

ST ANTHONY'S CATHOLIC PRIMARY SCHOOL CLOVELLY

SEPT 2024 | SPRING ISSUE

Faith & Family

ST ANTHONY'S QUARTERLY E-MAG

Family recipes,
interviews, upcoming
news & much more

A family tree rooted in faith.



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How are your family prayer bags going?
We'd love to see your photos!



Mirabel Year 4



From the Principal

Dear Families and Friends,

I am delighted to welcome you to the second edition of Faith & Family. This issue is a celebration of the vibrant community we are so fortunate to be part of—a place where faith, learning, and love come together to create a nurturing environment for our students.

One of the highlights in this edition is the moving story of one of our families, who share their journey of faith across generations and oceans. Their testimony is a powerful reminder of the incredible gift that a legacy of faith can be to a family.

We also shine a spotlight on our talented music and drama teacher, Jodie McInness, whose creativity and passion continue to inspire our students daily. Her dedication to the arts is a testament to the holistic education we strive to provide—one that nurtures not just the mind, but also the heart and soul.

In this issue, you'll also find a reflective pieces, a fun feature showcasing our teacher's beloved family pets and a delicious family recipe that everyone can enjoy.

As you read through this magazine, I hope you share the same sense of pride and gratitude that I do. Our school is not just a place of learning; it is a living, breathing community of faith, where each member—student, parent, teacher, and yes, even our pets—plays a vital role in shaping our future. Thank you for being a part of our family.

With blessings and warm regards,

Anna Novak, Principal

Teacher's Pet

For many of us, family includes a beloved family pet and for our teachers it's no different. Meet our Teacher's pets! Which one is your favourite. Click the link to vote!



Billy the Weimaraner, Mrs Iorfino's dog



Lola, Miss Green's Dog



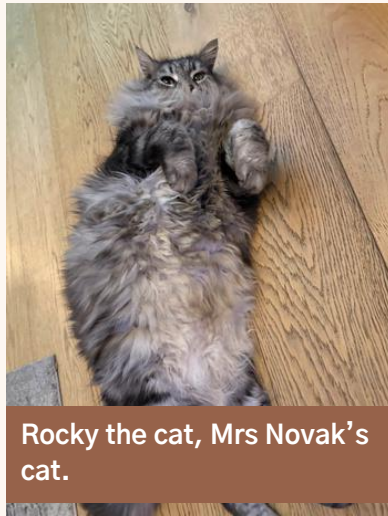
Billy, Miss Green's Dog



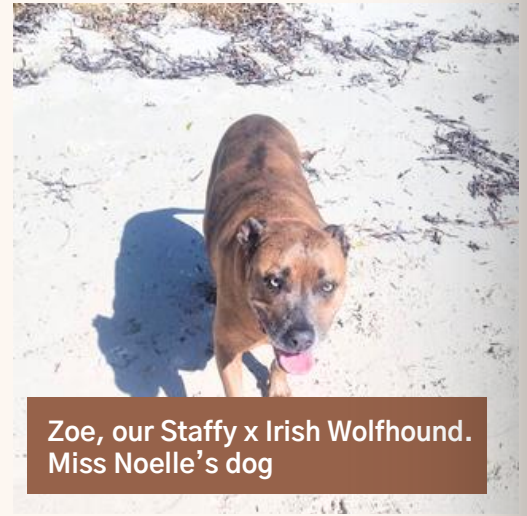
Bentley the French Bulldog,
Miss Beyers dog



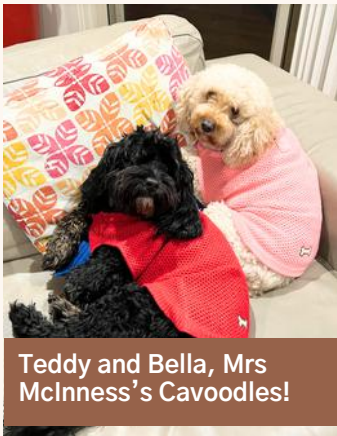
Hudson, the surfing Pomeranian
Miss Laura's dog



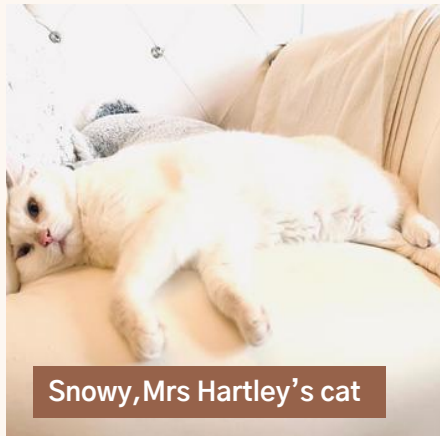
Rocky the cat, Mrs Novak's
cat.



Zoe, our Staffy x Irish Wolfhound.
Miss Noelle's dog



Teddy and Bella, Mrs
McInness's Cavoodles!



