



JOURNEYS

NEWSLETTER

VOLUME 18 | ISSUE 2 | JUNE 2024

LOVE

Upon the enrolment of a visually impaired student, one of our colleges quietly goes about making changes to the physical environment of the College to assist her in navigating her way around. These include modifications to steps and changes to wall textures to facilitate movement and assist recognition. The Principal reflects that every student at the College should be accorded the best level of care that can be provided, after all, the love of Christ impels us to do so.

In the office of the Principal of one of our colleges, a conversation takes place with parents. Their anxiety, distress, and confusion are evident as they speak of their daughter's decision to embark on an exploration of her gender. The Principal listens attentively and says to them; 'You do not walk this journey alone; we are beside you each step. Remember that, as you do, we will recognise and love your daughter just as she is.'

Our hospital in Darlington has just been alerted that a major incident has occurred in a nearby shopping centre and there are multiple casualties (some of whom are in a critical condition) en route to our emergency department. Within 15 minutes of the notification, the ICU has been prepared and ready, and all the necessary medical, nursing, allied health and social workers are ready to receive the first casualties. Love in action at the frontline.

It is late at night and in an isolated park, our homeless health folks are sitting beside a forlorn and vulnerable individual to provide that person with medical attention and loving care.

These are simply snippets of the literally thousands of "love in action" activities that occur every day throughout all of our health, education and outreach ministries. At the heart of our mission is the service of the poor, understood to include every manifestation of poverty at any time or in any place to which we are called. Our commitment invites others to join us in positively creating conditions which give due priority to service of the poor, enabling their voices to be heard, shared and amplified.

Love lies at the heart of all human relationships which are ultimately life giving and sustaining. The unconditional love of Jesus is the primary motivating and basic character that defines and guides Mary Aikenhead Ministries.

As evidenced above, our ministries seek to be places of loving care where the unique dignity of each person is recognised and where the human spirit is nurtured. We place person and spirit above property and possessions.

LOVE (CONT.)

In the scriptures we read: -

After he had washed their feet, had put on his robe, and returned to the table, Jesus said to them, 'Do you know what I have done for you? You call me Teacher and Lord – and you are right, for that is what I am. So, if I, your Lord and teacher have washed your feet, you also ought to wash another's feet. For I have set you an example, that you also should do as I have done to you.' (John 13: 12-15)

Jesus' command to love one another needs to be taken seriously and become the guiding principle in our daily lives. But as Pope Francis once said, "expressing Christian love means going beyond words, words, words."

Pope Francis, in reflecting on God's love, said the first step that God takes towards us is that of love that anticipates and is unconditional. God is the first one to love. God does not

love us because there is something in us that engenders love! We are called to love everyone with openness and as the Pope puts it – however they may be or whatever their situation.

Which means it is not our place to judge or put conditions on the love we share. To love as the Lord loves us the Pope says, 'means to appreciate the people beside us, to respect their freedom, to love them as they are, not as we want them to be.'

It was Venerable Mary Aikenhead's deep love for God that inspired her constant focus on the poor and in her growing awareness of being called to religious life, she also realised that her call to serve the poor meant she could not join an enclosed order. Like the everyday actions of the people in our ministries, Mary was inspired to "love in action".

Venerable Mary Aikenhead, pray for us.

[Mr Gary Humphrys](#)

Deputy Chair, Mary Aikenhead Ministries

WELCOME DEIRDRE O'DONNELL

We warmly welcome Deirdre O'Donnell as recently appointed Trustee for Mary Aikenhead Ministries. Deirdre brings an enduring association and friendship with the Sisters of Charity, beginning with her school days at St Columba's College, Essendon, where she was also Head Prefect. In more recent years, Deirdre was St Columba's College Board Chair 2018-2023, Board Director 1999-2001, and St Vincent's College Board Chair 2011-2014. Deirdre is also a founding member of the Melbourne Companions of the Sisters of Charity.

Professionally, Deirdre has worked as a teacher and a public servant and held statutory positions including Information Commissioner, New South Wales Information and Privacy Commission, Telecommunications Industry Ombudsman and Parliamentary Commissioner for Administrative Investigations, Western Australia. Deirdre brings a lifelong commitment to serving others, listening to the voices of all, and being open to new learning.

Deirdre's professional and governance expertise, her deep understanding of the mission and charism of Mary Aikenhead Ministries and her steadfast commitment to the Sisters of Charity sees her well suited for the role of Trustee.

Welcome Deirdre!

