Dear Parents and Friends of St Clare’s

Each week our newsletter reports on activities and undertakings that are designed to enhance learning. This week’s publication again highlights a wide range of excursions and spirituality days that your sons and daughters have found engaging, sometimes challenging, but overall enjoyable. A quick look at the photos and text will tell you how much our young people enjoy working together and how well constructed teamwork empowers everyone and makes learning fun. Going to a concert with your friends, establishing a bond with teammates you might otherwise not know, working collegially to create a meal or a dance is healthy, satisfying and establishes great relationships between students, staff and the community.

We know that when parents, students and staff have a healthy working relationship, the outcomes for individual students and the whole community are much more likely to be positive and help the young person find their way in life. Events like this week’s Year 10 Subject Selection evening and subsequent mentoring meetings between staff and Year 10 students create a high level of understanding about student aspirations and a team approach to helping the young person get where they want to go.

The Year 10 Senior Studies Information Evening was well attended and the information shared with all members of the ‘learning team’, parents, students and teachers, established a common language and understanding about the subject selection process and the procedures that the school follows to produce a timetable that reflects the interests of the 2016 cohort as they move into Stage 6 education. My thanks to Curriculum Coordinator, Theresa Avery, and Assistant Principal, Phil Gibney, for their organisation of the evening and the many staff who made themselves available to speak with students and parents about the opportunities that Stage 6 education offers.

God Bless

Principal
PRAYERS: Please pray for those who are currently experiencing health difficulties and continue to pray for community members experiencing challenges, pain, sickness and grief in their lives at this time.

CHAPLAINCY/PASTORAL CARE: A reminder to all that the school has a Chaplain. Please feel free to contact our Chaplain, Deacon Vince Ryan, through the school office if he can be of assistance to you or any member of our whole school community.

RELIGIOUS ROCKIN’ WITH FR ROB: As Fr Rob Galea walked onto the MEC stage last Friday he was greeted by the sound of 430 student-jaws-dropping! “Wow! Mrs Ryan, are you sure this guy’s a priest?” And then the first ‘song’ … we were up ‘surfin’ and doing the actions for ‘Our God will reign forever...’”!!! My spine tingled as I saw these adolescents singing, whistling, and jumping to music about how much we are loved by Jesus.

“ROCKIN’ THE GOSPEL WITH FR ROB GALEA”

Interspersed with his music, he told stories about himself, his faith and his journey to priesthood - from gangs in Malta, an engagement and finally answering God’s call to ministering to others in his parish, singing at World Youth Days, Australian Catholic Youth Conferences and now, Taree!
Unfortunately we could only spend just over an hour with him but, as you can see there was some time for some ‘selfies’ with him.

Left to right – Lylah-Belle Wilson, Logan Towers, Fr Rob Galea, Emma Sewell & Kye Lewis

Years 7, 8 and 9 students from St Clare’s are very thankful to Our Lady of the Rosary Catholic Parish of Taree for bringing Fr Rob here. They’d also like to thank St Clare’s for financing the concert and the buses that took them to the MEC. “Hey, Mrs Ryan, when can he come back here again?” Denise Ryan, Ministry Coordinator

PRAYER POINT: 12 JUNE - 11TH SUNDAY ORDINARY TIME
I think we can all see, in our mind’s eye, the setting for the meal at Simon’s house (Simon was a Pharisee), that is this Sunday’s Gospel. He was a very rich man, both financially and in righteousness, and he knew it. As the ultimate act of hypocrisy he invites Jesus, a loud critic of the Pharisees, to a meal at his house.

Jesus is welcome, but not really. Simon does not show him any of the hospitality he is supposed to by Jewish law. His aim is to shame Jesus, hoping that Jesus will bow down to his wealth, importance and ‘holier than thou’ attitude.

What is it about those who are different that unsettles me? Thank God that my hypocrisy is forgiven just as the many sins of the shameful woman are forgiven. “… he said to the woman, ‘Your faith has saved you; go in peace.’”

