



FROM THE HEART

NEWS FROM THE LAITY OF THE CHEVALIER FAMILY AUSTRALIA

November 2023

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Welcome to From the Heart November 2023.

Once again, we have many inspiring articles to read and reflect on.

One of the most common comments during conversation seems to be, "I can't believe how fast the year has gone". I always believed that the apparent speed of time passing was a function of age, but just last week, I overheard a couple of 40s on the train making the same comment! So, it must be happening!

That's why it is important to find time 'to be', reflect, relax, and appreciate our blessings. Sandy Abbey has sent through a reflection he adapted and used with students at his school, which contains much wisdom. Wisdom, I'm sure we can all relate to. Here is a sample:

"The spirit of the world says that externals are all important – looks, property, and possessions. You are what you have.

Spirituality of the Heart says your looks and appearance can be very deceptive. You must look into the heart, into the depth of life, to see who we really are."

You can find the article later in this newsletter – it is worth reflecting on!

With every blessing as we approach that most important time of the year. Christmas!

Take care,

Fred (Chair, Australian Council of the Laity of the Chevalier Family)

Share 'From The Heart'

- Download From The Heart ([November 2023](#)).
- Join the mailing list by contacting aus.lcf@gmail.com.

Chevalier Family Dates

[Read](#) about significant dates for the Chevalier Family in November.

Advent Calendar

This resource is available on the [LCFA website](#) for you to use in your workplaces, schools, parishes, and anywhere else.

Follow the Star
... Journeying Together

...To the Heart of Christmas
Join us for our advent calendar

Each day will have a different theme to help develop your Spirituality of the Heart in preparation for Christmas.

Advent

National Gathering Highlights

The Laity of the Chevalier Family Australia National Gathering 'One Heart, Many Stories' on 22-24 September 2023 was a success! See highlights below, [read](#) a participant's experience, and [watch](#) a photo video (credit: Tony Wehbe!).



One Heart, Many Stories.



Welcome to Country.



Our Shared Story.



Michael Fallon's Keynote.



God's Story in Our Hearts.



Hearts Living Together.



Creator Heart.



Aboriginal Mass.



Hearts Dreaming Together.

Permanent Home for Heart of Life

"The Province has acquired Kewn Kreestha ('Quiet of Christ') in Alto Avenue, Croydon for Heart of Life". [Read more.](#)



Chevalier College Bids Franzmann Farewell

“Today we bid a sad farewell to Father John Franzmann MSC. who will be leaving the College where he has called 'home' for nearly 50 years. Father John has always been involved with education. His MSC story dates back to when he attended school at Downlands College in Toowoomba. He has been a Missionary of the Sacred Heart for 65 years and a priest for 58 years. After teaching at other schools, Fr John moved to Chev where he taught mathematics, coached basketball, and was an avid observer of many rugby games. He was the Principal of Chevalier College from 1975-1980 and was instrumental in the college moving to co-education and for the construction of the McGrath Hall. We wish Fr John Franzmann all the best as he takes up residence at MSC in Kensington.” (Chevalier College Facebook). [Read more.](#)



Wellbeing With Heart

Have you checked out the Chevalier College ‘Wellbeing with Heart’ newsletter? [Read on Facebook.](#)



Updates from the Future Proofing Study

Chevalier College is proud to be participating in the Future Proofing Study, Australia's largest and most comprehensive longitudinal study of adolescent mental health in Australia. Students in the class of 2025 signed up to participate in Year 8, and will continue to participate with yearly surveys until they reach Year 12.

Some [initial findings](#) from the Future Proofing Survey are now available, and they impart wisdom into the biggest issues impacting teens in Australia, and what can be done to address these concerns.

[READ MORE](#)



1. Loneliness and disconnection is a big risk factor for the development of anxiety and depression.

27% of adolescents stated they felt like an outsider at school, 17% said they felt lonely.

