



Thanks to Werribee Mazda, two have formal chef qualifications

Colossal pumpkin donated to the Mission!



Werribee Mazda representatives receive a plaque for their generous funding of the apprentice chef program. L-R: Meals program coordinator Suzanne McDonnell, Joe Prelovsky and Colin Johnson from Werribee Mazda, and former Mission Chair Michael McInerney.

When former Chair, Michael McInerney and CEO Michael Perusco took Joe Prelovsky and Colin Johnson from Werribee Mazda to lunch in the dining hall in 2007, it ended up being a very expensive meal for the car dealership. The two Mission representatives persuaded the men to financially support a new initiative they had on the cards; an apprentice chef program.

The money and faith Werribee Mazda invested in the program has seen two people who were homeless or at risk and using the Mission's services, complete the apprenticeship and go on to careers in hospitality. The program involves two apprentices at a time gaining hands-on experience in the dining hall as well as TAFE training with the support and mentoring of a dedicated supervisor.

Colin said they just wanted to give people the chance to learn something. "We thought this program gave people the chance to get a formal qualification and learn the trade."

The benefits are evident. Sacred Heart Mission CEO Michael Perusco said the program provides valuable employment opportunities for people who have been long term unemployed. "While training, the apprentices receive an income above what they would be getting from government benefits. This helps build self-esteem and set them on the path to breaking the cycle of homelessness. Once they have completed the apprenticeship, they have qualifications that stand up in kitchens around Australia," he said. "The program also provides welcome additional staffing resources to run our dining hall which relies on the donation of food and volunteers to be able to operate seven days a week, 365 days a year."

With Werribee Mazda's involvement in the program having concluded at the end of the 2011 financial year, the Mission thanks Joe and Colin for their belief, confidence and support in backing and sustaining the apprenticeship program for the last four years. The Mission welcomes long-time supporter, the Prescott Family Foundation, for generously agreeing to fund the next stage of the program.

With the intention of donating it to a charity food service, back-yard gardener Bruno set about growing a gigantic pumpkin in his Caroline Springs veggie patch. It may have been his warm intentions, or the blanket he used to cover the growing vegetable on colder nights that nurtured the pumpkin to a mammoth 100kg in May this year.

Thanks to food rescue organisation Fareshare, the extraordinary pumpkin was transported to our meals program where it took four men to unload it from the van and a team of dedicated volunteers to chop it into enough pieces to fill eight large buckets. The Mission's chefs brought in their favourite pumpkin recipes and concocted culinary delights that ranged from sweet to savoury.

The seeds have been returned to Bruno who is striving to grow a 250kg pumpkin next season.

(For the record - an 821kg Atlantic Giant pumpkin holds the title for the biggest, source: wikipedia)



See more photos and what was created with this 100kg pumpkin on [Page 4...](#)

Winter appeal a success!

A big thank you to everyone who donated to our winter appeal, we reached our target of \$145,000! This great outcome enables us to continue our vital work and plan for the Mission's future. You can still donate by calling 1 800 4 HEART or online at www.sacredheartmission.org.

Workplace Giving

Sacred Heart Mission



Tired of searching for receipts at the end of financial year? Workplace giving is an easy and cost effective way to support the work that we do and invest in people's futures. It enables employees to make regular contributions from pre-tax salary, avoiding the need to find receipts at tax time. By encouraging workplace giving in your organisation or becoming an Angel at Work, you will help foster a sense of community in the workplace while promoting a stronger and healthier wider community. To learn more you can contact the Sacred Heart Mission Fundraising and Communications Team on 1800 4 HEART (43278) or email rpatchesky@sacredheartmission.org.

Bequests: Providing a lasting legacy

A gift in your will can be one of the most powerful ways to support our work, now and in the future. Bequests are invaluable as they provide long term financial sustainability for the Mission's programs. Bequest income, no matter how big or small, acts as a lasting contribution to the work of Sacred Heart Mission. By leaving a bequest to the Mission you can leave a legacy of compassion and invest in a commitment to help us address the underlying causes of homelessness, disadvantage and help people to get back on their feet permanently. For information about bequests please call Donor Relations Officer, Rachel Patchesky on 9536 8427 or email rpatchesky@sacredheartmission.org.