Have a good week
Denise Ryan, Ministry Coordinator
Mass Times

**Our Lady of the Rosary, Taree**
75 Albert St, Taree
Saturday Vigil: 6:00 pm
Sunday Mass: 9:30 am

**Our Lady of Perpetual Help, Wingham**
8 Farquhar Street, Wingham
Sunday: 8:30 am

**St Bernadette’s, Krambach**
Bucketts Way, Krambach
Saturday: 6:30 pm
Sunday: 9 am
(Mass is celebrated on alternate weekends – please speak to Deacon Vince or Mrs Denise Ryan at school for information on which weekend mass will be celebrated)

**Our Lady Star of the Sea, Harrington**
Pilot St, Harrington
Saturday Vigil: 6:00 pm
(1st, 3rd and 5th Saturdays in each month)
Saturday Liturgy of the Word and Communion: 6:00 pm
(2nd and 4th Saturdays of each month)

**St Therese’s, Lansdowne**
Cundle Rd, Lansdowne
Saturday Vigil: 6:00 pm
(2nd and 4th Saturdays of each month)

**Our Lady of Fatima, Old Bar**
20 Hall St, Old Bar,
Sunday Mass: 7:30 am

**St Patrick's, Cundletown**
River St, Cundletown
Sunday Mass: 6:00 pm

**Forster-Tuncurry Catholic Parish**
**Holy Name of Jesus Parish Church, Forster**
33 Lake Street, Forster
Sunday Mass: 9:00 am

**St Mary, Star of the Sea Church, Tuncurry**
15 Peel Street, Tuncurry
Saturday Vigil: 6:00 pm
Sunday Mass: 7:00 am

CAREERS CORNER: This week, **Careers Corner** is of a more generic nature: it applies equally to students in Years 10-12.

The school subscribes to a careers website, **JobJump**, which is currently in the middle of a major upgrade but there are a myriad of features which are currently active. Here's what a student gets by registering with **JobJump**:

- A weekly Careers News Bulletin presented with all news in the KLA areas. This can be freely posted also to parents and members of the school staff. Amazing feedback received from parents and staff.
- Student Careers News sent directly to students' home email address specifically on their chosen careers from a choice of over 100 careers.
- Advanced comprehensive digital ATAR and University Course sorter that works hand in hand with the UAC Handbook making life now a breeze for students to search for their chosen courses
- Fast Undergraduate scholarship sorter across all NSW Universities
- Career information on over 1,200 careers all categorised for you.
- Fast Bonus Points finder, Overseas Exchange, Accommodation across all Universities in NSW.
- Interactive yearly calendar across all news items which can be personalised to your careers of interest.
- Universities Open Days listing and links.
- Alternative entry to University sorter and links across all NSW Universities.
- Interstate, US and UK University admissions centres' links.
- EAS information.
- A full directory of top 140 sites Careers Advisors & students need to access quickly & easily.
- JobJump regionalises the TAFE courses and the job vacancies based on your school.
- Videos across 100 careers.
- Year 10 subject selection advice across 100 careers.
- Earnings across 300 careers.
- Find my Career quizzes.
- Hobby projects across 100 careers to inspire and engage students in their career.
- Gap and Volunteering opportunities........ and much more.

The upgrade means that those who are currently registered will need to make some alterations to log-in details which can be achieved by following the links. A reminder that our school is *St Clares Taree* and our log-in code is *monkeys*

As of Thursday of next week (16 June 2016), I will be on leave until the end of Term 2. Enquiries regarding careers during this time can be addressed to Mrs Karen McCann (Year 11 Student Coordinator and VET/TVET Coordinator). *Ian Evans, Careers Adviser*

**YEAR 8 REFLECTION DAY:** On Friday, 27 May, Year 8 travelled out to Saltwater for their reflection day. We felt privileged to share the day with members of the Indigenous Community and to be a part of the meaningful activities that embraced the importance of the land and the Dreaming. The day enabled students to share in Aboriginal culture and enrich their spirituality. Additionally, it was an opportunity for students to socialise with others in their year group that they would not readily engage with as they built new relationships and furthered previously established bonds.
Students participated in a myriad of enlightening activities. They were taught traditional Aboriginal dance, learning to move as emus, goannas and kangaroos. This session was enthusiastically lead by Year 11 student, Caine Tubnor, and concluded with the honey tree dance, which most students described as the highlight of the day.