Trustees and staff of Mary Aikenhead Ministries



Deirdre O'Donnell – Trustee, TMAM (centre) pictured with Richard Haddock – Chair, TMAM and Lauren Dixon rsc - Congregational Leader, Sisters of Charity of Australia

SYDNEY MASS & DINNER – APRIL 2024

On Monday 15 April, representatives from Mary Aikenhead Ministries' NSW facilities gathered at the Mary MacKillop Centre, North Sydney, to celebrate Eucharist and share a meal. This was the first of three State-based dinners to celebrate the 15th Anniversary of the establishment of Mary Aikenhead Ministries. Our celebrant, Fr Richard Leonard SJ, endorsed this milestone through recollections of the faith-filled spirit lived by Sisters of Charity and how this spirit continues in our work today. The prayers, readings and music captured the hope and joy of the Easter season which was further enlightened by a beautiful reflection after the Gospel by Margaret McKenna.

At the dinner, Richard Haddock AO, Chair, welcomed all and affirmed the importance of the Mission that we share across Mary Aikenhead Ministries. It was delightful to welcome Congregational Leader, Sr Lauren Dixon and Councillors, Sr Margaret Guy and Sr Teresita Marcelo. Penny Wright offered an overview of the establishment of MAM and spoke of the diverse ways that our Ministries reach out and serve those in need. Sandra McPhee AM, SVHA Director and one of the 2023 Ireland Pilgrims, shared reflections of her pilgrimage experience and how this continues to inform her role as director.

A warm and engaging evening for those present; we look forward to similar gatherings in Brisbane and Melbourne later in the year.



IRELAND PILGRIMAGE – MAY 2024

In May, I was honoured to journey with 17 other colleagues from across St Vincent's Health, Mary Aikenhead Education and Mary Aikenhead Ministries on this year's Ireland Pilgrimage. The pilgrimage was expertly facilitated by Trustees of Mary Aikenhead Ministries, Penny Wright and Prof. Michael Drew.

To say I was little excited about the opportunity would be an understatement. I have had the privilege of participating in both the Parramatta and Hobart pilgrimages in recent years, but to have the opportunity to walk in the footsteps of Mary Aikenhead herself and early Sisters of Charity – that is a whole other level of excitement!

In preparation for the pilgrimage, pilgrims were asked to reflect on and respond to the question, *What are some of your hopes for participating within the pilgrimage?* As the Mission Leader for St Vincent's Care, it is kind of my job to have a good grasp of the legacy and heritage of Mary Aikenhead and the Sisters of Charity. So for me, my hope was that I would have an open heart to be receptive to the Spirit, and to 'hear' the voice of Mary Aikenhead and the early Sisters of Charity. I hoped to be able to still my mind, my preconceptions and distractions etc, and truly listen with my heart. And, for most part...mission accomplished.

Every little detail was so well thought out and considered to really support and nurture a reflective, spirit-filled and prayerful journey, starting even before any pilgrim left the great Australian shores.



There were a series of pre-readings to orient the pilgrims and blessing rituals lead by our colleagues to send us on our way. On the first day, each pilgrim received a personal letter written by a past pilgrim. Most pilgrims couldn't help getting a little emotional reading the thoughts, wishes and prayers of someone who had journeyed before them. Many commented on how well the writer seemed to know them, and how perfectly matched they were to the writer – how providential.

Each day started with the sharing of a special prayer that a past pilgrim back home prayed for our pilgrimage each day and we learned that past pilgrims had a different pilgrim to pray for while they were on their journey. There was something special knowing that, while we were all so far away from home, we were in the thoughts and prayers of someone who walked this journey before us.



Pilgrims pictured with Irish Sisters of Charity



Over the course of the pilgrimage we had the opportunity to walk the streets of Dublin, Mary's hometown, to stand out front of her various childhood houses, and visit the Churches and Chapels that were significant to her story. We visited the Heritage Centre and shared a prayer around the very table that Mary Aikenhead worked for last part of her life. We visited the various ministries and services, both past and present, that were established and once run by the Sisters of Charity themselves. And we each had a sacred and personal moment standing at the foot of Mary's casket. I am sure that I was not the only one that was caught off guard by a rush of emotion at that moment.

And while all these were important and significant to deepening our understanding of the legacy of Mary Aikenhead and the heritage of the Sisters of Charity, they pale somewhat in significance in light of richness of sharing time, hospitality and stories with the Irish Sisters themselves. Many stories, both joyful and sombre were shared over a pot of tea, and a generous morning tea.