Be a community fundraiser

Tired of getting the same old gifts? Want to set a fitness goal and need some extra motivation? Community fundraising is a fantastic and easy way to support the work of the Mission. Events such as fun runs/walks, social and community events, even birthday parties or anniversaries can be great fundraising opportunities. Setting up your own fundraising page is simple, just visit www.gofundraise.com.au to set up your personal fundraising page.

New goals for the Mission

As we enter this new financial year we also begin our new strategic plan for 2011 to 2014.

The plan, which details an ambitious and exciting agenda, identifies three key directions; social inclusion, advocacy and sustainability and growth. It builds on our existing expertise and consolidates our position as a best practice provider in delivering services to people who are homeless and have complex and challenging needs. The new plan also has the potential to greatly enhance outcomes for people experiencing chronic homelessness. An abbreviated version is available on our website. I am confident that the energy, skills and commitment of the Mission's staff, volunteers and supporters will ensure the success of this plan.

Limited affordable housing is one of the biggest issues facing the people we work with and is identified as a key priority in our strategic plan. I am chairing a national housing campaign that relevant national peak bodies are part of: Australian Council of Social Service, Homelessness Australia, National Alliance of Tenants Organisations, Community Housing Federation of Australia and National Shelter. Our aim is to get the issue of housing affordability on the radar of both major political parties in the lead up to the 2013 election.

A new goal has been introduced to the Mission's strategic plan; to minimise our impact on the environment. The Mission is currently undertaking an emissions audit to establish a benchmark and you can read on page 5 about what initiatives the Mission already has in place to reduce our carbon footprint.

Anti-Poverty Week is happening from the 16-22 October and is aimed at strengthening understanding of the causes and consequences of poverty and to encourage action to address these.

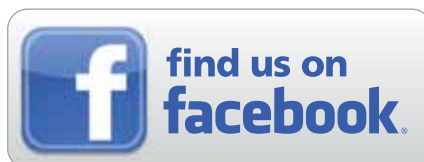


There are a number of activities being held by different organisations which provide opportunities to get involved. See www.antipovertyweek.org.au for more information.

Finally, the Victorian Minister for Mental Health, Women's Affairs and Community Services, the Hon. Mary Wooldridge MP will this month be launching the second report to come out of our pilot project, Journey to Social Inclusion. While the first report drew on in-depth interviews with participants about their experiences of chronic homelessness, this report is an analysis of the first 12 months of the program. The results are encouraging and I look forward to bringing you further information in the next Heartbeat.

Michael Perusco
CEO, Sacred Heart Mission

Check out what's happening around the Mission on Facebook



We've just started our own Facebook page so if you want to find out more about the organisation, what's "hot" in the op shops, get the latest footy scores from the Mission's team the Hearts or see photos from our fundraising events, check it out!

Spiritual detective reaches a milestone



Fr John Petrulis grew up with people gathering around his kitchen table.

His parents were both from small, predominantly Catholic, oppressed countries and had learnt through hard times the power of sticking together. His mother, with her big Irish hospitality would invite people from the local neighbourhood, in particular those struggling, into their house for some company and a cuppa. While she was the outgoing host, his father, who came to Australia as a displaced person from post-war Lithuania, was a more reflective spirit. In a sense, this gathering of community and pastoral care witnessed by the young John in the family home was an introduction to what priesthood would be like.

Again, as a member of the Young Christian Students (YCS) movement, John found himself congregating around a kitchen table. The table was where the YCS chaplain, Fr Ernie Smith, preferred to celebrate mass and gather people like a small family. Sixteen year old John was learning about the church's teachings around social justice,

solidarity and growing into human dignity. These were lessons he carried with him when he entered the seminary at aged 20.

Working with people on the edge has been the theme of Fr John's ministry and he has chosen many opportunities to explore Christian spiritualities and movements centred on solidarity with the poor. This exploration has taken him to Chicago where, inspired by the Catholic Worker Movement and its founder Dorothy Day, he undertook a spiritual leadership course and served in the parish of Our Lady Queen of Peace. Racial tension and guns in the neighbourhood made it "far from peaceful." In the spirit of the L'Arche Communities movement, founded in France in the 1950s, which seeks to provide a community life for the intellectually disabled, Fr John worked as a chaplain at the Caloola Centre in Sunbury. This was during the late 1980s; a highly political and tumultuous time when the whole system, as well as residents and staff, was being shook-up by deinstitutionalisation.

