“IN THE SERVICE OF OTHERS”

McCormack House is named in honour of Irene McCormack, who died on May 21, 1991, having lived a life in the service of others.

The Irene McCormack Story

Irene McCormack grew up as a fairly typical West Australian country girl. Born on the 21st of August 1938 she was raised on a farm at Trayning near New Norcia and very early on emerged as a vibrant, determined and fun-loving girl. She was sent to boarding school at Santa Maria College and it soon became evident that she had two great loves - to serve God and to educate young people.

After joining the Sisters of St. Joseph she spent many years teaching in schools in country areas. She constantly challenged the Bishops to act more justly in providing resources for country kids - for her it was an issue of justice.

In the mid-1980’s Irene experienced a real dilemma with her vocation. She felt she had to volunteer to work with the most needy in order to be true to herself. She continually proclaimed about mission in the Church - to be an active part of the Global church. For that to have any value for her she felt she had to put her feet where her mouth was!

Irene arrived in Peru in 1987 and was appointed to Huasahuasi in 1989. She took up the challenge of ministering to the impoverished, "I have come to understand that effective action is a way of loving."

For political reasons Communist rebels, the Shining Path, did not welcome missionaries and despite recognising the danger Irene and her fellow sisters continued to work with and for the village people, "I really believe and have experienced that the more committed you are the freer you are."

On the 21st of May 1991 Irene's fears were realised when she and five others were dragged to the village square, told to lie face down and executed by a shot to the back of the head.

Irene's 'crime' in the eyes of her murderers was caring for, working with and handing
From the Principal
This week I will leave the commentary to the experts! Xavier College has subscribed to the ‘Michael Grose Parenting Report – Confident kids, resilient teenagers’, a report that presents articles from well known psychologists, authors and public speakers, addressing issues related to families and parenting. Families provide the primary environment for the development of an individual’s sense of each of the fundamental things that are at the core of our well being as human beings: Identity, Connectivity and Relationships. I am hopeful that these articles, many of which will be published in the College newsletter, will be of some assistance to parents. Our subscription enables us to include extracts from this report in our College newsletter and also enables all families to access the report online by logging on to the website www.parentingideas.com.au and entering the unique Xavier password pr2005.

Creating Resilient Families
by Andrew Fuller (clinical psychologist)

Being a parent is equivalent to involving yourself in a debate that lasts for decades. One debating team wants change; sometimes the debate centres on more freedom or staying up later, sometimes it centres on more help around the house. The other team want things to stay pretty much as they are, they are comfortable and stability is what they argue for. Just when you think you’ve got the teams worked out and know who is on what side they seem to forget their lines, argue against their best interests or simply change teams.

This debate between changing and staying the same is essential in that it is the “engine room” of growth and development for families. It is how families grow. When you live with a family however, you need to realise that you are with a group of people who have been practicing the fine art of keeping themselves living together and changing for years. This means that every family member has to pretty much do the same sort of things they always do. Families require consistency and familiarity so that they can efficiently carry out the tasks of daily living.

For many families, the intricacies of getting everyone up, dressed, bathed, fed and ready for school, work or appointments by a specified time requires a level of co-ordination that could only be dreamed of by most corporations. As one male executive commented, “One day I looked at my wife and I was shocked to realise that if only I could get my team managing their projects as well as she organised our family, we’d be unbeatable!”

Despite the need for families to have a reasonable degree of consistency, families have changed a lot. It used to be you could ask parents how many children they have but now its better to ask children how many parents they have. We hear a lot about families when they don’t work well. Let’s look at just two factors that help families work well.

RESILIENCE FACTOR 1
SPONTANEITY AND CURIOSITY

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book. If you want to teach your children how to have good mental health and how to lead lives that are fulfilling and joyful, you need to show them. They need to see you having fun, being spontaneous and making mistakes and getting over them. If you want your kids to succeed you need to show them that success is worth having.

While families need consistency and children need to know that they can rely on their parent (s) to be there for them, it is important for parents not to get so burdened by the domestic drudgery of life, that all the flair, fun and flamboyance of life goes missing.

So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

RESILIENCE FACTOR 2
PEOPLE ARE LOVED FOR THEIR DIFFERENCES

When families function well people are allowed to be different and to be loved for those differences. Individual differences and interests are allowed to flourish rather than being suppressed. It is not a matter of everyone conforming to the same standards or doing things in the same way. Given, children will find their own ways to differ anyway, according to their birth order, or in order to establish their own identity it is often better to celebrate these differences.

