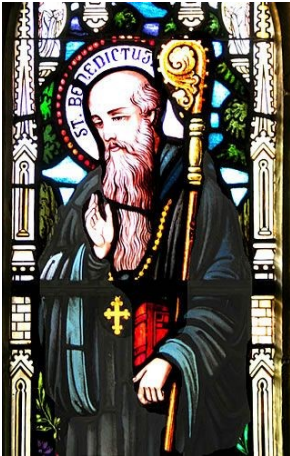


**SAINT BENEDICT – WISDOM and SERVICE**

It is an ambitious task to write about Saint Benedict (480 – 547) and ever hope to encapsulate all that is found in his Rule and through his writings. Indeed, scholars and clerics throughout the generations have devoted themselves to the works of Benedict, and religious men and women have devoted their entire religious life to the Rule and his way to reach eternal life with their Heavenly Father.

Nevertheless, this enormity of task is no reason to avoid the challenge to draw some important messages from Benedict in this special week when we celebrate the feast day of our patron saint, Monica. It was Saint Benedict whose inspiration gave life to the charism of the Sisters of the Good Samaritan as that religious order became yet another faith-filled congregation committed to the Benedictine Rule.

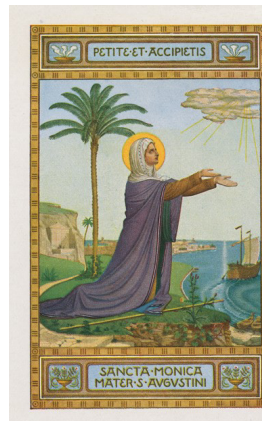
What is the Rule? The Rule of Benedict 'is direct; it is clear; it is a relatively uncomplicated text that uses simple language to make simple references to simple things.' It is a way to live one's life well. I refer Monicans to *The Rule of Benedict* (Crossroad Publishing, New York, 1992) by Joan Chittister O.S.B.. It is not my intention to provide a treatise on the Rule of Benedict. I will make reference to some of its important teachings and messages.

The first words of the Rule are, 'Listen carefully, my child, to my instructions, and attend to them with the ear of your heart'. Listening is a great gift, skill and preference to have in one's life. Quite often we might yearn to be heard, to have someone stop and listen to us, to have noise eliminated and have the beauty of silence provide the opportunity to listen. Clatter and chatter, shouting and screaming, roaring and raving steal from the desire and the need to listen.

Saint Benedict refers to the beauty of wisdom, a gracious and glorious attribute and gift to possess. Many times, we are awed by the wise counsel and the sagacious advice of an elder. We probably have also heard that wisdom comes from the mouths of

babes. Wisdom is unhurried and it is gentle as it releases its 'fragrant scent' in our mind through to our heart. The gift of wisdom surrounds itself with beauty, humility, service and patient waiting. It is never harsh: nor does it bring about harm.

Benedict, as his words instruct his monks in the Rule, writes about the power of love, its courtesy and its overflowing with respect. The saint writes about change and being changed, silence, healing and being whole. 'His Rule is Scripture-soaked and Christ-centred.'



Monicans, in this week as we celebrate alone at home the feast of Saint Monica during the pandemic, and as we mourn for that of which we have been deprived due to restrictions, let us offer to God our pain and disappointment for the sufferings and ill health and deaths of so many fellow human beings due to COVID-19.

Perhaps Saint Benedict's words may prove of comfort and solace,

*'See how God's love shows the way of life.
Clothed then with faith and the performance of
good works,
Let us set out on this way,
With the Gospel for our guide,
That we may deserve to see the Holy One who
has called us to the eternal presence.'*

Prologue



RE-ENROLMENT in 2021

We invite you to re-enrol your child/children at St Monica's College, Epping for 2021. We trust that you will continue to support the College and it is our intention to build on the work of 2020. Next year we shall maintain our high standards to offer a first-class Catholic Education for all our students.

Re-enrolment into Years 8- 12 must be confirmed by payment of \$150 deposit which will be deducted from your 2021 fees. If your son/daughter does not return to the College in 2021, this deposit will not be refunded.

In some circumstances, re-enrolment will be dependent on meeting College standards and/or ability to meet current fee obligations. Those parents will be contacted separately.

Payment of this re-enrolment fee will be taken as acceptance that you are responsible for payment of the College fees for the forthcoming year as and when they fall due and for the finalisation of any current outstanding fees. Furthermore, College families need to abide by and support the College Ethos and regulations regarding uniform and conduct.

Re-Enrolment 2021

Re-enrolling your children can be completed online via the Community Portal.

Opens: 10 August 2020 - Closes: 16 October 2020

Parents access the Community Portal using the below steps:

On the College website
MY SMC
Community Portal
Enter your username and password
Click on Events

Please note: Every student re-enrolment needs to be completed separately.

If you are having difficulties using the community portal, please contact the College for assistance.

Payment for re-enrolment can also be made at College Reception at Augustine House.

Not Returning to St Monica's College 2021

Contact the College Registrar Mrs Enza Sinopoli on 9409 8444 regarding exiting your child from the College.

Updating your Contact Details

We also ask that you to take this opportunity to review your contact details. This can be completed directly on the Community Portal.

COLLEGE CAPTAINS and VICE CAPTAINS, 2021

It is with pleasure that I announce that Leanne Sebastian and Nicholas Younes will be College Captains in 2021 with Adam Galletti and Aliya Awad as College Vice Captains. Congratulations to these outstanding Monicans.

