be open Deaf Catholic News Ophoheta Special Edition December 2020 - January 2021

Christmas Blessings to you!

Hi everyone! Welcome to our last newsletter of 2020! What a strange year it has been.

BUT rather than look at the things which have not gone as planned this year, we want to focus on the positives of this year. And all the good things which are to come.

This year we have all learned how much we need other people. We realise how precious are our family and friends. We know how strong our deaf community can be. We know how important it is to love one another.



As we head into this Christmas season, remember that the most important thing for us to do is to love. To love God and each other. Remember the love of God in sending his Son Jesus to us at Christmas. Remember the love of Mary and Joseph in loving their baby boy.

Remember the love of the shepherds and the wise men who came to worship the baby Jesus in the manger.

So – at the end of this very strange year – the Ephpheta team wish you the gift of love. May all of you and your families know the love of God and each other this Christmas and always. Thank you for your support through this year. We look forward to seeing you all in 2021. Take care and stay safe... and remember always to love.

The Ephpheta team xo

(dates)

A message from Liz & Dave!

Liz's report

Hi everyone,

It is hard to believe that we are at the end of 2020 – what a year it has been! No one could have expected what 2020 would bring.

Our deaf community has shown amazing strength through this year. When everything has changed, our community continues to grow in faith and love.

This year our lives have changed in ways we could not have expected. Working from home,

cancelling our usual community events, not seeing people who we always see – this has been really hard. We do not know when we will be back to "normal". But through all of this, I think we have learned a lot. We have all learned to slow down. We don't take seeing people we care about for granted. We have more time in our lives to think about what really matters - God, our faith, our family, our friends.

I chose this photo of the little flower growing out of the rock because for me it sums up this year. Even

though there have been really hard times, God has given us so many graces and blessings. Again, God's grace and love is always there for us in places we would never expect.

My best wishes to you all for God's blessings for a peaceful Christmas and New Year.

Until next time, Liz

Dave's report

Can you believe it is now November 2020. We are fast approaching Christmas! What a ride this year! We have been so fortunate to have mild issues with the COVID-19 pandemic in Australia. We are lucky to have our beautiful deaf community and the use of Auslan and online technologies to keep us connected and to talk in Auslan. Virtual Deaf Space. Deaf Space on the Net!

So much has changed - COVID, the pandemic, the hot weather, the extreme changes in weather, the new technology advances... But what has not changed is our love for God and our Deaf and Ephpheta communities.

We celebrated All Saints' Day which is on 1 November, followed by All Souls' Day on 2 November with our prayers in Auslan. You can always check the videos in Auslan on our Ephpheta website.

Dear God,

All the beauty, goodness, tenderness, peace, hope and love are yours.

You are the source of all kindness, the beginning of grace and the birth of compassion. O God, how we sing your praise! We will proclaim your greatness and dwell in your wonderful ways forever.

Amen.

Please find more information in this newsletter for event updates. The Ephpheta Centre is still closed to the deaf community. We still will host Our Lady of the Assumption Mass services at Homebush with Fr Michael. It is so exciting to see Fr Michael and his Homilies signed in Auslan! Don't forget to check our website for Auslan videos and any updates. Please feel welcome to see one of the Ephpheta staff members for feedback, ideas and support. Be Open!

Page 2

Yours, David.









Fr Michael's Reflection...

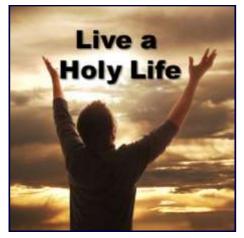
How to get to heaven...

St John says If you want to go to heaven you have to be pure and holy the same as Jesus.

How do you do that? Well when I was a little boy I thought if I go to confession and then when I die I will go straight to heaven.

That's probably true but sometimes we need to do a little more work than that! I need to do two things to become holy the same as Jesus Christ:

- 1. I need to be sorry for my sins and chose to love again
- 2. I need to have faith and do good works



People are the same as rockets. They have two parts to them the first part of the rocket is the same as role for us as reconciliation. Which means that if I commit a serious sin, a big sin, then I need to do a big penance (saying sorry) for that sin.

Doing this is the same as the first part of the rocket - it helps to boost us up. That does not get us all the way to heaven. But it's a good start!

The second part of the rocket represents the love of God and the love of other people as well. Jesus gives us some good examples of ways to love, He helps us to see through things to the truth. Jesus helps us to see the truth of things which are sometimes difficult for us to understand in this life.

Really the only thing important thing for us to focus on in this life is the kingdom of God.

Only if we chose to live a holy life can we be prepared for heaven. We need to pray to God to help us to become holy and to pray for other people that they too can reach the Kingdom of heaven

God Bless, Fr Michael.







You are invited to the annual

Mass of Inclusion 2020

celebrated by Bishop Anthony Randazzo,

especially for people with disability and their families. All are welcome!

Sunday, 6 December 2020

Commencing at 11:00am Our Lady of the Rosary Cathedral Yardley Ave, Waitara

Please RSVP by Tuesday, 1 December 2020

Due to COVID restrictions, there are limited seats available.

For any enquiries, please email Stephanie at: events@bbcatholic.org.au

Please RSVP by clicking here:

https://www.trybooking.com/events/landing?eid=678582&



Mass of Inclusion - Diocese of Broken Bay

The Ephpheta Centre community has been invited to celebrate Mass with the Diocese of Broken Bay.

Our regular Mass at Homebush will be moved to Our Lady of the Rosary Cathedral, Waitara for one Sunday only.

There are limited seats available - you must RSVP through the website listed above before 1 December.

If you have any issues with the website link, please contact an Ephpheta staff member.

This Mass will be live streamed - we will post the link on Ephpheta's Facebook page the morning of the Mass

Christmas Eve Vigil Mass - 24th December

Ephpheta will have a different Christmas Celebration this year.

Because of COVID we cannot have our community Christmas lunch on the 1st Sunday of December. We cannot have Mass at Punchbowl. There is no Mass on Christmas Day (25 Dec).

So this year we will have **Christmas Vigil Mass on Thursday 24 December at 5pm** at Fr Michael's parish at Homebush (not Punchbowl). No supper or afternoon tea together.

Please remember – if you are sick or older or feel scared to come to Mass, Archbishop Fisher has said that it is ok to stay home. You can still enjoy Mass online with us.

CHRISTMA

Where: Our Lady of the Assumption, 74 Underwood Road, Homebush.

When: Thursday, 24 December - 5pm

RSVP: Chrisso (0405 749 488 SMS) before Wednesday 23 December

Numbers are very limited due to the physical distancing which we need to have in the church so please reply early to Chrisso.

