



'Being Church Together' expresses the importance of the relationship between Catholic schools and their parishes

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Preparing for Convocation of the Synod in 2026

By Fr Fred

The Synod on Synodality in Rome and our own Diocesan Assemblies have reignited the desire for a co-responsible and collaborative church that truly listens and engages all of the People of God and those of good will in participation in the life, faith and mission of the Church.

For many, it was the first time they felt they were listened to by the institutional Church, still some were sceptic at the effectiveness of this whole process and ability for the Church to respond to current and future challenges. Others have been concerned with changes and loss of identity.

In our Archdiocese the 2021, the Assembly commenced with the practice of 'assembling'. Before the Assembly took place, a period of diocesan-wide consultation took place which guided the development

of six pastoral themes for discernment at the Assembly: Leadership and Leadership Formation; Inclusion and Healing; Faith Formation and Spiritual Development; Parish Life and Liturgy; Outreach and Accompaniment of Children, Families and Young People; A Church that Hears and Responds to the Cry of the Earth and the Cry of the Poor.

Between the 2021 and 2022 Diocesan Assemblies, parishes, schools, communities and Catholic agencies were invited to discern the recommendations from the 2021 Assembly and provide feedback for their own context and for Archdiocesan consideration. To further develop the discernment and planning around recommendations from the 2021 Assembly, parishes, schools and communities were invited to gather in one of nine regional assemblies.

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St Matthew's
Bridgewater



St Joseph's
Lobethal



St Matthew's
Birdwood



Our Lady of the Rosary
Stirling



St Catherine's
Stirling

Parish observed Aboriginal, Torres Strait Islander Sunday

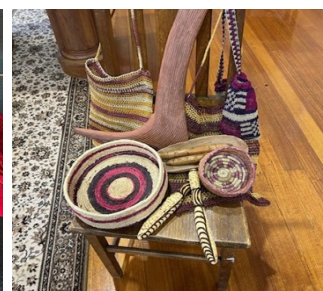
By Fr Fred

On the first Sunday of July each year, the Catholic Church in Australia observes Aboriginal and Torres Strait Islander Sunday. On this day, we gather as one to honour and celebrate the rich cultural heritage and contributions of our First Nations peoples to our Catholic Church.

The theme for this year is 'Sent Forth in Strength and Hope'. As I was researching for this article, I was touched by what I read in one parish bulletin and I quote: It is Christ who sends us to walk together in faith, grounded in the deep spirituality and culture of First Nations Peoples, strengthened by the Gospel, and filled with hope for the future God is leading us into. Our Catholic Church is a tapestry woven from many cultures. From the enduring wisdom of the world's oldest continuing cultures — the Aboriginal and Torres Strait Islander Peoples — to those who have journeyed from distant lands, we are one Body in Christ. In our diversity, we discover richness. In our unity, we find strength. And in every heart, we see the Spirit of God at work.

St John Paul II once reminded us: "The Church herself is enriched by the development of different forms of culture...she takes them up in her evangelising mission and adopts them." Today, we honour that truth. We celebrate the living story of faith and culture walking hand in hand – of ancient traditions alive in Christ and of a Church made more whole when all are welcomed, seen, and heard.

The Aboriginal and Torres Strait Islander Sunday Mass was celebrated during all our weekend Masses, with numerous artefacts displayed at St Matthew's Bridgewater, below left, and St Matthew's Birdwood, below right.



Preparing for Archdiocese Synod in 2026

Continued from page 1

Our parish organised the Regional Assembly with Mt Barker parish. It was held at St Catherine's school and provided an opportunity for listening and discernment, as well as initial planning for collaboration and mutual support.

An Assembly was again held in June 2024, which furthered the practice of shared listening and discernment through conversation in the spirit. The Assembly focused on implementing the decrees of the Plenary Council and 2021 Diocesan Assembly recommendations. Plenary Council, our Diocesan Assemblies and the Global Synod have inspired many synodal initiatives.

In our parish, we are doing our best to be a listening parish where with the parish priest and the parishioners collaborate in decision-making, especially in the Parish Pastoral Council (PPC).

