

Not everyone who laughs with us is a friend

Other English proverbs flow from this saying: “Beware of fawning creatures and their treacherous ways” and “He covers me with his wings and bites me with his bill.”

It is certainly true that we can be deceived deliberately by those who want to take advantage of us.

Just as harmful, though, are the supposed friendships we pursue that may be filled with laughter and a certain level of pleasure, but are, in the long run, not in our best interest.

There are times in which the circumstances and combination of personalities in a friendship lead us to be less than we are, less than we should be. We all know that it is easier to sin with a companion. Alone, we have less to distract us from the voice of conscience. The presence of another can give us strength to ignore that voice completely and plunge into wrongdoing, no matter what it is: cruel gossip, destructive activities, or simply shoving God to the side.

We know that true friendship is a gift from God because it brings out the best in us. So now, prudently, we examine our friendships. Do they bring us closer to God or push us away?

The question is: Who are our true friends?

Alone With God Only

St Paul the Hermit is not one of the most widely known saints in the Church today. This is a pity because in a world that is full of people striving for material wealth and the pleasures of this world St Paul the Hermit gives us a great example of detachment from the things of this world and of prayer and trust in the providence of God.

St Paul lived in Egypt in the fourth century (he died around 347AD). At that time Christians were being persecuted under the Roman emperor Decius. Paul's parents had died when he was sixteen, leaving him rich and well instructed, in Egyptian and Greek learning. In the hope of obtaining some of this wealth Paul's Brother-in-law decided to betray him to the Roman authorities. To avoid persecution Paul fled into the wilderness, trusting completely that God would look after him. As he wandered around he found a cave with a large stone as its door. Inside the cave was a spring of fresh water and a date palm.

Paul spent his time in the cave in prayer and solitude, learning to come closer to God through detachment from the world's distractions. After the persecutions had ceased it was safe for him to return to the world. However Paul had discovered that his vocation was one of prayer in solitude so he remained in his cave in the wilderness despite the frantic pleas of his sister. According to a tradition of the early desert Fathers, God blessed Paul's heroic choice by sending a raven to him each day with a quarter of a loaf of bread just as He had done for the prophet Elijah many years before. Paul lived his life hidden from the world, totally absorbed with God and continually trying to overcome his weaknesses and the continual assaults of the Evil One. Paul's life was not an escape from the problems of normal life with other people, on the contrary, his life was a one to one battle with sin and the Devil. As anyone who has lived the life of solitude for a while knows this life is not an escape from difficulties but contains different difficulties as well as different rewards.

We owe much of our knowledge of St Paul the Hermit from the visit to him of the founder of Desert monasticism, St Anthony the Abbot. Anthony related the story to his disciples from whom St Jerome was able to write the Life of St Paul the Hermit.



St Paul the First Hermit

Anthony, directed solely by God, eventually found St Paul and the two great holy men of the desert embraced each other with many tears. Paul told Anthony that he was close to death and that he had waited to see St Anthony. One of Paul's first concerns was to find out the state of the world for which he had been praying and offering up penances for so many years: .....Yet since love sustains the universe, tell me, I beseech you, how it fares with the human race, - whether new buildings are rising in old cities, under whose empire the world is now governed, and whether any survive of those who were deluded by the error of devils?" (St Jerome's Life of St Paul)

As the two holy men were talking a raven flew down and laid an entire loaf of bread before them, “Lo!” said Paul, “God has sent us dinner! The truly pitiful, the truly merciful!”. They both gave thanks and ate the bread that the Lord had sent.

Paul, as a final request, asked Anthony to bring his robe, which was given to him by St Athanasius, to wrap up his remains after his death. Anthony went to fetch it. On his way back he saw the soul of Paul rising to Heaven. When he reached the cave he found Paul's lifeless body, his arms still outstretched in prayer and his eyes looking Heavenward. Anthony wrapped him in the robe and began to dig his grave but found that the ground was too hard and he was too weak to dig it. Anthony was about to give up when two lions came out of the wilderness and came up to Paul's body and prostrated themselves before it then they began to dig the grave with their paws.