Ephpheta Centre Closed

The Ephpheta Centre office will be closed for Christmas from 5pm on **Wednesday 23rd December 2020**. Ephpheta staff will be back from leave **Tuesday 19th January 2021**. The Ephpheta Centre will stay closed to the community.

Our first live streamed Mass at Homebush will be on Sunday 31 January at 11am.

In an emergency that cannot wait until 19 January, please email Liz on <u>liz@ephpheta.org.au</u> or SMS David on 0408 669 672. If it is not an emergency, please try and limit your contact with staff during the closing dates. We will always try and get back to you as soon as we can once the Ephpheta Centre re-opens.

The Ephpheta Centre team would like to wish you and your families a Merry Christmas and all the best for 2021.

Our team would like to thank our wonderful community for all the support throughout 2020. Your continual support helps keep our Ephpheta deaf community alive and strong. The Ephpheta Centre is still closed to the community. We need everyone to stay safe and well. We will let you know when this changes.

If you are well and would like to come to Mass, we have interpreted Sunday Mass each Sunday.

Please contact David Parker to let us know if you are coming. Mass only. No morning tea or lunch.

Where: Our Lady of the Assumption, 74 Underwood Road, Homebush.

When:

11am each Sunday (NOT ON 6 Dec - see page 4 for more info)

If you are over 70 or not well or are worried about coming, please do not come. You do not have to come to Mass.

You can watch this Mass live streamed on our Ephpheta Facebook page (look for 'Ephpheta Centre for Deaf and Hard of Hearing People') or we can SMS you the video link.

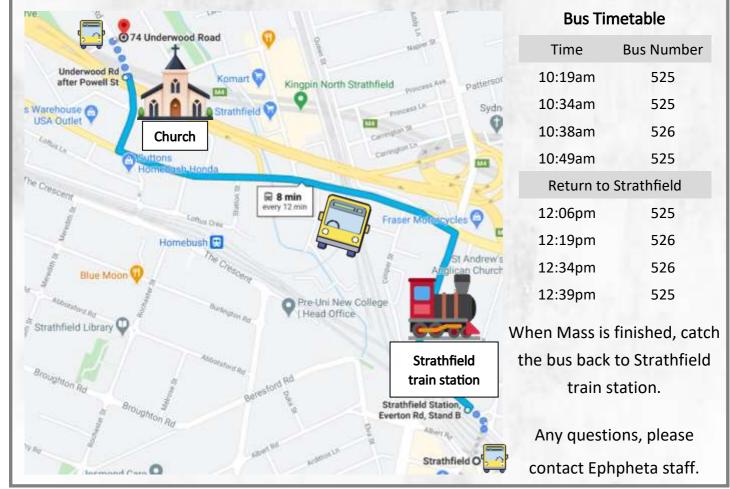
You can also watch it later on our Ephpheta website.

Travel information to Homebush Mass

If you'd like to join us on Sunday for Mass at Our Lady of the Assumption, there is a simple way to arrive by public transport!

Catch the train to **Strathfield Station.** Walk to the bus stop on Everton Road.

Then bus number 526 or 525 to Underwood Road - off bus at stop after Powell Street.



Community Announcements in 2021 Newsletters

In our Ephpheta newsletters, we have always loved sharing announcements with our Ephpheta community. While our 2020 newsletters have been a good way to keep the community updated on the current coronavirus situation - we haven't shared many things we normally do.

This will change in 2021 - if you or your family have a special announcement you would like to share with the deaf community, we are happy to add it to the newsletter.

Announcements can be a new baby, engagement, special wedding anniversary, letting the community know the death of a loved one (please make sure you have permission from family first), or a lovely story.

If you would like us to consider sharing an announcement, please contact either:

David Parker 0408 669 672 (SMS) <u>david@ephpheta.org.au</u> or Chrisso Quartararo 0405 749 488 (SMS) <u>christiane@ephpheta.org.au</u>.

We will do our best to add the announcement to the 2021 newsletters.

Zoom with the Ephpheta Centre

The Ephpheta Team has been using Zoom for our regular meetings and catch ups.

The Ephpheta team has set up some Zoom chat groups so that we can chat together online. We have a men's group, craft group and a prayer group. We need to keep the size of the groups small but all are welcome.



ephpheta

BINGO!!! Craft catch up on Zoom!

Zoom is **fun** to use and we can all chat together while we are at home.

Make a cup of tea and join us for a chat! Please contact any Ephpheta staff for more information.

🗖 zoom

Prayer of Spiritual Communion when we cannot receive Communion

My Jesus, I believe that You are present in the Blessed Sacrament.

I love You above all things and I desire You in my soul.

Since I cannot now receive You sacramentally,

come at least spiritually into my heart.

As though You were already there,

I embrace You and unite myself to You;

permit not that I should ever be separated from You.

Amen.



GAMETIME

The Wise Men's Story

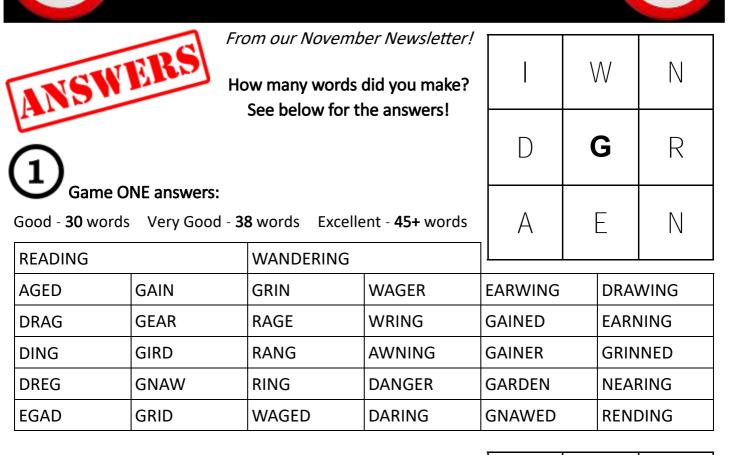
Compare the picture on the top with the picture on the bottom. Circle 16 things that are different.











