



# JOURNEYS

NEWSLETTER

VOLUME 12 | ISSUE 4 | DECEMBER 2018

*What does the Lord require of you, but to live justly and to love tenderly and to walk humbly with your God.*

## Micah 6:8

There are many words in our language which are peculiar to a certain area of life and can have only one definition: many medical terms which we would only ever use in a conversation about health and wellness; words which relate to physical spaces and to our landscapes; units of measurement; the list is almost endless.

But Justice is not one of those words. We have Justice linked to our legal system and the term natural justice is used in many situations. We frequently hear about social justice. It is not unusual for people to link their idea of Justice to their concept of fairness and what they as individuals believe should happen in any given circumstance. What parent has not heard a child say "But that's not fair!" or something like "Her piece of cake is bigger than mine!" or "But I did the washing up/loaded the dishwasher last night!"?

But at Mary Aikenhead Ministries we must look at Justice not only as a response to law or fairness; not only to how we as individuals are impacted. We must look at Justice the way Jesus lived Justice. But even that can be tricky! Would you like to be one of the workers employed first thing in the morning but paid the same as those employed at the end of the day? (Matthew 20: 1-16)

Instead we should look at the Beatitudes and take our lead on true Justice from how Jesus teaches us in those beautiful but challenging verses about establishing right relationships and transforming the way we approach and live life in any situation. Hard? Yes. Impossible? Hopefully not with the help of faith, prayer and each other.

*Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.  
Blessed are those who mourn,  
for they will be comforted.  
Blessed are the meek,  
for they will inherit the earth.  
Blessed are those who hunger and thirst for righteousness,  
for they will be filled.  
Blessed are the merciful,  
for they will be shown mercy.  
Blessed are the pure in heart,  
for they will see God.  
Blessed are the peacemakers,  
for they will be called children of God.  
Blessed are those who are persecuted because of  
righteousness,  
for theirs is the kingdom of heaven.  
Blessed are you when people insult you, persecute you and  
falsely say all kinds of evil against you because of me.*

At Mary Aikenhead Ministries we strive to fulfil Christ's mission to bring healing and right relationships every day across the multiple sites of education, health, aged care, social care and medical research. Our staff and our volunteers, in whatever capacity they work, are today's face of Christ in our world.

[Ms Janet Freeman](#)

*Trustee, Mary Aikenhead Ministries*

# JUSTICE

# A PILGRIMAGE TO HOBART

OCTOBER 2018

On an overcast morning in October, a small group of pilgrims gathered dockside in Hobart, to hear tales about the city's origins. They were invited to imagine the experience for those arriving on ships in the early 1800's, after spending months at sea. In particular they reflected on how the female prisoners would feel on seeing the small harbour-side settlement they had been deported to.

With Sisters Linda Ferrington and Maria Wheeler leading the way, steadily as they could, the Pilgrims followed the path laid out for them. They learnt that the transported prisoners would be offloaded in the middle of the night and marched the few kilometres inland to the Female Factory. The clandestine arrival would protect the women from the overwhelmingly male population, and avoid the possibility of a riot.



Pilgrims gathered around 'Toby' commissioned by the Sisters of Charity

Nearby, the Pilgrims viewed the statues commemorating that sad legacy, with the poignant child's statue reminding them all of the brutality that met those deported women, as their children were literally snatched from their care and consigned to the orphanage, while the prisoners were condemned to the brutal regime in the unforgiving Women's Prison, and an insecure future outside it.

Following in the footsteps of the three Sisters of Charity who relocated from Sydney to Hobart, the Pilgrims attended mass at St Joseph's; the very same church where the sisters worshipped, alongside the convent which would be home to the Sisters of Charity in Hobart for the next century, and the St Joseph School, where they would begin their teaching ministry in Tasmania.

On day two the Pilgrims explored the Sisters' education legacy in Hobart, visiting schools these far-sighted women created. They also held a quiet reflection at the graves of the original three Sisters who made the island state their own. They learnt that until Sr Maria secured a donor to fund an upgrade to the surface of the graves, the last Sister of Charity remaining in Hobart, Sr Anne Turner, used to take a scrubbing brush and bucket out before each pilgrimage, to make sure the graves were presentable.

*The journey ahead may be long and winding but along our path there is much beauty should we choose to see it.*

*Be purposeful in mind, be giving of heart and trust in the divine providence. We are where we are meant to be right now, so stop, rest, look up and enjoy.*



The Pilgrims at Mt Carmel College

The highlight of this day was the Live History event at the Cascade Female Factory. This powerful evocation of the experience of one woman in a harsh and unjust system brought home the unforgiving reality of the inmates' lives, and of the challenges presented to the nuns who worked tirelessly to help them.