The Archdiocese is committed to continue to provide formation and support for synodality in all areas of Church life, especially in the parish, by support and resourcing for PPCs, and gatherings of parish priests, chairpersons of PPCs and parish to encourage the promotion of synodal structures and practices. These gatherings take place three times yearly and provide opportunities for listening and dialogue, formation and information sharing.

A Parish Pastoral Council Handbook, Being Church Together – Parish-School Relationship was also published and expresses the importance of the relationship between Catholic schools and their parishes. Our school/parish relationship has been positive because of listening and dialogue between our school and parishes over several years. It's important as parish/school to enhance the synodal relationship and shared mission.

The next step is the convocation of the Synod in the Archdiocese of Adelaide in 2026.

The recent participation in Diocesan Assemblies, Regional Assemblies, the Australian Plenary Council and the Synod of Bishops on Synodality in Rome provides a strong foundation from which to launch this Diocesan Synod.

This Synod will discern five key themes that have emerged through the previous consultations and will result in formalised proposals and concrete actions that will guide the Diocesan pastoral strategy.



Fr Fred presides over beautiful Confirmation

By Cathie Oswald



Above, candidates pose with Fr Fred after receiving the Sacrament of Confirmation while, below, Fr Fred conducts the Laying of the Hands ritual and, bottom left, everyone gathered in the hall for the cutting of the Confirmation cake

There was an atmosphere of excitement and anticipation on the evening Friday 20 June as the children, their sponsors and their families filled St Matthew's Bridgewater in readiness for the children to receive the Sacrament of Confirmation.

The children had done much to decorate the church for this important occasion, with beautiful shields on their pews and decorated candles to adorn the altar. In the weeks leading up to the evening, the children had investigated various saints whose name they would choose as their Confirmation names and whose qualities they would do their best to live by.

The rituals associated with the Sacrament are very beautiful. Firstly, the laying on of hands as Fr Fred calls down the power of the Holy Spirit, followed by the anointing with the Oil of Chrism, which is a symbol of being called and strengthened as the children go forward as disciples of Jesus. The ceremony concludes with Fr Fred reciting the words "be sealed with the gift of the Holy Spirit" and



offering the Sign of Peace.

In the homily, Fr Fred spoke not only to the children, but also to their families and friends and, as he often does, he commenced the homily with a story from his own childhood, where he received a beautiful gift of a toy car.

For some time, the car was a loved and valued possession, but after a while, it was put away and forgotten. The message was that the gifts which the Holy Spirit should not be put away and forgotten but valued and used.

After the ceremony, the children and families gathered in the Our Lady of the Adelaide Hills Hall for the presentation of certificates and the cutting of the Confirmation cake.



An ace on the tennis court...and in life – that was Helen

Helen Healy's daughter Rosy delivered the eulogy at her funeral Mass at Our Lady of the Rosary (OLOR) church in Stirling East in mid-June, an edited version of which is shared here...

Mum – what a trojan! Nearly 98 years old. You didn't quite catch Dad in years, but he had waited long enough!!

Helen Katherine Crowe was born on 26 September 1927 at Woolnough Road, Largs Bay. Her early years were spent at Largs Bay, before moving with her family – parents Hilda and William, sisters Kathleen and Carmel and brother Bill – to Springfield, where she spent a very happy childhood, adolescence and early adulthood, where she honed her tennis skills on their court. Across the paddock was the family home of a certain Bill Healy. But I am getting ahead of myself.

Mum attended St Aloysius College, where she studied hard and played tennis hard, before attending the University of Adelaide to study physiotherapy. She worked both here in Adelaide and in Hobart in her beloved Tasmania, which always remained a special place to her.

Mum made very dear friends through physio, both here in Adelaide and in Hobart, so much so that having been romanced by Dad, and accepting his proposal of marriage, she took off with those dear girlfriends for six or so months travelling in the UK and on "The Continent". Dad patiently waited and, and on her return, they were married on her birthday in 1953. Stephen arrived in July 1954, quickly followed by me, Virginia and Anne. And with that we put paid to Mum's further work as a physio for many years to come.

Meanwhile, her love of tennis continued for decades, Wednesdays with her tennis friends being sacrosanct. That wonderful cohort of women no doubt supported each other through thick and thin, sharing their joys both on and off the court.