AVTGood - 13 wordsVery Good - 20 wordsExcellent - 30+ wordsNERADVENTUREVENTUREDVENTUREDEVADERAVERTEDEVERRAVENERVEVAUNTEVADERAVERTEDVENTVERTRAVEDVENUENERVEDVAUNTEDAVERAVERTRAVENADVENTTAVERNVENTUREAVERAVERTRAVENADVENTTAVERNVENTUREEAVEDUVETREVUEADVERTVENTEDVERDANTEVENEVENTVANEDAVENUEVENTERVETERAN					E	D	U
ADVENTUREVENTUREDEVERRAVENERVEVAUNTEVADERAVERTEDVENTVERTRAVEDVENUENERVEDVAUNTEDAVERAVERTRAVENADVENTTAVERNVENTUREEAVEDUVETREVUEADVERTVENTEDVERDANT	(2) _{Gar}	ne TWO answers	:		А	V	Т
EVERRAVENERVEVAUNTEVADERAVERTEDVENTVERTRAVEDVENUENERVEDVAUNTEDAVERAVERTRAVENADVENTTAVERNVENTUREEAVEDUVETREVUEADVERTVENTEDVERDANT	Good - 13 words Very Good - 20 words Excellent - 30+ words				N	E	R
VENTVERTRAVEDVENUENERVEDVAUNTEDAVERAVERTRAVENADVENTTAVERNVENTUREEAVEDUVETREVUEADVERTVENTEDVERDANT	ADVENTU	RE	VENTURED	VENTURED			
AVER AVERT RAVEN ADVENT TAVERN VENTURE EAVE DUVET REVUE ADVERT VENTED VERDANT	EVER	RAVE	NERVE	VAUNT	EVADER	AVE	RTED
EAVE DUVET REVUE ADVERT VENTED VERDANT	VENT	VERT	RAVED	VENUE	NERVED	VAU	NTED
	AVER	AVERT	RAVEN	ADVENT	TAVERN	TAVERN VENTUR	
EVEN EVENT VANED AVENUE VENTER VETERAN	EAVE	DUVET	REVUE	ADVERT	VENTED	VENTED VERDAN	
	EVEN	EVENT	VANED	AVENUE	VENTER	VENTER VETERAN	





Fix a quarrel. Get in contact with an old friend. Get rid of suspicion and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Support youth. Show you are loyal in word and deed. Keep a promise. Forget a grudge. Forgive an enemy. Listen. Say sorry if you were wrong. Try to understand. Don't envy. Look at your demands on others. Think first of someone else. Appreciate. Be kind. Be gentle. Laugh a little. Laugh a little more. Deserve confidence. Do not be self-satisfied. Do not hurt others. Express your gratitude. Go to church. Welcome a stranger. Make a child happy at heart. Take pleasure in the beauty and wonder of the earth. Speak your love. Speak it again. Speak it still once again. Christmas is a celebration, and there is no celebration that is better than knowing the true meaning of Christmas. Then, only then, is it possible to grasp the importance of that first Christmas.

Christmas Blessings to all!

Page

CatholicCare Home Care Services

Stefania and Ohannes Khatchadourian – Home Care Story

Stefania and Ohannes came to Australia separately in search of a better way of life. After a chance meeting they created a new life together.

After a number of health-related setbacks, both Stefania and Ohannes realised that they needed some help at home. They found the process for organising home care particularly complicated, especially as English was their second language. This confusion led to them having to wait an extra 18 months for their home care packages.

Stefania moved to Australia from Poland with her first husband at age 45, they were refugees



seeking protection and a better way of life. "We came with nothing, just our suitcases. I did not speak much English, we had no money and I wasn't young, so finding work was hard. I finally found a job working in an electrical parts factory, where I stayed working and saving for 14 long years. Sadly my husband got sick with cancer and passed away."

Two and a half years later a friend of Stefania's persuaded her to get out and meet new people, so apprehensively, she joined her friend at a Latino Dance. The Club Marconi where the dance was held, is an international club, and was predominately frequented by people from European backgrounds. "I see from a distance that all the men were very nicely dressed, I look again and see one man in particular and I think to myself that he looks like an old playboy." Stefania giggles. "He gestures to me to come over to him and I say, 'No way, you want it, you come here', and he come over and asked me to dance. I refused, but he persisted and eventually won me over. That was in 1997and we got married seven years later in 2003."

In 2009 Ohannes went into Liverpool Hospital for a heart operation – CatholicCare was the organisation assigned by the hospital to provide six weeks of after care in home support, covered by the government, to help the patients recovery after surgery. "CatholicCare were great, but after only six short weeks the services finished, and I had to rely on Stefania to help with my recovery."

To help with the recovery, Ohannes was advised to go out every day to get some exercise. "One day I went out for a walk and I received a call from Stefania, 'John I've collapsed', she had slipped on the floor and couldn't get up." After the operation on her broken hip, Stefania was in the hospital for three months for rehabilitation. During this time Ohannes knew that they needed to get out of their townhouse which was no longer suitable for either of them, as they could no longer get up and down the steep steps. "After a couple of weeks of looking at places that weren't suitable, I got a call from a place that we loved in Casula, and we put our deposit on it straight away. The week that we were due to move I had a heart attack, thankfully my brother and his son were able to help move everything in for us whilst I was in hospital. It was then that I realised that we were going to need some help at home.

"I asked around others in the village and I was told to call My Aged Care. I contacted them but was given the run around. Every time we talked to them it was like we had to start from the beginning again. Finally, I remembered how helpful CatholicCare had been, so I called them to see if they could help us again. Catherine who is the Home Care

Specialist came to our house and sorted everything out. Without her, I still don't think we would have any services provided."



Catherine recalls the day she met with Stefania and Ohannes, "Stefania had just had another fall, this time hurting her shoulder, and they were in desperate need of some in home support. I asked them about how far they had gotten through the My Aged Care process and they showed me a letter, but they weren't sure what it meant."

Ohannes produced the letter that they had received from My Aged Care, "We received this letter, we read it, but because English isn't our first language, we didn't understand the meaning of the letter. It wasn't clear what they were asking for, so we put it aside and eventually forgot about it."

Catherine remembered reading the letter, "When I looked at this letter, I realised that it was their approval letter for a Home Care package, but it had lapsed".

What Stefania and Ohannes didn't realise was that they only had 56 days to contact My Aged Care, provide them with the activation code that was printed in their letter and they would have had their home care services start straight away. Catherine was devastated to find that the contact period had lapsed and Stefania and Ohannes would now have to go to the back of the queue and wait up to 18 months, with thousands of others, to receive their home care services.

Catherine comments, "Sadly, this happens more often than you think. CatholicCare has been trying to help a lot of seniors get registered with My Aged Care, because it's a very complicated system and it has made a lot of seniors all over the country anxious. Especially when they need help straight away and they are waiting for services for up to 18 months.

"My recommendation to all seniors is not to wait. As soon as you need assistance at home give CatholicCare a call on 13 18 19 and we can help you understand the My Aged Care application process and help you apply for a Home Care package."

Thankfully for Stefania and Ohannes, CatholicCare was able to provide them with some volunteer and private care services while they were on the waiting list for their Home Care package.

When asked if they would recommend CatholicCare, Stefania answered, "CatholicCare is a great organisation, they really understand and want to make sure that your services are good. Thank you to CatholicCare for looking after us."

Are there seniors in your community who need help at home?



Our local Home Care team help seniors to live independently at home.