In the 13th century a group of hermits living in the forests of Hungary came together to form a monastery under the leadership of Bl. Eusebius. These monks who had been hermits had a great devotion to St Paul the First Hermit (the Patron Saint of hermits) and so made him the patron and spiritual father of this new Order. They even named the Order after him, the Order of St Paul the First Hermit was born. The Order took as its motto “Solus cum Deo Solo” (Alone with God only) which is a summary of St Paul's life and spirituality.

St Paul the Hermit shows us the way in which we can all be apostles of mercy through prayer and self sacrifice. We do not have to go into the wilderness to be a hermit. We can sometimes be a hermit in the midst of a bustling world which is indifferent to God. At other times we have periods of loneliness forced upon us. It is at these times that we should turn to God, commune with God and to turn what was originally a difficult situation causing us much grief into an opportunity to win graces for ourselves and for others, to become more holy, to abide in God's Mercy.

Fr Columba Macbeth-Green OSPPE

“.....When the blessed Paul had now for one hundred and thirteen years lived the life of heaven on earth, and Anthony, at the age of ninety, was dwelling in another solitude, it entered into the thought of the latter that no hermit dwelt in the desert more perfect than himself. But it was revealed to him by night as he slept, that there dwelt another in the desert far worthier than himself, and that he should go and visit him.”

(from the Life of St Paul by St Jerome)

REMEMBER MARIAN VALLEY IN YOUR WILL

The Shrine of Our Lady Help of Christians at Marian Valley survives totally on the donations of the faithful. If you would like to help Marian Valley in the future you might consider remembering us in your Will. If you would like to do this, the correct way to put us in your will is: **The Trustees of the Pauline Fathers and Brothers for use at Marian Valley, 2541 Beechmont Rd. Witheren, Qld 4275**



MARY'S ROSE NEWSLETTER Pauline Fathers & Rosary Bouquet



Shrine of Our Lady Help of Christians  
Marian Valley, PO Box 104, Canungra, Qld 4275  
Telephone/Fax: (07) 5533 3617

Rector: Columba Macbeth-Green OSPPE

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News from 'Marian Valley'

Dear Friends, since the last Newsletter we have moved into the new monastery, Deo Gratias!

We have also had the beautiful ceremony on the 22nd August of the Solemn Profession of Vows of two of our Pauline Brothers, Br. Luke McKay and Br. Peter Zytko. When someone takes Public Vows of Poverty, Chastity and Obedience for life it is an occasion of many Graces for the Catholic community. A Religious, because of these Vows is a witness to the Eternal life to which all the Baptised are called.

We were also blessed to have two international speakers to Marian Valley, Fr Mitch Pacwa and Mr Stephen Ray. These gentleman are regulars on EWTN (Eternal Word Television Network) in the USA. It was so uplifting to hear such dynamic speakers who loved the Faith and were so loyal to the Church and her teachings. I think EWTN has been a great life-line to Catholics who want to know the Faith (In all its glory and not some watered down distorted version) and who have felt isolated for their Orthodox beliefs, I pray that God will continue to bless their efforts.

ADORATION IS THE KEY

I don't think any serious Catholic today would be ignorant of the wickedness that pervades our society. The Sanctity of life is under attack, especially with our liberal Abortion laws. Our society has lost its moral compass with many people advocating 'same sex marriage', the raising of 'de facto' relationships to the same status as marriage and the general acceptance of things such as pornography, violence and the selfishness that comes from placing the 'Self' as the most important thing in reality and the gratification of the desires of the 'self' as the main purpose of life.

This wickedness in society is a result of sin and the turning away from God and His Truth. Leading wicked lives extinguishes the life of grace in a soul, making it bitter, angry and, ultimately, full of hate. This wicked lifestyle is fed by activity and distraction. We are always too busy, we have no time to pray or go to Church or even to talk to those we love anymore. Our lives are filled with noise; the radio, the ipod, the tv. We lurch from one distraction to another; the internet, sport, our hobbies, making money, advancing in the world.