Snowy, Mrs Hartley's cat



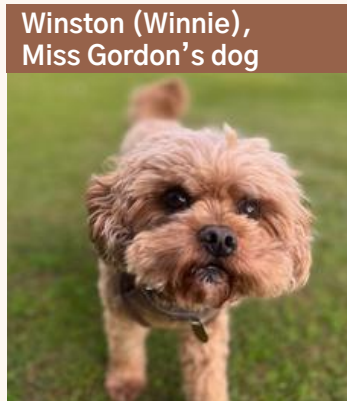
Cashew, Miss Beyer's Cat



Jasper a Havanese &
Duke, a West Highland
Terrier, Mrs Abela's dog



Bunji (Mini Lop-
Eared Rabbit, (Mrs
Abela)



Winston (Winnie),
Miss Gordon's dog



Holly & Chops, Mrs
Langlands staffies

A Journey of Faith

BY ANNA NOVAK

Pilgrimage to the Holy Land, Rome, and Assisi.

In 2023, I had the privilege of participating in a pilgrimage to the Holy Land, Rome, and Assisi. This transformative journey allowed me to walk in the footsteps of Jesus, standing on the very ground where He once lived.

The Holy Land pilgrimage blended ancient history with spirituality, bridging the gap between the past and the future. As the epicenter of three monotheistic traditions—Judaism, Christianity, and Islam—it holds profound significance for believers worldwide.



“A pilgrimage is an opportunity to seek the meaning of life and to embark on a journey with purpose and faith.”



What is a Pilgrimage?

A pilgrimage is an opportunity to seek the meaning of life and to embark on a journey with purpose and faith. It is not just about travel; it is a transformative process that involves stages of spiritual and physical experiences. During a pilgrimage, we immerse ourselves in the environment of sacred sites or shrines, feeling the presence of God and gaining a deeper understanding of our faith.

History of Pilgrimage

The concept of pilgrimage is deeply rooted in both the Old and New Testaments and has evolved over time. The Vatican document Directory on Popular Piety and the Liturgy elaborates on the depth and scope of pilgrimage, describing how it can reinforce the spiritual relationship between God and humanity through active participation.

The Incarnation of Jesus Christ is central to understanding Christian pilgrimage, as all sacred places have stories connected to Jesus Christ, the Virgin Mary, and the lives of saints.



The Significance of the Holy Land

For centuries, pilgrims have travelled to the Holy Land to gain a better understanding of the scripture and to deepen their faith. To a pilgrim, the Holy Land is where Jesus Christ was incarnated in the flesh for the forgiveness of our sins.

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To a pilgrim, the Holy Land is where Jesus Christ was incarnated in the flesh for the forgiveness of our sins. Visiting places mentioned in the Bible, such as Bethlehem, Jerusalem, and the Sea of Galilee, makes the events of the scripture come alive.

Retracing the steps of Jesus, where He performed miracles and preached, reaffirms the significance of these holy sites.

Retracing the Steps of Jesus

People from all around the world have followed in the footsteps of Jesus Christ for over 2000 years.

The Holy Land is a place where the scriptures become meaningful, and the significance of these sites is deeply reaffirmed. From the Church of the Holy Sepulchre in Jerusalem to the serene waters of the Sea of Galilee, each site we visited had an impact on our faith journey.

Our Pilgrimage Group

Our group of over 30 Sydney Catholic Schools principals and assistant principals, Jacinta Collins (Executive Director of the National Catholic Education Commission), and Dallas McInerney (Chief Executive Officer of Catholic Schools NSW). Led by Archbishop Anthony Fisher, this pilgrimage was a valuable opportunity to engage, share - and deepen our faith together.

This pilgrimage was more than a series of visits to historic sites; it was a journey of the soul. It provided a unique opportunity to connect with our faith, our history, and each other. The shared experiences and reflections have strengthened our bonds as educators and as members of the Catholic community.

This pilgrimage reaffirmed the importance of faith, unity, and understanding. It is my hope that the spirit of this journey will continue to resonate within our community, inspiring us all to live out our faith with greater conviction and compassion.

Meet Jodie McInness



The four of us with my Dad who lives near us and we love to spend time with

Jodie McInness is a vibrant and passionate educator at St. Anthony's who brings creativity and joy to her role as a teacher of Music, Dance, and Drama. Having coordinated incredible performances for eisteddfods, school concerts, and special community events, Jodie is a favourite with our students, staff, and parents alike!



Dogs - Bella and Teddy

Where did you grow up?

I am an Eastern Suburbs local and grew up in Maroubra.

What does a typical day look like for you in the school office?

I am blessed to teach every student at St Anthony's. I come in on Thursday and Friday and see students for lessons in Music, Dance and Drama so my days are very active. I also will often have rehearsals for dance, choir or other school performances each week so every day is very exciting and creative!