Make an appointment

An Ephpheta Centre team member can help you to arrange for a CatholicCare Home Care Specialist to come and visit you in your home, or you can contact CatholicCare directly via email connect@catholiccare.org. Interpreter services are also available and can be arranged upon request.

这 13 18 19



S catholiccare.org



Readings for Mass -Second Sunday of Advent Sunday 6 December

A READING FROM THE SCROLL OF ISAIAH

God says, "Comfort my people, comfort them!" Speak to the people of Jerusalem. Tell them they suffered long enough. I gave them double punishment for all the bad things they did, and now their sins are forgiven."

In the desert a voice shouts: "Prepare a way for the Lord. Make the road straight for God. Fill every valley. Make all mountains and hills flat. The rough land will be made smooth. Then the glory of the Lord will be revealed (shown), all people will see God's glory. The Lord himself promised this."

Happy messenger to Zion, you bring good news. Go to a high mountain and proclaim the good news! Do not be afraid, tell all the people in the towns of Judah: 'Here is your God.' See, the Lord God comes with power. God uses his power to rule all people. The Lord wins all his prizes; our prize (reward) is to be with him. The Lord will lead his people, like a shepherd feeding his sheep, gathering lambs in his arms, and leading the mother ewes (sheep) to a place of rest.

Psalm - LORD, LET US SEE YOUR MERCY, GIVE US YOUR HELP.

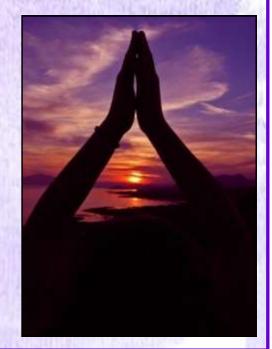
I will listen to what the Lord says. He speaks about peace; peace for all people. He helps people that respect him. God gives mercy, justice and peace to the world.

The Lord will give us many good things.

On earth, good things will grow.

The Lord's way is just (fair).

His way brings peace.



A READING FROM THE SECOND LETTER OF ST PETER

My friends, one thing you must never forget: to the Lord, one day is like a thousand years, and a thousand years is like one day. To the Lord there is no difference. The Lord is not like other people, he is not slow to keep his promises.

God is very patient with you all. He wants no one to be lost. He wants everybody to change their ways. The Day of the Lord will come suddenly like a thief. The sky will disappear with a loud noise. Everything will be destroyed by fire. Everything on earth will be burnt.

Because everything on earth will suddenly be destroyed, you should be holy and try to live like saints as you wait for the Day God will come. When this happens, everything will be destroyed and melted in the fire. We are waiting for all God promised: new heavens and new earth, and there we will find goodness.

So, my friends, while you are waiting, do your best to live without sin, without fault, so that you will be at peace with God.

A READING FROM THE GOSPEL OF MARK

This is the Good News about Jesus Christ, the Son of God. It is written in the scroll of Isaiah. He, the prophet Isaiah, wrote:

> God said, "Look, I will send my messenger (John) before you (Jesus). He will prepare the way for you. Someone in the desert will shout and say: 'Prepare the way for the Lord. Make his paths straight.'"



So, John the Baptist appeared in the desert. He preached and told the people to be baptised and to repent for the forgiveness of their sins. All the people from Judaea and Jerusalem went to listen to John.

They confessed their sins and John baptised them in the river Jordan. John wore clothes made from camel's skin, and his food was locusts and wild honey.

John preached to the people and said, "One person is coming, that person is more powerful than I. I am not good enough to kneel and take off his sandals. I baptize you with water, but he will baptize you with the Holy Spirit."

Third Sunday of Advent Sunday 13 December

A READING FROM THE SCROLL OF ISAIAH

The spirit of the Lord has been given to me because the Lord anointed me. The Lord chose me to go and tell the good news to poor people; to heal broken hearts; to tell those suffering from oppression that they are now free; to those imprisoned freedom; and to proclaim the Lord's year of favour.

'I rejoice in the Lord; my soul rejoices in my God. Because God gave me salvation and goodness. I rejoice like a bridegroom wearing a garland (flowers around neck), like a bride with beautiful jewels.'

Because the earth lets fresh things grow, and a garden lets seeds grow; so in the same way, the Lord will make sure all peoples will have wholeness and goodness, and they will praise God.'

Psalm - MY SOUL REJOICES IN MY GOD.

My soul praises the Lord.

My heart is glad because of God my Saviour. God remembers me, I am his humble servant. All people will say I am blessed.

The Almighty has done great things for me. His name is holy! From the beginning till now, and forever,

God shows his mercy to all people that honour him.

God gives good things to the hungry. The rich, God sends away with nothing. God remembers his mercy, And He protects Israel, his servant.



A READING FROM ST PAUL'S FIRST LETTER TO THE THESSALONIANS

Always be happy. Never stop praying. Give thanks to God for everything, because God expects you to do this in Jesus Christ.

Never try to suppress (stop) the work of the Spirit. Prophecy is a gift - do not treat it with contempt (mockery/criticism). Before you do anything, think first; keep all the things that are good, and stay away from all evil things.

Let the God of peace make you perfect and holy. Let God keep you all safe in spirit, mind and body, and free you from sin for the coming of our Lord Jesus Christ. God has chosen

you and he will not fail you or let you down.

A READING FROM THE GOSPEL OF JOHN

God sent a man named John. John came as a witness, to tell people about the light (Jesus), so that all will believe in him.

John himself was not the light, only a witness to speak about the light (Jesus).

This is how John appeared as a witness.

not Elijah."



The Jews sent priests and Levites from Jerusalem to ask, "Who are you?" John said openly, "I am not the Christ." They asked, "Are you Elijah?" John said, "No, I am

They asked, "Are you the Prophet?" John said, "No."

So they said to him, "Who are you? Tell us, because we have to go back and tell our leaders (bosses) who you are. What do you say about yourself?"

So John said, "As (same) Isaiah said: I am the voice of a person in the desert, shouting: 'Make a straight path for the Lord.'"

These Jews were sent by the Pharisees and they asked more questions, "If you are not the Christ, not Elijah, and not the prophet, then why are you baptising people?"

John replied, "I baptise with water; but there is a person here, one that you don't know, He will come after me. I am not good enough to take off his sandals."

This happened in Bethany on the other side of the river Jordan, the place that John was baptising.

Fourth Sunday of Advent Sunday 20 December

A READING FROM THE BOOK OF SAMUEL

King David moved into his new house and the Lord gave him peace and rest from all his enemies around him.

David said to the prophet Nathan, "Look, I live in a house built of expensive cedar, but the ark of God is still in a tent."

Nathan said to King David, "You go and do the things you think are right. God is with you."

