

THE BARK

OUR LADY OF FATIMA
PEAKHURST
SEPTEMBER 2021 ISSUE



Dear Friends,

There is no doubt that 2021 has, for many of us, been an even more challenging year than 2020. Lockdown seems harder this time around and the 'end' of COVID (whatever that means!) can seem just as far away as ever.

In the midst of all the difficulties, challenges, uncertainty and complications of our lives at the moment, we are very grateful to all those who have taken time to contribute to this issue of *The Bark*.

Read on for:

- updates from our Leadership, Liturgy and Finance teams
- what's happening with the Catholic Women's League, Friendship Group, Evangelisation, Cornerstone Young Adults and Peakhurst Men's Walk and Talk.
- special memories of two wonderful parishioners who have gone before us: Inez Mullen and John Campbell.
- a wonderful update on Kerry and Peter Atkin's courageous grandson, Jack, and his amazing progress since his complicated birth.
- Sharon Moran's highlights of lockdown life.
- news from Lending a Hand: One Meal Riverwood is thriving, we are supporting a great project for kids of prisoners and how we are helping Wilcannia during COVID and more.
- a reminder that being positive is the better option, always.
- book and television reviews and even a couple of delicious recipes for you to try.

Happy reading.

A look at the OLF story... part one

Over the next few issues of *The Bark* we will revisit some key moments of our parish's history.

Did you know?

- ◆ We officially became a parish on 12 May 1966.
- ◆ Our church was opened on 13 October 1968 – the Feast Day of Our Lady of Fatima.
- ◆ Fr Joseph O'Shea, was our founding parish priest. He drove the creation of the parish and oversaw the building of the church. He was assisted by many early parishioners. Col Sinclair produced a scale model of the church with Father O'Shea's help but sadly this model is no longer in existence.
- ◆ The contract to build the church went to John Garling of Caringbah; he had not previously built a church. (He did a good job!).
- ◆ The property had a dilapidated cottage on it which was occupied by a couple who had a protected tenancy. In order for the construction of the church to proceed, and after receiving legal advice, Cardinal Gilroy approved a compensation payment of \$1000 for vacant possession. (That is approximately \$7,900 value in 2021).
- ◆ Father O'Shea's first housekeeper was Dot Fallon. She looked after Father with cooking, cleaning, taking messages and keeping everything running smoothly.

From the Leadership Team ...

Around the time of mid-June when the last edition of *The Bark* was published, we were all starting to feel quite positive about the way life was beginning to return to some level of normalcy. As we tentatively emerged from our COVID-19 cocoons our church was also starting to function close to normal and planning was well under way to organise parish events for the remainder of the year.

But alas, all that changed quite dramatically around the beginning of July as the COVID-19 Delta strain took hold across the city and we were once again forced back into a strong lockdown, a position we unfortunately remain in as we publish this edition. The impact of this more virulent strain of the virus has been quite dramatic. Despite the resultant higher death numbers we are most grateful that to this point that none of our parishioners have lost their lives as a direct result of the virus.

For the Leadership Team, the July lockdown brought an abrupt halt to the momentum that we were just beginning to rebuild. We had started to organise to carry out essential work that is needed to the back room of the parish house, especially to the roof and ceiling as well as some other minor internal repairs. These works were unfortunately put on hold, along with the planning that had commenced on the upgrade to the children's playground area at the rear of the church. It is hoped that these projects can once again be recommenced once the situation eases.

One project that has continued to progress, albeit like everything, more slowly than hoped, has been the development of our new parish website. This project has been two years in the making but under the guidance of Ravilya Sedlar, with great support from three of our younger 'IT savvy' parishioners—Riana Estigoy, Celine Saidi and Nicole Saoud— the site is at last nearing completion. The Leadership Team had the opportunity to preview the site at our September Zoom meeting and we were all extremely impressed with how easy it is to manoeuvre through and how user-friendly it is to locate information. If all goes to plan it is hoped that we might be able to have a 'launch celebration' in early November. In the meantime we extend our sincere thanks to Ravilya and the team for the many hours devoted to the development phase.

We were pleased to be able to offer our support to Health NSW during July and August when we were approached to host a Laverty drive-through Covid Testing Clinic in the church car park. We saw this as an opportunity to support the local community especially during a time when health officials were strongly encouraging people to get tested! Our site proved to be an extremely popular venue and during the peak of the outbreak the clinic was averaging 480 individual tests a day.



We were also approached a second time by Health NSW to host a vaccination clinic in our parish hall at a period when concern was at its highest for a fast roll out of the vaccine. Ultimately this didn't eventuate as larger, more central venues were decided on. Added to this was that local residents for the Oatley, Peakhurst, Lugarno area had responded well to the appeal "to get the jab", so other venues in areas with lower vaccination rates were preferred.

Throughout the whole COVID period a small group of parishioners has been continuing to periodically telephone our older, more isolated parishioners to check in on them and offer assistance where needed. They commenced this practice last year and have continued their 'phone around' in 2021. Thankfully most of our older folk appear to have good family support but a chat with a church member has been greatly appreciated and provided a break from the monotony that has typified the past several months. So we extend a special word of thanks to those people who have offered their 'tele friendly' time.

Throughout the lockdown we have been most fortunate to have had the chance to 'attend' Mass in our parish church via our live stream feeds. For this, special thanks is paid to those who have ensured that our Sunday and midweek Masses have continued to be so efficiently conducted and streamed. We especially extend our deep gratitude to Fr Tony, Fr Brian and the small group of acolytes, readers, musicians and live streamers, along with those who have assisted with pre-Mass preparations, to ensure that we have been able to participate in such wonderful celebrations in our homes.

Finally, sincere thanks is extended to Clarissa Finan and Tony Thorpe who have continued to ensure that the wheels of parish administration and finance have kept turning through these most challenging times.

God bless and stay safe.

Tony MacDougal, on behalf of the Leadership Team

Trouble

Trouble is like an oyster into whose shell one day there comes a tiny grain of sand.

By some strange circumstance, this tiny piece of quartz has entered into the shell of the oyster and there, like a alien thing—an intruder, a cruel unfeeling catastrophe, imposes pain, distress and presents a very real problem

What should the oyster do?

There is no point in trying to deny the reality that tortures every nerve, so the oyster doesn't try.

In spite of all the denial, nothing can change the fact that the grain of sand is there.

Nor would grumbings or rebelling do any good, for after all the protests and complaints, the grain of sand would still be there.

No, there the oyster recognises the presence of the grim intruder and right away begins to do something.

Slowly and patiently, with infinite care, the oyster builds upon the grain of sand.

Layer upon layer of a plastic, milky substance that covers each sharp corner and coats every cutting edge.

And gradually—slowly—by and by, a pearl is made.

A thing of wondrous beauty wrapped around trouble.

FINANCE

Like everything else in these COVID-affected times, parish finances have gone through a many uncertainties. However, largely due to government support, we have ended the financial year 2020-2021 in good shape. Because many parishioners have not been able to attend live Masses, overall collections are well down on past periods, but the support from the monthly credit card contributors and income from the weekly markets has softened the impact, with the government stimulus picking up the slack. The challenge now ahead of us is in getting back to some form of normal, as soon as possible.

I recently read an article from the National Catholic Reporter in the United States, given to me by an OLF parishioner, which stated that *“The mere act of lifting the dispensation from the Sunday Mass obligation, as the coronavirus pandemic eases, won’t be enough to get Catholics to come back to church”*. In this article, the pastor of the parish that the article was about, installed a banner at the front of his church, which said, “Welcome home”. This is our challenge also, both as a parish generally as well as from a finance perspective. When the time comes, which appears to be soon, we need to encourage all that we know to re-join the community of Our Lady of Fatima at Peakhurst.