Other groups painted their own boomerangs with an Aboriginal design, allowing cultural patterns to blend with their own creativity. Melissa Fenech, from the Catholic Schools Office, spoke to the groups about the Saltwater area and many students took an extended period of time to sit and admire the wonderful land we are gifted with. Additionally, Uncle Ray Davis-Hurst shared stories about his childhood and many were taken with his kind and gentle nature. Finally, the group set out along the beach and were taught about their surrounds and the spiritual ties of the Biripi people to the numerous landmarks.

The students experience is best expressed in their own words:

“Great experience. I learnt to appreciate Aboriginal culture”
- Georgia Parsons

“The stories we heard were very moving and opened our minds to other beliefs”
- Charlotte Hogan

“We got to communicate with people in our year group that we don’t often talk to and share their experiences”
- Laura Watman

“Loved lunch”
- Tia Hinton
“I enjoyed being with my friends and laughing. There were heaps of moments in the day that we will remember”
- **Tess Montague**

“Amazing experience. I really enjoyed the dancing. It gave me a better appreciation for the Aboriginal culture”
- **Daniel Summers**

“Loved the cake. Didn’t even chew, just inhaled it. It was that good”
- **Jess Relf**

Year 8 need to be congratulated for their outstanding behaviour. The maturity, respect and reverence displayed by the group was exceptional. Thank you to **Michelle Case and Denise Ryan** for all your organisation. Also, thank you to the Year 8 PC Team for your assistance on the day. And of course this day would not have been a success without the work and effort of Acting Year 8 Student Coordinator, **Bronwyn Wesley. Callam Howard, PC Teacher**
HOSPITALITY HAPPENINGS: Students have again been putting their skills into practise and, as part of the St Clare's catering team, Year 12 students served meals and waited tables for the Fr Rob Galea welcome dinner, held at the St Mary’s hall last Thursday and conducted themselves in a very professional manner.

Mrs Kingsford had nothing but praise for these students. Tianna O’Brien, Ashley Doorey, Natalie Webster and Dane McCrohon-Turnbull are to be congratulated on their effort.

Laurent Gonfond, Hospitality Teacher
YEAR 10 AND 11 HOSPITALITY EXAMS: Mr Laurent and Mr Constantine’s Year 11 and 10 Hospitality class completed their assessment tasks last week, creating cold and hot Hors D’oeuvres and salads for Group 1 and all Year 10. Group 2, Year 11 were assessed on their precision cuts while cooking a ratatouille.

Manon, our French exchange student, cooked a specialty from her native Reunion Island, and it was a great success with all the class.

All students were successful and congratulations to all of them.
Laurent Gonfond, Hospitality Teacher

FUTSAL: Under 14 and 16 Boys - Regional Futsal Champions, Under 16 Girls - runners up on goals difference.

Week 2 of Term 2, three teams from St Clare's competed at the Regional Futsal Tournament against schools from the Great Lakes, Gloucester and Manning areas. All teams enjoyed themselves and played well throughout the day. The U14 and 16 Boys showed a high level of skill and were undefeated throughout the round games, therefore qualifying for the final. They won both games and the grand final to become Regional Champions for 2016, following in the footsteps of the teams of 2014 and 2015.
The U16 Girls was a team of novice players who improved massively throughout the day. As the day progressed they grew in confidence, became stronger and continued their success losing only one game. They won the semi-final and finished second overall on goals difference.

All three teams have qualified to play in the NSW State Championship in August.

Congratulations to all the players.

I would like to say a huge thank you to Karen Grant and Callam Howard for their invaluable help during the three days of the tournament. Laurent Gonfond, Coach

BILL TURNER CUP: Week 3 of Term 3 our Girls team played the second round of the Bill Turner cup. After winning their 1st game 7-0 against Gloucester, they unfortunately lost again to Great Lakes in a very hard and even game 1-0.
All the players did extremely well on and off the field representing the school. Again, a big thank you to Karen Grant for all her help on the day. Laurent Gonfond, Coach

MATHS WORKSHOP - Mathematics Workshop provides the opportunity for every student to obtain assistance and support in improving their understanding of mathematics. Four mathematics teachers are available each week to explain the concepts you are finding difficult or give assistance to enable you to complete your homework, assignments or any work that you may have missed due to absence from class.