But that night, God said to Nathan:

"Go and tell my servant David, 'The Lord says: You are not the person to build a house for me.'

You must say this to my servant David,

"The Lord All-Powerful God says, 'When you were in the field looking after the sheep, I choose you. I, your God, made you leader of my people, Israel. Any place that you went, I went with you. I conquered your enemies for you. I, your God, will make you famous,

the same as other famous leaders in the world. I will give a place for my people Israel;

I will bring my people to that place and they will live in that place. No wicked people will oppress them like the old days when I sent judges to lead Israel.

I will give you peace and keep you safe from all your enemies. I, the Lord, will make you great. I will make sure that one of your sons will be king. I will make your family and kingdom safe, and your throne will be established for ever.'

Psalm - LORD, I WILL PRAISE YOUR LOVE FOREVER.

Lord, I will sing forever about your love.

I will always proclaim your truth.

Lord, I know your love will never fail, your truth is eternal.

God made a covenant (promise) with his people.

He anointed David, his servant.

God made David king; David's family to rule forever.

David will say to God:

'You are my father and my God; you save me.'



A READING FROM ST PAUL'S LETTER TO THE ROMANS

Glory to God. God gives you the strength to live and follow the Good News that I preach.
I proclaim Jesus Christ. This mystery kept secret for many years
is now shown to us. This mystery was in the scriptures (*Bible*).
I must proclaim the Good News to pagans (*non-believers*) everywhere
and so help them have faith and obey God.
The scriptures said God's way would happen. Only God is wise.
Give glory to God through Jesus Christ forever and ever. Amen.

A READING FROM THE GOSPEL OF LUKE

God sent the angel Gabriel to a virgin living in Nazareth, a town in Galilee.

The young woman named Mary was engaged to marry Joseph, a man from the family of David.

The angel came to Mary and said, "Rejoice, you are truly blessed! The Lord is with you."



Mary was afraid and wondered about the meaning of the angel's message.

The angel said to her, "Mary, do not be afraid. God is very pleased with you. Listen! You will become pregnant and you will give birth to a son. You will name him Jesus. He will be great and people will call him Son of the Most High God. The Lord God will make him King, the same as his ancestor David. Jesus will rule over the people of Jacob forever.

His kingdom will never end."

Mary said to the angel, "But how can I become pregnant? I am a virgin."

The angel said, "The Holy Spirit will come to you, and the power of the Most Hight God will stay with you. The child will be holy and will be called Son of God. Also, remember your relative, Elizabeth. She is old and everybody thought she could never have a baby, but now she is six months pregnant. God can do anything, because nothing is impossible to God!"

Mary said, "I am the servant of the Lord. Let what you have said happen to me."

And the angel went away.



A READING FROM THE SCROLL OF ISAIAH

The Lord God said: "I will encourage Jerusalem. I will not be silent; I will help Jerusalem until she is saved. I will wait until Jerusalem's goodness shines like light. Then all the world will see your goodness, and all the kings will see your glory.

You will be like a beautiful crown for the Lord. The Lord will give you a new name. No more will your name be 'Rejected' nor the land 'Abandoned.' Your new name will be 'My Delight', and your land will be called 'Married'; because the Lord is happy with you.

The Lord will be like a young man marrying you as his bride. As God created you, He will be with you. Like the man happy with his bride, the Lord God will rejoice in you."

Psalm - LORD, I WILL SING ABOUT YOUR LOVE FOR EVER.

I made a covenant (God's promise) with my chosen one.

I promised David, my servant:

I said I will establish a kingdom that will continue for ever.

The people will be happy with their king.

The king follows God's way.

God said: 'I will love him, I will make him victorious.'

The king will say to God: "You are my father, the God, that saves me."

A READING FROM THE ACTS OF THE APOSTLES

Paul arrived at Antioch in Pisidia, he stood up in the synagogue. Paul wanted people to listen, to look at him and be silent so he raised his hand and began to speak:

"People of Israel, you that worship God, listen to me. The God of Israel chose our people of long ago. When our people were suffering and living in a foreign land, the land of Egypt, God helped his people to escape. God made them become a great nation (people).



Then God made David the king of our ancestors (people of the past). God said, "I have chosen David, the son of Jesse. He is the man that will do all the things I want him to do." God promised that one of David's descendants (future children) would be Jesus. Jesus will be the Saviour for the people of Israel.

Before Jesus came, John the Baptist preached and told the people of Israel that they must be baptised to show their repentance. Before John the Baptist finished his work he said to the people, "You think I am the Christ - I am not. Christ will come later and I am not worthy to untie his sandal."

A READING FROM THE GOSPEL OF MATTHEW

This is how the birth of Jesus happened. The mother of Jesus Christ was Mary. Mary was engaged to marry Joseph. But before they married, Mary found that she was pregnant. She had a baby in her womb through the power of the Holy Spirit. Mary's husband, Joseph, was a good man. He did not want to embarrass Mary or give her a bad name, so he made plans for a divorce quietly.



But the angel of the Lord appeared to Joseph in a dream. The angel said, "Joseph, son of David, do not be afraid to accept Mary as your wife. She has the baby in her womb by the power of the Holy Spirit. She will give birth to a son, and you must name him Jesus, because he will save people from their sins."

All this happened because God had made this promise through the prophet:

'A virgin will conceive and give birth to a son. He will be called Emmanuel, a name meaning 'God-is-with-us.'

When Joseph woke up, he did what the angel of the Lord told him to do: he took his wife Mary into his home. Joseph had no sexual intercourse with Mary; she gave birth to a son, and Joseph named him Jesus.

The Nativity of the Lord Friday 25 December

A READING FROM THE SCROLL OF ISAIAH

It is wonderful to see a person walk on the mountains bringing Good News of peace and happiness! Announcing salvation, saying, "Your God is King!"

The city guards shout together with joy because they can see the Lord coming.

You people of Jerusalem and your destroyed buildings, shout with joy. Why? Because the Lord comes to give comfort and support to his people. He will save Jerusalem.

The Lord will show his holy strength to all nations.

All people will see the salvation of our God.

Psalm - ALL PEOPLE HAVE SEEN THE SALVATION OF GOD.

Sing to the Lord.

He has done wonderful things!

By his power God saved all people.

He remembered his promise to the people of Israel.

God remembered his love for us.

All people have seen the salvation of our God.

Sing with joy to the Lord.

Praise the Lord!

A READING FROM THE LETTER TO THE HEBREWS

In the past, God spoke to our people many times and in many different ways through the prophets. But now God speaks to us through his Son. God made the world through his Son. God chose his Son to receive everything. The Son shows us the glory of God. The Son is the perfect copy of God, His Father. The Son gives life to the world by his powerful word. Now, the Son has destroyed sin, and has gone to heaven and is at the right hand of God the Father.