Once there has been some lifting of the restrictions, what can you look forward to from a finance perspective? Well, just prior to us experiencing the most recent restrictions, we were all set to go with some COVID-inspired innovations (possibly overstating “innovations”). Despite the beautiful (??) decoration of the collection containers at the rear of the church to collect envelopes and cash, they weren’t entirely successful in maintaining parishioners’ contributions, particularly cash. When we return, the intent is to return to the collections **during** Mass, with long-handled collection bags, which will eliminate touching the bags.

In addition, keeping pace with current trends, we will be introducing “tap and go” devices at the entrances to the church, where those parishioners who have become part of the “no-cash” society, can contribute by simply tapping the device with their debit/credit card. These devices are primarily intended to replace the current cash donations, and each tap will be set to a \$5 donation. For those wishing to donate \$100, this will replace going to the gym, given that 20 taps will be required.

However, if this sounds too exhausting, you could sign up as a monthly credit card contributor and still attend the gym. Speaking of the monthly credit card method of contributing, we have seen a significant increase in parishioners transferring to this method in recent times. There are now **more** regular-giving parishioners donating via monthly credit card than via envelopes. Another benefit of the credit card process is that the printing of envelope sets costs the parish around \$1,000 each year, whereas there is no cost associated with the monthly downloads.

Parishioners donating via envelopes and cash have been restricted lately by not being able to support the parish during the shut-down periods. This can be overcome by using the credit card option and is much simpler in “normal” times as well. Signing up for the credit card method is simple and, as most parishioners already give consistently each week regardless of the method of giving, donating by credit card is no different, except that it is withdrawn in one amount monthly, and avoids the hassle of placing cash in an envelope, or having the cash to place in the 2nd collection at Mass. We will still retain the cash collection for those parishioners who prefer that for both collections.

I am looking forward to seeing you all back in our regular pews.

Tony Thorpe, Finance



LITURGY MATTERS

The activities of the Liturgy Team, as with every other parish ministry, have been severely hampered as a consequence of the latest COVID-19 outbreak and lockdown.

It was only a few months ago that we seemed to be recovering from the COVID crisis. We had gradually worked our way back from the severe limitations of last year to basically being able to conduct our Sunday celebrations with minimal restrictions. You will recall that we had removed the online pre-Mass registration requirement and people had begun signing in using the QR code as they arrived at church. We were also essentially able to conduct our Masses with just minimal restrictions around social distancing.



A great plus for us was that, with the assistance of our Sacramental team, we were able to ensure that our primary school children who had missed the opportunity to make their First Holy Communion in 2020 were able to do so on the Feast of Corpus Christi in early June. The children were wonderfully prepared for the occasion by our Sacramental Team and we thank them all: Tosca Galluzzo, Deb Cummins, Therese Harrison, Maureen Hyland, Maryanne Malone and Ruth Meagher.

Unfortunately though, following an acute outbreak of the COVID Delta strain, the weekend of June 26 saw the NSW Government re-impose a lockdown and we were once again forced to redesign our celebrations with only a minimal involvement of people inside the church. As a result of the strict guidelines, we have come to rely on a small and regular team of people assisting at each of our Masses. This was undertaken to comply with Archdiocesan advice and to ensure that consistency was maintained with all safety, hygiene and cleansing protocols. Therefore our deep gratitude is extended to our acolytes and readers Deb Cummins, Goody Macquinad, Raymond Estigoy, Tosca Galluzzo, and Dom Alati, as well as our musicians Susie Paino and her family, Ravilya Sedlar, Ben and Noah Taylor and our 'on line streamers' Kathleen and Andrew Kennedy as well as Fran and Kelvin Simon. Thanks are also conveyed to our Altar Society ladies who have maintained the sanctuary space during these restricted times and also to Tom Ryan for his ongoing preparation of our Prayers of the Faithful which are always so thoughtfully crafted to reflect our parish.

It goes without saying that we are also especially grateful to Father Tony and Father Brian who have ministered to us so very well during these challenging times. In particular they did a wonderful job juggling the role in both OLF and St. Declan's parishes whilst Fr Chris was in Canberra supporting his father and the family during the final weeks of John Ryan's life.

Nothing can make up for the fact that we have been unable to gather together to celebrate Mass as a community including special events such as our annual Father's Day Mass. For this occasion we also missed out on the opportunity to experience the traditional Children's Liturgy tribute to fathers as well as viewing the annual 'rogues gallery' of dad portraits that usually adorn the church walls. Let us all hope and pray that life will soon return to normal and we will all once again be able to enjoy celebrating Mass as a community in the company of our family, friends and fellow parishioners.

Tony MacDougal, Liturgy Team



Inez Mullen

Celebrating the life of our Mum, Mother-in-law, Nanna and Great Grandmother (and a wonderful friend to many at OLF)



Inez Joy Delaney was born on 31 March 1930 in Bathurst to Charles and Maude Delaney. Mum was born in the house she grew up in until the age of nine when the Delaney family moved to Sydney.

Mum was the third of four children. She unfortunately never knew her brother Mervyn, who died as a six-year-old before Mum was born. Gwen was five years older than Mum and they had a younger sister, Elizabeth. Gwen passed away over 20 years ago and Elizabeth has recently moved to the Central Coast to be near her daughters and regrettably was not able to join in celebrating Inez's life due to the COVID restrictions.

Mum had a happy childhood attending school initially at St Mary's Bathurst. She would talk of carefree times in the country and how she would walk up to the main street of Bathurst to watch the racing cars pass through on their way to Mount Panorama when the big race was on.

Her father was a train driver and the move to Sydney was so that he could begin driving the new electric trains. After the move to Sydney the Delaney family settled at Strathfield. Mum attended St Mary's Concord and completed her schooling there up to the Leaving year.

After finishing school Mum just grabbed the paper, circled a few advertisements and went into town and got a job. Her work life began at Westcott Hazel (a car part supplier) where she was secretary to the manager. Because she was quite young her mother was asked to attend the interview with her; you wouldn't hear of that today! The manager was so impressed with Mum that the company offered to put her through secretarial school to learn shorthand and typing, giving her time off to attend classes.

Mum's social life revolved around dances and outings at various CYOs in the district. Over the years she had mentioned a few young men she kept company with, but then came along a certain young gentleman by the name of John Mullen and as they say - the rest is history. Mum and Dad were married on 14 July 1951. They would have celebrated seventy years of marriage this year.

After setting up home at Marrickville they welcomed their first child, Denise in 1953, followed by Greg in 1955. The young family then moved to Penshurst where they welcomed their next child Brendan in 1967.

Once Denise and Greg were at school at St Declan's Penshurst, Mum became active in the P & F and it seemed that she spent as much time at the school as her children, helping the nuns, doing canteen duty and various other tasks involving the P & F.

The young family was on the move again and in 1968 settled in Lugarno and so began the long association with Our Lady of Fatima Parish at Peakhurst.

Mum heard the call for catechists for the public schools and this was the start of a 25-year devotion of spreading her faith to the children in her care. Mum enjoyed this labour of love and was always touched when former students – now adults – would approach her and thank her for her efforts.

Once Greg started at Penshurst Marist College, Mum and Dad were both very much involved with the P & F. They became firm friends of many of the Brothers who passed through the school. One major project they were involved in was the building of cricket nets at the school. They possibly would be a little disappointed now to see what is standing where the cricket nets were, but that's progress.