WHEN IS IT ON? Wednesday lunchtime - every week. Bring your lunch!

WHERE? Room 10
We hope to see you there!

Mrs Julie Rowsell- Mathematics Coordinator

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<thead>
<tr>
<th>MONDAY</th>
<th>13/6</th>
<th>Public Holiday</th>
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<tr>
<td>TUESDAY</td>
<td>14/6</td>
<td>Help Urgently Required</td>
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<td>WEDNESDAY</td>
<td>15/6</td>
<td>Victoria Montague</td>
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<td>THURSDAY</td>
<td>16/6</td>
<td>Help Urgently Required</td>
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<td>FRIDAY</td>
<td>17/6</td>
<td>Jane Murray, Pam Squires</td>
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VACANCIES STILL EXIST
MORE VOLUNTEERS NEEDED – MONDAYS, WEDNESDAYS & THURSDAYS
IF YOU CAN ASSIST PLEASE CONTACT CHERYL KINGSFORD
AT ST CLARE’S: 6591 2104, HOME: 6552 1857 OR
VIA EMAIL: cheryl.kingsford@mn.catholic.edu.au
LEAVE NOTES & STUDENT MESSAGES: It would be appreciated if parents/guardians would send in a written note if their child needs to leave early for appointments etc. Notes should be handed in at the front office in the morning before roll call. If parents/guardians need to notify their child of a change of afternoon arrangements, it is necessary to phone the school prior to 2:25 pm (End of Lunch – Monday, Tuesday, Wednesday & Friday) or prior to 1:55 pm (End of Lunch – Thursday Sport) as it is often difficult to locate students if their last lesson is a PE Prac or there has been a room change. Students cannot be collected from the school during school hours by anyone other than a parent or guardian without written permission. Thank you.

LATE NOTES: Lateness to school is recorded as a partial absence and must be explained to the school the same way as other forms of absence. Arriving Late for school requires a handwritten note from a parent/carer or a phone call from a parent/carer or the absence is recorded as an unexplained partial absence. Thank you.

SCHOOL CLINIC: Students are reminded that if they are unwell whilst at school they are to advise their teacher who will then send them to the Front Office. If necessary, the office staff will contact a parent while the student waits in the Clinic. Students are not to contact parents on their mobile phones as this leaves teachers and office staff unaware of the situation and is also in breach of the school policy – use of mobile phones. Thank you.

COMING EVENTS - 2016

Term 2

Week 8
Monday 13/6 ♦ Public Holiday
Wednesday 15/6 ♦ Year 10 Aboriginal Students excursion to Uni, Port Macquarie
       ♦ 2016 Japanese Exchange Meeting 6:30 pm Room 32.
Friday 17/6 ♦ CCC Cross Country

Week 9
Tuesday 21/6 ♦ RYDA Program – Year 11
Thursday 23/6 ♦ Year 11 2017 Subject Roadshow
Friday 24/6 ♦ Years 7 & 8 Half-yearly Exams conclude

Week 10
Thursday 30/6 ♦ NAIDOC Day Assembly
       ♦ University of Newcastle School Visit – Year 12
Friday 1/7 ♦ Last Day of Term 2

Term 3

Week 1
Monday 18/7 ♦ First Day of Term 3
Wednesday 20/7 ♦ Year 10/11 Parent/Teacher Interviews