What do you enjoy most about your job?

I really enjoy being a part of each student's creative journey where they learn new skills and develop those they had experienced before. This might be in the classroom or through the extracurricular program. I also love seeing the pride and happiness on the faces of family and friends when they watch performances.

Are there any memorable moments or experiences you've had while working here?

My most memorable moments have been some of the major performances such as Grandparents Day and Eisteddfods. It is so wonderful when all the hard work comes together to make everyone so happy. I also can never forget some of the unique moments the classes have in the CAPA room during class time especially during Drama where the students creativity is always so original!!



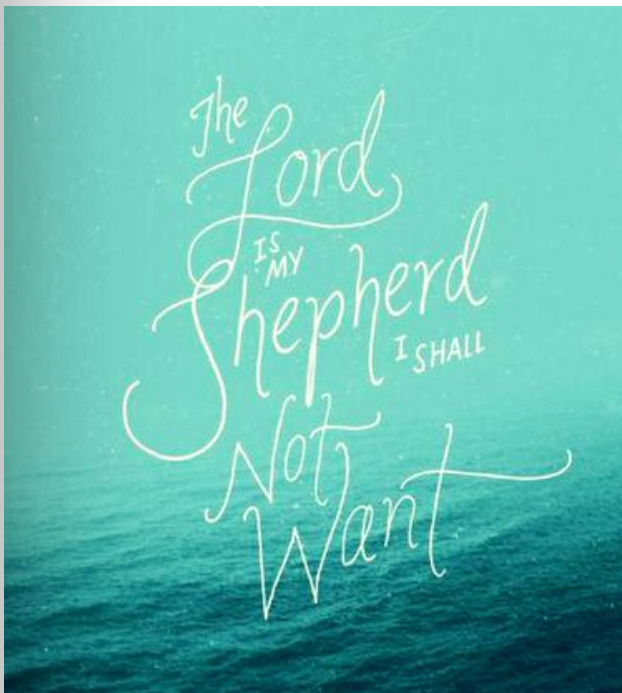
What are your hobbies or interests outside of work?

I am a wife and busy mum of two teenagers and spend a lot of time with my family. Family and friends are most important in my world. I also adore my two cavoodle dogs, I love reading and doing puzzles. I have also been the Musical Director of The RAW Choir for the last 6 years which is a women's community choir. It is such a powerful experience to sing and make music with other people

What's your favourite Bible verse?

The Bible verse I like the most is from the Book of Psalms - Psalm 23 "The Lord is My Shepherd".

As a singer, I have sung many settings of beautiful words from the Bible but Psalm 23 is my favourite. There are two versions I love based on this Psalm. The first is known as Crimond as it is set to an old tune written in 1872 by Jessie Seymour Irvine. The second is known as the Boniwell version written by an Australian composer Brian Boniwell in 1972. This was also my mothers favourite hymn so it holds special meaning for me. Knowing that God is always there to guide me gives me strength and comfort..



The four of us at Disneyland with Minnie Mouse earlier this year on our family trip



The McInness Family: Jodie, Jade, Daniel, Scott.