I have come away from the pilgrimage with a mix of thoughts and feelings. The first is an even more energised passion for our shared heritage and the mission that we are custodians of. This is something we must never undervalue and underestimate.

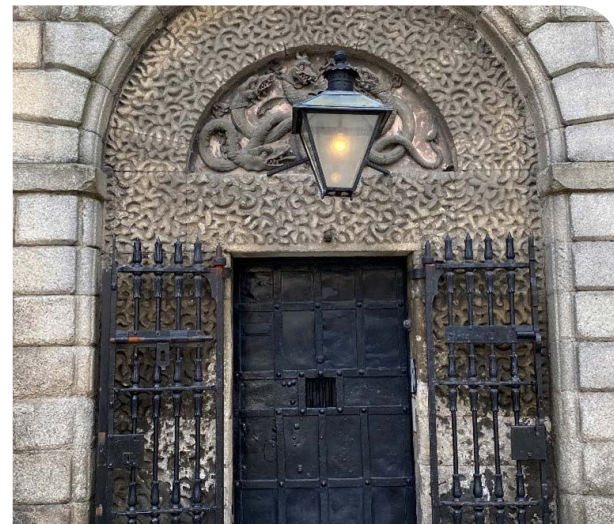
Secondly, I am so proud of how strongly evident the legacy of Mary Aikenhead and the heritage of the Sisters of Charity are embodied in every one of our ministries here in Australia. No matter what service or ministry you enter, you can really feel spirit and presence of the Sisters and mission and values in action. The pilgrimage reaffirmed even more that this does not just happen, that it has to be something that everyone of us must constantly work at and nurture.

And finally, the pilgrimage reminded me of the power of God's providence in all that we strive to achieve. This was core to Mary and the Sisters and I was reminded of the importance of trusting in God's providence in the every day.

Mr Troy Tornabene
Mission Leader, St Vincent's Care



Jo Kenderes - Director of Faith & Mission, St Vincent's College pictured with Patricia Lenihan RSC – Congregational Leader, Sisters of Charity Ireland and Marita Winters – CEO, Mary Aikenhead Ministries



BRISBANE MASS & DINNER – JUNE 2024

The Trustees were pleased to host a Mass and dinner in Brisbane on Monday 17 June to celebrate 15 year of Mary Aikenhead Ministries, welcoming guests from the Sisters of Charity, along with directors and senior executives from St Vincent's Health Australia and Mary Aikenhead Education Australia.

Archbishop Mark Coleridge, Archbishop of Brisbane, was the Celebrant for Mass. In his homily he commended the mission of Mary Aikenhead and acknowledged the continuing relevance of the ministries established in her name.

Following Mass, TMAM Chair, Richard Haddock, welcomed all guests. He invited Sr Clare Nolan rsc to offer grace. Sr Clare began her remarks by noting that while she was the only Sister who had been able to attend the dinner it was important to remember that "where one sister is, all are present". Sr Clare was asked to pass on to those Sisters not in attendance the good wishes of those gathered and let them know they were missed.

It was a lovely opportunity for colleagues and friends to share a meal. There were new introductions and connections made across education and health ministries. Lincoln Hopper shared some reflections from his pilgrimage to Ireland which resonated with those who had just returned from the May pilgrimage and is an integral part of formation in Mary Aikenhead Ministries.



Rev. Dr Adam Walk (left) assisted Archbishop Mark Coleridge (right) at the Mass



Penny Wright gave a reflection in which she referred to Venerable Mary Aikenhead's 'trust in the bank of Divine Providence', noting that the foundress wasn't referring to some abstract notion of something being miraculously handed over by an unknown force. Rather, she reminded those gathered that 'You are Venerable Mary Aikenhead's bank of Divine Providence'. At the conclusion of the evening, this took on a practical note. There were some meals left over and Sr Clare suggested they be shared with those who had taken shelter for the night in the grounds of the Cathedral precinct. The caterer packaged up the meals in takeaway containers and these were shared with brothers and sisters in need.



SENATOR MALARNDIRRI MCCARTHY TO GIVE ANNUAL VENERABLE MARY AIKENHEAD ORATION

Friends of TMAM are invited to attend - either in person or online - the annual Venerable Mary Aikenhead Oration, delivered by the Hon Senator Malarndirri McCarthy, Assistant Minister for Indigenous Australians and Indigenous Health.

Organised by the Trustees of Mary Aikenhead Ministries, Senator McCarthy will speak on 'Improving health and education outcomes for Indigenous Australians'.

