

The Gift of a Happy Life



Pictured: Helen Saunders (Orange), Virginia Bourke (Lochinvar), Therese Carroll (Bass Hill)

Dubbo bubbled with energy and vitality as thirty-eight sisters of St. Joseph from all over New South Wales met at the Cattleman's Motor Inn for their 12th Annual Rural Conference

The focus of the gathering was "God's Gift: The Core of Spirituality" reflected in the context of rural life and ministry.

The conference guest speakers were New Zealander Sister Christina Neunzerling and Doctor Katrina Anderson. Christina led the group in a solid, yet lighthearted, consideration of a balanced approach to life centered on the scriptural theme from Micah 6: 8 – "To act justly, to love tenderly, and to walk humbly with your God". She presented a framework of spirituality: justice through compassion, open-heartedness, and claiming our authentic humanity. Christina invited us to reflect on the expression of spirituality in action in our rural ministries - in



Pictured above: Dr Katrina Anderson, Theresa Keane (Warialda), Christina Neunzerling (Quakers Hill), Larine Crowe (Bass Hill) and Madeline Breen (Gilgandra)



Mary O'Dea (Narrandera), Robyn McNamara (Canowindra), Julie Connolly (O'Connor ACT), Frances McAleer (Ungarie), Pat Bartley (Werris Creek), Ann Steenbergen (Barellan)

the tradition of Mary MacKillop and Father Julian Tenison Woods, co-founders of the Sisters of St Joseph. Mary and Julian's love and compassion for rural people and communities drives us still today.

Dr Katrina Anderson, general practitioner, medical educator, theologian, laywoman, encouraged us to combine both our spirituality and wellbeing in order to be more human, effective in ministry, and happy in life. She presented the group with a spirituality of the body and, in that, reminded us that respecting our body and seeking wholeness is an essential foundation for both a healthy balanced life and effective ministry.

Conference participants feasted on the hospitality offered at Cattlemans. Each person left renewed, replenished, and re-invigorated. Sisters of St Joseph at the conference rejoice in their ongoing commitment to rural communities. - Madeline Breen



Pictured above: Kath English, (Molong)and Mary O'Dea,(Narrandera)