God gave him a name greater than anyone and the Son of God is greater than the angels of heaven.

God never said to any angel, "You are my Son, today I have become your Father." No, when God brought his Son into the world, he said, "Let all the angels worship Him (Jesus)."

A READING FROM THE GOSPEL OF JOHN

In the beginning, the Word was there. The Word was with God. The Word was God. He (Jesus) was with God in the beginning. Through him God made all things. Nothing was created without him. Through him all things lived. His life brought



light to the people. A light shines in the dark, and the dark could not overpower the light. God sent a man named John. He came as a witness, to tell the people about the light, so that all can believe in him. John himself was not the light, only a witness to tell the people about the light.

The Word was the true light. The Word came into the world and gave light to all people. The Word was in the world. The world was made through him, but the world did not know him. He came to his own country, but his people did not accept him. Some did accept him, so He gave them power to become God's children, because they believed in the name of the one born of God himself. The Word became flesh, he lived with us. We saw his glory, the glory he received because he was the Son of God the Father, full of grace and truth. John came as a witness. He told people: "This is the one I told you about. He comes after me, but he is more important than me, because he lived before I was born."

All of us received grace and blessings from him. God gave the Law through Moses, but grace and truth came through Jesus Christ. No one has seen God, only the Son - he is nearest to the Father's heart. He (Jesus) has told us about his Father.

The Holy Family of Jesus, Mary & Joseph Sunday 27 December

A READING FROM THE SCROLL OF GENESIS

Abram had a vision and the Lord told him, "Do not be afraid, Abram. I will protect you. I will give you a great reward."

Abram replied, "My Lord, what do you plan to give me? I have no children. One of my servants will receive everything after I die."

Then the Lord spoke to Abram, "Your servant will not inherit (receive your things) from you but your son, your own flesh and blood will receive everything."

The Lord took Abram outside and said, "Look at the sky and try to count the stars. Your future children and their children will be as many as the stars."

Abram trusted the Lord, and the Lord was pleased with Abram.

As the Lord promised, the Lord blessed Sarah and she became pregnant. Sarah gave birth to Abraham's son, and Abraham was now an old man. The boy's birth happened at the time God promised. Abraham named him Isaac.

Psalm - THE LORD IS OUR GOD. GOD ALWAYS REMEMBERS HIS COVENANT (PROMISE).

Give thanks to the Lord.

Tell all people God's name.

Praise God, tell everybody about God's wonderful works!

Let us be proud of God's name.

Always remember God's wonderful works.



God remembers his Covenant (promise) with Abraham and Isaac.

A READING FROM THE LETTER TO THE HEBREWS

Through faith Abraham obeyed God and went to a far country that God promised to give him. Abraham went but he did not know where he was going.

It was also through faith that Sarah, the wife of Abraham, an old woman, became pregnant. She conceived because she believed in the promise of God. Because of Sarah's pregnancy, Abraham, an old man, trusted God, and through this one man (Abraham), there were many descendants (future people), as many as the stars of heaven, or as the sand on the seashore. God tested Abraham; it was because of faith that Abraham obeyed God and offered his only son Isaac as a sacrifice. God said: "It is through your son Isaac that your name will continue to be passed on" and Abraham trusted God. He was confident that God had the power to raise dead people and that He would give his son Isaac back to him.

A READING FROM THE GOSPEL OF LUKE

The time was right for the parents of Jesus to be purified (cleansed), to follow the Law of Moses. So Mary and Joseph took their baby and went to Jerusalem.



The Law of the Lord says: 'Each first born boy must be consecrated to the Lord. Two doves or two young pigeons must be sacrificed.'

Mary and Joseph presented (offered) the baby Jesus to the Lord. In Jerusalem, there lived a man named Simeon. He was a very good and holy man. He was waiting for God to save Israel. The Holy Spirit was with him. The Holy Spirit had told him that he would not die before he saw Christ the Lord. Now the Holy Spirit led Simeon into the Temple, and there the parents brought Jesus, to obey the Law of Moses; they presented Jesus to Simeon. Simeon took the child in his arms and blessed (praised) God. Simeon said:

"Now, Master, you can let me, your servant, die in peace.

You kept your promise.

With my own eyes, I have seen your salvation - a salvation you prepared for all people. Here is the light to show your way to all, not only to Jewish people, and to give glory to your people Israel."

Jesus' parents stood there wondering about the things Simeon said about Jesus. Simeon blessed them both. He said to Mary, "You see this child: many people will fall because of him. Many people in Israel will also be saved because of him. He will be a sign that people will refuse to accept. Sorrow, like a sharp sword, will pierce your heart. And the secret thoughts of many people will be made obvious (clear, open) to all."

There was a very old woman, a prophetess, named Anna, daughter of Phanuel, from the family of Asher. She was married seven years before becoming a widow. She was now eighty-four years old and she was always in the Temple, fasting and praying to God every day and every night. She came into the Temple and then she began to praise God. She told everybody that was waiting for God to free Jerusalem all about Jesus.

After Mary and Joseph had done (finished) all that the Law of the Lord said they must do, they went back to their own town of Nazareth in Galilee. The boy Jesus grew and became wise. God's favour was with him.

The Epiphany of the Lord Sunday 3 January

A READING FROM THE SCROLL OF ISAIAH

Jerusalem, arise. Your light has come. The Lord's glory is shining on you. Look, the world and all its people are still in the dark but the light of the Lord will shine on you. The brightness of his presence will shine on you. Other people and kings will come to your light. Look around and see what is happening, all peoples are coming towards you; from far away your sons will come, your daughters will be carried to you.

You will see this and your heart will be filled with joy. Overseas, the wealth of other countries will be brought to you. Many camels will come to you, the young camels from Midian and Ephah. From Sheba everybody will come, they will bring gold and incense and they will praise the Lord.

Psalm - ALL PEOPLE WILL BOW IN FRONT OF YOU, O LORD.

God, teach the king to judge rightly. Let the king judge poor people fairly. God's justice and peace will spread. God will rule from sea to sea.

God has pity on weak people. He will save the lives of the poor.



A READING FROM ST PAUL'S LETTER TO THE EPHESIANS

I'm sure you have heard about me - that God, through his grace, showed his mystery to me so I can help you. In the past, people didn't know the mystery, but now God, through His Spirit, revealed (show) it to his holy apostles and prophets.

This means that the Gentiles (people not Jews) now share God's blessings with the Jews. The Gentiles (people not Jews) are members of the same body (the Church). They share the same promise of God, in Jesus Christ, through the Gospel.

A READING FROM THE GOSPEL OF MATTHEW Jesus was born in Bethlehem during the time when King Herod ruled. The wise men saw a star and came from the East.