At our family home at Toorak Gardens, I remember Mum always being there for us children, calmly and cheerfully guiding us throughout our childhood, never complaining, always welcoming our friends, who still remember her kindness and interest, and stoically holding the fort while dad worked long hours and spent Saturdays on the golf course.

As an 11-year-old, I poignantly remember that Mum's very dear father, our poppa, died when Dad was on a three-month overseas work trip. There was no jumping on a plane and getting back to the family in those days. It must have been very hard for Mum. Luckily, she was surrounded by family and close friends.

Both Mum and Dad loved travelling, sometimes just themselves, sometimes with their golf clubs (Dad never took up tennis so Mum joined him on the golf course), sometimes with friends, and sometimes to check-out and catch-up with their children, who all



Helen Healy, right, with her husband of almost seven decades, Bill

lived and worked abroad for years at a time.

Mum and Dad's most frequent travels were their visits to Annie and Julian in delightful Hampshire and Kent. It also enabled Mum to frequent her beloved London, and no doubt reminisce about her fun and games there with her physio friends so long ago.

When Dad retired, Mum and Dad moved to live in the Cottage at Carey Gully, which had been the family retreat since our teenage years. They embraced the Hills community and made new friends, while their old friends would make the trip up the windy Greenhill Road to avail themselves of so much hospitality at the Cottage. Mum, who had always enjoyed gardening, having inherited her father's medal-winning gardening feats, was now able to enjoy gardening on more than a quarter acre plot in the suburbs.

Continued on page 5



RIP Helen Healy, ace on tennis court and life

Continued from page 4

This complemented her love and talent for flower arranging for many occasions, including here at Our Lady Of The Rosary. Luckily, three out of four of us followed Mum and Dad's good example and one by one, moved to the Hills in adult life.

Eventually, when three acres at Carey Gully became too much and while Mum was in hospital recovering from another back surgery, we found the perfect next address, the independent living units at what was then Masonic Homes at Heathfield. Here they made new dear friends, becoming involved in what was on offer – everything from Mum rekindling her love of French by taking up French lessons, learning Mahjong in her eighties (only occasionally beating Dad), and enjoying Happy Hours and "Club 201" in their apartment on a Friday night, where a dram or two of whisky may have been imbibed!

After 14 years of fun and friendships there, Dad's unwavering support and care and that of Kalyra and Meals On Wheels, Mum (and Dad) both needed more care, so they moved across the bridge to Allity High Care, which is now Bolton Clarke Hillside and a place where we children, grandchildren and great grandchildren were always welcomed and included. Mum's love, interest and delight in her grandchildren was only surpassed when the great grandchildren came along. She only had eyes for them, whether it was on the iPad or when they visited.

In high-care for two-and-a-half years, Mum

experienced the most devoted and outstanding services from the Bolton Clarke 'family'. Their love, their respect, their humour and their clinical care and concern, from every single person, went above and beyond all expectations.

When Mum stopped walking and stopped eating After Dinner Mints, we knew she meant it when she declared, "Enough. Thank you."

The care and compassion at Bolton Clarke made the sorrow of Mum's death lighter for us all. The staff guard-of-honour, when the funeral directors transported Mum to their vehicle, will be indelibly marked on our hearts and minds forever. We cannot thank you enough for what you did for our mother. We appreciate, and are touched, that there are some staff here today.

Mum was so fortunate to have wonderful Dr Sally Parsons as her GP for many years – always serene and unflappable, who listened carefully and always understood the current situation. Thank you and thank you again Sally. Thank you, Fr Fred, for coming and administering the Last Rites to Mum when we were first advised that Mum's health was rapidly declining. Mum lived for another week, which enabled Annie to arrive from the UK for which she is eternally grateful. It also allowed further visits from the grandchildren and great grandchildren.

Vale Mum, rest in peace now, united with Dad, your loving husband of 69 years!

When Heaven filled the church of Our Lady of the Rosary Stirling East.

By Paul Anderson

On the Solemnity of Corpus Christi, heaven truly did consume our church for five hours. After Mass ended, Deb and Paul Somers set about getting the altar (pictured here) ready for Benediction. The Throne was placed on the altar, 12 candles were lit, white flowers surrounded the throne and the Monstrance was placed on the altar ready for Fr Fed to expose Our Blessed Lord. He placed incense into the thurible and incensed Jesus in honour of His presence.

