



## THE 7 SACRAMENTS – LISTEN FOR GOD'S HEARTBEAT

The seven sacraments of the Catholic Church are ceremonies that point to what is sacred, significant and important for Christians. The word 'sacrament' comes from the Latin word *sacramentum* which means 'a sign of the sacred'. They are special occasions for listening for the heartbeat of God in very intimate, spiritual and personal ways.



**Baptism:** is the first sacrament normally conferred when young but on other occasions at an older age particularly when adults seek admission to the Church. Through Baptism we become members of the People of God and embark on a lifelong experience and calling to discipleship. Baptism is the Church's sacrament that confirms our deep relationship with our God whose heart beats for us along our life journey.



**Eucharist:** is often called the sacrament of Communion and it is both a sacrifice and a meal. Through the Eucharist we encounter the real presence of God in our life and possibly this is the most significant encounter humans have with their loving God. Christ, who gave his body and blood for us, nourishes us spiritually as the bread and wine become the ever present Risen Christ.



**Reconciliation:** We most probably remember our first experience of this sacrament – perhaps somewhat anxious and uncertain about it. Alternatively known within the Church as the sacrament of Confession and/or Penance, this sacrament has three elements viz. conversion, confession and celebration. In God we find unconditional forgiveness and a heart beating for us.



**Confirmation:** This sacrament moves us into a more mature and deep relationship with God through the intercession of the Holy Spirit. The Spirit is the invisible pulsating heartbeat of God that is within every person and everything.



**Marriage:** is a public sign that a person gives oneself totally to this other person. It is a public statement and in the context of God, this marriage of two people who love one another is a joyful beating of God's heartbeat. The essence of God's heartbeat is love.



**Holy Orders:** or ordination is the sacrament given when the newly ordained priest vows to lead others to God by bringing them the sacraments. The good and worthy priest proclaims not only the Word of God but urges us to listen for God's heartbeat in daily living – through personal prayer and shared living out of Christian community.



**Anointing of the Sick:** was formerly known as the Last Rites and before that Extreme Unction. It is a sacred ritual of healing appropriate not only for physical but also emotional and spiritual sickness. It reminds us that the heartbeat of God is there from birth, through life, to the entry into eternity.

The seven sacraments are special occasions for experiencing God's saving presence as we listen for the heartbeat of God that pulsates through them.

### FROM THE STAFFROOM

1. We farewell Mrs Jan Stefani (DSC Secretary) as of May 18. We wish her well for the future and thank her for her work at SMC since 1996.
2. Apart from the new staff listed in the previous edition, the following staff are welcomed to the College: Mrs Olivera Atanasovska (School Nurse); Mr Aleks Petrovic (eLearning School officer); Mr Zion Mitchell (to replace Ms Debbie Pridmore).
3. Congratulations to Mrs Anna Ricciardello and her husband on the birth of their first child, Abigail, on April 12.
4. Congratulations to Ms Corina Perl and Mr Dion Hatherall on their respective marriages over the recent holidays.

5. Staff Member of the Month for March is Mrs Deborah Jutson for her organization and preparation of catering for College events throughout the month; for her mentoring of new and beginning teachers within the Personal Development Faculty; and for taking on extra work due to staff absence.

### SINCE THE LAST EDITION .....

During the weeks before and after the Term 1 holidays: College Mass; Years 7 – 10 Parent/Teacher Conferences; Year 11 parents' afternoon tea; Staff vs Students hockey match; Year 9 Premier League Finals; Staff Professional Learning Day; Board Executive meeting; VCAL excursion; WipeOut swimming session; senior AFL match; Reading Club meeting; Australian Schools Geography Competition .....

## COLLEGE BOARD NEWS

The College Board passed the Anaphylaxis Policy and the Occupational Rehabilitation Policy and Risk Management Program at its March 24 meeting.

A vacancy on the College Board exists for an ex officio Board member representing the St Joseph the Worker, North Reservoir parish following the retirement of Mr Raymond Milidoni. Any interested parishioner with a child at SMC from this parish is invited to write to me and express interest in the vacancy. The Parish Priest will be consulted before a final decision is taken.