They asked, "Where is the baby born to be king of the Jews? We saw his star when it



came up in the East and we have come to worship him."

When King Herod heard this he was very worried. All the people in Jerusalem were worried

too. King Herod had a meeting with all the Jewish priests and scribes (writers).

He asked, "Where will the baby be born?"

They replied, "In Bethlehem because in the scriptures (Bible), the prophet wrote:

'A leader will come from Bethlehem and he will shepherd my people Israel'".

Then King Herod asked to see the wise men privately. He wanted to know the exact date when they first saw the star.

Then he sent the wise men to Bethlehem, telling them, "Go, look carefully for the baby, and when you have found him, let me know so I can come to worship him."

The wise men went on their journey and again they saw the star. They were filled with joy. They followed it and the star stopped over the place where the baby was. They went into the place and they saw the baby with his Mother Mary, then they knelt down and worshipped him. They gave him gifts of gold, frankincense and myrrh.

But in a dream, they received a warning not to go back to king Herod; they went home a different way.

Baptism of the Lord Sunday 10 January

A READING FROM THE SCROLL OF ISAIAH

The Lord says: "All you thirsty people come, drink water! If you have no money, come! Buy corn without money, and eat. Come, drink wine and milk - it will cost you nothing! Why spend money on something that is not food? Why waste money on something that will not satisfy you? Listen to me, and you will have good things. You will enjoy eating good food. Listen carefully to me! Come to me and your soul will live. I made a covenant (promise) with David; now, I make a covenant (promise) forever with you."

I will make you a witness to the peoples; I will make you a leader and ruler of peoples. You will summon (order) a foreign people, and they will come to you. This will happen because I am the Lord your God. I am the Holy One of Israel, and I will give you glory.

Search (look) for the Lord before it is too late. Pray to him while he is still near. Let the wicked people give up their ways, and change their evil thoughts. Let them turn back to the Lord, and the Lord will have pity on them; our God is full of mercy.

The Lord says, "My thoughts and my ways are not the same as your thoughts and your ways. The heavens are so high above the earth. In the same way, my thoughts are so high above your thoughts, my ways are so high above your ways."

The Lord says, "The rain and the snow come down from the sky and the water covers the earth; the water lets crops grow to produce (make) seeds that are used for both sowing and for making bread to eat. Yes, it is the same with my 'word'; I send my 'word' to do what I want and my 'word' will not fail. My 'word' will succeed and do all the things I planned to do.

Psalm - YOU WILL RECEIVE SALVATION FROM THE LORD.

Truly, God is my salvation. I trust God, I will not be afraid. The Lord gives me strength. God saves me.

Give thanks to the Lord, praise his name! Tell all people about his wonderful works. Tell all people about his name. Sing and praise the Lord, the Holy One of Israel.



A READING FROM THE FIRST LETTER OF ST JOHN

The people that believe Jesus is the Christ are God's children. Any person that loves the Father also loves the Father's children.

How do we know that we love God's children? We know because we love God and obey his commandments. Loving God means that we follow his commandments; and his commandments are not too difficult for us.

Why? Because we are God's children; this means we have already conquered the world. We have the victory over the world because of our faith.

Who can conquer the world? Only the person that believes Jesus is the Son of God, and believes that Jesus Christ came with water and with blood; not just (only) water but both water and blood.

The Spirit is the witness and the Spirit always tells the truth. So we have three witnesses: the Spirit, the water, and the blood; all three tell us the same thing. We accept people's testimony (witness) but God's testimony (witness) is stronger (more strong). God gives us this testimony (witness) about his Son.

A READING FROM THE GOSPEL OF MARK

John the Baptist was preaching. He said, "Someone (one person) is coming, this person is more powerful than I. I am not good enough to kneel down and take off his sandals. I baptised



you with water, but he will baptise you with the Holy Spirit."

Then, Jesus came from Nazareth in Galilee. John baptised Jesus in the river Jordan. After Jesus came out of the water, he saw the heavens open and the Spirit, like a dove (bird), coming down onto him.

A voice from heaven said, "You are my Son, the Beloved. I am pleased with you."

2nd Sunday in Ordinary Time Sunday 17 January

A READING FROM THE FIRST SCROLL OF SAMUEL

Samuel was sleeping in the Temple, near the Ark of the Covenant (God's promise). The Lord called (said), "Samuel! Samuel!" Samuel got up, and went to Eli and said, "I am here, you called me." Eli said, "I did not call you. Go back to bed." Samuel went back to bed. Again the Lord called, "Samuel! Samuel!" Samuel got up, and went to Eli and said, "I am here, you called me." Eli replied, "No, I did not call you. Go back to bed."

So Samuel went back to bed. Samuel did not know that God was calling him. God had not (yet) spoken to him before. For the third time, the Lord called. Samuel got up, went to Eli and said, "I am here, you called me." Eli realised God was calling the boy, so he said to Samuel, "Go back to bed. If you hear someone calling you, say, 'Speak to me, Lord. I am your servant. I am listening.'"

So the boy Samuel went back to bed. The Lord came and stood near the boy. The Lord called and said, "Samuel! Samuel!" The boy answered, "Speak to me, Lord. I am your servant. I am listening."

Samuel grew up and the Lord was with him. Everything the Lord told Samuel happened.

Psalm - LORD, I AM HERE! I WILL OBEY AND FOLLOW YOU.

I waited, I waited for the Lord and He came to help me.

He heard my prayer and he saved me.

I rejoice and I praise God.

Lord, you do not want sacrifice. You want me to listen and be open to you. You do not want burnt offerings. So I say: Lord, I am here.



A READING FROM ST PAUL'S FIRST LETTER TO THE CORINTHIANS

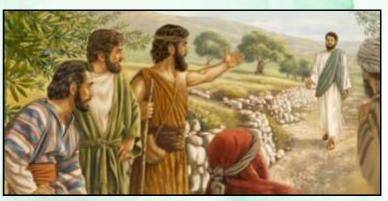
We must not use the body for fornication (sexual sin). The body is for the Lord, and the Lord is for the body. By God's power, God raised the Lord Jesus from the dead. And God will use his power to raise us up.

You know that your bodies are part of the body of Christ himself. Any person that joins themselves to the Lord becomes spiritually one with him.

Keep away from sexual sin. All other sins are committed (done) outside the body, but fornication is a sexual sin against your own body. You know your body is a temple for the Holy Spirit. The Holy Spirit was given to you from God, and the Holy Spirit lives in you. Your body is not your own. God gave you your body. This is why you should respect your body for God's glory.

