

**Holy Cross Retreat**

<https://holycrosscentre.com/community/>



10<sup>th</sup> May, 2024

**Letter 222**



**“All work and no play, makes Jack a dull boy”**

This expression appears in its modern form in James Howell's 1659 Proverbs in English, Italian, French and Spanish, but appears to have been in use some time before that. It is a commonly used expression.

Back in 1920's during my student years, Brian often reminded me of this saying. I have tried to remember it since then, especially each time I feel like an excuse to play. As you all know "All work and no play makes Jack a dull boy" could mean that if a person does not take time off from work, they will become, bored, boring, and could lose their mind. Too much play may not be good for Jack because “All play and no work makes Jack a mere toy.” We all need some balance in life.

I would like to report that our brothers have been playing volleyball - even before Brian left for the holidays. They play mostly during the week in the afternoon at

around 4.30 pm. In my observation last week, I noticed that when a team loses, they have to do push-ups. You can tell in the photos below how one team is laughing while the other does push-ups. We haven't declared the champion yet, but we are silently thinking about it.

Most of the brothers playing, have five hours of English classes daily in Box Hill, and learning English can be very frustrating. Physical exercises are a healthy way to get rid of their frustrations and at the same time manage a more balanced day. As they say "All work and no play, makes Jack and dull boy."

I also noticed how they focus on having fun respectfully, rather than being aggressive toward one another. We encourage them to continue this healthy initiative.





## St Gabriele's Pasta lunch last Sunday, 5<sup>th</sup> of May



You can tell a lot of love was put into preparing and serving the Lunch. Bruno reports on behalf of the St Gabriel Committee:

*Approximately 130 people turned up. Thank you to the people that attended. It was successful, we had a good time.*



## Come Away Day



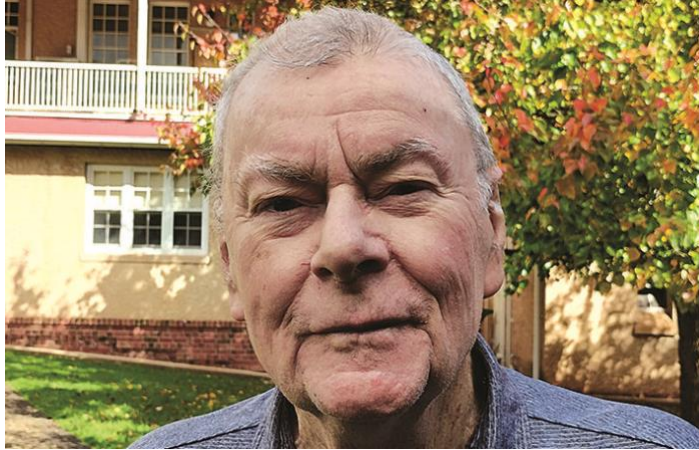
The next **Come Away Day** of the year will be held at Holy Cross on **Wednesday 22nd MAY**. The theme of the day is **'COME REST AWHILE AND RENEW'**. This is an opportunity to continue the flow of the Spirit's gifts into our lives.



The day's program provides opportunities for prayer, reflection and group interaction in the beautiful grounds and facilities of Holy Cross. All are welcome. Just come as you are. BYO lunch. Registration is from 9.30 am. The program concludes with a celebration of the Eucharist with a departure time of

around 2 pm. The cost of the day is \$25.00 or a donation according to your means. For any further details contact Sr Brigid cp on [bridget.m64@gmail.com](mailto:bridget.m64@gmail.com) . Brochures about the 2024 Program are available in the Back Porch of the Chapel.

## Fr Jeff Foale CP in the Southern Cross



Fr Jeff Foale at The Monastery in April.

### A man and tome of many chapters

#### NATIONAL

It's a long way from kerosene hurricane lanterns on the farm near Pinnaroo to the bright lights and hustle and bustle of Ho Chi Minh City, but Father Jefferies Foale CP AM has taken it all in his stride.

[Lindy McNamara](#)

Friday, April 26, 2024

#### Part 1 of 3:

Last month was a particularly busy one for Passionist priest Fr Jeff Foale as he celebrated not only his 91st birthday but the launch of a book at the Vietnamese Catholic Community – a project he worked on for nine years.

*Pierre Lambert de la Motte: The Father of Modern Missions* is the story of the man who became the first Bishop of Vietnam, a country close to Fr Jeff's heart and the place he now calls home.

“When I discovered the biography of Bishop La Motte in French I was hooked and set out to translate it in my spare time,” Fr Jeff (pictured) explained during a relaxed chat with *The Southern Cross* at The Monastery.

“I felt that the world needed to know the dramatic story of this steadfast visionary leader and lover of the Cross, who generously carried his own cross.

“At times it seemed like the translation from French to English was going to take forever, and it almost did!”

Many would consider taking on a project of that magnitude in your eighties to be slightly ambitious, however after spending some time chatting to the man who grew up on a farm near Pinnaroo, it is clear he has always been up for a challenge.

The fourth child and oldest boy in a strong Catholic family of 10 children – with the late Sr Marie Foale RSJ the oldest – Fr Jeff said life on the farm was hard but faith was central to their existence.