If a pilgrimage can be measured by the learnings gained on the journey, then the Hobart Pilgrimage of October 2018 was a roaring success. Among the insights shared at the final gathering before the pilgrims dispersed, was a much greater appreciation for the spirit of the Sisters who founded the service in Tasmania, and personal reflections on the value of time away from the busyness of everyday life, to reflect on why we do what we do, and how it honours the contributions of that valiant trio, and all those Sisters of Charity who followed in their footsteps.

**Ms Kathy Bowlen**

*General Manager, Media & Communications,  
St Vincent's Hospital Melbourne*

# OPEN SUPPORT

NOVEMBER 2018

As a core and vital community service of St Vincent's Clinic and SVHA under the stewardship of Mary Aikenhead Ministries, Open Support is a significant reflection of the commitment to serve the unmet needs of the poor and vulnerable.

Open Support is a small organisation addressing big social issues. We have continually strived to combat society's indifference towards the poor and the marginalised over the past 28 years, and continue to build our services around three key areas of unmet need:

## 1. Providing greater access to health care

*This year, we have provided 2,177 trips to regional families so that they can access hospital or medical treatment in Sydney.*

## 2. Reducing social isolation

*This year, we have facilitated over 2,195 visits to 114 clients (64% of all clients have mental health conditions) across Eastern and South West Sydney on a fortnightly basis.*

## 3. Supporting families impacted by domestic violence

*This year, we have given 24 families (including 42 children under the age of 12) a safe and secure environment after fleeing from a domestic violence situation.*



Dr Tessa Ho, Chair, Mary Aikenhead Ministries at the Open Support Annual Celebration 2018



Mr David Alcock, Trustee, Mary Aikenhead Ministries with Maureen Heffernan rsc

The Trustees of Mary Aikenhead Ministries attended Open Support's recent annual celebration which recognized and celebrated the incredible work of the many wonderful compassionate volunteers - who are over 200 strong. This year, our volunteers provided over 15,074 volunteer hours (which equates to approximately \$513,135 of in-kind labour support) enabling Open Support to operate our various services. The evening also reflected upon the continuation of the mission of the Sisters of Charity and Mary Aikenhead through their ongoing effort to support those who need it most in our community.



From left to right: Mr Gary Sillett, General Manager, Open Support, Mr Tim Daniel, CEO St Vincent's Private Hospital Sydney, Mr Geoff Alder, Executive Director, St Vincent's Clinic



Group of Open Support Volunteers

As Pope Francis urges us all to combat indifference towards the suffering and marginalisation of the most needy, Open Support plays a vital role in the Mary Aikenhead Ministries commitment to social services, service of the poor and vulnerable in our society. We are grateful to the Trustees for putting their faith in Open Support to continue to be at the heart of the mission for those we serve.

**Mr Gary Sillett**

*General Manager, Open Support*

# STEWARDSHIP VISIT AT ST VINCENT'S PRIVATE HOSPITAL BRISBANE AND NORTHSIDE

OCTOBER 2018

On 23 October 2018 the Trustees visited St Vincent's Private Hospital's in Brisbane and Northside and met with the CEO Daniele Doyle and her executive teams across both hospitals to discuss mission and culture at the hospitals. The Trustees were interested in the interdisciplinary care model adopted by the hospital whereby all health staff work together on the patient journey to ensure the best possible outcome for the patient and their family. The Trustees met with numerous teams throughout the two facilities and were particularly impressed with the wonderful work being undertaken by the palliative care team and the important and caring work they undertake each day.

Ms Christine Raeside  
Executive Officer, Mary Aikenhead Ministries



Trustees with the Executive Team of St Vincent's Private Hospital Brisbane  
Left to right: Ms Lisa Eastment, Ms Daniele Doyle, Ms Elisa Knowlman, Linda Ferrington rsc, Mr David Alcock, Ms Janet Freeman, Mr Gary Humphrys, Dr Tessa Ho

## CHRISTMAS GREETINGS



THE TRUSTEES AND STAFF OF  
MARY AIKENHEAD MINISTRIES  
WOULD LIKE TO WISH YOU AND  
YOUR LOVED ONES A BLESSED  
AND SAFE CHRISTMAS.



### SAVE THE DATE TMAM Conference 2019

The Trustees of Mary Aikenhead Ministries are pleased to announce that the TMAM conference will be held at the Catholic Leadership Centre in Melbourne on 22-23 July 2019.

The theme of the 2019 conference is 'Preferential Option for the Poor'.

The conference is the primary formation activity conducted by the Trustees of Mary Aikenhead Ministries for leaders of their health, education, research, aged care and outreach ministries.



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'JOURNEYS' IS PUBLISHED BY  
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