After we had all left school Mum was looking for another way to help in the community so she became a founding member of the Parish's Catholic Women's League. While a member of this organisation she made many friends and together they made meals for new mothers, the sick and the elderly. They visited the sick in hospital and in nursing homes, did fundraising for various charities and for many years Mum organised the yearly fashion parade for the CWL. She got to know many parishioners this way. Mum was also on the Parish Welcoming Committee and many people have mentioned how at home they felt after Mum's welcome to the Parish. Calvary Hospital also had the pleasure of Mum's services. For several years she worked there as a volunteer, massaging the feet of the sick and dying. She found this both humbling and rewarding.



On International Volunteers' Day 2009 Mum received an award from Hurstville City Council recognising her dedication to her church, organisation of numerous charity events and other volunteer work. The nomination was made by her colleagues from the CWL and the recognition was well deserved.

Mum wasn't particularly sporty in her youth but in later life she did take up golf and she, along with Dad, was a member of Bankstown Golf Club. Then the game of bowls caught her interest and she and Dad became members of Grandviews Bowling Club. While a member of Grandviews Mum served on every committee position available right up to President. Mum was also quite competitive in the bowls arena, taking part in numerous competitions for her level and even winning the occasional tournament. It was a very proud day when Mum was given her President's Day and as many family members as possible were invited along to share the day.

Mum was a wonderful mother giving her time and love to her family unconditionally. Mum always supported and encouraged our extra-curricular activities whether cheering on the sideline of sporting fields, cricket ovals or watching physical culture.

She rejoiced with the arrival of all her grandchildren: Sean, Karen, Chris, Keira, Rebecca, Thomas, Daniel and Annie and later two great granddaughters, both of whom carry her name, Jessica Inez and Madeleine Joy.

When Dad passed away in 2014, she mourned her husband and got on with life. However the last two years have been a struggle with the onset of dementia. Memory was starting to fail her and after getting lost a few times while out driving and after discussions with her doctors, the family made the decision to take away the car keys. We understood that this would be a huge challenge and change for her but boy, was she angry! The phone calls to each of us when she couldn't find her keys were interesting to say the least. Once the car was sold, she accepted her situation (sort of).

The whole COVID thing was quite a mystery for Mum. She just could not understand why you had to register to go to Mass and when there was no Mass at all – well wasn't that a mortal sin? Why aren't the family visiting, why are they standing outside and no shopping – what is the world coming to?! Mum spent her 90th birthday isolated with only Denise (as the designated visitor) to share dinner and a drink. There were many phone calls wishing her "happy birthday"; the only problem was she didn't remember the calls.

In August last year, after a medical episode, Mum was diagnosed with bowel cancer. The combination of dementia, her age and a heart condition meant surgery was not an option and that living alone was no longer safe for her. Mum went to live at Peakhurst Lodge run by the Sisters of Our Lady of China. There she was loved and cared for by a wonderful team who made her as comfortable and welcome as possible. The nuns were always regular visitors and provided her with Communion when she was well enough to receive it. They were also very welcoming to the family and managed the COVID lockdowns with compassion, which meant we could visit Mum during those times. It was great that this year in March the Lodge allowed us to celebrate Mum's 91st birthday together as a family with all those in Sydney able to attend in person, including the great grandkids.

The words to the hymn below really reflect the way Mum lived her life. She was a quiet achiever and a true lady. Mum lived a very Christian life – a life committed to helping others, a life caring for those less fortunate than her, and a life lived humbly yet lovingly for those around her. Mum leaves a legacy and an example that a fulfilling and rewarding life is not necessarily left to those of grandeur, of esteemed positions or of gold medal performances but a fulfilling and rewarding life is one of small yet caring acts consistently done.

Mum, thank you from the bottom of our hearts for all you have done for your family and so many others. You have been a wonderful wife, mother, mother-in-law, grandmother, great grandmother and dear friend. We are all so grateful that you have been part of all our lives.

We say farewell in the same way you finished every phone call . . . "God bless"

The family of Inez Mullen

*Gentle Woman
Quiet Light
Morning Star
So strong and bright
Gentle mother
Peaceful dove
Teach us wisdom, teach us love*



Above: John and Inez Mullen celebrating 60 years of marriage in 2012.

Left: Inez with many friends from OLF.

Below: Inez with her family gathered around.



John Gerald Campbell 1932 - 2021



John grew up two doors from me in Torrington Road, Maroubra. We attended the same secondary school, Marcellin Randwick, but he had left school by the time I started.

He came from a big family of two brothers and four sisters. Mary, his sister, used to drive me to St Michael's Golf Course. I didn't have a driver's licence and she knew how much I loved the game and would play golf with me and give me tips as she was very good; she was instrumental in my early years developing skills in a sport I loved.

John was described by his family members as fun and happy, growing up as a lovable rascal! He excelled in sport, playing A-Grade League but was also very involved with cricket, swimming, tennis and athletics. He was a keen member of the Maroubra Surf Club while still living in the area.

In his football career he played with many greats such as Jack Rayner, Clive Churchill and Johnny Graves.

I met up with John and his wife Pat again when Jo and I joined Our Lady of Peakhurst Parish in 1972. We became members of the Paulian Society and we used to meet in different people's homes once a month to discuss the Bible tasks we had been set. This was the start for us developing some very lovely friendships when we moved into the parish.

John's father started Campbells Paint business at Engadine and John and his brother Doug worked in the business in Anderson Road, Mortdale for over 60 years. He was the president of the Australian Painters' Association for many years and also President of the Bankstown Golf Club and a long-time member. John was 'C' grade champion twice. He was awarded an OBE for his services to the St Vincent de Paul Society.

Family was John's greatest achievement; he was a devoted husband to Pat and a dedicated, supportive father to Michael and Sally and enthusiastic and loving grandfather to Olivia, Bronte and Jai. He was a great people person and interested in whoever he talked to. He was kind, caring, gentle, happy and a loyal friend always; one of life's gentlemen. John always saw the best in people.

Vale, John. You are greatly missed but you left such a legacy of goodness.

John Fitzpatrick

Something to look forward to. . .

Young Reggie Winchester (grandson of Deb Cummins) will no doubt be keen to get back into helping his grandfather, Brian, in the garden as soon as lockdown is over.



A letter from the Morans in lockdown



Long-time parishioners, Craig and Sharon Moran, have been weathering COVID-19 and the most recent lock down like most of us – some days—good, other days – a bit ordinary. Sharon has kindly shared a little of their experience with **The Bark**.

Each afternoon Craig and I play a game of backgammon; the best of five wins and we have a scorecard on the kitchen blackboard, it's 21-20 at the moment. It is a quick, fun game between two very competitive people in our house. There are lots of laughs and the occasional tantrum; Craig has only turned the board upside down once.

I am also playing *Words with Friends* online with our son Trent, who was staying at Strathfield when the lockdown started and is now stranded there. It is a bit of fun and keeps us connected while I can't see him.

Our grandson, Jay, is now 7 months old and started sitting up during lockdown – I am worried he will be walking before we get to see him again. His mum, our youngest daughter Sarah, Face Times us twice a day to keep us involved; once in the morning when Jay wakes up and then during bath time. FaceTime is our way of keeping up with all the family. Lauren, our eldest daughter, came home from New York in May after living overseas for nine years and sadly feels like she might be anywhere in the world as she

still cannot see her family and none of us live within the five kilometre range to even go for a walk or be her buddy. She is working from home and keeping herself busy with work, exercising in nearby Centennial Park and swimming in the ocean at Clovelly to look at the aquatic life – crazy! Claire is the only one within my five kilometres and so we trade food and treats via non-contact drop offs on her front verandah on my way to work. She has bought a Thermomix so her food is way better than mine; it's a winning deal for me.