In 2007 Fr Terry Kean was feeling it was time to move on from the parish, which incorporates the primary school and church, St Columba's, as well as the Mission. He had a look through the list of priests for who he thought would be good for the parish. "He was the only person I rang," Fr Terry recalls. "He is just such a listening, gentle spiritual man. I could see him being a very positive presence around the Mission."

A common theme picked up amongst people close to Fr John is his ability to listen and "timelessness." Sacred Heart pastoral care worker, Vince Corbett explains this as, "John's deep spirituality enables

him to stay in the present moment far longer than most of us are comfortable with."

Fr John says his day to day work is all about presence. "Hopefully I can connect with people and help them find the resources in their own heart to grow into life." He is also often required to be a "spiritual detective", such as when he is preparing for a funeral and has to put together the different facets and collect the clues as to how the deceased had lived their life.

One may expect that being the priest in a parish with such a high concentration of people with complex lives and challenging behaviours could be hard on the spirit. However John has said that he finds the Mission a "fascinatingly rich community. I am bowled over each day by the courage in people's hearts and wonder if I would be able to remain so open to life in their situation." He has observed that many people living in homelessness have developed deep, spiritual yearnings as they are confronted daily with such questions as, "Where is life going? What's it all mean? What's it all about?"

Maria George, who works alongside Fr John and Vince in the Sacred Heart parish said he's wonderful with all kinds of people. "In fact it is the people who use the Mission's services who provide John with much inspiration - he is very reflective on the words of wisdom he hears from people with whom he sits on the bench."

Fr John will be celebrating his 25 years in the ministry with a special mass at St Columba's on Saturday, 20 August.

Faces around the Mission



Queens Rd Rooming House resident, Leslie

For people who grew up on computers, it can be difficult to remember that IT skills are learnt, not innate. However, as a group from the Mission who have recently undertaken a computer literacy course can attest, you can be taught your way around a computer.

Leslie, a resident at the Mission's Queens Road rooming house, attended the Thursday morning training, held over six-weeks. A familiar face in the rooming house's art studio, Leslie is already accustomed with using a computer for his art projects but said the course covered a range of skills: typing, moving between and learning system

icons, understanding the internet, searching for information, sending email, understanding modes on task bars and how to transmit photos from camera to computer and how to edit.

"The most interesting aspect was use of the internet and finding information on architecture," Leslie said. "It was good to get a certificate from the course. I would like to go on to do firstly, an intermediate course and secondly, an advanced course."

Leslie has been using MS Windows Paint in the Queen's Road art studio to create more than 400 computer artworks. He is one of the artists from Queens Road who will be exhibiting at Parliament House in November.

Remembering all our fellow travellers



in battling their circumstances. "You know Fr John, she had it really hard but taught me a lot about getting through things." "Do you remember that time when..." "He was such a good bloke I really miss him around the place."

At the same time we renew our commitment to confronting all the hardships that can lead people to die with us prematurely. Often when someone from the Mission dies we discover that the more complete story of his or her life has been scattered along the way by the many different fragmenting forces they have encountered. A common example is the lack of ongoing contact with family.

So with the support of our Mission chaplaincy team, family members and friends that can be contacted, Mission staff and other support organisations, we meet and do all we can to gather the story of the person. As we set out together there are often many surprising revelations about the person's life. These would remain sadly hidden without the wonderful efforts of the team.

As a Mission community, we extend that spirit of faithful care to the end, rather than have someone endure the ultimate suffering of homelessness by being forgotten in death.

Thank-you again for all you are and do to ensure the faithful care of the people who come to the Mission as we seek together to enhance, sustain and protect their dignity in life and, ultimately, at the time of their death.