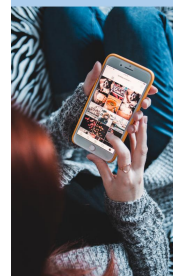
So get connected! Sign up for groups, teams, clubs and activities that foster connection. This could even be a part-time job or volunteer work. Face-to-face connection is often more meaningful than online.



2. Sleep

Only 53% of teens are getting more than 8 hours/night, and one in five adolescents are getting less than 6 hours per night. Adolescents need 8-10 hours/night. Sleep problems increase the risk of experiencing mental health symptoms by 4-6 times, and are linked with difficulties with school work and attendance, and problems in peer relationships.

Implement good sleep hygiene ([Sleep Resource For Teens - Black Dog Institute](#)) and try the [Sleep Ninja app](#).



3. Screen Use

Teenagers are using social media on average 2-3 hours per day, with 82% using social media to connect with the friends that they know in real life. Screen use is therefore an important aspect of social connection for adolescents. However, 46% of teens say that using screens stops or delays them from doing other important things in their life (homework, chores, sleeping).

So, have good boundaries around screen use ([WRWH_P_Vol2_2_Issue2_TECHUSE_210721.pdf](#)) and balance your screen time around other interests and social experiences.

Chevalier College is here to support students and families in any way possible.

[CONTACT US](#)

wellbeing@chevalier.nsw.edu.au

Community Contribution

We welcome a contribution from Sandy Abbey. [Read here.](#)

Kerrie Wehbe has also sent a reflection. [Read here.](#)



First Friday Reflection

Download the First Friday Reflection ([PDF](#)) ([Image](#)).

First Friday Reflection
Nov 2023

COMMUNITY ENGAGEMENT & PARTICIPATORY ACTION

TWELVE FIRST FRIDAY STEPS TOWARDS THE LAUDATO SI GOALS

AWARENESS

The World Day of the Poor is a Roman Catholic observance, celebrated on the 33rd Sunday of Ordinary Time, so that throughout the world Christian communities can become an ever greater sign of Christ's charity for the least and those most in need.

PRAYER

Triune God, help us as Chevalier Family and all groups that work for the common good, to develop a spirituality of global solidarity which flows from the mystery of who You are, an interconnected community of love.

Amen.

ACTION

Choose how you want to participate in this observance to show your concern for the poor.

NOVEMBER

Image from <https://pixabay.com/photos/children-feet-shoes-poverty-africa-5980533/>

Australian Reflection

"The poor" - It's a pithy term we use without thinking. It evokes specific images - inability to pay for living expenses, malnutrition, homelessness, limited access to essential services/education, social discrimination/exclusion, lack of sanitation/clean drinking water... the list goes on (UN).

Poverty is horrific, whatever the scale it is experienced, because it undermines the most fundamental gift and right people have: human dignity. It undermines that we are all "created in God's image" (Gen 1:27) to share equitably the gift of God's Creation and "love one another as God Has loved us" (John 13:34). Perhaps the expression 'people experiencing poverty' better lends itself towards recognising inherent human dignity whilst acknowledging the reality of poverty. It states that "poor" does not define the person but is something happening to them - an unfortunate circumstance that must be changed and eliminated.

The political correctness of using "the poor" (Oxfam) is thought-provoking. Is this a moment where a 'paradigm shift' in Catholic theology (Catholic News Agency) towards lived experience and evolved understanding can start? This month, we invite you to reflect on your image of "the poor" and what response "being on Earth the heart of God" calls you to.

Laudato Si

Laudate Deum (Praise God)

Pope Francis released *Laudate Deum (Praise God)*, the follow-up encyclical to *Laudato Si*, on 4 October 2023. “*Laudate Deum (Praise God)*, a frequent refrain in several psalms, including Psalm 148, which tells the heavens, angels, sun and the moon to praise the Lord.” ([CathNews](#)). [Read online](#).



Women’s Retreat Invitation

Register [here](#).

A Retreat Day for Women *‘Awakening to Awe’s Embrace’*

You are invited to attend a retreat at St Mary’s Towers, Douglas Park, that will offer time and space for women to rest and rejuvenate.