## BEHIND THE ROSTRUM

### Year Level Public Speaking Competition, 2011

During Term One students across all year levels were given the opportunity to display their public speaking skills in the SMC annual year level public speaking competition. Competitors' public speaking skills were judged across both a prepared speech and impromptu speech format. Students who finished in the top two places of their respective year level will advance to the annual prestigious Principal's Award for Public Speaking, to be held in Term 3. Further to this, a small selection of top performing students has been selected to represent SMC in various external public speaking competitions. The winners of each year level were:

Year 7 1<sup>st</sup> Place – Evelyn Liza Sebastian 7 Red  
2<sup>nd</sup> Place – Eliza Geraghty 7 Indigo  
3<sup>rd</sup> Place – Giorgia Palazzolo 7 Emerald

Year 8 1<sup>st</sup> Place – Amy Ruscigno 8 White  
2<sup>nd</sup> Place – Sasani Perera 8 White  
3<sup>rd</sup> Place – Thomas Aitken 8 White

Year 9 1<sup>st</sup> Place – Kurt Cauchi 9 Mauve  
2<sup>nd</sup> Place – Isabelle Terriere 9 Indigo  
3<sup>rd</sup> Place – Melissa Monteleone 9 Blue

Year 10 1<sup>st</sup> Place – Lauren De Iacovo 10 Blue  
2<sup>nd</sup> Place – Kimberly Wright 10 Blue  
3<sup>rd</sup> Place – Adriana Sadaj 10 Silver

Year 11 1<sup>st</sup> Place – Jessica deBont 11 Gold  
2<sup>nd</sup> Place – Alex O'Neill 11 Orange  
(Only 2 students competed at Year 11)

Year 12 1<sup>st</sup> Place – Riya Bhatara 12 Blue  
2<sup>nd</sup> Place – Haynes D'Souza 12 Emerald  
3<sup>rd</sup> Place – Celeste Mitsiou 12 Jade

The following students have been selected to represent the College in the annual VCAA Plain English Awards to be held in May; Riya Bhatara of Year 12 Blue and Haynes D'Souza of Year 12 Emerald.

The following students have been selected to represent the College in the annual Legacy Junior Public Speaking Competition to be held in May: Kurt Cauchi of Year 9 Mauve, Isabelle Terriere of Year 9 Indigo, Amy Ruscigno of Year 8 White and Evelyn Liza Sebastian of Year 7 Red.

The following students have been selected to represent the College in the annual Rostrum Victoria Junior Public Speaking Competition to be held in May: Kurt Cauchi of Year 9 Mauve, Amy Ruscigno of Year 8 White, Jessica deBont of Year 11 Gold, Alex O'Neill of Year 11 Orange and Lauren De Iacovo of Year 10 Blue.

## PRINCIPAL'S RIBBON FOR COOKERY

Students from Years 9 – 12 are invited to participate in the 2011 Principal's Ribbon for Cookery on Thursday May 26.

The Theme for 2011 is "Home is where the Heart is" recipes that have inspired your passion for cookery.

Applications are available in the Faculty folders on the College Student website under Personal Development, or from your Food and Technology or Hospitality teacher. All applications close on Friday May 6 at 3.30 p.m.

For further information please contact, Mrs Jutson or your Food Technology/Hospitality teacher.

## SEPTEMBER VISIT TO TAKADA HIGH SCHOOL, JAPAN

St Monica's College conducts an exchange program with Takada Junior and Senior High School in Tsu City, Japan.

In March of each year students from Takada visit St Monica's College and in September of the same year 16 students from St Monica's College along with 16 students from Parade College visit Takada Junior and Senior High School in Japan. During the ten days our students spend in Japan they attend classes at the school and participate in excursions to cultural sites. They learn about Japanese family life and of course make many new friends. Students in Years 9 – 12 are permitted to make the trip to Japan. They do not need to be studying Japanese to be part of the tour group as it is a cultural tour.

In 2011 the total cost for the school trip is \$2800. \$1000 needs to be put down as a deposit by Wednesday May 4 to secure registration with a final payment of \$1800 due on Wednesday June 1.