Families when they work well have a playful, circus-like quality in which people can play at taking on different roles and feel comfortable to be themselves. Given that children often take on different roles anyway, it may be wise to love them regardless of which role they are taking on. In a funny kind of way this prevents children from becoming too bogged down in the one role.

Young people need to have someone who nurtures their individuality, who tells them that it’s all right to be themselves rather than to try to be the same as everyone else.

Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don’t like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.
Vocations

‘Lord, You know everything about me. I offer my life as a Priest as I answer Your Call.’

Have You been thinking about Priesthood lately?

Do you want to know more about how to serve God as a Priest?

The next Mass for Inquirers to the Priesthood will be held at St Raphael’s Church, 21 Young St, Parkside on Friday, June 3, 2005 at 7.30 pm.

Light refreshments will be available after Mass.

Knock-out Open Girls Soccer

On Monday the Open Girl’s Soccer team went to Thomas More College to play two games in the first round of knockout for this year. The first game we played was against Unley High School who had a fairly strong team. Unley began well but Xavier College slowly began to claw their way into the contest and looked the better team for the remainder of the first half, at which time we were unlucky not to be leading. In the second half, Brittny Conaughton went forward and used her strength and lethal left foot to menace the Unley High School defence but again was unable to score. Unfortunately, the girls tired towards the end of the game and Unley High School was able to score two late goals. Danielle Alba played well in her sweeper role and Emma Byers worked hard in attack to keep the ball near their goal. Scoreline: Unley High - 2, Xavier - 0.

The second match against Thomas More College was always going to be tough as they were the defending champions of Pool A last year. Thomas More College opened with a couple of easy goals but our girls then knuckled down and prevented any goals occurring for about 15 minutes. Once Thomas More College got their third goal of the match, they began to play with more confidence and their pace in attack troubled our defence. Candice Hudson worked tirelessly in defence all day and made their strikers think twice before taking her on. Adelle Cockayne delivered some nice balls forward and only a fantastic save from their keeper stopped her scoring. Alicia Butler went goalie in the second half and performed admirably as the ball was coming at her on a very regular basis. Scoreline: Thomas More College - 11, Xavier College - 0. Although we have been knocked out, the girls will play a series of games after school in the weeks to come against Trinity College.

Dan Searle
Sports Administrator

Family Support Program
Dads & Kids Adventure Outlook Camp 18 & 19 June 2005
A weekend camp at Mylor, for Dads and their Children,
5 to 18 years of age
Transport Provided, Mylor Campsite, Adventure Activities

The bus will leave from St Peter’s Cathedral, corner King William Road & Pennington Tce, North Adelaide, at 9.30 am on Saturday and return at 3pm on Sunday.

The cost is a refundable deposit of $20 per family. Meals, accommodation and activities are included.

To secure your place, please complete the registration form and give it to your Anglicare Worker by Friday 3rd June 2005, with $20 per family.

For further information phone Corey or Jenny on 8305 9259
Operation Flinders

At the end of last term, Kris Wilkes (yr 9) and I, were fortunate enough to participate in a unique outback experience called Operation Flinders. The trek went from 5-12 April in the Flinders Ranges, at Warraweena Private Conservation Park. Our team (Tango 3) consisted of a Team Leader, Assistant Team Leader, a Peer Group Mentor, two Counsellors (one of which was my role) and ten student participants. The participants came from three schools – Xavier College, Gawler High School and Trinity College. The route was physically and mentally demanding, but rewarding as the participants (and adults) learned about their strengths, faced their fears and developed their skills. We all had to carry a back pack (about 20kg) containing all our gear, water and food, and walk for approximately 15km per day. Some of the highlights were: sleeping under the stars, abseiling, learning plant identification and wilderness survival skills, learning about navigation, cooking bush tucker, and being involved in and learning about Aboriginal culture. The whole team thoroughly enjoyed the experience and developed some strong friendships. I look forward to taking more students to Operation Flinders in the near future.

Oreste Farrugia
School Counsellor

Going on Operation Flinders was the best thing that I have done for a while. I did many things on the trek, like hiking, crossing the ‘Lava Lake’ and abseiling. The highlight for me was the abseiling. Since I have come back from the trek, I have learned respect for the stuff that we take for granted. I have also learned to work in a team better.

Kris Wilkes
Yr 9 student

“a school of the future in the present”