The retreat day will offer an opportunity to nurture your heart through music, poetry, silence and nature.

Date: 17th - 18th November

The retreat will begin with a meal on Friday evening and conclude by 5.00pm Saturday.

You are welcome to arrive and depart as you need; limited child care can be organized.

Cost: \$140.00 for Friday and Saturday

\$70.00 for Saturday only

Facilitators: Anne McAtomney and Alison McKenzie

Photo: John Walker msc



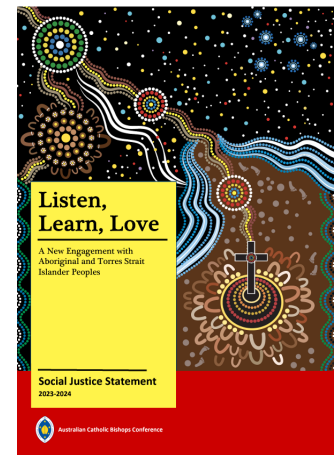
First Nations

ACBC Social Justice Statement 2023-24

The Australian Catholic Bishops Conference (ACBC) launched their 2023-2024 Social Justice Statement called 'Listen, Learn, Love: A New Engagement with Aboriginal and Torres Strait Islander Peoples'.

"While the Social Justice Statement is a teaching document of the Australian Catholic Bishops Conference, a large part of this year's statement was written by members of the National Aboriginal and Torres Strait Islander Catholic Council. It is part of the message's exhortation to 'listen.'" ([CathNews](#))

[Read.](#)



First Nations Voice at the Synod

"NATSICC Chairperson John Lochowiak to provide a strong First Nations Voice at Synod. Representation at these important occasions is a vital step in the journey of Aboriginal and Torres Strait Islander Catholics." ([NATSICC](#)) [Read the full article.](#)

Learn more about the Synod [here](#).



International Conference on Catholic Indigenous Ministry (ICCI)

"The conference, dedicated to understanding and enhancing ministry to Catholic Indigenous populations, brought together delegates from Catholic Indigenous organisations, along with Catholic bishops and organisations from the lands of the current countries Canada, Australia, New Zealand, and the United States held from September 18th to 22nd, 2023." ([Catholic Diocese of Darwin](#)).

Learn more about the ICCI [here](#).



OLSH 150-Year Jubilee

The OLSH Sisters have commenced their Jubilee Year, with 30 August 2024 marking 150 years since their foundation. It was launched with a YouTube presentation, [Love Is Our Mission](#). Read More: [OLSH Website](#). [MSC Website](#).

Below is the text from the OLSH Sisters' commemorative prayer card.

May the Sacred Heart of Jesus be Everywhere Loved!

All gracious God, our hearts overflow with joy and gratitude as we celebrate the foundation of our beloved Congregation.

We thank you for gracing Father Jules Chevalier MSC and Mother Marie Louise Hartzler FDNCS with a profound understanding of your love, revealed in the Heart of Jesus. An understanding that inspired Father Jules Chevalier to found our Congregation and Mother Marie Louise to give a living expression of his ideal.

We thank you for the gift of our pioneer Sisters who, despite poverty and setbacks, established our Congregation in Australia and, from there, to the countries of the Pacific and beyond.

We thank you for the Missionaries of the Sacred Heart with whom we share the same Founder, charism, and spirituality and with whom, faithful to Father Chevalier's desire, we have a close bond of union in prayer and mission.

We thank you for the blessing of our Associates, the Chevalier Family, our Partners in Mission, and all to whom we have ministered, who take the love of the Heart of Jesus and Our Lady of the Sacred Heart to all corners of our world.

We thank you for the gift of each other, Sisters together, loving, encouraging and supporting each other as we seek to be on earth the heart of God.

Finally, we thank you for the beautiful gift of Mary, Our Lady of the Sacred Heart, our mother, companion, and inspiration, and of Saint Joseph, a man according to the Heart of God who continues to keep us under his protection.