ENROLMENTS

Close off date of Year 7, 2022

9 October 2020



Enrol Now

For Year 7, 2022 And 2023
Limited Places Available For
Years 7 - 12 For 2021.

St Monica's College, Epping

www.stmonicas-epping.com

T: 9409 8800

Junior Campus Years 7 - 9

400 Dalton Road, Epping VIC 3076

Senior Campus Years 10 - 12

16 Davisson Street, Epping VIC 3076



CAREERS CORNER

This year we have been sending the weekly Careers Newsletter via email to all students in Years 9-12.

From this week, we will now be sending it to all parents via email and you will also find it available via the following:

- SMC social media platforms
- The College website under "publications"
- PAM
- Student portal



FACE MASK CONTEST WINNERS

Overall Best Face Mask:

DSC: *All in this together* by Lynton Martin, 12 Orange



DRC: *Hearts on Fire* by Siena Miano, 7 Jade



Funniest Face Mask:

DSC: *Sprinkling Corona* by Adam Mardiryan, 11 Silver



DRC: *Pacman* by Shreya Kuchimanchi, 7 White



Most Creative Face Mask

DSC: *Sorry, your Myki is expired* by Long Pham, 12 Brown



DRC: *Give me Space* by Joshua Fernandes, 7 Silver



Best Parent Face Mask:

DSC: *Be good, not bad* by Mr Mario Galletti



Best Teacher Face Mask:

DSC: *Lockdown* by Mr David Sirianni



Special mention:

DSC: *Stay holy. Stay safe.* by Helena Popovski, 10 Mauve



LIBRARY CORNER



The lockdown has meant that access by students to the LRF physical collection is unavailable, however, access to the LRF portal is available 24/7 via: <https://www.stmonicas-epping.com/my-smc>. There is a vast array of content available to staff and students and for readers. The Wheelers ePlatform provides access to ebook and audio books. Access figures for the last 3 months show a steady increase: June ebooks 32, audio books 53, July ebooks 43, audio books 26, August ebooks 63, audio books 44 with 30 reserves.

Popular ten titles have been: *Animal Farm*, *Fault in our Stars*, *Hunger Games*, *Wonder*, *Swerve*, *Fangirl*, *Great Gatsby*, *Everything, Everything*, *Mortal Instruments 1*, *To Kill a Mocking Bird*. Students and family members can access Wheelers ePlatform by using the student College username and password.

The LRF Instagram also provides access to recommended titles and is regularly updated as does the ISO Reading whilst on remote, Guide to Research Skills and a number of other areas in the How to Guides to assist in using databases and a wealth of content to explore.

SPORT

Coaches in the Sport Program have been busy remote training students across a number of sports. Here are some shots of students hard at work



Valorant Esports Competition



An online Valorant Esports competition will begin on Monday, 24 August. Teams will play on Monday and Tuesday nights (3:30 pm -5:30 pm) for two weeks in a round robin format.

The finals will be held on Monday, 7 September.

The winning team will win JB Hi-Fi vouchers.

All students are invited to participate.

Players can register their team of 5 players via [this link](#) (click here).

Registrations close Sunday, 23 August.

Students can view the tournament at twitch.tv/stmonicasports

Students can join our Esports Discord <https://discord.gg/XZeMbYK> for more information or contact Mr McQuade.



THE MONICAN

It is most important if delivery of *The Monican* is not made to your residence. Please contact Ms Pamela Griffin with your details (p.griffin@stmonicas-epping.com) and report this.

I draw your attention to '*Monican Women (1964 – 2020)*' which is a feature in the centre of this edition. Please read it with pleasure.



RECIPE OF THE WEEK

Thursday is the Feast of Saint Monica with the feast of her son, Saint Augustine, following the day after. This dish from Algeria, is the place of Saint Monica's birth.



Algerian Spiced Chicken with Dates, Couscous and Currants

Ingredients

1 onion, diced
Olive oil
3 cloves garlic, crushed and chopped
1 tbsp grated ginger
1 tbsp grated turmeric
1 carrot, sliced
1 cinnamon quill
1 1/2 tspn cumin powder
2 cloves
4 cardamom pods
Olive oil
2 breast of chicken with the skin on/ or Maryland
1 orange
1 lemon
1 cup dates, seed removed
1/4 cup flaked almonds
1/4 cup pistachio nuts
1 bunch coriander, roughly chopped
1/2 bunch parsley
1-litre chicken stock
1 cup tomato passata

Couscous

250g Couscous
250ml Boiling water
2 tbs olive oil
1 tsp salt
1/2 tsp ground black pepper
pine nuts, currants.

Method

Add onion and carrot with some olive oil to a pot and allow to fry. Also add the garlic, turmeric, ginger, cardamom, cinnamon and cumin powder. Add some salt and pepper to taste. Slice some orange peel, remove the pith and add to the pot.

Once the carrots have softened a little, add the chicken stock and the tomato passata, allowing it all to come to the boil. Add the dates and half of the coriander to the pot.

Slice the chicken into strips and stir it through the pot. Once the chicken is cooked through, remove the pot from the heat and add the rest of the coriander, the almonds and pistachios and the juice of half an orange and the juice of half a lemon.

Give it a good stir and it's ready to eat.

Couscous

Mix all ingredients together in a bowl
Cover with cling film, let stand for 8 minutes

Run a fork through to break up.



B.E. Hanley
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Principal



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