



Welcome to Week 2!

We hope you all had a great start to the semester and are ready for the exciting times ahead. As we approach the beginning of essay season, we wish you the best in your academic endeavors.

Welcoming Morning Tea Last Thursday: We had a fantastic morning tea, and we were delighted to see so many of you join us. It provided a wonderful opportunity for students to catch up with old friends after the break and make new ones. The atmosphere was filled with warmth and laughter, making it a memorable event for all.



Wednesday Mass: The opening mass for the second semester took place last Wednesday! Join us every Wednesday at noon for the next gathering. Also, a special thank you to Margaret for the attached photo!

Cultural Night: Mark your calendars for the upcoming Cultural Night scheduled for September 1. We promise it will be a night to remember. We'll be reaching out to you for performances representing your nationality. It's time to showcase the diverse culture of our students.

Donating Items: One of the highlights of our Cultural Night is the quiet auction. We encourage you to donate items that you believe would be valuable additions to the auction. The proceeds from this auction will not only support the SRC fund for snacks and essentials but also contribute to organizing our college's activities. We really appreciate your support.

Chaplaincy Career with ADF: Join us for a session on the Australian Defence Force (ADF) Chaplaincy program. You will have the opportunity to meet with personnel from Defence Force on Monday, 14 August, from 6:00 pm to 7:00 pm AEST. Let us discover more about this meaningful career path.

Frances' Article: This week, we'd like to express our gratitude to Frances for her beautiful writing. And if you have something you'd like to share, don't hesitate to get in touch with us.

Have a fantastic week ahead!

Best regards,

Hoia

Compassion and Self Compassion

My experience of Pastoral Care

Henri Nouwen wrote, 'Compassion asks us to go where it hurts, to enter places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears'[1]

Pastoral ministry requires working with people at their most vulnerable. Sometimes it is to help them grieve what they no longer have. Health, mobility, independence, identity, are but a few of the many losses. This experience has challenged me to take ownership of my times of darkness and my time for healing. It has also helped me to be fully present with others in their darkness. 'Compassion becomes real when we recognise our shared humanity'. [2] Compassion requires us to be vulnerable with the vulnerable, powerless with the powerless, weak with the weak. Compassion, therefore, means full immersion in the condition of the human being.

The privilege of being with another, invites us to listen for the presence of God's love and compassion. Knowing that God is right beside us in everything we do. We all carry our own brokenness, and it is this sense of brokenness that we bring to others. Listening to our truth is where we find the quiet voice of God whispering within. My most effective and fulfilling moments have been when I have allowed myself to be the most compassionate with self.



Pastoral ministry can be demanding and at times stressful – learning how to care for ourselves is crucial if we are to be an effective pastoral practitioner. Self-compassion, is an awareness that I need to be gentle and kind with myself, not just through words, but with action. Expressions of warmth and care are critical when I am faced with personal failings or feelings of inadequacy. It is about treating myself as I would treat any other person in need. Compassion and kindness have been the driving forces in my life for as long as I can remember. I've always wanted to help others in their suffering and pain. These are the driving forces that have led me to work in the caring professions. And although self-compassion did not come naturally to me, I have learned to be kinder and gentler with myself. What I have discovered is that when I am kinder towards myself, I have more love and compassion for others. Through pastoral care, I have learned that the valuable lesson of total dependence on God.

Frances

[1] Henri J.M. Nouwen, *Compassion: A Reflection on the Christian Life*, New York: Doubleday, 1982.

[2] Dalai, Lama and Desmond Tutu, *The Book of Joy: Lasting Happiness in a Changing World*, New York: Avery, 2017.