I have read a few books including the recently-released Jock Zonfrillo (Masterchef judge) autobiography, ***The Last Shot***. I can't believe that he is alive to tell the tale. I didn't love, and don't condone some of the things he has done, but it is an interesting journey from drug addict to where he is today. Those who tuned in to ***Masterchef*** will find the background story interesting.

We have tried to declutter during lockdown in preparation for the inevitable downsizing time in our lives. For many this would be a great activity and one where you could come out of lockdown and really have something to show for your time. For us, this has been a spectacularly unsuccessful project. There have been two major stumbling blocks, firstly we both grew up in fairly frugal times and our socio-economic areas were places where

you kept everything, to repair, use later or just in case. Secondly, we are way too sentimental so we spent a lot of time oohing and aahing, having the odd tear and remembering special moments in our lives. Most things went back in the cupboards for another day; we have too much storage. Major fail – we will revisit this project at a later date.

We have taken lots of walks during the lockdown and many just around the streets nearby. We found a boardwalk dedicated to service men and women who have perished. It is not far from Morshead Reserve where the St Joseph's Sports Club picnics were held. We stumbled across it and found it interesting; it is only very short but worth visiting.

Here is a word of advice for you all – don't go walking during clean up week. We did and I found a table we could restore and use on our back deck. We went home to get the car, one of us more reluctantly than the other.

Opposite page, L to R: Sharon and Craig in front with Sarah, Claire, Trent and Lauren.

Getting the table home was a monumental effort in itself; it was too heavy for two "old" people to put on the roof and so we disassembled it and placed it in the back of the car. It was too long, so Craig tied it to the back of the seats and left the back open and Sharon sat in the back and held on to it for dear life. We got it home and with enormous effort, grunting and swearing we manhandled it into the garage. The project was tentatively started before I had a moment of clarity and realised it was way too heavy and we are way too old to get it up on the back deck and, after all, we are trying to declutter not add more 'stuff' to our house. Game abandoned! Now it is up on Facebook Marketplace for swap and sell for free – 'great lockdown project'. Moral of the story, stay with the declutter project and don't bring anyone else's 'stuff' into your house.

Sharon Moran



Cornerstone Young Adults' Group

Cornerstone Young Adults' Group, which commenced in November last year in our parish, has continued to meet on a regular basis this year. Our usual format is to share a meal after the 6.00pm Sunday Mass, listen to a talk from a guest speaker and then enjoy some time of small group discussion and fellowship. We have had some amazing guest speakers so far this year. One of the highlights was a talk by Kelvin Simon on his time in the desert when he was a young adult. It was our most well-attended night, with 46 people turning out to hear from Kelvin.

In the past few months, we have had to be creative with how we get together, but we haven't let lockdown stop us from meeting! We have taken **Cornerstone** online, using Zoom to meet virtually. The first get-together was a games afternoon featuring online versions of games like Codenames and Spyfall with Father Tony joining us as well.

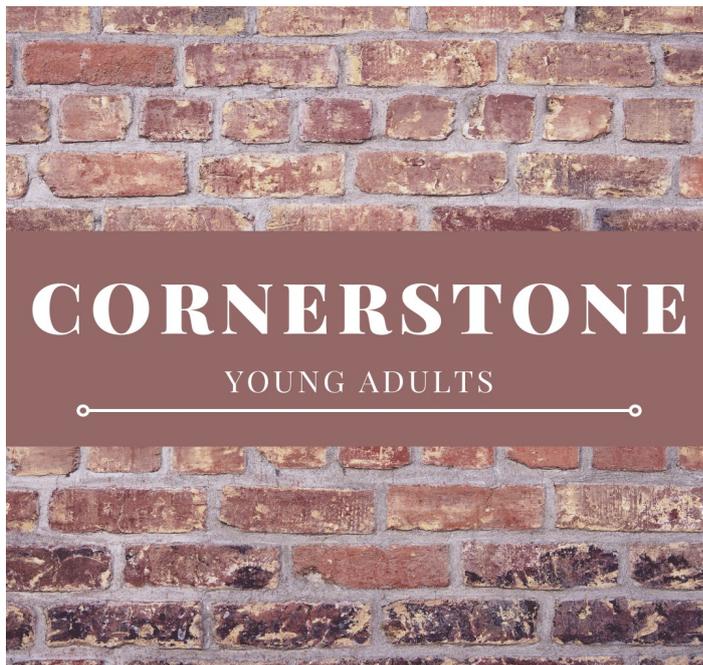
Most recently, we met for a Murder Mystery-themed afternoon. One of the leaders used their creative gifts to write the mystery and distribute characters to all who registered. We worked as a group to solve the mystery and there were many interesting twists and red herrings.

It's been a blessing to meet together to share some fun and laughter during lockdown.

Our upcoming **Cornerstone** will be a creative prayer afternoon. New members are always welcome! Please check out our [Instagram](#) and [Facebook](#) pages for updates.

If you have any queries, please send an email to simone.f91@gmail.com or contact me on 0419872325.

Simone Fernandes
Young Adults Group Leader



Remember "Little Jack"?

From the grandparents - Peter and Kerry Atkins

Many parishioners will recall when we made a special request for OLF folk to pray for our grandson, Jack, back in 2012. Through the magic of the internet, people from around the world prayed, and for that we were most grateful.

Jack was supposed to be delivered in late April 2012 at Proserpine Hospital but a late scan showed that something was seriously wrong and that his abdomen had not closed and that organs were outside the body. The only hospitals capable of dealing with the complicated birth were Brisbane and Townsville and unfortunately his case was redirected to Townsville Hospital and he was delivered there on the 7 April 2012 with his liver outside his abdomen.

While all had been planned in detail by the specialist, Jack upset the plans and came weeks early, and the good doctor had not returned from an overseas conference. As the specialist could not get back in time, the deputy decided that he knew better and simply pushed the liver inside and sewed him up. Unfortunately it was like pushing a brick into a matchbox and the pressure restricted lung function and cut off blood flow to the kidneys, but alas, by the time the issues were determined, and the liver was removed again, Jack's kidneys were already dead and thus our new-born grandson needed dialysis to stay alive, while skin was being grown and used to cover the tummy opening.

Thus began a countdown as one by one, his veins were used for dialysis and one by one they were 'blown' and became unusable. Eventually there was just one vein left and they realised that last vein was actually the end as using it would preclude him ever having a kidney transplant. When this realisation sunk in, a doctor started ringing around Australia, to see if there was even one doctor who was prepared to take on Jack's near-hopeless case. A lovely senior surgeon in Brisbane took the chance and had Jack flown to where he should really have been in the first place.

Just before Christmas 2012 a revolutionary operation was undertaken and a donor kidney was grafted to Jack's liver blood supply, thus placing his kidney at the front of his body below his heart. At about age 6, Jack went back under the knife to finally get the liver more inside his abdomen, where previously it was in an obvious bulge of skin.



Jack's specialist surgeon (Dr Burke) convinced Anita that she needed a special friend for Jack and thus his sister Isabel entered the crazy world of Jack's Autism in 2016.

Now at age nine, he has shown that he is open to all challenges.

From Little Jack to Little Man

from Jack's Mother - Anita Atkins-Walker

It has been a long and constant road over the last few years. At last count Jack's teams include 10 teams at the Children's Hospital and four professionals outside the hospital. We all work hard with Jack to help him move forward. The hardest worker of all is Jack.

