



Holy Family
Services

A Ministry of the Sisters of the
Holy Family of Nazareth

Holy Family Services NEWSLETTER

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Let's celebrate

Year 2025 marks the special Jubilee for the Sisters of the Holy Family of Nazareth. It has been 150 years since the establishment of our Congregation in 1875.

Sr Margaret (Malgorzata Kozub) reminds us the purpose of this time:

Some special moments, like celebrating our jubilee, remind us to trust in the winding path of life, knowing that all threads eventually lead to something beautiful. By taking a step back, we can see the bigger picture, notice the interconnectedness of all things, and become more aware of God's presence in everything that has happened throughout our life's journey. I am certain that this perspective will lead us to gratitude and awe for God's creation and providence. I believe this special time calls us to explore our own spiritual journey within this congregation where God has called us. It is here that He desires us to grow in a profound, intimate relationship with Him. Perhaps it is an invitation to allow God to renew this relationship so that He can truly be first in our lives, enabling us to echo St. John the Baptist: "He must become greater; I must become less." (John 3:30)

We might also reflect on our determination and zeal to do good, using every opportunity to proclaim and realise the Kingdom of God here and now—through word, deed, and prayer.

No matter what path we take, let us spend this jubilee year in deeper reflection and prayer, so that this special time of God's grace may yield great fruits in our lives, allowing us to be reborn in our vocation and love of God.



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Sr Margaret (Malgorzata Kozub) meeting the Pope during the visit in Rome in December 2024 for the grand opening of the Jubilee Year



11th of November commemorates Polish Independence Day. It is also known as Remembrance Day. In our facility, we spent time remembering the courageous people who gave their lives for their country. We acknowledge our residents who fought for independence and remember the times of worldwide wars.





The month of December was abundant with anticipation and celebration of Christmas. Various choirs and dancing groups made the celebration for our residents very special.

Featured above: Lajkonik Sydney Polish Song and Dance Ensemble

Featured below: Our staff members re-enacting the nativity scene for our residents.



For more photos and videos from various celebrations go to our Facebook and Instagram pages.

Thursday	Residents Birthday Party 1:30 pm - Recreational Hall
9 Jan	
Tuesday	Maltese Gathering 10:00 am Recreational Hall Residents and Relatives Meeting 1:30 pm Recreational Hall
21 Jan	
Friday	Australia Day Celebration 1:30 pm - Recreational Hall
24 Jan	

Sunday	Australia Day We incorporate Australian Traditions into the prayers during the day
26 Jan	
	Garage Sale Recreational Hall
27-31 Jan	

OUR WEEKLY PASTORAL SERVICES

Area/day	Br. Albert Wing, Joseph Wing	Nursing Home
Mon	10.30 - Faith sharing, meditation, readings in the Aged Care Chapel	9.00 - Faith sharing, meditation, readings
Tue	10:45 - Mass in the Aged Care Chapel	10.45 - Mass in the Aged Care Chapel
Wed	10.00 - Mass in the Polish Church	10.00 - Mass in the Polish Church
Thu	10.30 - Faith sharing, meditation, readings in the Aged Care Chapel	9.00 - Faith sharing, meditation, readings
Fri	10.30 - Chapel to the Divine Mercy in our Chapel	9.00 - Faith sharing, meditation, readings
Sat	9.15 - Livestream of the Mass in English 10.45 - Sunday Mass in the Aged Care	9.15 - Livestream of the Mass in English 10.45 - Sunday Mass in the Aged Care
*Pastoral visits on Mary Wing are based on individual needs of residents.		

First Tuesday	Mass in the NH Chapel at 10:45am
Every Tuesday	Mass in the HFS Chapel at 10:45am
Every Friday	Mass in the Church at 10am
Every Saturday	Mass in HFS Chapel at 10:45am
Every Wednesday	Mass in the Church at 10am

**2nd Tuesday of the month
Mass in English**

**Please note: Dates and times are subject to change if necessary.
Ask for updates on each wing.**



Our staff Rewards and recognition program continues. Congratulations to Celeste for being chosen the Ambassador of the month of December. Additionally, a big congratulations to Navpreet and Rajveer. We will continue inviting you to put forward nominations in 2025. Stay tuned!

Let's create the culture of gratitude

Meet Lucy - our Support Services Officer.

Lucy has already worked for twelve years at Holy Family Services and shares with us that she regrets not starting her journey with us earlier. She loves her work—mostly in the laundry—and the people she collaborates with. When asked “why” she loves working here, she responds: **“I love the atmosphere of the place, staff, and residents. I feel as if I am working at home. We create a home for others here.”**

Lucy's positive attitude and smile are contagious. She is always welcoming and supportive to all. Next time, when you reach out for a clean towel or a bedsheet, think about the love and care with which it was prepared. Life consists of small and big things we do, and we should be grateful for our work and the support given to one another.

Let's make 2025 the year of appreciation and respect for each other's work. Together, we can foster a culture of gratitude that enriches our community and strengthens our bonds. Every small act of kindness contributes to a positive environment where everyone can thrive.



Setting goals for people affected by dementia

According to some research, many goals set by people affected by dementia or their caregivers are non-medical, meaning they don't address healthcare treatments specifically. Most often, the goals focus on improving quality of life for the person affected by dementia, followed by caregiver support goals (goals that help reduce caregiver stress or make caregiving as easy as possible).

Some commonly chosen goals for the person affected by dementia include:

- Maintaining physical safety
- Continuing to live at home
- Receiving medical care related to dementia
- Avoiding hospitalization
- Maintaining mental stimulation
- Remaining physically active

Commonly chosen caregiver goals include:

- Maintaining the caregiver's own health
- Managing stress
- Minimizing family conflict related to dementia caregiving.

www.healthinaging.org





*Happy
Birthday*

Hanna Andrzejewska

Nadzia Stranczewski

Danuta Pelichowska

Barbara Lloyd

Carol Lawson

Joanna Krawiarz

Feliksa Harasymiuk

Mary Dingli



Blessed Frances Siedliska Retirement Village Christmas Lunch was an opportunity to chat and enjoy each other's company.



On Thursday, 19th of December 2024, many families of our Early Learning Centre, gathered together in the outdoor area to celebrate Christmas. It was a time of shared joy, yummy food and even a visit from Santa. Let's the pictures tell the story.

Stay in touch Get involved

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