**St Patrick’s Catholic Primary School**
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**21 February 2014**

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**Catholic Life and Mission, Kevin Coote, Religious Education Coordinator**

Sunday, 23 Feb 2014: Seventh Sunday in Ordinary Time - Year A  
Mt 5:38-48 Love your enemies.

**Reflection:**

This Sunday’s Gospel comes from Matthew. Jesus says to his disciples:  
“You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike.”

Loving your neighbour and indeed loving your enemies is not always an easy task, but Jesus challenges us in Sunday’s Gospel to do exactly that. We are reminded too of Saint Mary of the Cross MacKillop who lived by the words ‘Never see a need without doing something about it’ (1871). The following story written by Loren Eiseley (1907-77), illustrates how we can make a difference in the lives of others:

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**The Starfish Story**

An old man had a habit of early morning walks on the beach. One day, after a storm, he saw a human figure in the distance moving like a dancer. As he came closer he saw that it was a young woman and she was not dancing but was reaching down to the sand, picking up a starfish and very gently throwing them into the ocean.

“Young lady,” he asked, “Why are you throwing starfish into the ocean?”

“The sun is up, and the tide is going out, and if I do not throw them in they will die.”

“But young lady, do you not realize that there are miles and miles of beach and starfish all along it? You cannot possibly make a difference.”

The young woman listened politely, paused and then bent down, picked up another starfish and threw it into the sea, past the breaking waves, saying, “It made a difference for that one.”

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Just a reminder that our first Family Mass of the year will be celebrated this Sunday, 23rd February at 9:00am. Students from Year Two will be assisting with a number of the ministries during the Mass.

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**From our Principal, Nicole Cumming**

**Parent Information Night**

Thank you to the parents who were able to come along last night to our Parent Information Evening. As promised, I did a presentation on my trip to the remote north east hill area of Karong Senapati, Manipur in India. I went as part of Love and Compassion Ministries who maintain an orphanage there. Whilst we were there we bought Grace English School which was in threat of closing down. If it closed, 350 local children would go without an education!
Keeping the school open now depends totally on donations… Even if every family donated $5/week or even a fortnight it would make a huge difference. I can absolutely assure you that any money donated goes straight to maintaining the school in India. None of it will be used as “administration”, or syphoned off elsewhere.

This is a way you can make a difference.

James 2:14-17

My brothers, what good is it for someone to say that he has faith if his actions do not prove it? Can that faith save him? Suppose there are brothers and sisters who need clothes and don’t have enough to eat. What good is there in your saying to them, “God bless you! Keep warm and eat well!” if you don’t give them the necessities of life? So it is with faith; if it is alone and includes no actions, it is dead.

The local school, called Grace English School was owned by a man who owned several businesses and when the other businesses went broke the school was used as collateral against his loans. The loan sharks came to take the school and sell it off for housing. Therefore the children of the village, including the orphanage children, would have no education….stay illiterate and poor, like their parents their whole lives. So, in complete faith in God, LCM bought the school and now rely on donations to pay it off and keep it going. This is amazing FAITH!

Please see the website below:
http://destinylifechurch.com.au/?page_id=1610

and the link below of the presentation from last night on my trip to India:
http://www.youtube.com/watch?v=MAYdMEpCPOM&feature=youtu.be

**Prizes needed** If you have a business, or know someone who does, and could offer a service or products as prizes in the tombola at our Dinner Dance it would be greatly appreciated. Please contact the school on 4325 1159 or speg@dbb.edu.au if you can assist.

A driver is needed for the Parish Bus that evening to take people home from the Dinner Dance. If you have a bus licence and are willing to help please contact the office.

**P & F Meeting**
Our first P & F Meeting for this term will be held next Thursday, 27th February at 7.30pm in the LARC on the primary campus. Please come along!

Agenda is attached to the end of newsletter.

Some dates for your planner

23rd 9am Family Mass
24th CC Swimming Carnival
27th 7.30pm P & F meeting in LARC
4th March Pancake Tuesday
5th 11.30am Ash Wednesday Mass
7th School Cross Country Carnival
12noon Assembly
15th Dinner Dance
17th St Patrick’s Day Celebrations: mass, sausage sizzle lunch and activities at the park.