Family Recipe

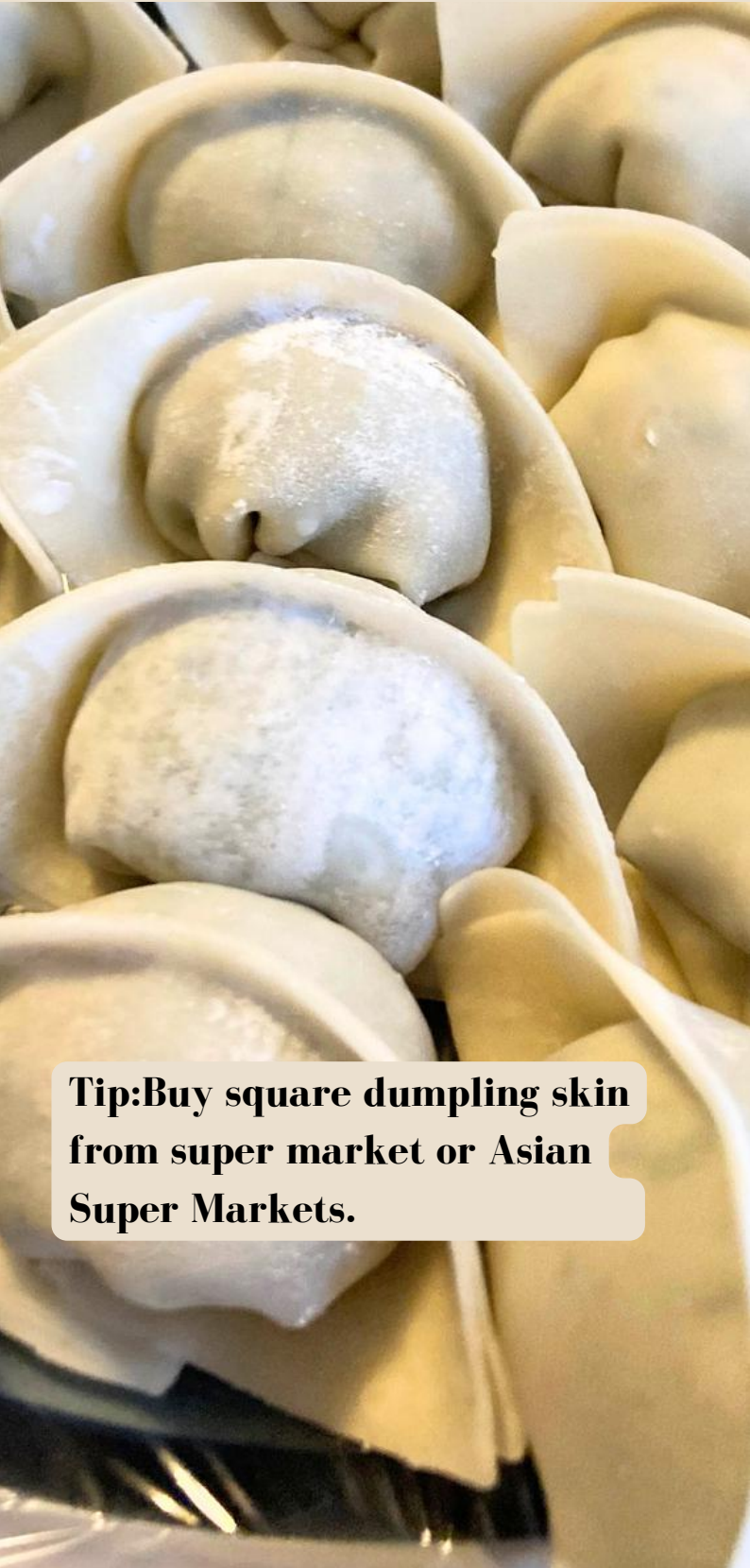
English Spinach Pork Dumplings

Makes approx 40

🕒 50 Minutes

Country of Origin: 🇨🇳

Thank you to Parry Yang (Mum of Sylvia in Kindergarten) for this delicious Dumpling recipe!



Tip: Buy square dumpling skin from super market or Asian Super Markets.

Ingredients

- half a bunch of English spinach
- 1 clove of garlic
- 1 small bunch of coriander
- 1 or 2 tea spoons of sesame oil
- 4 pieces of white mushrooms
- 500g of Pork Mince or Chicken Mince
- 1 tea spoon of salt
- 1 tea spoon of soy sauce

Method

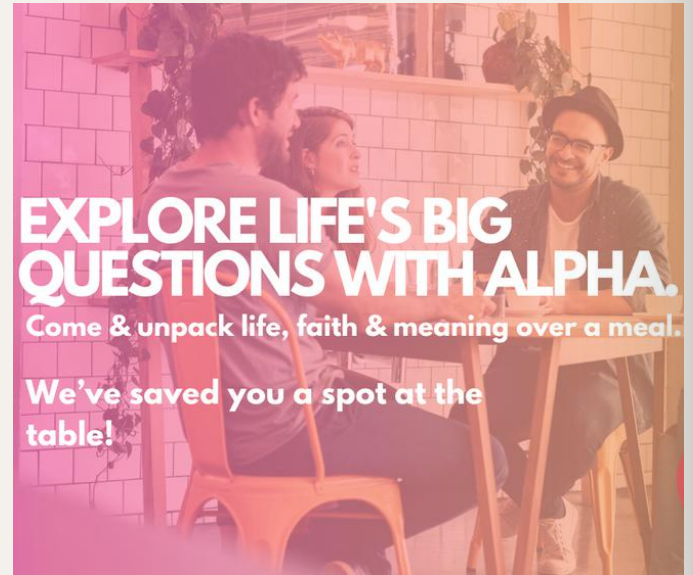
- Blend English spinach, coriander, garlic, and mushrooms in a blender till it become small
- Add sesame oil, salt, soy sauce and chicken or pork mince into blender till it all mixed evenly.
- Use this filling and folded into dumpling shapes using the dumpling skin.
- Once all dumpling are folded. Boil a pot of hot water once it is boiled, add approximately 20 dumplings into pot wait till it boiled. Approximately 5 minutes or so check if all dumplings looked clear and floating on top of the water they are cooked. take it out and read to serve. I usually serve with black vinegar which can also be purchased from Asian Grocery stores or soy sauce to your liking.



These yummy dumplings are easy to make and great fun for the children to help with!

Staff Alpha

For the last five weeks, staff from St Anthony's have been gathering together for breakfast and to watch the Alpha Series. Alpha is an opportunity for people to come together and explore life's big questions as a group. This has given staff an opportunity to share and connect and explore the deeper meaning of their faith. We hope to bring the Alpha series to our parent community in 2025 so stay tuned for details!



