

Sacred Heart Parish

LUDDENHAM-WARRAGAMBA

4TH SUNDAY OF EASTER - YEAR A

3 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

Are you feeling overwhelmed?

In times of uncertainty, it's normal to feel angry, sad and scared. Sometimes, these feelings can be very intense, affecting our mental and physical wellbeing.

Symptoms of anxiety can include:

- ◆ feeling fearful
- ◆ shaking
- ◆ short, shallow breathing, difficulty breathing or swallowing
- ◆ heart beating fast
- ◆ chest pains
- ◆ worrying thoughts
- ◆ inability to concentrate
- ◆ trouble relaxing
- ◆ unable to make decisions
- ◆ confusion

Symptoms of depression can include:

- ◆ extreme sadness and crying a lot, even though nothing terrible has happened
- ◆ feeling unhappy most of the time
- ◆ withdrawing from family and friends
- ◆ not wanting to engage in activities that you previously enjoyed
- ◆ lack of motivation and enthusiasm
- ◆ unable to make decisions
- ◆ unable to concentrate
- ◆ tiredness
- ◆ inability to sleep or sleeping too much
- ◆ feeling helpless or hopeless

Symptoms can be mild to severe. Anxiety or depression is usually diagnosed when someone experiences a number of the above symptoms for two weeks or more. It's important to recognise when you're not coping and to seek help when you need it. If you're concerned about your mental health, see your GP, as only doctors can diagnose anxiety or depression.

Talking to family members or friends can be helpful. If you need additional help, a professional counsellor or psychologist can help you learn some coping techniques and strategies. There are also a number of organisations who can give free online or telephone support. Some of these are listed below.

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

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

NSW Domestic Violence Line – Phone: 1800 65 64 63

Mental Health Line – Phone: 1800 011 511

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.

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

Recently Deceased: Charlie Borg, Domenica
Rossetto.

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

<p>Connections Counselling Building Bridges Colleen Nicholas, Dip.Couns. MACA Art Therapist Psychotherapist Counsellor</p> <p>Phone: 0414 935 362 colleen.connections counselling@gmail.com www.connections counselling.net.au</p>	<p><i>Advertise your business here.</i></p> <p><i>Contact the Parish Office</i> 4773 4321</p>	<p>PRUDENTIAL REAL ESTATE Nick Gauci <i>LREA</i> 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</p>
<p>VRM ELECTRICAL Lic. Electrical contractor</p> <p>All types of electrical installations All electrical repairs and maintenance</p> <p>0418 490 903</p> <p>Matthew Gauci Lic. № 221910C</p>	<p>Dove Printing</p> <p>Weddings Funerals/Memorials</p> <ul style="list-style-type: none"> ▪ Ceremony Booklets ▪ Invitations ▪ RSVP Cards ▪ Menus ▪ Place Cards ▪ Ceremony Booklets ▪ Memorial Booklets ▪ Memorial Cards ▪ Memorial Bookmarks ▪ Powerpoint Presentations <p>Invitations, Souvenir Cards & Candles for Any Special Occasion</p> <p>JANET BORG T: 0433 091 788 jntbrg@yahoo.com.au</p>	<p>Bateman Battersby LAWYERS</p> <p>Ph: 02 4731 5899</p> <ul style="list-style-type: none"> • Property Law • Business Law • Wills & Estates • Family Law • Negligence Law • Court Appearances <p>www.batemanbattersby.com.au enquiries@batemanbattersby.com.au</p>
<p><i>Advertise your business here.</i></p> <p><i>Contact the Parish Office</i> 4773 4321</p>	<p>Psychology WORKS 4 ALL Linda Cassell (MAPS)</p> <p>Your local psychologist providing a service to the children, adolescents and adults of</p> <ul style="list-style-type: none"> • Mulgoa • Silverdale • Warragamba • Luddenham • Bringelly <p>02 47733057 • 0421 507 191 Medicare and Health Fund Rebates</p>	<p><i>Advertise your business here.</i></p> <p><i>Contact the Parish Office</i> 4773 4321</p>
<p> NEPEAN VALLEY FUNERALS</p> <p>Traditional Care with Dignity & Respect</p> <p>Tel: 4722 8222 Local family owned and operated. 24hrs / 7 days</p> <p>Shop 4 2-6 Castlereagh St Penrith</p> <p> Catholic Cemeteries & Crematoria Care, Compassion, Choice</p>	<p><i>Advertise your business here.</i></p> <p><i>Contact the Parish Office</i> 4773 4321</p>	<p>Supreme Earthmoving PTY LTD</p> <ul style="list-style-type: none"> - House & Shed Pads - Land Clearing - Rubbish Removal - Driveways - Dam Construction or Cleaning - Bulk Earthworks - General Detailed Excavations <p>Phone Michael 0425 215 341</p>
<p> AZZ HAIR DESIGN</p> <p><i>Specialist in all your hairdressing needs</i></p> <p>Shop 34 Centro Nepean 122-144 Station St, Penrith Inside Nepean Village Federation Centres</p> <p>Opening Hours: Mon & Fri 9-5.30; Thurs 9-9; Sat 8.30-4; Sun 10-4.</p> <p>Ph: 4731 4799</p>	<p>LUDDENHAM Excavations PTY LTD ABN 99 151 336 533</p> <p><u>Specialise in any area of excavations</u></p> <p><i>Contact Jeremy Spiteri</i> Ph: 0401 480 174 Fax: 02 4773 2050 Email: luddenhamex@hotmail.com</p>	<p><i>Advertise your business here.</i></p> <p><i>Contact the Parish Office</i> 4773 4321</p>