Medically, and with the help of Jack's teams, we have been relatively stable. Aside from when we tried to put the liver back in, we have had no significant hospital stays, just fleeting visits to clinics or to the Emergency Department. His donor's kidney is going well and he is growing thanks to the growth hormones. We are working through his anaphylaxis allergy to a couple of immunisations and a couple of niggly respiratory issues, but that is the nature of Jack's needs.

Despite missing quite a few days with lockdowns and respiratory bugs, Jack is doing quite well academically both at school and through home schooling. Due to Jack's Autism he is not being schooled at the same pace as his little sister. He is meeting and matching the standards of each and

every curriculum category that he undertakes. He is very visual and loves movement, so it is only natural that he is doing the best in cooking and art. He is a very smart boy and despite his communication barriers he is doing very well in science and literature. I am constantly getting reports home that he is a pleasure to have at school with his smile and loving nature.

Recently we have been trying a longer fringe. He has had to get used to wearing product in his hair. That has been an interesting journey as he dislikes the product going onto the hair. Many of his fellow students have been complimenting his new style. He is definitely looking less the little boy and more the little man.

His hair is not the only thing that has changed. With the growth hormones working for Jack, he is starting to fit into more age-appropriate clothing. Whereas before he was an eight-year-old in size five clothes, he is now a nine-year-old in a size eight shirt. He is still smaller than the other kids, but at least now he is not being asked if he is Isabel's twin. We are happy that he is getting bigger and stronger but with his growth spurts over the last year, he has burnt a nice hole in the family budget.

Physically he is progressing. We do gymnastics as his physio exercises which he loves as well as riding his bike. He was getting very good at his horse riding but we lost that experience this year as the school was not running it any more. We also lost his after-school and vacation care as the NDIS deemed it as not value for money. To replace these two activities in Jack's life we recently enrolled in the local scouting group. Whilst we have not done many sessions due to Jack getting sick over the winter period and lock downs, it is looking very promising as they are a beautifully accepting and caring group of individuals. Next week Jack is going (with his Dad along to assist him) to a local Aerodrome with them to earn his first scouting badge, his Air Safety Badge. Later this year he will be earning another badge when he does a Surf Lifesaving course to teach him beach safety.

My focus for Jack has been life skills and moving him toward independence. While he still needs to be kept on task he now helps set the table for dinner and takes his plate to the kitchen when he is done. He

actually enjoys helping me with the washing; he sorts the clothes with me and hangs the clothes on a clothes airer to dry. Recently I even got some washing pods to make it easier from him to get used to putting on the wash as well.



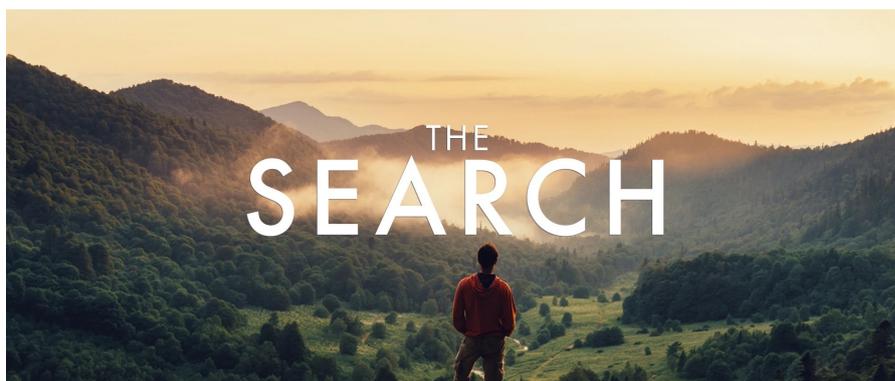
He is obsessed with cooking. Whilst his attention span is all of five minutes, he loves coming in at different stages of cooking to either supervise or help. The downside to this is that I have lost quite a few pantry items to his 'experiments' as he is exploring the world of taste. Recently, to add variety into our meals and try stick to the budget better we decided on a meal box. Jack loves picking out the next meal and helping to get it ready. To explore this further, he is doing his first cooking class this weekend. We have found a local lady who is very understanding and is happy to help Jack in this journey.

On the whole Jack is still a beautiful kind, sweet loving child. His hugs are like warm rays of sunshine and his smile is infectious. He gives life everything he has got. Even when life is getting the better of him which, with all his barriers that happens more for him than most, he does not let that stop him. He works hard at everything either personally or with his sister and I by his side. They have a great relationship, refreshingly with the usual sibling squabbles. Jack and little sister share a deep bond that I hope will be lifelong. He is surrounded by love and he is full of love himself.



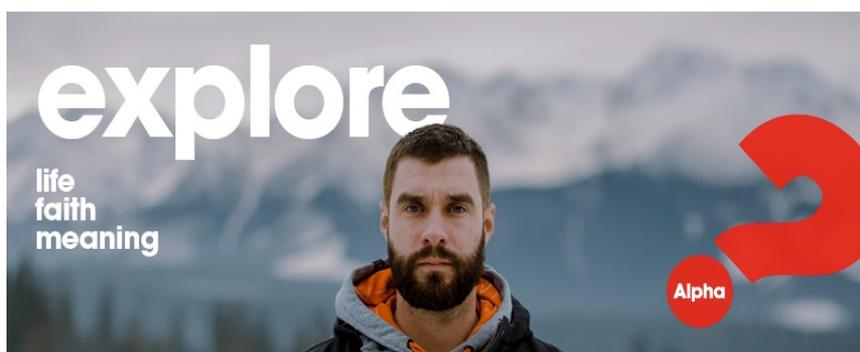
EVANGELISATION IN LOCKDOWN

THE SEARCH - In the last edition of *The Bark*, *The Search* was nearing its completion and we were all eagerly awaiting the retreat day. Unfortunately the Saturday planned for our retreat was affected by restrictions due to COVID and was unable to go ahead. *The Search* proved to be a very successful program for our parish with two groups of 30 people gathering each Thursday to share a meal, watch a video and participate in interesting conversation.



Many friendships were formed, connections made and many questions were answered. Participants learnt about God and faith for the very first time or deepened a relationship which already existed. It is hoped that this program will be able to run again in the near future.

UPLIFTED - At the time of writing this article there have been two sessions of *UPLIFTED*. This is an opportunity for prayer, connection and reflection via Zoom. Each Thursday evening at 7.30pm you are invited to log on and see some faces you have been missing, to pray and reflect. These sessions run for approximately 45 minutes and aim to be a very positive experience during such isolating times. These evenings will be running through all of September and further decisions will be made when we have a greater knowledge of restrictions being eased.



ALPHA - It is hoped that the near future will bring opportunities for programs to run in our parish again. ALPHA is a very well-known program for all levels of faith and is the perfect program to invite people from outside of our parish. If you have friends, family or neighbours who might be interested in your faith or are in need of friendship and opportunity this would be a great program to invite them to.

ADVENT- After the success of last year's Advent retreat day it would be wonderful if we could gather in this way again. At this stage it is impossible to plan until we know what restrictions will be imposed in the near future.

Please pray that we may all soon gather and participate in parish life as we are called to by God. Thank you to everyone who has enjoyed the initiatives our parish has undertaken and helped in so many ways. I look forward to what the end of this year holds and what the new year will bring.

Judith Kennedy, Evangelisation

One Meal Riverwood – and Delta!

During the latest outbreak of the pandemic, I am very proud to report that One Meal Riverwood has continued to operate and, with the help of our extremely generous and committed volunteers, we have not missed one Monday.

I have been so inspired by the way that week after week, team leaders and team members have stepped up and made delicious, healthy meals to hand out to our very grateful patrons. We are still giving take-away meals to around 50 guests every week. For the foreseeable future we are continuing to serve outside in the open air although now, being at the front of the Community Centre, we do have some undercover space if it rains.