International Day of Clean Air for Blue Skies

In week 7, Anthony and Fiona Hull gave our community a short presentation about the importance of our idle off campaign to mark UN International Day of Clean Air for Blue Skies. We were joined by members of Sydney Catholic Schools, Alegra Spender and others as we showcased our Idle off Video to our community and sent home a family pledge to turn off engines in the car line. We hope everyone will get on board with this important initiative.

Dad's Night Out

On September 12th, St. Anthony's community hosted a special evening at the Clovelly Hotel for all the men in the parish. The event featured three exceptional guest speakers who delved into important topics surrounding mental health and wellbeing, while also addressing the role of faith in these areas. It was a night filled with fun, community, and connection, bringing together dads, uncles, granddads, and friends for meaningful discussions and camaraderie.





Faith in the Family Tree

In this heartfelt article, Grandfather, & father Michael Zeglin reflects on how faith has been nurtured through his family's generations, creating a legacy that continues to flourish. From the seeds planted by his ancestors to the vibrant tree of belief today, Michael's story highlights the enduring power of faith across time and distance.

BY MICHAEL ZEGLIN

As a young child, I can remember my dad saying, "Just have faith, the Lord will provide." Over my lifetime, I have had many personal encounters where my faith has provided for my family and me.

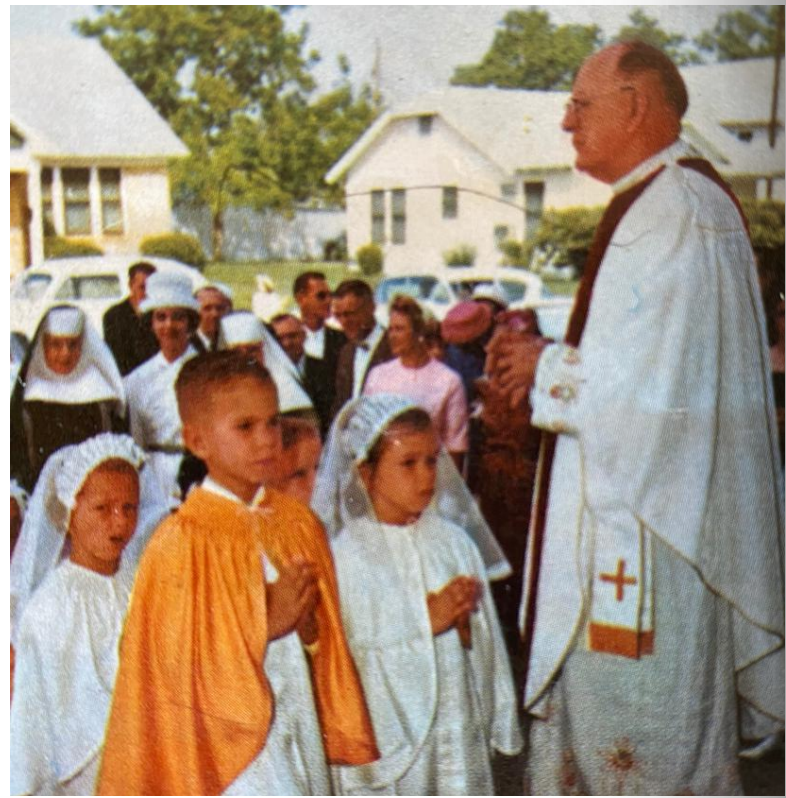
In April of 2021, I was again reminded of my dad's words. I had just retired after working 41 years and was wondering where life would lead me? With our only child (Scott) and his family living 13,000 km away, my wife (Cindy) and I had made plans to travel to Australia to celebrate the August birth of Scott and Katie's twin daughters. It became apparent, that our plans were not God's plans. COVID had hit and the Australian borders were closed so we began applying as grandparents for a visa exemption.



After months of rejections, Cindy and I decided to apply separately, fully understanding that both of us may not get approved. With time running out, on a Friday night in late July, we sat in our study praying for some sort of miracle. Suddenly, we heard the tone of an incoming email with the news my visa exemption request had been approved. Within 48 hours, I was on a flight to Sydney. Our prayers had been answered...a moment of grace.

When I look back on my faith journey, it was my parents, grandparents and even my great grandparents that were my beacons of faith. My family's faith journey began in Poland, when my grandfather took a leap of faith and had the courage to immigrate to America where he established a better life for his family. After World War II, my dad moved 2,000 km away from family to Texas.

Within my career, we also moved several times including internationally. Throughout the generations, the seeds of faith have always been planted firmly within our home and church life. I grew up in a home where attending Sunday Mass was not optional. Celebrating Mass together was a core part of our family life. Receiving the Sacraments, praying together at meals and saying our nightly prayers helped sustain and strengthen us as a family.