Deb, Paul and Judith Farrugia stayed the five hours while six other people from our parish, along with two people from our neighbouring parish of Mount Barker, shared some of their time before Our Blessed Lord, enjoying His presence knowing that He is looking at us and warming us with His Divine Grace as we gaze in wonder of this special moment in time!

At 4pm, the Rosary was recited with Benediction following. As the Blessing took place, the church was again filled with incense as Jesus was honoured with nine swings of the thurible. The afternoon light shining through the stained glass windows, the glow of the candles, with the aroma of the incense, made the whole Blessing extremely touching and memorable!

What an honour to be part of this wonderful Solemnity. Hail Holy Queen was sung and the Solemnity ended. Thank you Lord for this day. We long for your Holy Day of Corpus Christi in 2026.



St Catherine's Catholic School News

As Term 2 drew to a close and all prepared for the mid-year break, **APRIM Carla Thomas** found time to share a few recent happenings, key among them learnings in Year 3/4JC, a Staff Reflection Day, the school's successful Vinnies Winter Appeal and the latest from YELP



Learning Journey in Year 3/4JC

Throughout Semester 1, Year 3/4JC has been exploring how we are created in the image and likeness of God and integrating core principles of the Catholic Church into our learning. We have deepened our understanding of what it means to be made in God's image, recognising the unique gifts we each possess and how we are called to use them to shape our special relationship with God and others. Our learning has included an exploration of prayer to communicate with God and reflect on His presence in our lives. We also explored the Seven Sacraments, understanding how they guide and strengthen our spiritual journey, and studied the liturgical events of Lent and Holy Week, reflecting on the sacrifice of Jesus and celebrating the joy of His resurrection on Easter Sunday. Most recently, we explored Pentecost and the coming of the Holy Spirit, learning how the Spirit empowers us to live out our faith with courage and love.

Encounter of Hope Through Story

In Week 6, our staff came together at the Sofia Centre, Cabra College, for a special day of reflection and spiritual renewal. Grounded in our Dominican Catholic identity, this day offered a valuable opportunity for the staff to pause, gather and deepen their collective understanding of our shared story at St Catherine's.



The Reflection Day theme of "An Encounter of Hope Through Story" was inspired by the late Pope Francis' call for the Church to be *Pilgrims of Hope*. Throughout the day, staff listened to and reflected on the stories of Fr Fred, as well as the life and legacy of St Catherine and St Dominic, inviting us to consider how faith, courage and hope shape our mission and influence our work. We thank Fr Fred for spending the day with us.

To represent our reflections, we drew a symbol or wrote a word on a piece of recycled timber that captures our collective hope-filled intentions for our community. The timber and frame was generously prepared and donated by John Leeton and will be displayed in the school next term.



Great Support for Vinnies Winter Appeal

Students and families again displayed generosity during our Vinnies Winter Appeal, with food items, toiletries and warm socks donated to help bring comfort and care to families doing it tough.

We held a PJ and Hoodie Day on the last day of term, not only bringing warmth and fun to our school, but also raising over \$350 towards the cause. Our thanks and gratitude to our families and the community for their compassion.

Eco Leaders and YELP Update

Our YELP students have been working on a new composting initiative, inspired by the message of *Laudato Si'* to care for our common home.

Recently, the group worked with Jeremy Gramp from Green Adelaide to set up a trial compost bin in the kitchen garden area.

This hands-on project is part of their commitment to reducing food waste and promoting sustainable practices in our school community.



Cathie Oswald, centre, with some of the children of Kopanang during a visit last year.

Apart from meeting the community, she delivered many warm items made possible thanks to the fundraising efforts of the Social Justice Group, Souper Sunday included

Souper Sunday raises \$4,000 for Kopanang

By Cathie Oswald

In the weeks leading up to the weekend of 14/15 June, the members of the Social Justice team were very busy: chopping and cutting up vegetables and making stock, all of which resulted in a delicious array of soups.