As the future unfolds, may the Sacred Heart of Jesus continue to be loved everywhere and forever!

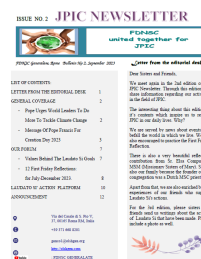


FDNSC JPIC Newsletter

The generalate of the OLSH Sisters (FDNSC) 's latest Justice, Peace, and Integrity of Creation (JPIC) newsletter was released. [Read here](#).

MSC Mission Newsletter

The latest edition celebrates the 25 years of the MSC Mission Office. [Read](#).



MSC General Chapter

MSC Superior General Reelected

“Fr Abzalón Alvarado, MSC, has been elected as Superior General of the Missionaries of the Sacred Heart. The election took place at the General Chapter, which the congregation is holding in the city of Nemi, near Rome, Italy. His confreres have re-elected him for a new mandate, thus giving their confidence to the work that, together with his Team and General Administration, he has carried out in the last six years. Fr. Abzalón thanked his confreres throughout the congregation, his leadership team and the laity of the Chevalier Family for their support during the previous mandate. He also had a special and moving word for his own family. "We will continue with shared leadership". This was the first idea he wanted to convey to the assembly of the General Chapter. He is aware of the challenging work for the coming years, and while knowing that he is vulnerable and aware of his limitations, he trusts in the grace of the Holy Spirit, "transforming me in order to transform". His personal commitment to the Congregation of the Missionaries of the Sacred Heart will be listening to the language of the heart, and his attitude will be one of learning together with all his confreres. "Help me to continue to go to the provinces and unions without answers but with questions so that together we can build the answers." In this way, he expressed his willingness to work together and his commitment to service.” (MSC Communications in Rome)



Photo Credit: [MSC General Chapter](#)



(Alison McKenzie and Doris Machado)

The Laity of the Chevalier Family Insights and Report

Alison McKenzie, the Secretary General of the International Council of the Laity of the Chevalier Family, was invited as a lay consultative voice in the MSC General Chapter. [Read](#) a summary of Alison’s insights. Read the International Council’s [Report to the Laity](#).

Meeting the Pope!

[Read](#) the Pope’s address to the MSC Chapter.

[Read](#) a reflection on the General Chapter and Meeting the Pope by John Mulrooney MSC.



ADDRESS OF POPE FRANCIS TO THE MSC GENERAL CHAPTER

- 1 KNOW THE HEART OF JESUS THROUGH THE GOSPEL
- 2 TO DEEPEN ITS MESSAGE IN FRATERNAL SHARING
- 3 PROCLAIM IT TO ALL IN THE JOY OF MISSION



Call for Contributions

The *Australian Council for the Laity of the Chevalier Family* is looking for contributions to social media stories and *From The Heart* to help build connections in the Chevalier Family.

- Hosting an event?
- Have a story?
- Know of an achievement?

Anything related to MSC, OLSH Sister, and MSC Sisters communities, missions, ministries, and lay people that would interest the wider Chevalier Family. Whether a local item or something of national/international significance, send a reflection, article, short paragraph, or sentence with any photos/images (with permission to be publicly shared) to aus.lcf@gmail.com.

Fundraising

The *Australian Council of the Laity of the Chevalier Family* has committed to raising funds to support two delegates from Pacific Countries and four from Australia to attend the 4th *International Assembly of the Laity of the Chevalier Family* held in the Philippines in 2024. Your contribution is one way to express solidarity as part of the Chevalier Family. Download the [Fundraising Appeal Letter](#).



Australian Council of the Laity of the Chevalier Family



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chevalierlaity.com.au



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

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



We commit to a "greater love for our Creator, each other, and the home we share" (*Laudato Si* 14). We live in the *Spirituality of the Heart* and are called to love and care for Creation and the Created.



We rejoice in our differences and celebrate the gift of the LGBTQIA+ community. We live 'to be on Earth the heart of God' and welcome and include all people in their diversity.