Details are as follows:

Date:
Thursday 25 July 2024

Time:
6.00pm - 7.30pm
(canapes & drinks from 5.00pm)

Venue:
Peter Cosgrove Centre
Australian Catholic University
Level 18, Tenison Woods House
8-20 Napier Street (MacKillop Campus)
North Sydney NSW

RSVPs by 16 July 2024 are ESSENTIAL:
info@maministries.com.au or (02) 9291 9400

Attendees must RSVP to receive a link to attend the lecture online.



OPEN SUPPORT - SOCIAL CONNECTION BECOMING A GLOBAL HEALTH PRIORITY

The COVID-19 pandemic has taught us many things, including the effects of social isolation and loneliness on one's wellbeing. We all in some way began to understand what it felt like to be socially disconnected from the world around us and the potential consequences both physically and mentally, that this can have on someone. Our collective experience has started conversations and is encouraging health organisations to step back and look at what can be done to support those who have difficulty creating social connections, so that they are no longer part of a silent health crisis.

Recently, the World Health Organisation (WHO) appointed a Health Consultant for the newly created WHO Commission on Social Connection, Daniel Leo Surkalim. The WHO Commission on Social Connection (2024–2026) aims to see the issue recognised and resourced as a global public health priority. The Commission will propose a global agenda on social connection, working with high-level Commissioners to make the case for action, marshal support to scale up proven solutions and measure progress.

Since 1996, Open Support identified this societal need and has been providing services in this field. Starting out as an in-home companionship service, their Community Connections Program has now progressed to an outreach capacity building service. Recognising the client as the expert in their own lives, Open Support ensures a responsive and individualised approach that seeks to empower and enable people to establish and maintain meaningful social connection, leading to overall wellbeing, with clients reporting an average of 25% increase in their wellbeing after participating



in the program. Open Support will continue to lead the way, have a voice and push for better resources and outcomes for this global health priority, now recognised by the World Health Organisation (WHO), so they can have an even wider impact on our community's wellbeing.

If you would like to find out more about Open Support or know someone who might benefit from this service, please visit: opensupport.org.au/our-programs/social-isolation-loneliness/

To help Open Support to continue providing this free service to the community, donations can be made at: opensupport.org.au/get-involved/donate/

Open Support is a Sydney-based organisation committed to acting and caring for the most vulnerable members of our community, operating under the stewardship of Mary Aikenhead Ministries. The Sisters of Charity founded the organisation in 1990, then called 'Sisters of Charity Outreach', as the community service hub of St Vincent's Clinic.

Ms Rachel Stoddart
General Manager, Open Support

2024 - YEAR OF PRAYER

To pray is to be in *conversar*. We are in the middle of what Pope Francis has named a Year of Prayer. This year was so named ahead of the Jubilee Year in 2025. The Catholic Church celebrates a Jubilee every twenty-five years. A Jubilee has its origins in the Hebrew Scriptures (Leviticus 25) and is marked out as a Holy Year to encourage acts of holiness both individually and as a Christian community. Each Jubilee is given a theme, and Pope Francis announced that the theme for 2025 will be "Pilgrims of Hope". It will be a year of hope for a world suffering the impacts of war, the ongoing effects of the COVID-19 pandemic, and the climate crisis.



Ahead of the Jubilee in 2025, this year, 2024, has been named a Year of Prayer. This is to prepare us for the holy year to come. **We have been given an entire year to prepare ourselves through prayer!** A radical yet powerfully simple message to people around the world that prayer is important, even in Christian life.

It raises the question of what is prayer, why do we pray, how do we engage in prayer, and what is our prayer practice?

In the Ignatian tradition, that the Sisters of Charity hold deeply as their chosen spirituality, prayer is defined as **conversar...** *“Ignatius’ spiritual life developed around the idea of conversation. It is based on conversation with God in prayer. It is developed through conversation with others—spiritual directors, confessors, like-minded friends who share one’s ideals and way of life. It is expressed in conversation as ministry – sharing the gospel with others”* (David Fleming SJ).

With this understanding, prayer seems relatable and personal. It also feels practical and tangible. Prayer is to be in conversation with the world around us. And so, through prayer, and in connecting with the world and people around us, we connect with all that is sacred. By being in relationship – or communion - with others, we are in communion with God.

Pope Francis, formed in the Ignatian spiritual tradition, introduced the year in late January, saying it would be *“dedicated to rediscovering the great value and absolute need for prayer*

in personal life, in the life of the church and in the world.” The Dicastery for Evangelisation has released a resource to assist individuals and groups across the global Christian community to respond to the Year of Prayer ahead of the Jubilee.