Let us remain open to the work of the Holy Spirit in our lives and show one another the face of God through our words and actions.

Nicole Cumming
From Michelle Perry, Assistant Principal

Thanks to St Pat’s families and friends who collected the Woolworths Earn & Learn stickers last year, we are very happy to show you the items we received this week.

Swimming Carnival, Ms Fiona Bolton

Despite the wet weather, Tuesday proved to be a successful day especially for the Blue Colour House who won the swimming carnival. There were lots of smiles, willing participants in all races and enthusiastic cheering from all the students as they supported and encouraged their teams to swim faster.

The Gold Colour House team’s behaviour was exceptional and they deserved to win the Spirit Trophy for 2014. Special mention to Nicholas Vane Tempest who broke the Junior Boys Medley record with a time of 4.01.40.

Congratulations to all the students and a big thank you to our wonderful parents who helped on the day.

Below are the age champions for 2014.

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>8yrs</td>
<td>Keenan White 1st</td>
<td>Emma Cormack 1st</td>
</tr>
<tr>
<td></td>
<td>Lachlan Kemp 2nd</td>
<td>Annika Owens 2nd</td>
</tr>
</tbody>
</table>

Positions Vacant

Altar Servers Wanted

If your child brought home an application to train as an Altar Server, please give it your consideration. If he/she didn’t receive a form, no problem, just contact the Parish Office.

DID YOUR CHILD MAKE HIS OR HER FIRST COMMUNION LAST YEAR??

We welcome all children who made their First Communion last year to a reunion at the 9am Family Mass on Sunday March 30 and special Morning Tea afterwards.

GREETINGS FROM FR TADUESZ

As you can see, we have lots on in the church and in our community and I encourage you to be involved as much as possible as we work together in unity as a school and parish community.

PINT SIZED PADDIES

for kids in Years 5 to 8 held in the Hall, 7pm only $2 a session!

Upcoming: Feb 28

This group is looking for support - are you interested in being a leader or helper? Please just call the Parish Office.

LENT IS COMING!

COMMENCING WITH ASH WEDNESDAY on MARCH 5

Our Mass times will be: 7am, 11.30am [St Pat’s School Mass], & 7.30pm. Somersby: 6.30pm.

Do you have time

[2 hours a week] to spread the Word and Love of the Lord to Catholic children in local state schools? Please contact the Parish Office if you can assist.

COME TO OUR FAMILY MASS

THIS SUNDAY, FEBRUARY 23 AT 9AM

There’ll be music the kids all know & love!

We thank your RE, Kevin Coote, the musicians, and Year 4 for their involvement in its preparation.

DID YOUR CHILD MAKE HIS OR HER FIRST COMMUNION LAST YEAR??
9yrs: Boys
Nicholas Vane Tempest 1st
Kye Holliday 2nd

Girls
Violet Gates 1st
Laura Treacy 1st
Stephanie Hansen 2nd

10yrs: Boys
Tom Peters 1st
Connor Murray 2nd

Girls
Alexis Graham 1st
Eliza Colbourne 2nd

11yrs: Boys
Daniel Peters 1st
Jacob Knowles 2nd

Girls
Sophie Holliday 1st
Ela Molloy 2nd

12yrs: Boys
Alex Bailey 1st
Marcus Sparacino 2nd

Girls
Ashley Treacy 1st
Jessica Sawyer 2nd

House Scores

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<tr>
<td>Blue</td>
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<tr>
<td>Red</td>
<td>513</td>
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<tr>
<td>Gold</td>
<td>409</td>
</tr>
<tr>
<td>Green</td>
<td>266</td>
</tr>
</tbody>
</table>

WELL DONE BLUE!

Please find Broken Bay Trials Info further in the newsletter
While the primary children participated in their swimming carnival last Tuesday, all K-2 children and many parents and family members enjoyed water fun day! Children and adults alike joined in with the activities with energy and good sportsmanship. The Waterfall disco was the most popular station, especially for those manning the water pumps!