We have made more tweaks to our COVID-safe plan, increasing the stringency by now recording all visitors in a register and splitting our queue in two or sometimes even three to ensure that there are not too many people in one place at a time. The queue itself has a good degree of distance between those waiting and all patrons must wear a mask. I have just about smothered everyone in hand sanitiser and bringing your own bag is also encouraged.

We continue to get great support from Pham at Lugarno Bakery. Every Monday she is waiting at 4.30pm with a huge bag of bread rolls and some other delicious treats such as donuts, scones or finger buns which she generously donates to One Meal. Needless to say our guests love these. SDN (Sydney Day Nursery) Children's Services has also come to the rescue a number of times by supplying us with some amazing frozen meals made by their on-site chefs.

This term we have been truly blessed to have the help of two ACU students completing their community engagement program and one St Ursula's year twelve student finishing her Girl Guide community service. These girls have been invaluable and are an outstanding help to us, especially during the last few difficult months.

Our final piece of exciting news is that One Meal has purchased a van to be used as the One Meal Medical van. When we eventually get back to some sort of normality this van will be taken out each week by volunteers and a paid nurse to attend to all nine of the One Meal services across Sydney. It will offer blood pressure tests, diabetes checks, small wound dressing, information on drug and alcohol services and quite a bit more. The parish was kind enough to allow this van to be based at Peakhurst and you will now see it permanently parked in the OLF car park.

The added perk to this is that we get to use it for our Riverwood service. It's really well set up inside with tables, cleaning materials, a first aid kit and quite a bit more. This makes it easier for us at Riverwood to collect food and set up our service.

So, we continue to bring our meals to our friends at Riverwood and we continue to be extraordinarily grateful for the support and help of our volunteers and all in the parish.

Emma Williams,
One Meal/Lending a Hand

This service continues because of Emma's drive, commitment and hard work. She is an outstanding advocate for the disadvantaged people in our community. Ed.





During a Lending a Hand meeting earlier this year, Julia Goff shared an amazing story she had heard on the ABC radio program *Conversations*. The host, Richard Fidler, had interviewed Dennis Van Someren who, as a teenager, had experienced his father being charged with corporate fraud and eventually being jailed. Dennis shared his story and the impact that these events had on his life.

Dennis' father had been a popular and respected accountant who had suffered as a war veteran. He made some bad choices resulting in his incarceration. Because of the adverse impact this had on his life, Dennis became a volunteer with the *Shine for Kids* charity.

The *Shine for Kids* annual report 2020 shows that there are over 41,000 people incarcerated in Australia. The estimated number of children with a parent in custody is over 77,000.

We are advised that the impact of having a parent incarcerated can result children experiencing some, if not all, of the following conditions:

- separation anxiety with feelings of deep sadness
- social isolation
- education disruption
- financial disadvantage
- trauma of prison visits
- extreme stigma

The *Shine for Kids* charity is active in helping ease the impact on the children involved. **SHINE** stands for the five elements of what they do: **S**upport children, facilitate **H**ope, **I**nspire kids to reach their potential, **N**urture their growth and **E**mpower them to succeed.

After reviewing the wonderful work of *Shine for Kids*, Lending a Hand, on behalf of the Parish, donated \$2500. We directed our donation to the program whereby age-appropriate books are purchased for the children. The incarcerated parent is then encouraged to make a recording of the book which is given to the child together with the book. In the comfort of their own home they can then listen to mum or dad reading to them.

Shine for Kids enjoys a wonderful partnership with Dymocks Books which generously match the donation so the impact of our gift is doubled (\$5000).

There is so much that I could share with you on this subject. However, if you would like to listen to the *Conversations* interview, go to <https://www.abc.net.au/radio/programs/conversations/dennis-van-someren-family-jail-sentence-volunteer-prison-visits/13329462> or visit the *Shine for Kids* website <https://shineforkids.org.au/>.

Paul Napier, Lending a Hand



Reaching out to Wilcannia—and beyond

During early September, the Lending a Hand committee became aware of a serious COVID outbreak in the community of Wilcannia. From a population of 745 people, over 100 people had experienced the virus. There is a large Indigenous community living closely together and the virus spread quickly amongst them.

We heard how food and supplies were hampered and local shops had run low on many items including nappies. The St Vincent de Paul team at Broken Hill quickly assisted with help.

The Wilcannia Parish is situated in the Diocese of Wilcannia—Forbes. Bishop Columba Macbeth —Green spent two weeks there helping with the spiritual needs of the community as well as packaging food hampers and delivering them. (See picture below).

One early area of need identified was for families to keep in touch without mingling. Bishop Columba quickly arranged for phone accounts to be credited to help with this.

We were so inspired by Bishop Columba’s presence amidst his community during their time of need. I observed the Bishop live streaming a Mass in the open wearing magnificent vestments with Aboriginal artwork.

The COVID virus has spread across the Wilcannia-Forbes diocese. Our parish enjoys a wonderful connection with the church community at Bourke. We were able to assist them financially a few years back with a donation toward drought relief. We note that area also has a large number of COVID infections.

Lending a Hand, on behalf of our Parish, has made a donation of \$2000 to the Bishop’s discretionary account to help with this crisis. We have been told this donation is very much appreciated.

In addition, Lending a Hand has also donated \$2000 on behalf of the parish to Fr Steve Tynan from the MGL Mission in the Philippines, where they have also been severely impacted by COVID and are back into a hard lockdown again in Manila.

Paul Napier
For Lending a Hand



Looking forward to stepping out again!

Lending A Hand's Peakhurst Men's Walk and Talk is soon approaching its first birthday. While we have been interrupted recently due to the stay-at-home restrictions, the members have retained contact via weekly WhatsApp messaging. We now have a dedicated group of at least 13 men who walk around the broader Gannons Park, which amounts to roughly a 5 km distance by doing a repeat circuit of the top park. Over the time we have been operating we have had up to around 30 men walking. No, we haven't worn out the 17; it's just that some weeks some members have other demands on their time. In the main though, we have a core group who come most weeks.

The activity is modelled on a similar group walking in Penrith, and the theme is Physical/ Mental/Social Health. Many of the walkers are parishioners, but not all, and we aim to increase the numbers as soon as the warmer weather and longer days return. Even though many walkers know the faces of the others, when you get to walk together you find out so much more about each other. There is now a great relationship within the group, and we recently started a once-a-month meal after the walk at a local restaurant. We had also planned a presentation for the broader community by John Kirkland from the Fathering Project, which unfortunately had to be postponed due to the restrictions. We will be organising that again once such gatherings are allowed. John is a local and joined us to walk many months ago. The purpose of the presentation will be *"to inspire and equip dads and father-figures to be the best they can be"*.

Blokes often aren't great communicators, unlike women folk, and part of the reasoning behind the walk is to provide local men with an opportunity to socialise and meet other blokes from the local area and get a bit of exercise at the same time. There are no rules as such and it is open to any men or youths, anyone of any religion, even men who follow the wrong football team. You can walk as fast or slowly and as far as you wish; there aren't prizes for performance, although there have been some extensive awards presented for "meritorious" efforts - such as turning up. Fr Brian has promised he will be a starter soon, and Fr Adam walked with us before leaving for Darwin. Who knows, even Fr Tony might also join us?

We would welcome more members from the parish or anywhere else. Women know the importance of having mates that you can unload on, so ladies, you are our best promoters! You can enjoy the opportunity of the blokes getting out of the house and giving you a break by hassling them to join us. If you are a bloke that doesn't respond to nagging, you can still come and join us. We meet at around 5:45pm on Thursdays in the church carpark and start walking at 6:00 pm. The walk takes around one hour if you do the full distance (your choice) and so we are back at close to 7:00 pm at the latest.