We are a small team, but we managed to produce in excess of 100 containers of various soups including the exotic Moroccan lamb and lentil and the all-time favourite potato and leek. While parishioners had

pre-ordered more than 70 containers of soup, some slick marketing resulted in the surplus containers snapped up after Mass on Sunday morning.

The funds raised will be sent to the Kopanang Community in South Africa to fund the purchase of food staples, maize and tinned fish.

We had set a fundraising target of \$1000 but due to the generosity of our parishioners we will be able to forward to Kopanang a little over \$1,400.

New lighting system at Birdwood

By Fr Fred

A review of our current lighting arrangements at St Matthew's Birdwood revealed that the historic church needed a new lighting system. The old system had not only become inefficient with age, but fittings and parts were increasingly difficult to find.

Our guiding principles were energy efficiency, durability and, perhaps most importantly, a solution that blended with the church and did not, as far as humanly possible, impact on the fabric of the building and its contents.

We thus dismissed high-powered light fittings like tungsten halogen that can get extremely hot and damage historic fabric if placed too close.

We also considered the infrequent use of the church – it is generally used twice a month – and the need for lighting in the most used areas, so settled for technologically advanced LED (light emitting diode) lighting which dramatically increases energy efficiency, is long-lasting and complements the architecture.

Thankfully, parishioners have given it the thumbs up!



The new lighting at Birdwood has been deemed a winner!

Pilgrim takes group on spiritually uplifting journey

In keeping with the late Pope Francis' 2025 Jubilee centred on the theme 'Pilgrims of Hope', Fr Fred and some 25 parishioners journeyed north last month on a pilgrim of their own, destination Sevenhill in the Clare Valley.

Sevenhill was chosen by the parish and was one of three possible destinations recommended by the Adelaide Archdiocese for parishes wishing to embark on pilgrimages for the Holy Year.

This sacred Jubilee journey helped all on it to experience the grace of indulgences, the gift of prayer and the beauty of reconciliation. It was a pilgrim journey of faith, not simply a visit to a holy place but a deeper act of transformation and renewal.

On departing Bridgewater at 8.00am, the two-hour bus journey had Paul Anderson lead praying of the rosary and, on arrival before entering the church, Fr Fred recited the Litany of the Saints and Prayer of Blessing, followed by the Jubilee Mass inside the St Aloysius church.

Afterwards, we had the opportunity for a brief wine-tasting, before everyone moved to the Sevenhill Hotel to enjoy lunch in what's best described as a typical Australian country pub.

It was a long day, and even though tired, the group was certainly spiritually rejuvenated when they arrived back at St Matthew's Bridgewater late in the afternoon.



Above: Fr Fred celebrates Mass at the historic St Aloysius' Church in Sevenhill

Below left: Pilgrims gather on the church's steps

*Below: The wine-tasting was enjoyed by all
Bottom: Lunch at the quintessential Australian country pub*





Decline in our environment mostly affects poor

By the Ecology Group's John Leeton

Again, we are in the dead of winter. The earth rests, at least here in the Adelaide Hills, with our biggest concerns being heating, staying warm and the cost of that warmth. Whether it is electricity, wood or even gas heating, you know you will be in for a big bill.

Recently, it was coincidental that in our Christian Life Communities (CLC) Prayer group, we were up to Chapter 22 'Preferential Option for the Poor' of the Gooley book, while Vinnies News featured the same subject. It's also in *Laudato Si* and the Final Synod Report of October 2024.

Poor has many definitions: economically poor, material deprivation, without community support, poor from psychic and physical sickness, displaced, alienated, struggling for justice. Jesus taught us to give preference to the poor, to treat them with respect and kindness. But our motive must be from the Holy Spirit and a real longing to help those in need, not just to avoid punishment or getting a better reward. Charity must be from the heart, with the absence of visible earthly reward.

The Vincentian Way is a framework to 'shape and inspire our formation efforts as we move forward together, united by our shared Mission to serve those most in need'. It includes principles to guide our relationships, activities and decisions, calling for a special concern and priority for the needs of people experiencing poverty and vulnerability. It calls us to keep companions (those we help) central to our thinking and action, listen deeply to the experiences of people on the margins, and engage in witness, accompaniment, advocacy and action.