A HUGE thank you to all the stoic parents, friends and family who attended and endured! There was no escaping the water yet their enthusiastic and cheerful involvement was never dampened!

All your efforts were very much appreciated by all the children and teachers. Many thanks once again and we hope to see you back again next year!

I would also like to thank Mrs Smith who assisted many children who needed some dry clothes! If you could please return these to school as soon as possible, it would be most helpful.

Melanie McCallum. :)

WATER FUN DAY
Apollo Netball Club
Apollo club are desperately seeking any 10 yrs (turning 10 this year) players for their club. Attached is a registration form to complete and send off if interested. apollonetballclub@gmail.com

JOIN THE COLTS IN 2014! Kincumber Junior Rugby League Football Club will be fielding teams from U/6 to U/17’s in the 2014 season. If you would like to play Rugby League, come and join the best club on the Coast. It’s not too late to register. Contact Sharon Lang 0409 631 718 or Jo Shaw on 0427 631 379 for more information or check out our website www.kincumbercolts.com.au

Building protective factors with this week’s newsletter.
THINGS YOU MIGHT LIKE TO KNOW ABOUT
ST PATRICKS PARENTS AND FRIENDS ASSOCIATION

What does the P&F do?
The aim of the P&F is to strengthen the partnership between family, school, parish and the wider community – for the benefit of the children’s overall development and learning.

There are a number of ways we work to achieve this aim, including:
- We provide opportunities for parents to participate in the life of the school and engage with the school community (eg by organising the annual dinner dance and trivia night);
- We provide additional opportunities for the students of St Pats (eg school discos, Mothers and Fathers Day stalls) and make a contribution to key days and events (eg St Patrick’s Day sausage sizzle);
- We provide Ms Cummings (School Principal) and the school executive with a parental perspective to assist in school decision making;
- We play a minor fund raising role to provide additional resources for the school.

All parents or carers of St Pats students and members of the Parish community are welcome to be part of the P&F by attending meetings and participating in P&F activities (the more the merrier!). We meet once every term and dates of meetings will be published in advance. Meetings are held in the evening. We are open to new ideas for activities and events. We warmly welcome all volunteer support in order to spread the load and ensure that the P&F contribution to the school and the students can be sustained throughout the year.

Who runs the P&F?
The Executive Committee is the group responsible for the management of the P&F. The Executive Committee comprises:
- President: Rachael Brady
- Vice-President: Annabelle Cockerton
- Secretary: Michelle Cormack
- Treasurer: Patty Cox

Thank you for all the support and warm wishes we have received since taking on the Executive roles in the second half of last year. We are very new to this and still learning the ropes. We hope to see you at the upcoming meeting and we really appreciate you supporting the St Pats P&F.

Kind regards,
Rachael, Annabel, Michelle and Patti

Agenda for P&F meeting    Thursday 27 February 2014 at 7.30pm
LOCATION: IN THE LARC, PRIMARY CAMPUS
All Welcome

- Prayer & Welcome
- Record of Attendance and Apologies
- Confirmation and acceptance of previous meeting minutes
- President’s Welcome
- Correspondence in / Correspondence out
- Reports –
  Parish
  Principal
  Treasurer
  Canteen
  Sports
- General Business

Update from subcommittees
- Parking    review drop off /no parking zone on Melbourne St (Infants Campus)
- Disco    vote to be taken on whether there should be a gold coin charge for disco entry (donation to be forwarded to Minnie Vinnies) dates to be set (term 2 and term 4) volunteers needed to organise 2 discos for the year

Garden of Tranquillity /Infants playground mural design
Pancake Tuesday / Project Compassion launch –Tuesday 4th March
Dinner Dance – Saturday  15th March
St Patricks Day school festivities – Monday 17th March
Mother’s Day Stall – Thursday 8th May

Please note: Nibbles, tea, coffee, and non-alcoholic beverages will be served at the meeting.