Tony Thorpe, Lending a Hand/Keen Walker (John Horan, left and Tony Thorpe, right)



Oh, for some positivity!

Have you stopped watching or listening to news on the radio or television because it is always telling us how bad things are? Well, I have, and so have a lot of people I speak to. The amount of negativity is driving me crackers. I am sorry that this article is starting in the same tone, but it will improve. Firstly, I need to explain specifically what it is that I don't like:

1. "Breaking News". This is the lead in one channel every night for the nightly news. At one time we just got "news". Now, every night the news is "breaking", although on many occasions it was news many hours before. Anyway, whether it is "breaking" or not, who cares? I'm watching the news because it is new, as in "news"- "broken" or not. Then comes the weather, but not the weather; the first news on the weather is that they will be telling us the weather forecast later in the bulletin. It would have been okay to tell us the weather forecast first off. But no, even the follow up on the weather later just gives us a bit of information about what the weather forecast is going to be - at the end of the "news". So much for breaking news-; it sure is broken.
2. After the announcement of "breaking news" then comes all the bad news. The bad news then continues for an extended period and in many cases, as these stories are expanded, they tell a different story to what was initially said; essentially contradicting what they originally told us. If you get sick of the negativity on that channel and change to another channel, you are likely to hear a different view on that negative report that you heard on the other channel, or at least you hear a view of another "expert" who has a contrary view. I thought news was supposed to be factual, or at least give you both sides of the story at the same time - how naive am I?
3. On this point, have you come to realise how many experts there are on the virus? I don't believe there is much room for any other skills in Australia given the number of virus experts there are. I also



have the view that while maybe some of these may know a lot, there are few who are experts given the differing views that the media can drag up to present a depressing story.

Enough of the negativity!

Wouldn't it be great, given the focus that the media likes to present on mental health, for the media to focus on positivity? This might avoid a lot of mental health issues. I don't mean that they should distort the truth, but news can deliver the "cup half full" rather than the "the cup half empty" focus on the same subject. You wake up in the morning and hear how the government is doing everything wrong. Hey, we haven't experienced this virus before, so the government will get some things wrong. We have done really well, so let's report the facts and then give us news that doesn't focus on negativity.

Here are some examples:

- Wests Tigers may not be going to win the comp this year, but they have made some good "buys" in the backline from the UK for next year.
- Even St George have stopped having barbecues for players to keep them virus free and they might do better next year.
- Isn't it great now that we have moved into the warmer weather and the days are longer so that the Lending a Hand Men's Walk and Talk can resume?

Are you feeling better now after a few positives?

Job done!

Tony Thorpe

Not just another Jesus Project

The word 'lockdown' has, in some way, become synonymous with 'binge-watching'. Because what else are you going to do when you can't go out or can't have visitors, when you're staring at the same four walls day in and day out?

I had heard about *The Chosen* on and off over the last few months but I hadn't really paid much attention — until this most recent lockdown.

Filmmaker Dallas Jenkins was binge-watching TV shows with his wife when he wondered why there wasn't a multi-season series about the life of Jesus. He thought about all the backstories that could be explored and developed for each of the people who were around during the time of Jesus' public ministry.

A 25-minute film, created as a Christmas project for his church, became the pilot episode that was released in 2019. It is a beautiful and poignant depiction of the story of the birth of Jesus from one shepherd's perspective (*and it is available to watch on youtu.be/paOjqZZDads*).

And so, the series was born—56 hours of film on the life of Jesus based on the gospels of Matthew, Mark, Luke and John—giving us seven seasons to binge on Jesus!

Back in the days before the gospels were written, the Jewish people longed for the Messiah, the one the scriptures promised would rescue them from persecution. When Jesus started his public ministry, a lot of them still doubted that He was the one because they were expecting a knight in shining armour. While Jesus was on Earth, the people struggled with His divinity.

Today, we know He is divine because of His resurrection. Now that He is ascended to His Father, we seem to struggle with His humanity, based on the films I've seen to date. This is where this series is

different. While it leaves us in no doubt about Jesus' divinity, it dares to extrapolate and expand the gospels to give us so much more depth to His human-ness. It shows the beautiful relationship he has with his mother, which really opened my heart to her importance in my faith. It shows the compassion and camaraderie he had with his disciples. It makes Him, and his teachings, more accessible, more real. It has brought the gospels to life, helping me to relate to them better because I can finally put a face to a name.

“But here is what I can tell you: I was one way, and now I am completely different ... and the thing that happened in between was Him.

My favourite quote from the series so far is from Mary Magdalene: *“I was one way, and now I am completely different ... and the thing that happened in between was Him.”*

Jesus is, and always will be, the central character in the stories. But I have had the luxury of delving deeper and getting to know those whose lives were changed because they followed him. Jesus was as human as He is divine. Those He chose were imperfect, but this was never going to be a stumbling block to becoming a disciple. There is hope for me yet!

Clarissa Finan

This Chosen is completely crowd-funded. Hollywood is NOT involved in any way, shape or form. Seasons 1 and 2 have been released and are available to watch on watch.angelstudios.com/thechosen or by downloading the free app on your device. Season 3 is in production. I can't wait!!!



Friendship Group 2021

Since the arrival of COVID-19 with its restrictions, our first meeting this year was on 19^h March and our last meeting was 22 June. It was great to see many regulars. We had 14 guests returning after lockdown and 10 helpers also returned for another year. The amazing Helen Cozzi and the caring Annette Dunn are still piloting the group.

We are looking forward to a return in the coming months; Gladys permitting. There will be lots of rules but we, as a group, have managed check in and sanitising and still have fun!

Our regular attendees would love to see some new faces join us as guests or helpers. We meet every second Thursday at 10am in the Parish Centre. We provide a pickup service for anyone who requires transport. Morning Tea and lunch are provided for a small donation. We play Rummikub and card games. Every third meeting we have Bingo with prizes guaranteed. If you are interested, please contact us for further information.

Annette Dunn 9534 1150 or 0403 702 193 and Marie Ryan 8519 1000 or 0414 978 477

With the guests and helpers aged from 70+ to 101, there are lots of stories and care is taken to include everyone in the fun. Helen and Annette have been tireless in keeping in touch with the guests over the past six months to ensure everyone is doing well despite the current lockdown restrictions.

We look forward to a safe and connected future.

God Bless and keep safe,

Helen Cozzi, Annette Dunn and Marie Ryan.

CATHOLIC WOMEN'S LEAGUE

The Catholic Women's League is a world-wide organization which, at the international level, has a representative at the United Nations to represent many women's organisations and to keep women's needs to the fore.

The association was established in 1913 in the Archdiocese of Sydney and there are currently approximately 15 Parishes with active branches. Its aim is to unite Sydney's Catholic women and to address social and moral issues affecting family life particularly of women and children. The organization has grown immensely. Every year the Sydney Committee selects a "project of the year" and each parish contributes to this project.

Each year we join with other denominations in our suburb to pray and raise funds for the women of another country. Last year we prayed for the women of Vanuatu and raised funds for a women's refuge in that country.

To fundraise on a parish basis we host a Fashion Parade each year and we also run a Silver Circle. We also collect used stamps, which raise funds in other countries and bread tags which raise funds for wheelchairs in Africa. We are very grateful for the support we receive from the members of Our Lady of Fatima Parish.

However, we are not just about fund raising! We go on various outings together, celebrate "big 0" birthdays together and, as you will find out if you join as at a meeting, we always have a real good "mag" and support each other in any way we can.