To survive our wicked generation, indeed, to transform it we need to find time with the Lord, quiet time, time to reflect, time to get to know the Lord, time to listen to Him. Adoration of the Blessed Sacrament is a great gift from Jesus to His Church that allows us to spend this time with Our Lord. To receive spiritual strength and healing and to be a blessing that goes out to our world as transforming power.

Pope Benedict XVI wrote in his Angelus address on June 10, 2007. *When Christ is exposed sacramentally for Adoration by the faithful He is not only present. I am happy to testify that many young people are discovering the beauty of adoration, whether personal or in community. I invite priests to encourage youth groups in this, but also to accompany them to ensure that the forms of adoration are appropriate and dignified, with sufficient times for silence and listening to the word of God. In life today, which is often noisy and scattered, it is more important than ever to recover the capacity for interior silence and recollection: Eucharistic adoration permits one to do this not only within one's "I" but rather in the company of that "You" full of love who is Jesus Christ, "the God who is near us."*

*May the Virgin Mary, Eucharistic Woman, lead us into the secret of true adoration. Her heart, humble and silent, was always recollected around the mystery of Jesus, in whom she worshipped the presence of God and his redemptive love. By her intercession may there grow faith in the Eucharistic mystery, the joy of participating at holy Mass, especially on Sunday, and the desire to bear witness to the immense charity of Christ.*



Adoration on the Solemnity of Our Lady Help of Christians

Pope John Paul II in Ecclesia de Eucharistia, 25, said: *"It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple (cf. Jn. 13:25) and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the "art of prayer," how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brothers and sisters, have I experienced this and drawn from it strength, consolation and support!"*

We have Adoration of the Blessed Sacrament at Marian Valley Monday to Friday, 10am – 3pm you are always welcome.

Fr Columba Macbeth-Green OSPPE

The Order of St. Paul The First Hermit

Young men interested in seeking a life of prayer and service to Jesus through Mary might think of the Monks of St. Paul the Hermit. We are a semi-contemplative monastic order especially devoted to Mary. Our Life is: Contemplation; Divine Liturgy; Devotion to Our Lady. Our work is: Shrines; Pastoral; Retreats.

For further information, write to:

Vocations Director, Order of St. Paul the Hermit,  
Penrose Park, 9 Hanging Rock Rd. Berrima. NSW 2577



Br Luke's story:

I love to hear stories. When I was a boy one of my favourites was the ten commandments. Mum was always mentioning God in her conversations, particularly when we misbehaved. Because my reading was poor, I found reading books boring. I therefore watched a lot of videos and listened to a lot of audio tapes, mostly about the Blessed Mother and also loved the stories on Saints. Then later on in life when I was in my thirties, I met up with my friend Patrick, who was a very devout Catholic. He questioned me on my faith. This is when I realised I did not know enough about



Br Luke on his big day

my faith which inspired me to learn more. This as well as my Mum's prayers led me to a higher level of spirituality and a greater love of the Catholic faith and of God.

In 1999, through a priest friend, I was introduced to Fr Augustine at Marian Hills. I became interested in the Pauline Fathers order. Fr Augustine accepted me and I began my ministry as a Brother at Marian Hills. After 3 years at Marian Hills, I then moved to Penrose Park. In March 2006, I was appointed to Marian Valley Canungra. This is where I developed in my role as a Brother, serving at Mass, teaching many altar boys as well as working in the grounds of Marian Valley. I also found my true gift of speaking to all the visiting pilgrims.

On the 22nd August 2010, many of my family and friends travelled from interstate including my home town of Colac in Victoria to witness me taking my final vows.

Br Peter's story:

I was born in Poland and came out to Australia when I was nine, ever since I was a child I have known the Pauline Fathers and have also visited Penrose Park since childhood. I remember in my teenage years, going on a walking pilgrimage to Penrose Park from Campbelltown, it was a memorable time filled with God's graces.



Br Peter on his big day

As a Pauline monk, I now help with Moss Vale parish and its varied pastoral activities. There I instruct couples in preparation for marriage and baptism of their children, I also coordinate the parish sacramental program.