The resource is titled “Teach Us to Pray”, a Scripture reference taken from Luke’s Gospel (11:1), and is available in multiple languages from the Vatican website. Its purpose is to provide *“reflections, directions, and advice for living more fully in dialogue with the Lord, in relationship with others.”* An approach akin to the Ignatian understanding of prayer as *conversar*.

The resource Teach Us to Pray has stated in hope for all: *“May prayer be the compass that guides, the light that illuminates the path and the strength that sustains us on the pilgrimage that will lead to entering the Holy Door... Through prayer, may we arrive at the Holy Door with our hearts ready to welcome the gifts of grace and forgiveness that the Jubilee offers as a vivid expression of our relationship with God.”*

Wishing you many blessings on your journey this year as you discover what your prayer life is, and the prayer practices you keep. Wishing you also infinite holy moments of *conversar...* experiencing our loving God in others, through all those we meet.

[Mrs Louwana Saba](#)
Mission & Formation Director
Mary Aikenhead Ministries

ST VINCENT’S HEALTH AUSTRALIA BOARD DINNER

In June, Professor Michael Drew represented the Trustees at a dinner hosted by Paul McClintock AO and Oli Steele, held during the St Vincent’s Health Australia (SVHA) board meeting in Brisbane. The evening was an informal event, attended by Sr Clare Nolan, Archbishop Mark Coleridge (Archbishop of Brisbane), Bishop Shane Mackinlay (Bishop of Sandhurst), alongside members of the SVHA board, CEO Chris Blake, Kaylene Gaffney, Pat Garcia, Lincoln Hopper, Kathryn McKeefry, and colleagues from across the SVHA network.

The evening featured short presentations by clinicians Dr Hugh English (Orthopaedic Surgery), Dr Po-Ling Inghish (Oncology), and Dr Tomos Walters (Cardiology). Dr English and the surgical team at St Vincent’s Hospital Northside have spent the past eight years blazing a trail for robotic orthopaedic surgery – recently celebrating the 2,000th surgery using the Stryker MAKŌ robotic system. The respective presentations by these three outstanding clinicians showcased the exceptional and compassionate patient care across our hospitals.



L to R: Dr Chris Jacobs-Vandeger, Group Mission Leader – SVHA, Clare Nolan rsc – Sisters of Charity of Australia, Archbishop Mark Coleridge, Prof. Michael Drew, Trustee – Mary Aikenhead Ministries

Additionally, there was an update on an exciting new collaboration, where physiotherapists at SVHA hospitals are working in St Vincent’s Care facilities at Marycrest and Corinda. Although it is early in the trial, the initial results are impressive. St Vincent’s physiotherapists are providing care to our residents in St Vincent’s Care sites to a very high standard, exemplifying the ‘One St Vincent’s’ strategy in action.

THE FACES OF MAM

KAREN FITZPATRICK

Social Worker

St Columba's College, Essendon

Which of the organisations within Mary Aikenhead Ministries do you work for, and how long have you been there?

I work at St Columba's College in Essendon. I have been in this role for 1 year, coming from a background in mental health with a particular focus on women, children and families.

The MAM values are love, justice, compassion, hope. Which of these resonates most with you and why?

I would say social justice. The social work profession holds that social justice is a core obligation which societies should be called upon to uphold and that every human being has a unique and inherent equal worth and a right to wellbeing, self-fulfilment and self-determination. We work to reduce barriers, expand choice and potential for all people, with special regard for those who are disadvantaged, vulnerable, oppressed or have exceptional and diverse needs. I would add however, without hope, without a belief that change is possible, the profession would cease to exist.

What do you think sets your organisation/ministry apart from other workplaces?

What sets St Columba's apart is the understanding and commitment to the important role schools play in promoting student mental health and wellbeing. The recognition that education protects and supports a person's mental health across a lifetime. The commitment and dedication shown by staff in maintaining this dual focus, taking a genuine interest in their students, recognising and encouraging potential, building capacity for autonomy and discovery has been lovely to watch.



If you were to have lunch with Venerable Mary Aikenhead today, what story would you tell her about your work?

I would tell her that the social work profession has had many bold and courageous women leaders doing the 'good work' around the world. That this work has been shaped by her legacy and that of her Sisters, whose energy, determination and fearlessness in the face of great challenge and adversity has shaped the course of our history. It's ripple effect continues to influence me and my colleagues on a personal level and also on a much larger global scale.