A READING FROM THE GOSPEL OF JOHN

John the Baptist stood with two of his disciples, then he saw Jesus walk past him. John said, "Look, there is the lamb



of God." The two disciples heard John (the Baptist), so they followed Jesus. Jesus turned and saw the two disciples following. He asked them, "What do you want?" The two said, "Rabbi", - meaning 'Teacher' - "where do you live?" Jesus replied, "Come and see." They went with Jesus, saw where he lived, and stayed with him all day. It was about four o'clock in the afternoon.

One of the two that followed Jesus was named Andrew. Andrew had a brother named Simon Peter. Early next morning, Andrew met his brother and said to him, "We have found the Messiah." - 'Messiah' means 'Christ'. Andrew brought Simon, his brother, to Jesus. Jesus looked at Simon and said, "You are Simon, son of John. Now you will be named 'Cephas'." 'Cephas' is the same as 'Peter', meaning 'Rock'.

3rd Sunday in Ordinary Time Sunday 24 January

A READING FROM THE SCROLL OF JONAH

The Lord spoke to Jonah: "Go! Go to the big city, Nineveh, and preach to the people there as I told you." Jonah obeyed the Lord and went to Nineveh. Nineveh was a very big city, it took three days to walk through the city. Jonah walked into the city and after a full day's walk, started to preach to the people.

He said, "In forty days, Nineveh will be destroyed!" The people of Nineveh believed this message from God. They decided to fast (not eat), everybody from the oldest to the youngest, and they wore sackcloth to show that they repented.

God saw that the people had given up their evil ways, God changed his mind and did not punish the people.

Psalm - LORD, TEACH ME YOUR WAYS.
Lord, teach me your ways.
Help me to live with the truth.
Because you God, you are my Saviour.
Do not remember my sins, but give me your love.
The Lord is truly good.
He shows the right way to sinners.

He leads humble people the right way.

He teaches his way to the poor.



A READING FROM ST PAUL'S FIRST LETTER TO THE CORINTHIANS

Brothers and sisters, I want to tell you something because we do not have much time left. Starting from now, married people should live as if they were not married. Sad people should live as if they were not sad. Happy people enjoying life should live as if they were not happy and have nothing to laugh about. People that love buying things should live as if nothing belongs to them. People busy with the things of the world should live as if these things were not important.

You should live this way because the world, as it is now, will soon be gone.

A READING FROM THE GOSPEL OF MARK

After John the Baptist was put in prison, Jesus went to Galilee and preached the



Good News from God. Jesus said, "Now is the time, the kingdom of God is near! Change your lives, repent and believe the Good News."

Jesus was walking near the Sea of Galilee, he saw two fishermen, Simon and his brother Andrew, throwing the net into the sea.

Jesus said to them, "Follow me and I will teach you to catch people." Straight away they dropped the nets and followed Jesus.

Jesus continued walking and saw two other brothers, James and John, the sons of Zebedee. They were in the boat with their father and the men working with him, mending the nets. Jesus called them and straight away they left the boat and their father, and they followed him.

4th Sunday in Ordinary Time Sunday 31 January

A READING FROM THE BOOK OF DEUTERONOMY

Moses said to the people:

"The Lord your God will send you a prophet. This prophet will come from your own people, and this prophet will be like me. You must listen to this prophet. On the day that you were gathered at Horeb, Mount Sinai, you were afraid of God's voice and the terrible fire.

You said, 'Do not let us hear the voice of the Lord our God again! Do not let us see that great fire or we will die!'

The Lord told me, 'The thing they ask for is good. I will send them a prophet like you. This prophet will be one of their own people. I will tell him what to say, and he will tell the people everything I command. This prophet will speak in my name. Anyone that refuses to listen to this prophet,

I will punish them. But if any prophet says something that I did not say, that prophet will die. Also if a prophet speaks for other gods, that prophet must also die.'"

Psalm - TODAY, WE WILL LISTEN TO GOD. WE WILL NOT LET OUR HEARTS BECOME HARD.

Come, let us praise and thank the Lord! Let us sing with joy because God saves us. Come, let us bow and worship him. Because he is our God, he created us, and we are his people.

Listen to God.

Do not let your hearts become hard or stubborn,

Not like the people of long ago in the desert,

they saw God's work, but they refused to believe in him.

A READING FROM ST PAUL'S FIRST LETTER TO THE CORINTHIANS

I want you to be free from worry. A man that is not married can have time to work for the Lord. He tries to please the Lord.

But a married man is busy with the things of the world and he tries to please his wife, so he is pulled two ways.

In the same way a woman that is not married, like a young girl, can have time to work for the Lord. She wants to give herself fully - body and soul - to the Lord.

But a married woman is busy with the things of the world and she tries to please her husband. I am saying this because I want to help you

and not to make things worse for you.

I want to make sure you live the right way and that you give yourselves fully to the Lord.

A READING FROM THE GOSPEL OF MARK

Jesus and his disciples went to Capernaum. As the Sabbath began, Jesus went into the synagogue and began to teach.



The people listening to Jesus were truly

impressed; Jesus was not like the scribes (writers) because he taught with authority.

While Jesus was in the synagogue, there was a man with an evil spirit inside him.

The evil inside the man shouted, "Jesus of Nazareth. What do you want with us? Have you come to destroy us? I know who you are - you are the Holy One of God!"

Jesus said strongly, "Be quiet! You evil spirit, come out of the man!"

The evil spirit threw the man to the ground. With a loud scream the evil spirit came out of the man. All the people were shocked. They asked each other what had happened.

They said, "This man, Jesus, gives us a new teaching. He has authority to give orders to evil spirits and they obey him!"

News about Jesus spread quickly everywhere in Galilee.



4 Turner Street, PUNCHBOWL NSW 2196 Phone: (02) 9708 1396 TTY: (02) 9708 6904 Fax: (02) 9709 5638 Email: office@ephpheta.org.au www: www.ephpheta.org.au



The Ephpheta Centre is supported by the Charitable Works Fund.

Staff Email Addresses:

Brett	brettb@ephpheta.org.au			
Chrisso	christiane@ephpheta.org.au			
David	david@ephpheta.org.au			
Donovan	donovan@ephpheta.org.au			
Liz	liz@ephpheta.org.au			
Pat	pat@ephpheta.org.au			
Fr Michael	frmichael@ephpheta.org.au			

EPHPHETA WEBSITE NEWS Have you seen our website recently?

Our website is now being updated regularly so it is always full of current information. Please keep checking it!

If you have any ideas or feedback for our website please contact David at <u>david@ephpheta.org.au</u>

www.ephpheta.org.au

Please send your news, stories, information and requests to Liz or David to be considered for the next newsletter!



What does "Ephpheta" mean?

The name Ephpheta of our Centre came from the bible - a story about Jesus meeting a deaf man, he says *"Ephpheta"* which means "Be open".

We are always open to you all!