There are many people that come to Penrose Park and this presents the monks with a unique opportunity of evangelisation, and the very place lends itself to such a holy purpose. People often ask us for spiritual advice and help, which we are more than willing to give.

Of course there is the daily task of looking after the grounds of the monastery, so that the people coming here feel at home in a way. We have some animals that we look after, the chickens are especially important for us since they give us eggs and thus sustenance.

The most important part of a monks day is his prayer life. We have regular community prayer, daily mass and meditation. These spiritual activities give meaning to a monks life and help to sanctify him and make him much more effective in evangelisation.

All these aspects of my life as a monk help me to come closer to God and his people and hopefully help others get to heaven, and this is surely the very purpose of our existence.

***“The submission of the wife neither ignores nor suppresses the liberty to which her dignity as a human person and her noble functions as wife, mother, and companion give her full right. It does not oblige her to yield indiscriminately to all the desires of her husband, which may be unreasonable or incompatible with her wifely dignity. Nor does it mean that she is on a level with persons who in law are called minors, and who are ordinarily denied the unrestricted exercise of their rights on the ground of their immature judgment and inexperience. But it does forbid such abuse of freedom as would neglect the welfare of the family; it refuses, in this body which is the family, to allow the heart to be separated from the head, with great detriment to the body itself and even with risk of disaster. If the husband is the head of the domestic body, then the wife is its heart; and as the first holds the primacy of authority, so the second can and ought to claim the primacy of love”.***  
***(Casti connubii, 10. Pope Pius XI. 1930)***

*You may say, “I cannot perform works of charity because I have no money.” Why do you need money to practise charity? What about the charity of a smile, the charity of a handshake, the charity of compassion, the charity of a visit or the charity of prayer?*  
*(Archbishop Thuan)*

November Mass Intentions for The Holy Souls.

November is a special month of the year for prayers for the Holy Souls in Purgatory.

*"It is therefore a holy and wholesome thought to pray for the dead, that they may be loosed from sins" (2 Mac.12:46).*

*"From the beginning the Church has honoured the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic sacrifice, so that, thus purified, they may attain the beatific vision of God. The Church also commends alms-giving, indulgences, and works of penance undertaken on behalf of the dead." (Catechism of the Catholic Church, 1032.)*

Remember that the Church teaches us how to put into practice mercy to our fellow man in the seven Corporal and Spiritual Works of Mercy. The seventh Spiritual Work of Mercy is to pray for the living and the dead.

The Pauline Fathers will be accepting offerings for November Masses to be said for the Intentions of the Holy Souls in Purgatory. If you would like to have a Mass offered for the soul of a loved one or some of the "forgotten" souls who have no one to pray for them please fill in the form posted with this newsletter and send it to us.

Chronicles of Marian Valley by Fr. Gabriel Taylor, OSPPE

On 19 March over 120 pilgrims came for the Lenten Retreat Day in honour of St Joseph, Husband of Mary. 10am Exposition and Rosary followed by 11am Eucharist. After lunch Fr Columba gave a spiritual talk. Then the pilgrims prayed the Stations of the Cross, sharing in carrying a cross from Station to Station. The day finished with Devotions and Benediction.

In May we welcomed on their Annual pilgrimages with Masses and wonderful music in their own languages, the Indian community for Our Lady of Vailankanni with their Chaplain Fr Pan Jordan O.P; the South American Spanish-speaking community in honour of Our Lady of Guadalupe with their Chaplain Fr Hector Zuniga C.S; the Vietnamese community for Our Lady of La Vang; and members of the Indonesian community as well as two buses of the Eritrean community for the feast of Miriam D'arit.

On 22 May over 500 people including members of the Dutch Community came for celebrations in honour of Our Lady Help of Christians with Celebrant the Most Rev. Joseph Oudeman D.D. OFM Cap Auxiliary Bishop of Brisbane. After lunch there was a solemn eucharistic procession to the Chapel of Mary Help of Christians with prayers for Australia, for families and for vocations. After Benediction, this day of joyful blessings concluded with the Divine Mercy Chaplet.

