

Sacred Heart Parish

LUDDENHAM-WARRAGAMBA

5TH SUNDAY OF EASTER - YEAR A
10 MAY 2020



SUNDAY MASSES

No Masses until further notice

WEEKDAY MASSES

No Masses until further notice

RECONCILIATION

No Reconciliation until further notice

BAPTISMS

No Baptisms until further notice

ANOINTING OF THE SICK

Please contact the Parish Office

ITALIAN MASS

No Masses until further notice

PARISH TEAM

Parish Priest: Fr. Giovanni Presiga Gaviria
Pastoral Associate: Carmel Fenton
Parish Secretary: Tracey Caruana
Admin Assistant: Colleen Nicholas
Pastoral Placement: Matthew Dimian

PARISH OFFICE HOURS

Tuesday-Friday: 9:00am - 3:30pm

PARISH BARGAIN CENTRE

Weir Road, Warragamba

The Bargain Centre is closed until further notice.

HOLY FAMILY PRIMARY SCHOOL

Principal: Mr. Anthony McElhone
Assistant Principal: Miss Jodie Van As

Ph: 4773 7100

Fax: 4773 4374

Lot 32 Willowdene Avenue, Luddenham
PO Box 56, Luddenham NSW 2745

Ph: 02 4773 4321

www.warragambaparish.org.au
admin@warragambaparish.org.au

Supporting Children and Adolescents in Uncertain Times

Children and adolescents are often unable to verbalise their feelings. They sometimes “act out” their emotions. They may have angry outbursts, panic attacks or even become extremely emotional, crying over little things. Parents and carers may think that these young people are simply being “drama queens” and treat it as a behaviour problem.

What your child needs at this time is support and understanding, not disciplinary action. When we express anger, there are usually underlying feelings of sadness, fear and frustration. And, right now, most of us are feeling these things. Children may be sad about not being able to visit family and friends or play sports. They might miss being at school. They may feel fearful about the future or scared of getting sick. They could be frustrated because they feel couped-up, stuck at home and bored.

Children sense the emotions of the adults around them, even when we don’t talk about our feelings or we try to hide them. We teach them how to cope in uncertain times. So, it’s really important to be aware of what we say and how we act. It’s also important to seek help if we are struggling. If you don’t look after yourself, you can’t look after anyone else.

Being very anxious, frightened and sad are normal reactions to an abnormal situation. And this is a very abnormal situation!

So, how do we support our young people? Firstly, try to help them talk about what they are feeling and let them know that you understand. Validate their feelings by telling them that it’s OK to be sad, angry or frightened.

Most importantly, don’t burden children with adult problems. If you’re not coping emotionally or financially, seek help from other adults, such as family and friends or professional counsellors, or contact one of the organisations listed below.

If you would like to speak with me, I’m offering free 20 minute phone or zoom consultations. Please call or email me to make an appointment.

Colleen Nicholas, Counsellor & Art Therapist.
Tel: 0414 935 362
Email: colleen.connections counselling@gmail.com

Free online or telephone support:

Lifeline – Phone: 13 11 14 (24 hour telephone crisis support); Lifeline Text 0477 13 11 14 (6pm – midnight (AEDT), 7 nights a week); Lifeline webchat (7pm – midnight (AEDT), 7 nights a week)

Kids Helpline – for children that may need support 1800 55 1800 <https://kidshelpline.com.au>

Beyond Blue – 1300 22 4636 <https://beyondblue.org.au>

CatholicCare Western Sydney – Phone: 8843 2500 Suicide Callback Service – Phone: 1300 659 467

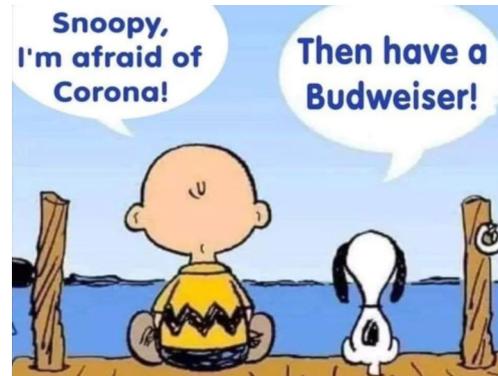
Mens Helpline - Phone: 1300 78 99 78 Mental Health Line – Phone: 1800 011 511

1800 RESPECT National Sexual Assault, Domestic Family Violence Counselling Service Phone: 1800 737 732

NSW Domestic Violence Line – Phone: 1800 65 64 63

Gambling Helpline Australia (Help for anyone affected by gambling) – Phone: 1800 858 858

Beyond Blue (support for people with anxiety or depression) – Phone: 1300 22 4636 beyondblue.org.au



Pope Francis' Prayer to Mary during the Coronavirus Pandemic

O Mary,
You always shine on our path as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

You know what we need, and we are sure you will provide so that as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Diving Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection.

Amen.

Mass will be live streamed via our Parish FaceBook page at 10am on Sunday.

Please note that Catholics in the Diocese of Parramatta are dispensed from their Sunday Mass obligations until further notice. Church buildings are closed and Masses (both indoors and outdoors) are to cease.

PROJECT COMPASSION BOXES

If you have a Project Compassion Box, or you would like to make a donation, please contact Caritas directly on 1800 024 413 or visit

<https://lent.caritas.org.au/>

Alternatively, you can hold onto your donation box until after Easter, and we will advise you regarding returning them.