This cost includes:

- Flights
- Travel Insurance
- Excursion Costs while in Japan



For more details students can access the Student Portal for an application form and parents can access the same details and form on the Parent Portal. You may also contact the Takada Homestay Coordinator, Dr Fulvio Frijio, at the College

## CHESS AT DRC IN 2011

All Dalton Road Campus students will have the chance to participate in the 2011 St Monica's College Chess Competition commencing this term. All interested students can sign up in the coming weeks. Chess sign up forms will be available at the Pamela Coyne Library soon. Students must present their student ID card when signing up.

## NEWS FROM THE COLLEGE ARCHIVES

Prayer and liturgy have been a part of our everyday school life for a long time. Whilst browsing through documents from the 1970s, we came across a Community Prayer folder which contains numerous prayers created by Forms 1 – 4 students. This means that students were in year levels 7 – 10. The booklet was completed between 1972 and 1973 and almost all of the prayers are handwritten and signed by the students. Some, however, were written anonymously.

If you are interested to see the Community Pray Folder, you are welcome to visit the School Archives on Tuesdays.

### SMC HOUSE AGGREGATE SCORES AS AT 27/4/2011

	ALKIRA	BARINYA	GLENORA	LARAPINTA
Swimming	458	429	345	406
Athletics	1,342	1,462	1,392	1,361
Score at at 27/4/11	1,800	1,891	1,737	1,767

### CAREERS CORNER

#### **Careers Evenings:**

**May 4** - Parents of Year 9 students are invited to attend a Careers Evening in The Theatre of All Nations from 7.30 – 8.30 p.m. The evening will cover the topic 'Parents Talking Career Choices' and provide an overview of the Careers program at Year 9.

**May 10** – Parents of Year 11 students are invited to attend a Careers Evening in The Theatre of All Nations from 7.30 – 8.30 p.m. The evening will provide an overview of the Careers program at Year 11 and how to assist your child in their decision making about future pathways. Information will also be provided about the future skill shortage areas in Victoria at both the professional and para-professional levels.

**May 30** – Parents of Year 12 students are invited to accompany their son/daughter to a VTAC information evening in the Sports & Assembly Hall from 7.30 – 8.30 p.m. The evening will cover the University/TAFE application process and special access schemes as well as providing information about the assistance the College is providing to assist your child in making a successful transition from secondary education. All Year 12 students are required to attend this evening.

#### **Student Activities at the College:**

**May 11** – Students in Years 10 - 12 have the opportunity to register their interest at the Careers Centre in attending a talk about careers in Engineering given by a member of the Engineering Association of Victoria. The talk will be held during Period 6 and covers all aspects of engineering and the pathways into this occupation through both TAFE and university.

**May 18** – Students in Years 11 and 12 have the opportunity to attend a talk given by a representative from The University of Melbourne about their courses, the Melbourne Model of study and what to expect as a beginning student, (differences between secondary school and university study). The talk will be held during Period 6 and interested students are required to register their interest at the Careers Centre before this date.

**May 25** – Students in Years 11 and 12 are invited to attend a talk covering the Business and Law courses offered by La Trobe University. The talk will be given by the selection officer from this course and will cover information about the courses, the selection process and post graduate career opportunities. Interested students are required to register their interest at the Careers Center.

### JUNIOR WRITERS' RETREAT

Any students in Years 7 and 8 who wish to be considered for places on the Writers' Retreat in May this year are

reminded that applications need to be submitted to Mrs Johnson (PCL) or Ms King as soon as possible. Any questions should be forwarded to either Mrs Johnson or Ms King.

### WORLD OF SPORT

1. Year 9 Premier League Finals results:

	SMC	Opponent
Cricket v Penola	9 for 72	def by 2 for 73
Football (B) v Penola	4	def 2
Volleyball (G) v Penola	1	def by 3
Basketball (G) v Kolbe	39	def by 52
Netball v Emmanuel	32	def 31

St Monica's College has won the overall Year 9 Premier League competition for 2011. Congratulations to all students and coaches.

2. Senior AFL results:

In the last week of Term 1 our Senior AFL boys played a practice game against the powerful St Bernard's College AFL side.