Week 2
Monday 25/7 ♦ Students from Kobe Kaisei arrive
Friday 29/7 ♦ Taree Careers Expo – Chatham High School
       ♦ Horsesports - Taree
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<th>Week</th>
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<td>3</td>
<td>Sunday</td>
<td>31/7</td>
<td>Year 9 Snowy Excursion Departs</td>
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<td>Monday</td>
<td>1/8</td>
<td>Trial HSC Examinations commence</td>
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<td></td>
<td>Wednesday</td>
<td>3/8</td>
<td>P &amp; F Meeting – 6 pm (St Joseph’s Primary School, Wingham)</td>
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<td>Thursday</td>
<td>4/8</td>
<td>Kobe Kaisei students depart St Clare’s</td>
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<td>Friday</td>
<td>5/8</td>
<td>Year 9 Snowy Excursion Returns</td>
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<td>4</td>
<td>Friday</td>
<td>12/8</td>
<td>St Clare’s Feast Day Celebrations</td>
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<td>5</td>
<td>Monday</td>
<td>15/8</td>
<td>Trial HSC Examinations conclude</td>
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<td>18/8</td>
<td>Years 7 – 9 Parent/Teacher Interviews</td>
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<td>Dio Athletics</td>
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<td>6</td>
<td>Thursday</td>
<td>26/8</td>
<td>Year 7 Vaccination – 3rd dose</td>
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<td>7</td>
<td>Wednesday</td>
<td>31/8</td>
<td>P &amp; F Meeting – 6 pm</td>
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<td>10</td>
<td>Thursday</td>
<td>22/9</td>
<td>Year 12 Farewell Assembly</td>
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<td>Friday</td>
<td>23/9</td>
<td>Year 12 Graduation Mass</td>
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<td>Last Day of Term 3</td>
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<td>Thursday</td>
<td>13/10</td>
<td>HSC Written Examinations commence</td>
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<td>Wednesday</td>
<td>26/10</td>
<td>P &amp; F Meeting – 6 pm</td>
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<td>Friday</td>
<td>4/11</td>
<td>HSC Written Examinations conclude</td>
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<td>Friday</td>
<td>11/11</td>
<td>Graduation Evening</td>
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<td>Wednesday</td>
<td>23/11</td>
<td>P &amp; F Meeting – 6 pm</td>
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<td>10</td>
<td>Thursday</td>
<td>15/12</td>
<td>HSC Results released</td>
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<td>Friday</td>
<td>16/12</td>
<td>ATAR Results released</td>
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As you will no doubt be aware, the Seasons for Growth program is now 20 years old! Each of the 3 editions has been written by Professor Anne P Graham and is built on J William Worden’s theory of grief. Each iteration has incorporated new evidence to ensure that it continues to be relevant and a valuable experience for each participant.

The adult version has been available for many years and most recently the Parent Program to help kids from separated or divorced families has been introduced. The next part of the Parent Program which is for parents to help children who have suffered a bereavement is expected to be launched later this year.

The program has continued to gain momentum and has gone international and so far over 200,000 children and young people have participated in the program as well as thousands of adults.

We would like to thank all the Companions who have helped make this program such a success.

Happy Birthday

Please continue to send in your creative ideas, and book/website recommendations so that we can share them with other Companions.

Best wishes Benita
Resources

**Redemption Road** by Brendan McManus 2016
From Grief to Peace Through Walking the Camino de Santiago

Brendan undertakes a 500 mile hike on Spain's Camino de Santiago as his way to rekindle his passion for life and renew his faith in God after his brothers suicide. For anyone going through the process of grieving, Redemption Road offers real hope—not that the path to peace will be easy, but that Christ, who himself suffered and died, will be with us every step of the way and lead us at last to wholeness and healing.

**Was it the Chocolate Pudding?** by Sandra Levins 2005
A Story for Little Kids About Divorce

Tells the story of divorce in a typical family from the point of view of a young narrator. Readers learn about divorce, and receive age-appropriate explanations of what is happening regarding such issues as single-parent homes and joint custody. It includes a Note to Parents by psychologist and author Jane Annunziata, PsyD.

**Walking home Together** by Michael Mercer 2016
Spiritual Guidance and Practical Advice for End-of-Life Spiritual Guidance and Practical Advice for the End-of-Life

Death is a sensitive subject for anyone and even more so for those who are in their final season of life. It is for those that Mike Mercer writes. He offers thoughts, practices, stories and prayers to bring comfort and strength. Mercer's courage to explore difficult questions will bring peace and strenght to those reading.