“We actually didn’t see much of Pinnaroo... growing up in the war years we only had enough petrol to get to town twice a month for Mass,” he said.

At 12 his life took a new direction when he “suddenly decided” to be a priest.

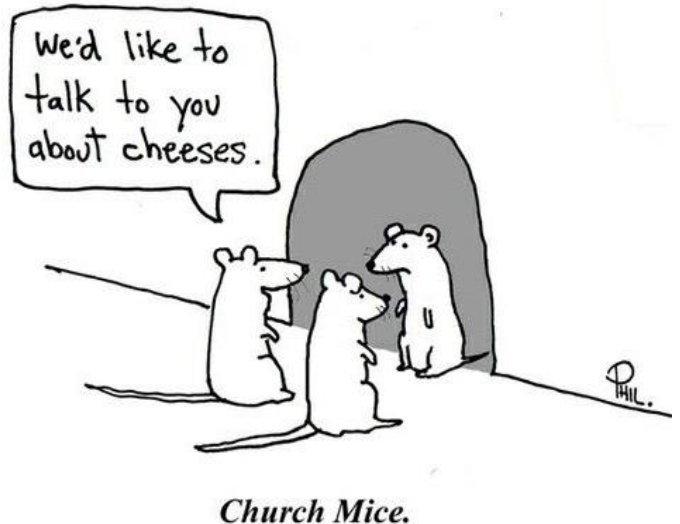
He completed secondary school in Sydney with the Passionists and took his first vows in 1953.

On March 8 1958 he was ordained a priest in Adelaide, taking on the religious name of ‘Fr Cletus’ and later reverting to ‘Fr Jeff’.

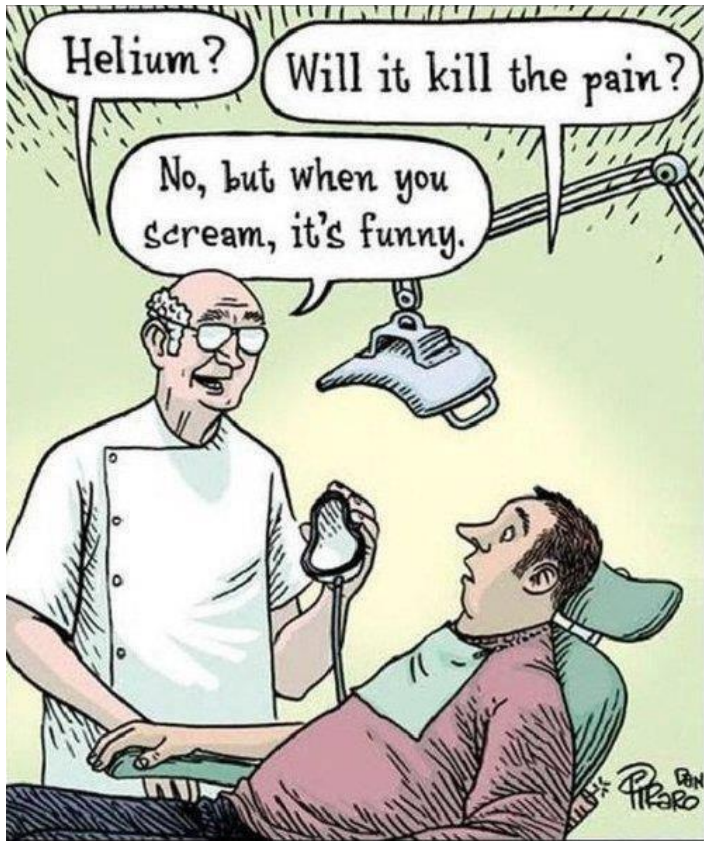
“The only thing Passionists ever dreamed of was preaching missions, so I was trained to preach missions,” he said.

To be continued.

Humour, or what you make of it:







"Try to relax."



## Prayers



We remember those recently deceased especially Wolfgang Lodo (8<sup>th</sup> May), brother-in-law of Fr Rafael CP. We remember those celebrating memories of loved ones, especially

- Ted Hallam (10<sup>th</sup> May)
- Lynda Smyth (14<sup>th</sup> May)
- Ann Ryan (16<sup>th</sup> May)
- Shirley Horlock (17<sup>th</sup> May)
- Leo Doherty (18<sup>th</sup> May)
- Betty Wells (18<sup>th</sup> May)

We remember all others in our Holy Cross family who are unwell, especially.



Robyn Burns, Paul Darbyshire, Adrian Wood, Ann Burke, Margaret Enriquez, Maree Bartoli, Tony Tome, Carol Battistella, Peter Barns, John & Maeve Reardon, Pam Storey, Gerry Bond, Peter McNamara, Alexander Lim, Peter & Bernadette Owen, Michael O'Callaghan, Shirley Barnes, Bronwyn Burke, Helen McLean, Phil Drew, Monique Hardinge, Mary Hackett, Pam Gartland, Greg Agosta, Patricia Keeghan, Anne Jenkins, Errol Lovett, Sr Gen Walsh RSC, Mary Dunn, Chris O'Toole, Gerald Quinn CP, and baby Alfred Theodore in London.

The **Mass link** for this Sunday will be sent on Saturday by Chris.

Erick