Results were: SMC 10.11.71 def by St Bernard's 17.7.109.

Goals: Abdulhadi 5, Farrugia 3, Sacco 1, Vaccaro 1.  
Best Players: Sutton, Farrugia, Abdulhadi, Beare, Stoikas, Cardamone.

3. ANZAC Cup and Shield games


South Morang Football Club, Lakes Boulevard, Mill Park

1:15 p.m. start (Last Post to be played at 1:10 p.m.)

The Netballers will also be present for the Last Post and will then be transported back to DRC for their game starting at 1:45 p.m.


### COMING EVENTS AT SMC in MAY

May 4	Year 9 Careers Evening
May 6	Dance Showcase (Theatre of All Nations)
May 10-12	NAPLAN Tests
May 17	Mid-Year Music Concert
May 24	Year 10 Senior Studies Information Evening
May 25	Official Opening and Blessing of The Wetlands
May 23-27	Indigenous Awareness Week
May 26	Principal's Ribbon for Cookery
May 29	Official Opening and Blessing of the LOTE Centre and Theatre of All Nations



read for the fun of it

# teen read week



**Where:** Pamela Coyne Library  
**When:** 2 – 6 May, 2011  
**Activities:** Lunchtimes  
 Tuesday – Friday

**BOOK 4**

**Competition:**  
 Write a book review as a text message.  
**Fantastic prizes.**  
 Come to the PCL for an entry form

Exclusive screen of *"Tomorrow, when the way began"*  
 (Make a booking as seats will be limited)

## CATHOLIC CARE'S 75<sup>th</sup> ANNIVERSARY GALA BALL

CatholicCare (formerly Centacare Catholic Family Services) invites you to their 75<sup>th</sup> Anniversary Gala Ball to be held from 6:30 p.m. on Thursday May 19, 2011 at the Plaza Ballroom, 191 Collins St Melbourne. Taking you back to the glamour of the 1930s, fabulous vocalist Julie O'Hara will join one of Australia's leading Swing bands The Pearly Shells and they are guaranteed to make you hit the dance floor. The Archbishop of Melbourne Denis J Hart will be in attendance and Carol Schwartz AM, visionary business leader and pioneer in the development of social enterprise, will deliver the inaugural Parker Moffit oration.

All proceeds will be directed towards CatholicCare's Alcohol and Other Drug Family Service delivered from the St Mary of the Cross Centre in Fitzroy as well as Footscray, Dandenong and Bundoora. This program provides much needed counselling services throughout Melbourne.

Tickets for a great night of fine dining and live entertainment are \$200 per person. Phone 9287 5517, email [fundraising@ccam.org.au](mailto:fundraising@ccam.org.au) or visit [www.ccam.org.au](http://www.ccam.org.au)

## PARENT SUPPORT GROUP



### T.A.R.A.

**TEENAGE AGGRESSION: RESPONDING ASSERTIVELY**  
An 8 week support group for parents of adolescents who behave violently at home:

- Understand how violence works
- Get concrete strategies to reduce violence
- Improve your relationship with your child
- Understand adolescent development
- Improve communication
- Share with other parents

**Commencing Weds 4.5.11 – 22.6.11 (10am-12.30pm)**  
**Includes handouts and refreshments**

**PARENTS NEED TO COMMIT TO ALL 8 WEEKS OF THE PROGRAM**



Open to families from Whittlesea, Banyule, Nillumbik & Darebin  
For enquiries please contact: 9450 4700



*St Monica's College, Epping*  
*Staff and Students*

*Wish all Mothers of St Monica's College Community*  
*A Happy Mother's Day*  
*May your day be filled with love and peace.*

## MARVELLOUS MONICANS

We would like to acknowledge all staff and students who participated in making Shrove Tuesday a success. This includes the Food Technology staff, Junior and Senior Councils, the Be More group, and particularly Ms Penny Clarke and her Year 10 Hospitality Team. Without the integrated assistance of these student groups, Shrove Tuesday would not have been as successful as it was.

*B. E. Hanley*  
**B E Hanley**  
Principal



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