So as parents and grandparents, how do we pass on our faith and how does a young child understand faith?

Further, we have experienced generational faith through active service as acolytes, sacristans, lectors and Ministers of the Eucharist. In fact, my dad was called “the Monsignor,” by his pastor for his dedication to the Church.

It is not always easy and takes consistent effort to make a difference in one’s faith journey.

So as parents and grandparents, how do we pass on our faith and how does a young child understand faith? By celebrating Mass together, many teaching opportunities arise. Even though our granddaughters may not understand all that is taking place on the altar, they recognise that attending church is something very important to our family.

Yes, children may be fidgety and seem distracted at times but they are being exposed to God’s Word and are seeing the faith community share in the Eucharist. The seeds of Faith are being planted.





Presently, we see Scott and his family continuing to be blessed in their faith journey having found St Anthony of Padua Church and School as well as making Australia their home.

Reflecting back on my first four months with the twins, there was not anything in my career which had prepared me for the middle of the night diaper changes, multiple laundry loads per day and helping to home school Anna and Caitlin during Covid. The time was challenging, and it was only through my faith and divine guidance that I was able to be a positive influence for our family. I continue to treasure my dad's words to "just have faith, the Lord will provide," as they are as significant today as the first time I heard them. Our family's faith journey continues across the continents, and by divine mercy, we are truly blessed each and every day.



When our grandchildren ask questions like, "What is the nativity, why do they ring bells at church and why do we light candles?" It is important to engage with them on their level of understanding and answer their questions.

Children demonstrate a natural curiosity to emulate what they are seeing. For example, as a young child, Scott use to pretend he was the priest and we would engage in his role playing by eating crackers and drinking grape juice.



Throughout the generations, the seeds of faith are planted one seed at a time.

Our Granddaughters, Anna and Caitlin, have reenacted the Nativity at Christmas where we have served as narrators and shepherds. Even at the age of two, Kira and Emma enjoy pretending Mass and they can be heard calling out for more bells during Mass. They understand that the bells signal something important is about to occur on the altar. Such a small thing as role playing church helps them to make meaningful connections and enhances their spiritual life.

When Caitlin was six years old, she asked me questions about the Rosary. I was not completely equipped to answer her questions. I knew I needed help bringing the Rosary to life for her and discovered some helpful children's books. To my great surprise and delight, each night we would read these books together as she insisted on hearing every Holy Mystery and the sequence of prayers. This was remarkable to me as reciting the Rosary has always been an integral part of my faith journey. Saying the Rosary before Mass as well as anytime we were in the car as a family, my dad insisted that we pray the rosary together for safe travels.

Throughout the generations, the seeds of faith are planted one seed at a time.

As a grandparent there is no greater joy than to see our grandchildren receiving the sacraments. Knowing our faith is continuing to the next generation, on a journey initiated over a century ago with their great-great grandparents, is positively reassuring and brings joy to our hearts.





St Mary Mackillop is Australia's first and only saint

St Mary Mackillop: A legacy of compassion.

By Leanna Langlands

I would like to share with you the story of Mary of the Cross MacKillop. On 17 October 2010, Mary MacKillop was canonised by Pope Benedict XVI, she became Australia's first Saint.

She was a remarkable woman who remained strong in her faith and vision to help people and create a caring world. Her work with children and educating the poor was revolutionary. We celebrate the feast day for Mary of the Cross MacKillop on 8 August, where we honour her legacy to look after those less fortunate.

Mary lived in Fitzroy, Melbourne, the daughter of Scottish immigrants. She was the oldest of eight children. Her family was affected by poverty and her father went back to Scotland for 17 months.

At 16 years of age, Mary was sent out to work and support the family. She went on to work as a governess for her aunt and uncle in the town of Penola, South Australia. It was there that Mary met Fr Julian Woods, the town parish priest. He encouraged her to provide free education to other children in need.

This was a turning point in Mary's life. She wanted to educate all children, especially those families who were treated as outcasts of society - what an inspiration to each of us today!

