with the symbol "Immersion in Living Water", inspired by Ezekiel 47: 9 and 12.

The Immersion in Living Water symbol is synonymous with renewal and birth: water flowing from the Temple as a sign of God's caring and healing for us.

We are called to step into the water, until we are so deep that we must depend on God's grace to sustain us. Those who receive this water are invited to become sources of life for others, allowing God's love to flow through them into the world. The water of God will become in us "a spring of water welling up to eternal life", as Jesus promised (John 4:14).

The symbol further invites Christians to a spiritual immersion – praying together while contemplating water from rivers, sources, fountains, baptismal fonts, lakes and sea, inspired by the Spirit of God, working together for the renewal of creation.

During the Season, we are also called on to shape and influence our policies and practices so that all people have access to nourishing and safe food, so that the fruits of biodiversity are shared equitably.

Churches can also promote greening projects which reflect Christian values on their own land, and/or equip their members with skills to grow some of their own food.

Many churches now link tree planting to key moments of faith such as baptism, confirmation, and funerals. Let tree growing become an integral part of our spiritual lives.

Trees absorb carbon pollution, prevent erosion, reduce flooding, provide food and medicine and cool urban environments. They truly bring healing to the nations.

I close with the Season of Creation Prayer – Living Water – and suggest a good place to recite it might be while spending a moment with Our Lady in the Memorial Garden at Our Lady of the Rosary Church, pictured right.

Holy God, whose Spirit hovered over the waters at the beginning, we gather as part of your community of all creation, thirsty for your grace.

We give thanks for the gift of water, the veins of our common home, that sustains the cedar and the whale, the pasture and the city.

We are grateful for the local waters that nourish our

homelands and our fellow creatures. We give thanks that in your well-watered garden, every drop is a sacred testament to your love.

Yet, we confess that we have treated this gift as a mere commodity. We have choked the seas with our waste and watched the warming tides rise in judgment.

We lament the cracked earth of the drought-stricken and the salty tears of the climate refugee. Melt our frozen hearts, O God, and let the waters of repentance flow.

Lord of all Life, you promised that wherever the river flows, everything shall live. Stir in us a calling to care for the waters — to protect the watershed, defend the rights of water, and honour the dignity of the thirsty.

May your Word be a spring within us, gushing forth for the healing of the nations. May God our Father who brought water from the rock sustain us in the desert.

May Christ our Lord who is Living Water refresh us for the work of restoration. And may the Holy Spirit carry us on currents of grace until justice rolls down like waters and righteousness like an ever-flowing stream.

Amen.



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Upcoming Parish Activity

- Sunday 16 August – First Holy Communion at St Matthew's Bridgewater, 10.30am
- Sunday 16 August – Children's Mass at St Matthew's Bridgewater, 10.30am
- Wednesday 19 August – Parish Pastoral Council Meeting in OLAH Hall Bridgewater, 6.00pm
- Tuesday 25 August – Liturgy Group Meeting at Parish House, Bridgewater, 11.00am
- Tuesday 1 September – School Board Meeting at St Catherine's Catholic School, 6.00pm
- Friday 4 September – Online Season of Creation
- Friday 4 September – First Friday Mass at St Matthew's Bridgewater, 11.00am
- Saturday 5 September – Contemplative Walk at OLOR Church Stirling East, 9.00am
- Sunday 6 September – Father's Day celebrated at all weekend Masses
- Thursday 10 September – Parish Finance Council Meeting at OLAH Hall Bridgewater, 6.00pm



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As this directory changes from time to time, anyone wishing to volunteer for any of the parish activities listed below is asked to please contact the parish office.

1 Wembley Avenue (PO Box 713), Bridgewater SA 5155

P: 08 8359 0674 W: www.adelaidehillsparish.com.au E: stmatthew@adelaidehillsparish.com.au

PARISH OFFICE

Parish Priest

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Parish Pastoral Coordinator

Cathie Oswald 8359 0674

Parish Secretary

Paul Robinson 0408 855 178

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Helen Cantwell 8390 3290
Maria Thompson 0408 898 357
Anne Moore 0417 861 373
Eric Toome 0418 896 695
Deb Stapleton 0408 835 990
Pam Broadbridge 8339 5013

Catholic Women's League

Barbara Mott (Bridgewater) 8339 1083
Gayle Raven (Birdwood) 0419 807 463

Children's Liturgy

Jane van Mierle 0438 723 259

Choir

Damien Mansfield 8339 4133

Christian Life Communities

Paris Huffman 0400 283 683

Ecology Group

John Leeton 0419 243 814

Faith Formation Team

Fr Fred (Chair) 8359 0674
Paris Huffman (Secretary) 0400 283 683

Finance and Maintenance (F&M) Committee

Paul Howe (Chair) 8388 5281

F&M Birdwood Contact

Gayle Raven 0419 807 463

Hills Combined Christian Churches

Maria Thompson 0408 898 357

Liturgy

Birdwood and Lobethal - Fr Fred 8359 0674

Men's Spirituality Coordinators

Paul Somers 8339 5118

Dan De Fazio 8339 3393

Our Lady of the Rosary Community

Representative

Debbie Somers 8339 5118

Parish Atrium

Sue Sachse 0431 117 840

Parish Facebook Page

www.facebook.com/adelaidehillsparish

Parish Pastoral Council

Chair Currently Vacant

Rosary Group

Paul Anderson 0416 032 925

Sacraments

Call Parish Office 8359 0674

Baptisms
Weddings
Reconciliation
Communion to the Sick
Religious Education

Safeguarding (formerly Child Protection)

Mark McGeough 0419 150 758

St Catherine's Catholic School

22 Ayers Hill Road
Stirling SA 5152 8238 8238

Principal - John Low
School Board Chair - Ben Clements

St Matthew's Sewing Group

Stasia Duszynski 8339 4396

St Vincent de Paul Society

Marianne Berry (Stirling) 0407 903 382
Lea Crosby (Northern End) 0431 092 725

Social Justice Group

Cathie Oswald 0428 244 958

The Bridge

Paul Robinson (Editor) 0408 855 178

WHS Volunteer

Marianne Berry 0407 903 382