



# SECONDARY SCHOOL PACK

Worksheets for use at home

Family Week 2020 | 15-21 May

**BUILDING CONNECTIONS IN THE SPIRIT OF HOPE**



Join us in celebrating the role of families  
in building community harmony.

[www.ccam.org.au/FamilyWeek](http://www.ccam.org.au/FamilyWeek)

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#FamilyWeek2020



## WELCOME TO FAMILY WEEK 2020!

This year's Family Week theme is 'Building Connections in the Spirit of Hope'.

Hope is a powerful and transformative idea - especially for the lives of the most vulnerable in our community. This year's Family Week theme focuses on providing hope for vulnerable families, while building the rich, broad and meaningful connections that promote resilience in a family and a community.

Relationships are at the heart of why CatholicCare exists. Building strong relationships and connections with partners, families, children, and the community, is crucial for a person to be healthy in mind, body and spirit.

Taking part in Family Week is a great opportunity for you to come together with your family to celebrate and reflect on the relationships in your lives. It is also a chance for you to look beyond your own immediate families, and reflect on how you can help those who are doing it tough - how you can bring hope in to someone's life.

Throughout this booklet you will find stories of people who through compassion, love and hope are transforming their lives and the lives of others. We have put together activities for use at home to help young adults and their families come together and build on their connections, and celebrate the role of family.

Through these activities, or your own creative variations, we hope you will see yourselves as confident agents in building up your own family and community connections.

Thank you for joining us for this year's Family Week and for being part of the CatholicCare Family.

## WHAT YOU'LL FIND IN THIS PACK:

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# WHO IS CATHOLIC CARE?

We are the social welfare agency of both the Archdiocese of Melbourne and the Diocese of Sale. At CatholicCare it is our vision to help everyone to live life to the full.

Our programs and services are family-centred and strength-based. We provide support for people at every stage of life, equipping them with the skills they need to build strong positive relationships and connections.

We deliver family and relationship services, relationship courses, pastoral care, refugee and asylum seeker settlement support, school counselling and adult education support. All our services are offered to the whole community regardless of religious belief or background.

Catholic Social Teaching is the cornerstone of our values and approach. From this base, we reach out to three key groups:

- Children and youth
- Families with relationship difficulties
- The disadvantaged and marginalised

The people we support come from all walks of life. Each has their unique story and reason for seeking assistance at CatholicCare. Unfortunately, in 2020 people need us more than ever. With your help, we can continue to accompany them on their journeys, ensuring that their dignity is upheld at all times and giving them the resilience to face whatever challenge is thrown at them.

## ROBERT'S STORY

CatholicCare has a chaplain in every prison in Victoria. It is 'a Gospel imperative' says Sr Mary O'Shannassy, who reinforces the role of chaplain as being a 'messenger of hope and minister of Christ's mercy'.

'God's great love and care and forgiveness are mind blowing for many of these people,' she says.

Sr Mary shares a story that left a deep impression on her heart: 'after Mass one day in a high security prison, a fellow by the name of Robert came up to me. In the Mass I had quoted Pope Francis' words: "God's mercy is greater than any sin we can commit."

He asked, "Will you say those words for me again?" So I repeated them for him. He sat down and I sat down beside him. He was silent as he thought about it. Then he asked, "Will you say that again for me, Mary?" So I repeated it. We just continued to sit there in silence. Then he got up, shook my hand and said, "Thank you" and went away. That was a very significant moment in that man's life.'



## SHARE YOUR STORIES

Share your Family Week celebrations on social media!

Use **#FamilyWeek2020** and tag us using **@cathcare** on Facebook or **@cathcare\_official** on Instagram.

# HOME ACTIVITIES

## 1. Overcoming challenges

**Suggested year level:** Lower Secondary.

**Aims:**

- Learn more about the life of an important person in the life of your school.
- Understand what may be similar across the generations and what may be different.
- Think about how people overcome great challenges in their lives.

**Steps:**

Complete the following questions and activities.

1. What are some of your goals in life? Perhaps you would like to be excellent at sport or music or creating games apps.
2. Talk to a person two generations older, perhaps a grandparent or neighbour. What were their goals when they were at the same age? What about the challenges that you each faced?
3. Complete this table, using their name where it says “other person”:

My goals:	Other person’s goals:
My challenges:	Other person’s challenges:

4. What do you know about the founder of your school, or the founder of the religious order that runs or started your school? Do some research on their early life, as far as you are able.
5. What were their goals when they were your age?  
If that is not clear, list their goals when they started their work.
6. What challenges did they face, and how did they overcome them?
7. How was their work supported by other members of their family, or by other people?
8. How did they show that they treated other people with dignity?  
How did they take responsibility for the wellbeing of the community?  
(Note that these are two of the main ideas of what is known as “Catholic Social Teaching”).
9. What messages of hope did they send to their supporters?
10. During this time of a health emergency, how can you show that you are treating members of your family with dignity? How can you share a message of hope with the wider community?

Thank you for your work on this worksheet, and for what you do that benefits all of us.  
We are all in this together!

# HOME ACTIVITIES

## 2. Breaking Barriers - Refugees

**Suggested year levels:** Middle Secondary.

**Aims:**

- Greater understanding of the barriers that prevent people from living “life to the full”.
- Understanding our place in the wider community, how others help us in times of difficulty and how we can take our part in helping others.

**Steps:**

Activity One:

Unless we are First Nations’ People, we are all migrants to Australia or descended from migrants. Interview an older member of your family and discuss the following:

- What is your migrant experience, or that of your family over generations?
- What barriers did you or your family face while settling into Australia?
- Who helped you out at that time?
- What mementos did you bring with you, to remind yourself of the family?