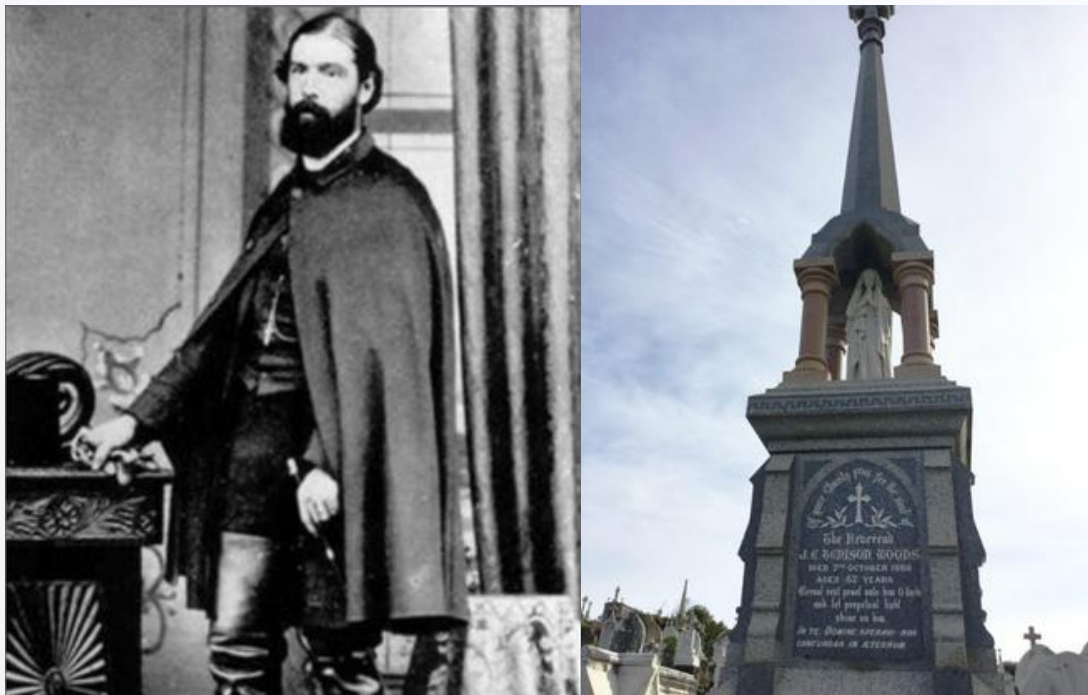
With the help of Fr Julian, Mary worked with other women to set up schools and places of refuge for those in need. Through her love of Christ, she took vows and became known as Mary of the Cross. Together with Fr Julian, she started the Rule of the Sisters of St Joseph, a Religious Order that was committed to supporting people. They became known throughout Australia as the Josephites and the sisters opened over 100 schools for underprivileged children.

Mary faced many difficulties and challenges throughout her life, from priests, Bishops and even those in her own order. During all the hostilities, she never lost her faith or sight of her mission. She even travelled to Rome to have the Sisters of St Joseph approved by the Pope.

Later in life, Mary suffered a stroke and although she was physically confined to a wheelchair, she continued her work until the age of seventy-seven. She died in 1909. One can only imagine how kind and wonderful Mary was, what an honour it would have been to have met or worked with her. As we enter the month of August, let us take time to think about the miracle of Saint Mary of the Cross MacKillop and pray that we become more like her.

“Never see a need without doing something about it”
Mary MacKillop

Source: <https://bekids.mt/saint-mary-mackillop/>



Did you know? Fr Julian Edmund Tenison-Woods, Co-founder of the Sisters of St Joseph with St Mary Mackillop is buried in Waverley Cemetry?

Julian Edmund Tenison-Woods (1832-1889) was a Catholic priest, educationist, and scientist known for his significant contributions to both religious and scientific fields in Australia.

Born in London to a family with a strong religious background, Tenison-Woods initially pursued religious studies in France and England before moving to Australia in 1855.

After a brief stint in Tasmania, he settled in South Australia, where he was ordained as a priest and took charge of the large parish of Penola.

In 1866, he co-founded the Sisters of St. Joseph of the Sacred Heart with Mary MacKillop, an order dedicated to the education of poor children.

Tenison-Woods was a prolific writer and scientist, publishing over 150 papers on geology, paleontology, and natural history. His work earned him memberships in prestigious scientific societies and accolades such as the W.B. Clarke Medal from the Royal Society of New South Wales. Despite his achievements, his career was marked by conflicts with church authorities and tensions with Mother Mary MacKillop.

In his later years, his health deteriorated, leading to his death in 1889. Tenison-Woods is remembered as a dedicated priest, an innovative educator, and a pioneering scientist who made lasting contributions to Australian society.

First Holy Communion: A Sacred Beginning and a Lifelong Journey

By Fr Laurie Cauchi

One of the most rewarding experiences for me as a parish priest is seeing our young ones receive Holy Communion for the first time. It's a moment filled with joy and wonder, not just for the children but for the entire community. This sacrament is more than a milestone; it's the beginning of a lifelong relationship with Christ, a bond that will nourish and guide them throughout their lives.

Holy Communion is a sacred encounter where Jesus, in the form of bread and wine, comes to dwell within us. For our children, receiving this sacrament is a powerful affirmation of their faith and their place in the Church.

It's a moment where they truly begin to understand that they are never alone—God is with them, loving them, and walking beside them every step of the way.

From a faith perspective, the Eucharist is at the heart of our Christian life. When a child receives Holy Communion, they're not just taking part in a ceremony; they're experiencing the love of Christ in a profound way. This experience strengthens their relationship with God and lays the groundwork for a faith that will carry them through all the ups and downs of life.