NEXT P&F Meeting – Thursday 29th May 2014
BROKEN BAY WINTER TEAM SPORT SELECTION TRIALS 2014

INFORMATION FOR PARENTS

Broken Bay Diocese selection trials for children wishing to be considered to participate at the Polding Area Winter Team Sport Trials will be held in the sports listed. At the Polding trials a representative team will be selected to compete in the NSW PSSA State Championships. Further information relating to the PSSA State Carnivals please go to: www.sports.det.nsw.edu.au

All teams except 11 years Rugby League are open age. It is therefore expected that the majority of children will be in yrs 5 or 6. As a guide the selectors are looking for children who display an outstanding ability at the particular sport. Children turning 13 will not be eligible for selection in NSW representative teams.

Selection in netball and boys soccer is particularly competitive and only those children who have been selected in community development or representative squads or who play A grade and are of a representative standard will be permitted to attend.

Where a large number of children attend a trial the selectors will make a ‘first cut’ of players after observation of an initial skills session. Not all students will be selected to continue with the trial.

Any children who currently play AFL, boys’ hockey and girls’ hockey should be encouraged to attend. Schools will be limited in the number of students they are allowed to nominate for other sports.

In the case of wet weather, schools will be notified of any changes. A recorded message will be available on 82507976

Parents please note the following:

Player profile forms must be returned to school sport coordinator at least five working days prior to the trials so they may be sent to the sport conveners. Students must have the school’s permission to participate in the trials. Schools have the right to refuse permission for a student to attend the Broken Bay trials. The background information is not used for ‘pre-selection’ but assists your school in determining who may attend the trial and the conveners in organising the children for the trial.

Parents are responsible for all transport and supervision arrangements for their children attending Broken Bay team trials and Polding trials.

Parents are expected to remain at the venue for the duration of the trial.

Attendance at any training days is compulsory. The team manager will advise of these details if applicable. Exceptions will not be made for children who are unable to attend because of commitments to another representative team. They will have to choose whether they are able to make a commitment to the Broken Bay squad.

The selector’s decisions are final.

Clothing: children are required to wear their school sport uniform or other appropriate sports attire including protective equipment as prescribed for the sport.

Students must provide their own personal protective equipment.

For rugby league and rugby union: Note that these are essentially body contact sports with some degree of inherent risk of injury. The wearing of a correctly fitted mouthguard is mandatory in all games and training sessions.

Please direct any further enquiries to the relevant convener for each sport or to me on (0417436185).