**WTF? What's the Feeling? - cards** by John Veeheek 2014

There is nothing more important in life than our emotions. Every decision we ever make is based on how we feel or wish to feel. However, talking about our emotions is not always easy... especially for men. (WTF?) What's the Feeling? Cards has 52 carefully selected feelings presented as a deck of regular playing cards featuring a pack of moody mutts, plus four jokers. They can be used to think about or discuss feelings or simply to play any card game. An accompanying leaflet lists a few activities and downloads are available.
Rosie

Rosie is a space for girls with a range of tips, links and videos all centred around a theme of respect (for body, mind, work, study, relationships and the world we live in). App also available to help girls navigate the internet “junkyard”
http://rosierespect.org.au/

mhpn (Mental Health Professional’s Network)
mhpn aims to improve interdisciplinary mental health practice and collaborative care within Australia. They provide a local support networks, professional development via webinars and e-newsletters

Exclusion more harmful than overt bullying

Article from University of Queensland on the research on teens of the harm of exclusion compared to other forms of bullying. The study examined how the frequency, emotional response and form of bullying were associated with the mental health of school students. http://medicalxpress.com/news/2015-09-exclusion-teens-overt-bullying.html

University of Missouri

In the families and relationships section of this website there many articles on parenting, family problems & relationships. The Divorce and separation section has information to help adults and also to help adults understand the impact on children of all ages.

Your Light in the Darkness of Winter and Grief

Article by Harriet Hodgson talks about light (your talents, training and experiences) and how to rekindle your light and share it.

“There is no grief like the grief that does not speak.” Henry Wadsworth Longfellow

“Grief is like a moving river, it’s always changing. I would say in some ways it just gets worse. It’s just that the more time that passes, the more you miss someone.”
Michelle Williams

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.” Jan Gildwell

“Grief is itself a medicine”.
William Cowper

“In times of grief and sorrow I will hold you and rock you and take your grief and make it my own. When you cry I cry and when you hurt I hurt. And together we will try to hold back the floods of tears and despair and make it through the potholed street of life.” Nicholas Sparks, The Notebook

“Grief can’t be shared. Everyone carries it alone; his own burden in his own way.” Anne Morrow Lindbergh
Events

Enrolments for Training and Reconnectors are to be completed online at www.goodgrief.org.au/training. Training Course outlines and enrolment instructions can also be found at this location. Please contact Good Grief on 8912 2707 for assistance or enquiries regarding online enrolments and website registrations.

2016 Training

**COMPANIONING CHILDREN & YOUNG PEOPLE**
Taree 26-27 July
Merford* 1-2 September
Newcastle 16-17 November
* closed event for DEC

**COMPANIONING ADULTS**
Newcastle 17-18 August

**PARENT PROGRAM**
Newcastle 11 August
* Must already be a trained Companion to attend this training.

**Stormbirds**
(supporting Children & Young People after a natural disaster)
Newcastle 20 June

If financial assistance is needed to enable participation in training, please contact Benita or Jenny on 4979 1355.

Adult Groups

**EXPLORING THE SEASONS OF GRIEF**
Seasons for Growth small group program for Adults wishing to explore personal grief issues.
Lochmara—run over four Fridays commencing 29 July
Using the metaphor of the changing seasons, participants explore the impact of change & loss on the Physical, Emotional, Mental, Social & Spiritual dimensions of their lives.

Please contact us if you would like to arrange a small group program in your local area.

Community Education

**UNDERSTANDING CHANGE, LOSS & GRIEF (3 HOUR SEMINAR)**
For staff/volunteers/parents/carers
Provides an opportunity to increase ones understanding about the nature of loss, possible reactions to grief, causes that impact on grief, styles of grieving & ways to attend to grief.

Toronto 7 June 10am—2pm
Muswellbrook 16 June 10am-1pm
Wallsend 22 June 10am-1pm

**PARENT PROGRAM: SUPPORTING YOUR CHILD FOLLOWING SEPARATION & DIVORCE**
Kahibah 12 & 19 September
For more information about these presentations contact Benita or Jenny on 4979 1355

2016 Reconnectors

(only for Seasons for Growth Companions)
It is important that Companions attend a Reconnector every two years as part of your Accreditation.

Newcastle 21 Nov 9.30 - 11.30 am

Check out the Good Grief website for Online Reconnector dates
Please contact us if you would like to request a Reconnector in your area.

The Diocese of Maitland-Newcastle co-ordinates Seasons for Growth in the Hunter region