And while the Vinnies Winter Appeal is again over for a year, the need remains. We need more – and younger, like under 60! – volunteers. Our Stirling Conference, while largely covering what's considered a well-off area, has need in its midst, with homelessness on the rise and our most needy companions in the northern end of the parish, where many pay most of their pension on rent.

Thanks to the efforts of our Vinnies team, particularly through sausage sizzles (see team in action, above), we have raised more money than we need in our local area and, last month, we were able to identify the neediest St Vinnies areas in the state and donated to Whyalla, Noarlunga and the Migrant Refugee Centre.

Also featured in the Vinnies News was the launch of the 26th Australian Council of Social Service (ACOSS) report: 'Rights at Risk: Rising Rents and Repercussions. The Experience of Renting in Australia.'

The availability and cost of housing is both a cause of and has an impact on poverty and inequality. Those who rent are particularly affected by fluctuations in housing cost and availability, which often impact the rental cost of properties; as well as by external location-based tenancy policies. Data from January 2025 shows that the median asking rent for new tenancies is up 47% per cent on what it was five years previously.

The decline in our environment from pollution, carbon emissions, greed and inequity mostly affect the poor. People in positions of power, like our politicians, are the ones that can affect the most change. As a church, we do not get involved in politics but consider two pieces of unwanted political junk-mail we received in late June. One cited three good progress points towards saving our environment – passing the Climate Change and Greenhouse Emissions Reduction Bill, introducing the state's first Biodiversity Bill and implementing statewide revegetation projects like *Back from the Brink* program led by the Hills and Fleurieu Landscape SA Board.

The other criticised the 2025 State Budget, complaining about the lack of funding for the above-mentioned environmental projects. I guess it costs to save our planet...

May God open our eyes and hearts to the environment and the needy.



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'Ocean' a must-see for all interested in planet's health*

Contributed by Paris Huffman

The recently released 'Ocean with David Attenborough' is a must-see film for anyone interested in the health of our planet.

While exploring the terrible degradation caused by the fishing industry as large trawlers scour the ocean floor taking everything in their wake, we also learnt of the amazing powers of the ocean to regenerate if left free of fishing in protected zones.

Attenborough, so committed and inspiring at 99 years of age, explores the planet's undersea habitats using stunning photography to reveal the greatest age of ocean discovery, emphasising the ocean's vital importance to our planetary life and exposing both the problems and the opportunities for marine life recovery.

We went from abject despair at the sight of the huge fishing trawlers literally destroying the ocean floor, to hope and wonder at the possibility of these areas coming back to life, if left alone. Examples of communities who have created fishing free zones is both encouraging and inspiring. If you want to know and understand more, don't miss this amazing documentary currently showing in our movie theatres.



* By Chris and Jenny Gardner, in the June 2025 issue of the Christian Life Community newsletter, Annotations



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Please take note of the deadline for our next three issues:

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September – 31 August
October – 3 October

Your contributions can be emailed to me at paul@wordcafe.com.au.

Alternatively, they can be handed to me at Sunday Mass or dropped off at the parish house.

Thank you.

Paul Robinson (editor)

ADELAIDE HILLS PARISH MASS TIMES

St Matthew's Bridgewater
11 Wembley Avenue
Saturday Vigil – 6pm
Sunday – 10.30am

St Matthew's Birdwood
Lot 95, Shannon Street
First & Third Sunday – 8.30am

St Joseph the Worker Lobethal
38 Ridge Road
Second, Fourth & Fifth Sunday – 8.30am

Our Lady of the Rosary Stirling East
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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.

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Parish Pastoral Coordinator

Cathie Oswald 8359 0674

Parish Secretary

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Maria Thompson 0408 898 357
Anne Moore 0417 861 373
Eric Toome 0418 896 695
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Ecology Group

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Paris Huffman (Secretary) 0400 283 683

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Paul Howe (Chair) 8388 5281

F&M Birdwood Contact

Gayle Raven 8389 8410

Hills Combined Christian Churches

Cathie Oswald 0428 244 958

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Dan De Fazio 8339 3393

Our Lady of the Rosary Community Representative

Debbie Somers 8339 5118

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Paul Anderson 0416 032 925

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School Board Chair - Miriam Whitford

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