Julie-ann Thompson
(Diocesan Sport Coordinator. C/-OLGC Forestville)
<table>
<thead>
<tr>
<th>SPORT</th>
<th>TRIAL DATE</th>
<th>VENUE</th>
<th>TIME</th>
<th>CONVENER</th>
<th>POLDING TRIALS</th>
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<tbody>
<tr>
<td>AFL</td>
<td>Wednesday 12 March</td>
<td>MacKillop College Warnervale</td>
<td>3.30 – 5.00pm</td>
<td>Kelly Denneman</td>
<td>Wednesday 2 April Newcastle (Teralba)</td>
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<tr>
<td>11 YRS LEAGUE (Born 2002 or later)</td>
<td>Monday 10 March</td>
<td>Forestville Oval Currie Rd Forestville</td>
<td>12.30 – 3.30</td>
<td>Gary Simmons St Augustine’s Brookvale</td>
<td>Friday 9 May Tamworth</td>
</tr>
<tr>
<td>OPEN LEAGUE</td>
<td>Tuesday 11 March</td>
<td>St Peter’s Catholic College Gavenlock Rd Tuggerah</td>
<td>1.00 - 3.00 pm</td>
<td>Jenny Dickson St John’s Tumbi Umbi</td>
<td>Friday 9 May Tamworth</td>
</tr>
<tr>
<td>NETBALL</td>
<td>Monday 17 March</td>
<td>Northern Beaches Indoor Sports Centre Jacksons Rd Warrinwood</td>
<td>12.00 – 3.00 pm</td>
<td>Kellie Denneman MacKillop College Warnervale Ph 43929399</td>
<td>Friday 9 May Tamworth</td>
</tr>
<tr>
<td>HOCKEY</td>
<td>Tuesday 18 March</td>
<td>Sacred Heart Catholic School Waratah St Mona Vale</td>
<td>4 – 5.30 pm</td>
<td>Nikki Frost St John the Baptist Freshwater Ph 9939 6699 Fax 9938 5383</td>
<td>Friday 9 May Tamworth</td>
</tr>
<tr>
<td>SOCCER – Boys</td>
<td>Tuesday 18 March</td>
<td>Belrose Oval Forest Way Belrose</td>
<td>12-3pm</td>
<td>Grant Colquhoun Maria Regina Avalon Ph 99182608 Fax 99186318</td>
<td>Friday 9 May Tamworth</td>
</tr>
<tr>
<td>SOCCER – Girls</td>
<td>Tuesday 18 March</td>
<td>Belrose Oval (Bambara Oval) Forest Way Belrose</td>
<td>12-3pm</td>
<td>Lucinda McMahon St Patrick’s Asquith Ph 94773800 Fax 94763944</td>
<td>Friday 9 May Tamworth</td>
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<tr>
<td>TOUCH</td>
<td>Tbc</td>
<td></td>
<td>3.30-5.00pm</td>
<td>Amanda Morrison OLSS Terrigal Ph 43656229 Fax 43656230</td>
<td>Friday 30 May Mudgee</td>
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<tr>
<td>TOUCH</td>
<td>Tbc</td>
<td></td>
<td>3.30-5.00pm</td>
<td>David Fletcher OLOR The Entrance Ph 43325594 Fax 43345599</td>
<td>Friday 30 May Mudgee</td>
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<tr>
<td>RUGBY UNION</td>
<td>Tbc</td>
<td>St Leo’s College Woolcott Ave Wahroonga</td>
<td>3.30-5.30pm</td>
<td>Mon 23 June Forbes</td>
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</table>
Building protective factors: Suggestions for families

Things can happen in children’s lives that make the risk of developing mental health problems more likely. It is usually not possible to eliminate all the risk factors that affect your children, but there are things you can do to reduce the impact of stress and help them build strengths for effective coping. The following suggestions identify the sorts of things you can do to support children’s resilience in the face of challenging circumstances.

How you can help

Listen to children’s concerns
Having a caring adult to turn to when they are troubled, someone who will listen, understand without judging, and help them solve problems, is a critical protective factor for children’s mental health. Listening to children and understanding their concerns lets them know they are important to you. Remember, however, that children may not always be able to explain how they feel. By observing their behaviour and gently inquiring about it you can often get a clearer picture of how they are feeling.

Provide reassurance
Children often worry that the bad things they experience will happen again or get worse. For example, in a family breakup, when one parent or carer leaves the family, children often become anxious that the remaining parent or carer will also leave them. Similar worries are common when someone dies or is hospitalised. Often these kinds of fears are expressed through behaviours rather than words, such as becoming clingy, or being fearful about sleeping by themselves.

Showing you understand children’s fears and providing reassurance and support is important for helping them cope. Making sure that children know what to do and who to seek help from in case you are unavailable or unwell is also very important – particularly when chronic illness or stress may affect your capacity to provide support.

Provide security
Various kinds of stress and change can be very disruptive to family life. Maintaining regular routines, such as bedtimes and mealtimes, reduces disruptive impacts and helps to provide a sense of stability and security for children. Similarly, children are reassured by knowing that a responsible adult is taking care of them and looking after their needs.
How you can help – continued

Build children’s strengths – and allow for vulnerabilities

Providing encouragement and positive feedback for children’s developing coping skills helps them to build confidence in their ability to manage difficult situations. Acknowledging and appreciating the help and support that children provide to you during stressful times also helps to build their strengths.

At the same time, it is important to give children permission to not always have to be strong. Children who take on significant caring roles when parents or carers are struggling often hide their vulnerabilities. Their desire to avoid burdening parents and carers can cause additional hardship for these children, who need to know that support is available to them as well.