Also on this weekend of 22-23 May we welcomed to Marian Valley the International Vatican Exhibition of Eucharistic Miracles. Along with the 500 pilgrims for Saturday's celebrations, another 400 people came on Sunday to spend time meditating on the very inspiring accounts of these miracles of the Eucharist.

For the Solemnity of the Body and Blood of Christ in June, there was the Eucharistic Procession to the Four Altars. At each altar there was a Scripture Reading, Prayer and Eucharistic hymn with blessing.

Also in June, about 400 pilgrims of the Croatian community celebrated in honour of St. Anthony of Padua. After the Holy Eucharist and BBQ lunch for all, prepared by the Croatian community, all went in a Rosary procession for prayers at the Chapel of St Anthony followed by Benediction and Divine Mercy Chaplet at the Fatima Grotto.

On the Solemnity of St Peter and St Paul we welcomed an inspirational speaker from USA, Mr Steve Ray, who in his talk made special reference to aspects of the Holy Land.

In July in honour of Our Lady of Madhu, over 300 pilgrims of the Sri-Lankan community came to Marian Valley. Celebrant for the Eucharist was the Most Rev. Brian Finnigan D.D. Auxiliary Bishop of Brisbane. Fr Pan Jordan O.P. concelebrated. Hymns for Mass and the afternoon procession were in Tamil and Sinhalese.

The Italian community with Fr Angelo and Fr Li came for Our Lady of Mt. Carmel. Scapulars were distributed after Mass and after lunch Fr Angelo led the pilgrims in the Stations of the Cross.

On Saturday, 17 July we welcomed with 500 people international visitor Fr Mitch Pacwa S.J. from the U.S.A. Fr Mitch, who conducts seminars, retreats and is on Catholic television and radio gave a talk after lunch from the viewpoint of the writings of St Paul on Marriage and the present-day culture of our society.

On Sunday 18 July Bro Stan Villavicencio from the Philippines gave a wonderful talk on Divine Mercy in his life. The heartfelt and moving witness of his life journey deepened the faith of all present.

About 300 pilgrims of the Polish community journeyed to Marian Valley on Saturday 7 August. Holy Mass began with Polish Association banners leading the procession. After the Mass in Polish with wonderful music, all enjoyed a very delicious lunch prepared by the Polish community

The Maltese community were present on Saturday 21 August in honour of Jesus the Redeemer. We also welcomed 35 Anglican pilgrims with Fr Robert Long from All Saints Parish in Brisbane.

A very special day for Marian Valley and our Order in Australia occurred on Sunday 22 August. Br. Luke McKay and Br. Peter Zytka professed their solemn vows. During solemn mass, with other members of our Province present and guests, especially their family and friends, Br Luke and Br Peter professed their solemn vows before Fr Albert Wasnowski, Provincial. All rejoiced at such great blessings for our Order in Australia and for all those present especially the families of Br Luke and Br Peter.

On Saturday 28 August we celebrated with the Italian community and their Chaplains a day in honour of Pope St Pius X. After Holy Mass all went in procession with the Relic to the Chapel of St Pius X for prayers and blessings.

Over 350 pilgrims on Saturday 4 September rejoiced in celebrations in honour of Our Lady's birthday. Celebrant for the day was Most Rev. Geoffrey Jarrett, Bishop of Lismore Diocese. The solemn Eucharistic procession in the afternoon went to the Grotto of Our Lady of Fatima where there were devotions and benediction. The day concluded with the blessing of pilgrims.

Many groups were welcomed for day visits and retreats. There were the Multicultural Seniors from the Gold Coast. Other Seniors groups also visited from the Gold Coast as well as from Brisbane and Beaudesert. The Queensland Police Chaplains were on Retreat for a week. Day Retreats and visits were made by the Catholic Psychiatric Pastoral Care with their Chaplain Fr Jim Smith; the staff from Seton Catholic College and Parishes of St Flannan's, St Dymphna and Beenleigh. A group from the Teams of Our Lady made a weekend retreat.



Missionaries of Charity at Marian Valley with Br Luke & Fr Columba