PLEASE KEEP IN YOUR PRAYERS

Sick: Jessie Zammit, Cathy Inzitari, Lauren White, John Wood, Elia Muscat, Diane Hill, Michelle Stait.

A Message from Bishop Vincent

My dear brothers and sisters in Christ,

Every week, as a people of faith, we gather at our parishes and celebrate God's steadfast, unconditional and grace-filled love for us. During the corona virus pandemic, I hope that you, your family and friends, are as safe and healthy as possible.

Although socially isolated, we can still rejoice together from home as one Church, as the One Body of Christ, knowing that we are helping to save and protect lives.

Let us rejoice and give thanks to God for all that He has done for us in Jesus . . . for our salvation and all the lives that He has transformed through His saving grace.

Let us rejoice in all the good work in our community that God accomplishes through us together within our parish families and as individuals.

Our parishes rely on the generosity of our faith community to sustain our liturgical, sacramental, pastoral and charitable ministries and we are ever grateful for your faithful support.

The COVID-19 pandemic is having an unimaginable impact on our parishes and their ability to raise funds to support their ministries, pastoral care programs and charitable works.

If you can manage to do so, would you please consider a Thanksgiving Offertory gift towards the evangelical work of your parish as a way to joyfully respond to God's gift of grace to us in Jesus Christ and all His blessings?

Any gift, whatever you can give, will nurture the spiritual vitality of our parishes and will ensure that we can continue to provide Christian pastoral care that brings hope and joy to our community.

The spirit of giving and sharing our blessings is what's important.

If you're able to consider a gift of sustained support for your parish through planned giving, the best way is through recurring monthly online donations. It's safe and easy; and your automatic contributions will ensure that your spiritual decision to support your parish and faith family remains an ongoing priority.

More than ever, our Church is needed to bring love, hope, care and Christ's message of salvation to our community.

Every gift bears witness to God's love for us and deepens our own sense of living gratitude for the grace that He has poured out into each of our hearts and lives. May God continue to bless you always and keep you safe and in good health.

Bishop Vincent Long OFM Conv

Donations can be made via the Diocesan website:

<https://www.parracatholic.org/offertory/>

The form is below Bishop Vincent's message. Use the drop-down menu to select Luddenham Parish.

PLEASE SUPPORT OUR BULLETIN SPONSORS

Connections Counselling
 Building Bridges
 Colleen Nicholas, Dip.Couns. *MACA*
 Art Therapist
 Psychotherapist
 Counsellor
Phone: 0414 935 362
 colleen.connections counselling@gmail.com
 www.connections counselling.net.au

Advertise your business here.

Contact the Parish Office
4773 4321

PRUDENTIAL REAL ESTATE
 Nick Gauci *LREA*
Director
P 02 4624 4400
M 0421 639 638
D 02 4624 4402
E nick.gauci@prudential.com.au
 5 Somerset Avenue, Narellan NSW 2567
prudential.com.au

VRM ELECTRICAL
 Lic. Electrical contractor
 All types of electrical installations
 All electrical repairs and maintenance
0418 490 903
 Matthew Gauci Lic. No 221910C

Dove Printing
 Weddings Funerals/Memorials

- Ceremony Booklets
- Invitations
- RSVP Cards
- Menus
- Place Cards
- Ceremony Booklets
- Memorial Booklets
- Memorial Cards
- Memorial Bookmarks
- Powerpoint Presentations

Invitations, Souvenir Cards & Candles for Any Special Occasion

JANET BORG T: 0433 091 788
 jntbrg@yahoo.com.au

Bateman Battersby
LAWYERS
Ph: 02 4731 5899

- Property Law
- Family Law
- Business Law
- Negligence Law
- Wills & Estates
- Court Appearances

www.batemanbattersby.com.au
enquiries@batemanbattersby.com.au

Advertise your business here.

Contact the Parish Office
4773 4321

Psychology WORKS 4 ALL
 Linda Cassell (MAPS)

Your local psychologist providing a service to the children, adolescents and adults of

- Mulgoa • Warragamba
- Silverdale • Luddenham
- Bringelly

02 47733057 • 0421 507 191
 Medicare and Health Fund Rebates

Advertise your business here.

Contact the Parish Office
4773 4321

NEPEAN VALLEY FUNERALS
 Traditional Care with Dignity & Respect
Tel: 4722 8222
 Local family owned and operated.
24hrs / 7 days
 Shop 4
 2-6 Castlereagh St
 Penrith

Catholic Cemeteries & Crematoria
 Care, Compassion, Choice

Advertise your business here.

Contact the Parish Office
4773 4321

Supreme Earthmoving
 PTY LTD

- House & Shed Pads
- Land Clearing
- Rubbish Removal
- Driveways
- Dam Construction or Cleaning
- Bulk Earthworks
- General Detailed Excavations

Phone Michael 0425 215 341

AZZ HAIR DESIGN

Specialist in all your hairdressing needs

Shop 34 Centro Nepean
 122-144 Station St, Penrith
 Inside Nepean Village
 Federation Centres

Opening Hours: Mon & Fri 9-5.30;
Thurs 9-9; Sat 8.30-4; Sun 10-4.
Ph: 4731 4799

LUDDENHAM
 Excavations PTY LTD
 ABN 99 151 336 533

Specialise in any area of excavations

Contact Jeremy Spiteri
Ph: 0401 480 174
Fax: 02 4773 2050
Email: luddenhamex@hotmail.com

Advertise your business here.

Contact the Parish Office
4773 4321