Talk to school staff

School staff can provide more effective support for children at school when they understand some of the pressures they may be facing in other parts of their lives. It is often very reassuring for children as well as for parents and carers to know that teachers or other school staff understand their difficulties and are ready to provide support. Staff at your child’s school may also be able to provide you with support and advice, or help you find support services that can assist you and your children.

Seek additional help

If your child shows signs of emotional or behavioural difficulties, it is important to seek professional help early, so that problems can be addressed before they get worse. Getting support for yourself, through family and friendship networks, your child’s school, or mental health or community services, is also very important. Getting support helps to build your own resilience so you can provide more effective care for your children.

For more, please refer to the KidsMatter Primary information sheets on recognising and getting help for children with mental health difficulties.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
Hi all,

To celebrate Pancake Tuesday on Tuesday 4 March and launch Project Compassion 2014 (which runs through the six weeks of Lent each year) we are calling on extra helpers to donate, make or serve pancakes in the canteen on this morning.

Pancakes will be for sold during recess for a coin donation with all proceeds raised given to Project Compassion. For more information, please see flyer.

Thanks again to all our volunteers for giving their time to work in the canteen. Your children really do like seeing you behind the counter. If you could consider helping out just once a term, it would share the load. If you can help out or would like some more information please contact Michelle Cormack **0408 412 408** or email michellecormack@bigpond.com or call into the office and fill in a canteen volunteers form.

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**TERM 1, 2014**

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<thead>
<tr>
<th>DATE</th>
<th>INFANTS</th>
<th>PRIMARY</th>
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<tbody>
<tr>
<td>Wednesday 26 February</td>
<td>Lara Voesenek</td>
<td>HELP NEEDED PH 0408 412 408</td>
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<tr>
<td>Recess only (10.00 – 11.30)</td>
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<tr>
<td>Friday 28 February</td>
<td>Jan Gilmartin</td>
<td>Adrienne Prazauskas</td>
</tr>
<tr>
<td>All day (8.15 – 2.15)</td>
<td>Jane Minehan</td>
<td>Tracy Wood</td>
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<tr>
<td><strong>PANCAKE TUESDAY</strong></td>
<td><strong>HELP NEEDED</strong></td>
<td><strong>HELP NEEDED</strong></td>
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<td><strong>4 MARCH</strong></td>
<td><strong>PH 0408 412 408</strong></td>
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<td>8.15 – 11.30am</td>
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<tr>
<td>Wednesday 5 March</td>
<td>Sarah See (TBC)</td>
<td>HELP NEEDED PH 0408 412 408</td>
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<td>Recess only (10.00 – 11.30)</td>
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<tr>
<td>Friday 7 March</td>
<td>Rachael Brady</td>
<td>HELP NEEDED PH 0408 412 408</td>
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<td>All day (8.15 – 2.15)</td>
<td>Michelle Cormack</td>
<td>HELP NEEDED PH 0408 412 408</td>
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<td>Wednesday 12 March</td>
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<tr>
<td>Friday 14 March</td>
<td>Jackie Brown</td>
<td>Julia Conroy</td>
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<tr>
<td>All day (8.15 – 2.15)</td>
<td>HELP NEEDED PH 0408 412 408</td>
<td>HELP NEEDED PH 0408 412 408</td>
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To celebrate Pancake Tuesday on the 4 March 2014, the P&F of St Patricks is inviting everyone to donate a plate of pancakes/pikelets to sell at the canteen on this morning.

A paper plate can be brought to school by mums, dads or children and left in either the primary or infants canteen. Alternatively, we will happily accept Pancake Shake mixes to make fresh pikelets on the morning.

We will also gladly accept all offers of help to make and serve pancakes on this morning!

Pancakes will be available to purchase at recess only for a coin donation and all money raised will be donated to the 2014 Project Compassion Launch.

The P&F thank you for your support.
Project Compassion is Caritas Australia’s annual fundraising and awareness raising appeal that brings thousands of Australians in solidarity with the world’s poor to help end poverty, promote justice and uphold dignity.