Fr John Petrus
Parish Priest

As I reflect upon the many people whose names I read out at the Memorial, known to us at the Mission, I am reminded of that spirit of being with a person to the end. This was lived out by Fr Ernie and the early community of workers, and still continues today. Often we are farewelling those who have been a part of the life around the Mission. As their coffin is being driven down Grey Street from our physical sight, they are not lost from the sight of our heart. They continue to dwell in the ongoing story of the Mission as we remember their lives. I often hear passing observations of where they sat or what they were known for, or a simple acclamation of their goodness or courage

Every bride wants a beautiful dress on her big day

Thanks to Judith Goldberg, there are many brides who now will be able to wear a dress they could only dream about on their wedding day.

When Judith recently closed her bridal shop, she donated the remaining wedding and cocktail dresses, along with gorgeous flower girl outfits, to the Mission's op shops.

Colossal Pumpkin Donated to the Mission
(... continued from Page 1)

"I used to be your size once."

It takes muscles and four men to unload an enormous pumpkin.

Grower, Bruno, poses with his prized pumpkin along with Brendan who has come in for lunch.

The pumpkin piece is bigger than the smile of volunteer, Justin.

Grant with one of his 10 trays of pumpkin and currant slice

Lyn makes sure there is enough pumpkin fritters to go round.

This pumpkin is destined for Toh's casserole.

What was created from the 100kg pumpkin:

- 1 gigantic Moroccan pumpkin, bean and Spanish sausage casserole (to serve 300)
- 10 large oven trays of mashed pumpkin to serve with the casserole
- 60 vegetarian Indian spiced pumpkin pancakes
- 10 large oven trays of pumpkin and currant slice
- 4 large oven trays of pumpkin risotto

I want to support Sacred Heart Mission

Title: _____ First Name: _____

Surname: _____

Address: _____

Suburb: _____ Postcode: _____

Tel (Home/Work): _____

Mobile: _____

Email: _____

All donations of \$2 and over are tax deductible

Monthly Giving

I would like to donate \$ _____ (\$10 min)

- Please charge my credit card as per details below
- Gifts processed on 15th of each month.

Or

One off Gift

I would like to give a donation of

\$35 \$55 \$100 \$500 \$ _____

Please find enclosed my cheque (made payable to Sacred Heart Mission)

Please charge my credit card

Visa Mastercard AMEX - AMEX PIN:

Cardholder's Name: _____

Expiry Date: _____

Cardholder's Signature: _____

Please send me information on:

- Remembering the Mission in my Will
- Volunteering at the Mission
- Monthly Giving

Sacred Heart Mission follows the National Privacy Principles
Be assured your details remain confidential and are not supplied to other organisations

Please tick here if you do not want further mail from the Mission.

Please send to: Sacred Heart Mission, 87 Grey Street, St Kilda VIC 3182

Donation Hotline: 1800 44 32 78

www.sacredheartmission.org ABN 62 843 874 179



With your support, we can continue to assist over 600 people every day...

Thinking about the triple bottom line



Grey Street op shop coordinator, Luke with a basket of unsold shoes destined for the third-world.



Meals program coordinator, Suzanne McDonnell puts some food scraps in the compost bin. For more than 10 years KS Environmental has been taking these away for free, which are then turned into garden compost.



The worms at the aged care hostels love fruit and vegetable peelings.

Environmental sustainability, and how to achieve this, is on the minds and lips of the government, corporate organisations and the community alike.

One of the Mission's main supporters, NAB, is carbon neutral and the City of Port Phillip has offered incentives for residents to switch completely to green power. When it comes to being "green", the Mission has an advantage

as, by its very nature, it is a prolific recycler and re-user. Through our op shops, items get reused rather than going into landfill. Our meals programs uses perfectly good food that would otherwise go to waste. And the scraps get turned into garden compost, to nurture and feed plants which in turn absorb carbon dioxide out of our atmosphere.

However, there is always room for improvement. And this is why our latest strategic plan has seen the introduction of a new goal; to minimise

our impact on the environment. This means decisions made around the Mission will consider the environmental effect. In addition to this, our green team is working with different areas in our community to make sustainable changes and adopt practices that reduce our carbon footprint. From increasing composting, looking at paperless systems and creating more greenery around the place, all possibilities are being explored to see where positive change can be affected.

Did you know?