Activity Two:

1. Watch one of these videos below which show the stories of young refugees from Syria, Burma and Iraq:

- » Burmese youth ([www.youtube.com/watch?v=CuG0EZx2k8](http://www.youtube.com/watch?v=CuG0EZx2k8))
- » Syrian family ([www.youtube.com/watch?v=7rdi9SZX2k8&t=2s](http://www.youtube.com/watch?v=7rdi9SZX2k8&t=2s))
- » Iraqi teenager ([www.youtube.com/watch?v=F50m-8NUze8](http://www.youtube.com/watch?v=F50m-8NUze8))

The stories of these young refugees are similar to those of many refugees helped by CatholicCare.

To read a story of a refugee CatholicCare has supported, read Vakshana’s story on page 7 of this booklet.

2. Research the difference between migrants and refugees. Write down the barriers faced by each type of person using the table below. Then use one colour highlighter to highlight similarities, and another colour for differences between the two:

MIGRANTS	REFUGEES

3. Answer these questions:

- » How did people, whether migrants or refugees, break down some of the barriers in their lives?
- » What help did they receive from their family or from others in the community?
- » What skills did they learn as they were settling down?
- » What difficulties are faced by newly-arrived migrants and refugees in Australia during this health emergency?

# HOME ACTIVITIES

## 3. Mentors

**Suggested year level:** Senior Secondary.

### Aims:

- Think deeply about the call to service
- Consider how you will take charge of your own personal development.
- Consider how you will respect the dignity of others for whom you are, or become responsible, as a mentor.

### Steps:

Complete the following questions and activities.

1. Discuss with your parents, or another person a few years older than yourself, the mentors or guides who have helped them in their lives and/or careers.
2. Consider the following notes taken from a conference of bishops and young people held in Rome in 2018\*.
  - The profile of a mentor:
    - » a faithful Christian who engages with the Church and the world;
    - » someone who constantly seeks holiness;
    - » is a confidant without judgement;
    - » actively listens to the needs of young people and responds in kind;
    - » is deeply loving and self-aware;
    - » acknowledges their limits and knows the joys and sorrows of the spiritual journey;
    - » recognises their own humanity and fallibility;
    - » mentors should not lead young people as passive followers, but walk alongside them, allowing them to be active participants in the journey;
    - » mentors should believe wholeheartedly in a young person's ability to participate in the life of the Church;
    - » they should nurture the seeds of faith in young people, without expecting to see immediately the fruits of the work of the Holy Spirit;
    - » all such mentors should benefit from being well-formed and engage in ongoing formation.
3. Answer the following questions:
  - » How does the list above match the qualities you would be seeking in a mentor?
  - » Have you seen some or all of those qualities in a mentor whom you have met?
  - » How can you be a mentor for younger members of your school or youth group?

\*Instrumentum Laboris for the Synod 2018. Young People, The Faith and Vocational Discernment, Paragraph 132



## LIAM'S STORY

Liam\* was 16 years old when he made a call to the police that had his father arrested and ultimately saved his mother's life. The impact of witnessing severe domestic violence affected Liam's mental health, home life and schooling.

Since receiving counselling through CatholicCare, Liam's grades steadily improved and he began applying for part time work.

He hopes to become a counsellor too, to help other families like his own.

To find out more go to CatholicCare's 2019 Annual Report (p.16) found at [www.ccam.org.au/Publications](http://www.ccam.org.au/Publications)

*(Names have been changed to protect the privacy of CatholicCare clients)*



## ANGELS AT OUR TABLE

In the dining room at the St Mary of the Cross Centre in Fitzroy, a group of people have gathered for lunch. Above the dining table is a wooden plaque that reads "Be kind to strangers ~ for they may be angels in disguise" – a fitting sentiment for today's guest of honour.

Since 2004, Colleen Liddell has volunteered to cook the weekly lunch for people living with HIV/AIDS, but today we are celebrating Colleen's 90th birthday, so it will be up to others to prepare and serve lunch for a change. It is hard to believe that this tiny nonagenarian has been actively volunteering in the program for 15 years. Every week, Colleen decides on the menu and shops for ingredients, lovingly preparing the two-course meal at home before transporting the food to the venue.

While people living with HIV/AIDS continue to experience stigma, discrimination and social isolation, the Monday lunch is a place where they are welcomed and can feel a sense of belonging. Colleen has embraced the community, not with judgment but with an open heart, acknowledging the dignity of each individual. While Colleen's cooking feeds their hunger, her warm and caring personality is a balm for their soul.



## VAKSHANA'S STORY

At the age of 13, Vakshana fled from the civil war in Sri Lanka with her mother and two siblings. After a challenging 42 days at sea, among over 100 other people on a small boat with little food or water, Vakshana and her family arrived at Christmas Island.

Relieved to finally be on land, she received her first meal in days and a new set of clothes. Vakshana and her family then spent five months across three refugee camps, until they were transferred to Adelaide to begin their new life.

"When I arrived I did not know English, so when people asked me what's my name I'd just laugh. It was pretty difficult... they would look at me like I'm crazy."

Vakshana and her family eventually moved to Victoria, but in doing so they no longer had support - this is when Vakshana discovered CatholicCare's Geelong Settle Well program. Here she found support to apply for a scholarship in tertiary education, along with financial help for university and other practical supports.

"I didn't know anything about scholarships at the start ... Since I met my case manager it was a big help! He was like my teacher."

Vakshana is now studying to become a psychologist so she can help others - the next step for her is applying for a permanent visa and then - citizenship!



Best wishes, peace and blessings  
from our family to yours

## CONTACT US

For more on Family Week visit our website or contact:  
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**Website:** [www.ccam.org.au/FamilyWeek](http://www.ccam.org.au/FamilyWeek)



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