What do you think she might say to you in reply?

In reply I feel that she might say that this is what leadership is really about – caring for others, taking risks, paving the way and courageously making changes even when it may be unpopular to do so.

REFLECTIONS ON OUR *SOCIAL INCLUSION STATEMENT*

In the March edition of *Journeys*, the Trustees shared with the ministries their newly developed *Social Inclusion Statement*.

Entrusted to carry on the work of Christ as envisaged in the charism of the Sisters of Charity, the Trustees have a strong commitment to embracing all people. As leaders of the Church we hope to encourage and welcome individuals and communities across our ministries, most especially those who are poor and vulnerable. We pray that this Statement will ignite in our ministries a renewed commitment to those we steward and that it will bring hope to those we wish to accompany.

Starting with this edition of *Journeys*, Mary Aikenhead Ministries will highlight the importance of this document in our education and health ministries by sharing a response to the *Social Inclusion Statement* by leaders, and staff within the schools and health and aged care sector. The aim is to share and celebrate the incredible work being done each day by individuals and teams working together to bring this Statement to life across MAEL and SVHA.

Our inaugural reflection on the *Social Inclusion Statement*, has been sent in from Mr Lincoln Hopper, CEO, Care Services, St Vincent's Health Australia.

If you wish to share your reflections on the Statement and the work you are doing in this space, please contact the Mary Aikenhead Ministries office.

LINCOLN HOPPER

Chief Executive Officer
St Vincent's Care

Which of the organisations within Mary Aikenhead Ministries do you work for, and how long have you been there?

I work for St Vincent's Care Services, which is the residential aged care and retirement living operation of St Vincent's Health Australia. I joined the organisation in 2018.



What is your personal response when reading the *Social Inclusion Statement*? How does it make you feel?

I feel proud when I read the *Social Inclusion Statement* for two reasons: 1. It's a profoundly important "light on the hill" statement that speaks to who we are and what we stand for, following in the example of Jesus who was perfectly inclusive in all he did; and 2. It sets an incredibly high standard for us to strive towards in our service of others. Both of these aspects personally inspire me to bring to life the work and spirit of the Sisters of Charity the best I can.

How might the *Social Inclusion Statement* inspire, challenge, or hold you accountable to respond to the needs of those around you and those you serve?

For me, the headline of the Social Inclusion Statement says it all: "...a place of welcome for all", because this encapsulates the essence of our Mission. The 'healing ministry of Jesus' (words expressed in St Vincent's *Mission Statement* starts with this deliberate act of welcome - an open hand, heart and mind - to anyone in need; and this act of radical inclusion based on the example of Jesus then so beautifully spills over from those we seek to serve, to those we serve alongside! Everyone is welcome!

REFLECTIONS ON OUR *SOCIAL INCLUSION STATEMENT (CONT.)*

I believe the authenticity of our welcome and the unyielding inclusion of others is the hallmark of our Mission; which is therefore both a direction and something to hold us accountable on the journey! I love it!

How do you see your ministry/organisation living out the values found within the *Social Inclusion Statement*? Please provide one to two examples of initiatives taking place in your workplace.

For many people, coming into aged care is tough. It's confronting, scary and disruptive. Some people find living in aged care to be lonely, depressing and unforgiving. This is fertile ground for St Vincent's Mission! In our work we don't sugar-coat what is, but simply seek to express God's love and welcome in our words and our deeds in whatever situation or circumstance people find themselves: through showing unconditional love, care and concern.

We welcome, accompany, and seek to celebrate each person for who they are and the gift of their life for as long as they may be with us.

Our new model of care (known as 'Heartprint') seeks to place every person at the centre of our thinking and acting. We spend time learning about their unique needs, wants and preferences so that we can consistently remember and attend to these. This becomes evident in all kinds of ways, including how the clinical team care for them, how the maintenance team tends to their requests, and what sort of personal desires and needs they have based on **who they are**. We wrap our care into a bespoke approach just for the individual. In this way, we say "we care **about** people, not just **for** people", with the difference being our attentiveness to the person in front of us and not on what tasks may need to be done. This resonates with the Ignatian ideal reflected in the Statement about being women and men **with** others. This is who we are.



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'JOURNEYS' IS PUBLISHED BY
MARY AIKENHEAD MINISTRIES

SUITE 103 LEVEL 1/26-30 SPRING STREET
BONDI JUNCTION NSW 2022

GRAPHIC DESIGN BY
FINELINE PRINT & COPY NSW

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