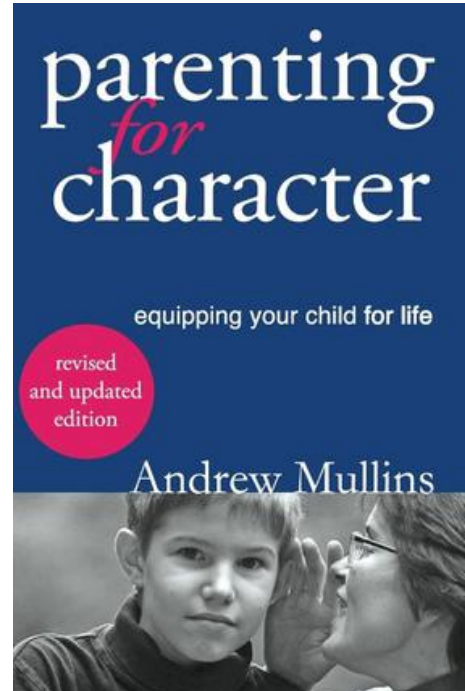
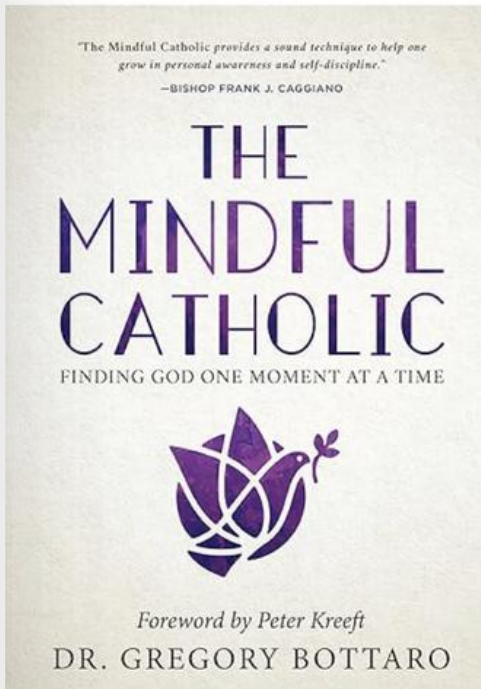
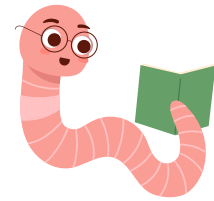


The impact of this sacrament on a child's faith is immeasurable. It teaches them about the sacredness of life, the importance of being close to Jesus, and the joy of being part of a community that shares in this holy meal. As they grow older, the memory of their First Holy Communion will remind them of God's love and their own call to live as followers of Christ.

It's my hope that each child who receives Holy Communion will continue to feel that connection to Christ, drawing strength and inspiration from it as they grow in their faith.

This sacrament is a beautiful gift, and it's one that will stay with them for the rest of their lives.

What are we reading?



The Mindful Catholic, Dr Gregory Bottaro



By Laura Neeson

Dr. Gregory Bottaro skillfully blends modern psychology with Catholic spirituality, offering a practical guide to living in the present moment. Bottaro argues that mindfulness, often linked to Eastern practices, can enrich Catholic life by helping believers become more aware of God's presence in everyday moments.

The book is accessible, with clear explanations and practical exercises that integrate mindfulness into daily routines, all aimed at fostering both mental well-being and a stronger relationship with God. Bottaro's compassionate approach provides tools for managing stress and anxiety, grounded in cognitive-behavioral therapy and the wisdom of the saints.

Parenting for Character, Andrew Mullins



By Laura Neeson

Parenting for Character by Andrew Mullins offers practical advice for parents aiming to instil strong moral values in their children. With insights from psychology, education, and Catholic teachings, Mullins provides strategies to foster virtues like honesty and responsibility, emphasising that character development is a gradual, intentional process.

Mullins' approach is both encouraging and realistic, acknowledging that character development is a gradual process requiring patience and consistency. He integrates insights from psychology, education, and Catholic teachings, making the book a valuable resource for parents of all backgrounds who are committed to nurturing the moral and ethical growth of their children.

Available in our Parent Library Corner!

Every Monday
during school terms
9.00am - 10.30am
Children up
to 5 years

ST ANTHONY'S PLAYGROUP

Outdoor & Indoor Play * Arts & Crafts * Music



St Anthony's School Library & Playground
58 Arden Street, Clovelly
Entry via gate in St Anthony's Church carpark.



staclovelly.syd.catholic.edu.au • 9665 7399 • facebook.com/staclovelly • instagram.com/staclovelly





@The Cloey

Thanks to those who joined us for this great event!





The Pizza & banter flowed all night!



THANK YOU FOR READING!

Click Here

Do you have a family recipe you would like to contribute for our next edition?

We'd LOVE to hear from you.

Just click here and email it through!