Noelene Hammond, OLF Catholic Women's League



Claire Moran's Chocolate Mousse

made by her Mum, Sharon.

My daughter Claire is super fit, healthy and has a dairy-free diet. It was her birthday and in our house you get to choose your menu for the family celebration. Not everyone in the family looks forward to, or appreciates, Claire's choices. The main course was Kerala Seafood Curry – she always challenges me in the kitchen!. I am definitely not a MasterChef candidate but managed to get all the ingredients by visiting several shops. Claire suggested this Choc Mousse for a dessert. I didn't tell the family what was in it and they were all amazed at Claire choosing what appeared to be a very yummy, chocolate, decadent treat. It was only after everyone had scraped their dishes clean and licked their spoons that we confessed.

Preparation time: 5 minutes. Cooking time: Chill in fridge for 2 hours Vegan/Dairy free

Serves two (Double or triple quantities as required)

Ingredients

1 ripe avocado
¼ tsp vanilla powder
¼ cup (50ml) honey
1 tbsp coconut oil
¼ cup cocoa powder

To serve:

2 tsp cacao nibs
Raspberries



Instructions

Halve the avocado, remove the seed, chop the flesh and place into a food processor
Add vanilla, honey, melted coconut oil & cocoa powder
Process until smooth
Spoon into glass jars or cocktail glasses and refrigerate for 2 hours
Top with cacao nibs and raspberries and enjoy!



Simple Date Loaf – comfort in a slice!

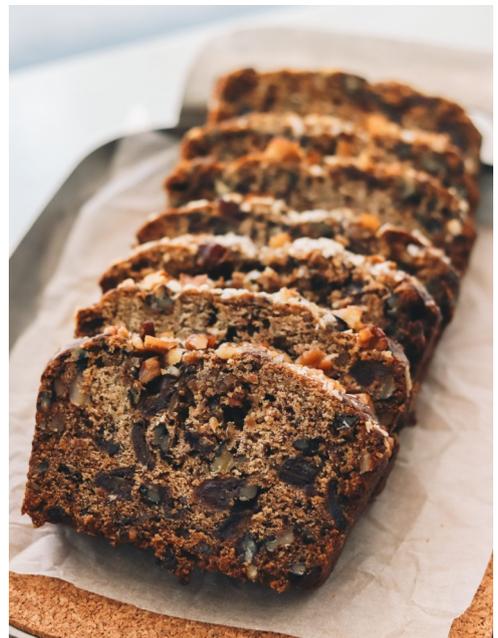
(from Frances – via Denis Day)

Ingredients

1 cup chopped pitted dates
1 cup brown sugar
60 grams butter (softened)
2 teaspoons vanilla extract
1 ¾ cups of self-raising flour
1 teaspoon of bicarb soda

Method

Preheat oven to 180 degrees. Grease and line a loaf tin.
Mix the dates with the brown sugar and butter.
Pour over 1 cup of boiling water and stir well.
Add vanilla extract, flour and bicarb soda and mix well.
Pour into baking tin and cook for 35 – 40 minutes.



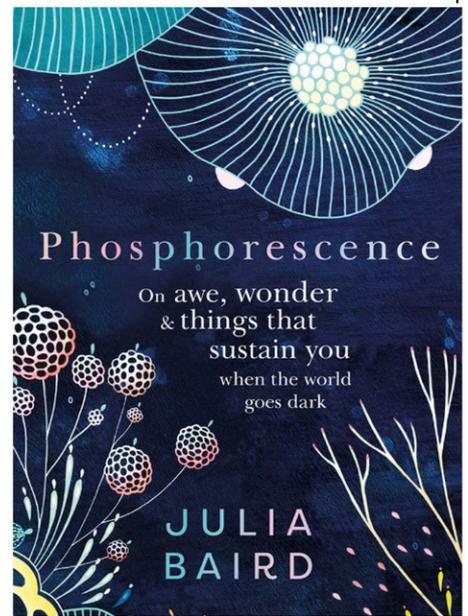
Book Review – *Phosphorescence: On awe, wonder & things that sustain you when the world goes dark*, Julia Baird

Well, not only should we not judge a book by its cover, we should not be biased by a title. However, in the case of this outstanding 2020 publication, the cover is entrancing and the title and subtitle are the gateway to an uplifting and thought-provoking series of essays which are, indeed, sustaining.

Published (fortuitously) in 2020, this four-part book starts off examining the nature of phosphorescence as the author looks for “what is the light within, what makes people shine.”

She discusses the importance of immersing ourselves in nature, the need for silence, accepting what is temporary in our lives, enjoying imperfection and having a sense of purpose.

This is not a “self- help book”; it is a series of reflections that are backed by research and interviews that will inspire us to look beyond our current restrictions and indeed to rejoice in our lives no matter what our ‘new normal’ looks like. **JG**



Book Review: *one for all of us! The Gift* – Dr Edith Eger

During these very challenging times, whilst acknowledging we are suffering and it's not always easy, it is often important to remember how lucky and resilient we really are.

I recently listened to a podcast with Dr Edith Eger as the guest. Edith is 93 years old. Born to Hungarian Jewish parents, she is a Holocaust survivor and a renowned psychologist practising in the USA.

Her book, *The Gift*, offers so many "ah ha" moments telling the readers that in the end it's not what happens to us that matters, it is what we do with it.

Interwoven with snippets of her own riveting and compelling story, *The Gift* offers 12 practical lessons for life. I found this incredibly inspiring book to be particularly poignant as we face the continuing challenges of the pandemic.

It is an easy, thought-provoking and truly life-changing read. As Edie says, "To celebrate the gift of life is to find the gift in everything that happens, even the parts that are difficult, that we're not sure we can survive".

Emma Williams

Book Review – *The Land Before Avocado: Journeys in a Lost Australia*, Richard Glover.

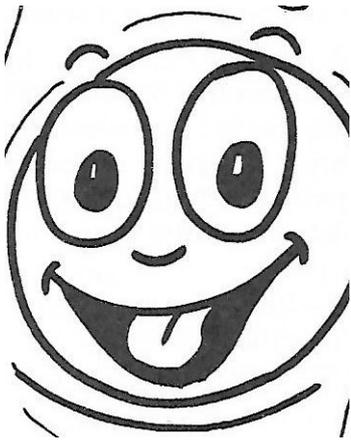
For those of us born in the middle of the twentieth century there can be a lot of nostalgia for what we may remember as a simpler and better time. Certainly social media posts tend to romanticise the 1960s and 70s (not to mention the 50s!) as a golden era.

Richard Glover's 2018 book, *The Land Before Avocado*, is a funny, insightful look into what life was really like back then. Covering topics such as gender bias, cars and road safety, education, food, sunbathing, home ownership and fashion, this is a bittersweet look back at where we have come from.

Revisiting the perils of driving without seatbelts, wearing Bri-nylon clothing, having International Roast as the only coffee on offer and dealing with religious bias in employment, this book will take the rose-coloured tint out of your glasses.

There are many laugh-out-loud moments as well as some sobering facts which serve to remind us that the past is indeed 'another country' *

It is indeed good to look back – if only to see how far we have come. **JG**



This September 2021 issue of *The Bark* is brought to you by:

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How to contribute to the Bark

Articles: please submit your articles as a Word document (not as a pdf.) Articles may be edited for reasons of space but you will be given an opportunity to review your work before publication.

Photographs: please submit medium /high resolution photos with captions provided.

Ideas: please email Julia Goff at goffam1@optusnet.com.au or on a USB stick (which will be returned) or as hard copy.

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