Donated clothes to the op shop that are not of a saleable quality for the Mission are sold to a third party to either be on-sold or turned into rags.

There are worm farms at a number of Mission sites.

The op shops take left-over paper products (cardboard, magazines, paper packaging) to a recycling plant.

By changing the printing settings in all program areas in the Mission, we have cut our paper use by 50 per cent.

Footwear that can't be used at our op shops are sold to a third party who distributes the shoes to third-world countries.

We are generating our own green energy through a solar panels array at Sacred Heart Community hostel.

Oil from our deep fryers is collected and turned into bio-fuel.

A Mission op-shopper saves 10,000 litres of water when he or she buys jeans second-hand. That is the amount of water it takes to make one pair!

Our Queens Road rooming house has a veggie garden which is tended to by residents, and our Women's House has a small space for herbs in its courtyard.

Homelessness myth **CRACKED**

THAT MOST PEOPLE WHO ARE HOMELESS ARE OLDER MEN

The stereotype of a person living in homelessness is of an older bedraggled man, carrying a brown paper bag and living underneath a railway bridge. However, the reality is that homelessness affects people from all age groups; an unborn child in the womb of its mother who is fleeing a violent relationship, minors who feel safer living outside the family home, couples with children who are experiencing financial difficulty and eviction.

Statistics from Homelessness Australia show that no age group is exempt from homelessness:

- Families with children are the largest single group who seek support from the homeless service system.
- 17 per cent of the homeless population are aged over 55; about 64 per cent are men and 36 per cent women.
- 21 per cent of people who are homeless are aged between 12 to 18 years. Most are estranged from their families.
- One in every 49 Australian women aged between 15 and 19 has stayed in a homelessness assistance service.

Save the date— Dine with the Champions



The next Mission fundraising event is Dine with the Champions, happening Thursday 13 October.

At this intimate dinner, which raises funds for our sports and recreation program, guests will be regaled with stories by a panel of high-profile sporting personalities.

More information will be posted on our website www.sacredheartmission.org shortly.

Rooming house residents to exhibit at Parliament House



A group of residents from the Mission's Queens Road rooming house is holding an exhibition at Parliament House in November.

This group is currently working on artworks with the theme 'Defining Us', such as a group textile mock-up of Albert Park Lake, which is located across the road from where they live.

'Defining Us' will be held in Queens Hall, Parliament House between Monday 21 – 25 November 2011.

Juncture
CREATIVE

Docklands
PRESS • PTY • LTD

This newsletter cost Sacred Heart Mission \$0 to produce thanks to the generous support of Juncture Creative (design) and Docklands Press (print).

A performance with heart at the Palais Theatre



Billy Miller and Rebecca Barnard channel Tom Petty and Stevie Nicks with "Stop Draggin' My Heart Around".



Paul Kelly showed the audience why he'd recently received a Ted Albert Award For Outstanding Services to Australian Music.

A HUGE thank-you to all the performers, the crew behind the scenes, volunteers, event partners and supporters and, of course, the audience members who came along on a school night to support the Heart of St Kilda Concert 2011 at the Palais Theatre.

The feedback has been tops with the general consensus being that it was a stellar night of

Around \$100,000 was raised which will go towards the Mission's programs and services.

We must say an extra special thanks to the guys that made the night happen: MC Brian Nankervis, producer Walter (Wal) Bishop AOM, production manager Larry Ponting and Neil Croker, CEO Palais Theatre.

Spend a night with the street as your home

Sacred Heart Mission is a collaborator in an interactive multimedia theatre piece that is being held as part of the Melbourne Festival in October.

Site UnSeen uses iconic locations around St Kilda and combines visual installations, images, simulation, elephants, sound-scapes and actors to present the grim reality of homelessness.

Created by art and theatre workers who have collaborated with communities of people who have experienced homelessness, Site UnSeen presents the reality of some of the most socially excluded people, and has been co-created by people who have been there.



Dates 6 – 22 October

Duration 1hr 20mins – no interval

Tickets \$35 full price \$15 concession, Vic Carer's Card holders free, Schools book through ATOM (Australian Teachers of Media)

Bookings Ticketmaster, Theatre Works, ATOM

For more info visit: www.siteunseen.com.au

