



Special Ephpheta Newsletter

Welcome to our special Ephpheta newsletter.

Normally we would be celebrating Ephpheta Sunday on the first Sunday in August but this year we cannot come together because of COVID19.

We have made some special videos on our Ephpheta Facebook page and website.

Please have a look and enjoy what we have made.

We have also made a special card for you to keep to remember this Ephpheta Sunday.

Stay safe and well - love from the Ephpheta team

xo



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.

Mass only. No morning tea or lunch.

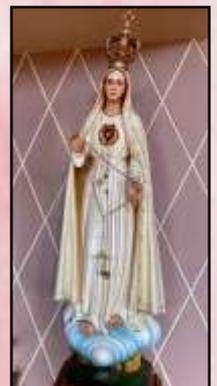
If you are over 70 or not well or are worried about coming, please do not come. You do not have to come to Mass. You can watch this Mass live streamed on our Ephpheta Facebook page (look for 'Ephpheta Centre for Deaf and Hard of Hearing People') or we can SMS you the video link.

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

When: 11am each Sunday

You can also watch it later on our Ephpheta website.

PLEASE NOTE - NO MASS ON SUNDAY 30 AUGUST



A message from Liz & Dave!

Liz's report

Hi everyone – hope you are keeping well and staying safe.

As we are preparing this newsletter, the Ephpheta team is thinking back to this time last year (2019) when we were getting ready to celebrate our 40th Ephpheta Sunday. What a great day that was! People came from all over NSW and Victoria to celebrate Mass and our wonderful lunch. So much excitement, so many laughs. It was a truly wonderful day.

Now this year – what a difference. Our lives have changed because of coronavirus. And we don't know what the next days and weeks and months will bring. What will our lives look like this time next year?

But one thing never changes. God's love for us. All through our lives- in good times and bad- God is with us. And the things which God wants never change – to love God and to love others.

Ephpheta Sunday reminds us of some of the wonderful things God has given to us that cannot be taken away – gifts of love, of faith, of community, of friendship. The deaf community is struggling through this pandemic throughout the world. Everyone is struggling. We all want life to get back to the way it was before.

But we know – that with God's love and with love for each other – we will get through this hard time. It will be so wonderful when we can see each other again. We will see each other again – just not yet. In the meantime – stay safe, have faith, love God and each other and know that God is with you always.

Until next time,
Liz



Dave's report

As I write this report, Melbourne in Victoria is facing very challenging times. Everyone in Melbourne will be required to wear face masks. We in NSW are not in this situation for now but we still see the news on the TV or in the newspapers, that some people in NSW are not following the rules or guidelines to stay safe and slow down the spread of COVID-19 virus.

Here is a prayer that we hope will give you comfort during these hard times -

Come and embrace me Lord

Hold me secure

Hold me strong

Hold me forever

In Your everlasting arms

Amen.

We are working hard on getting things ready for Ephpheta Sunday. We will not have a normal get together on Ephpheta Sunday this year because of the COVID-19 situation. But we will release exciting online videos for you to watch. Our aim is to keep us connected. We try to follow Ephpheta's mission. Be open. Be with Jesus. Be safe with God.



We have been running regular Zoom meetings - craft, deaf men and prayer group. I am very pleased many of you are taking up this challenge and staying in touch with your friends and with the Ephpheta Team.

Wash your hands. Stay safe. Stay 1.5m apart. We will be okay.

Take care, David and the EC team.



Fr Michael's Reflection...

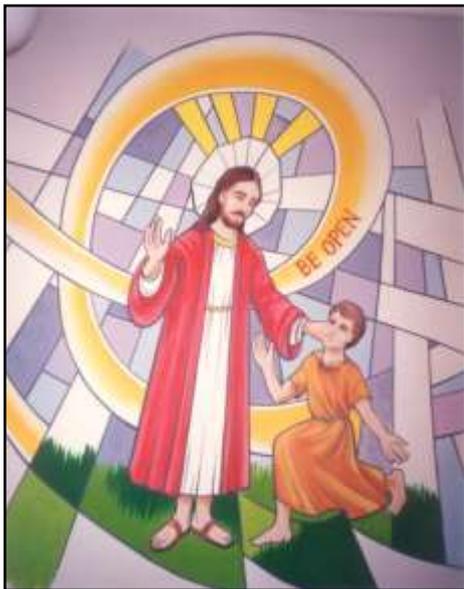
God knows you better than you know yourself

Every Ephpheta Sunday we are reminded of the "Ephpheta" miracle. Jesus restored the hearing and voice of the deaf and mute man. This year has been a difficult one for many. The lessons of the Ephpheta miracle can be an encouragement for us.



Some people don't mind the extra time alone and with family, but a lot of people find this time very hard. They feel alone. Some have lost their jobs. Some feel abandoned. Before Jesus healed the Deaf man, I'm sure he felt similar loneliness. There were many people who cared about him. They brought him to Jesus after all! And I'm sure he was grateful they wanted to help him. Friends are great. We should thank God for them. However, friends can't necessarily understand a person completely.

In the Gospel of John it says, "Jesus did not need anyone to tell him what a person was like. He already knew." (Jn 2.25)



Jesus communicated differently to the deaf man. He took the man aside, apart from the distraction and bustle of the crowd. The man could follow what Jesus was doing by sight and touch. Jesus healed with the same power that God created man, because Jesus is God. That deaf man met God, who knew and loved him perfectly. Only God can know and love perfectly.

The deaf man and God meeting, means a lot for all people. It means that God who loves and understands us perfectly, wants us to know and love Him too. It means that Jesus has given us a way to do that. Jesus said, "be opened".

Open your heart to God. God knows you better than you know yourself. By loving God, you will learn to love yourself and others better. Then, you will love God even more... and so on, always growing in love. The gifts of this life, like hearing, and sight, and touch are wonderful, but the greater gift is to use the gifts of this life to receive the far greater gift of new life with God.

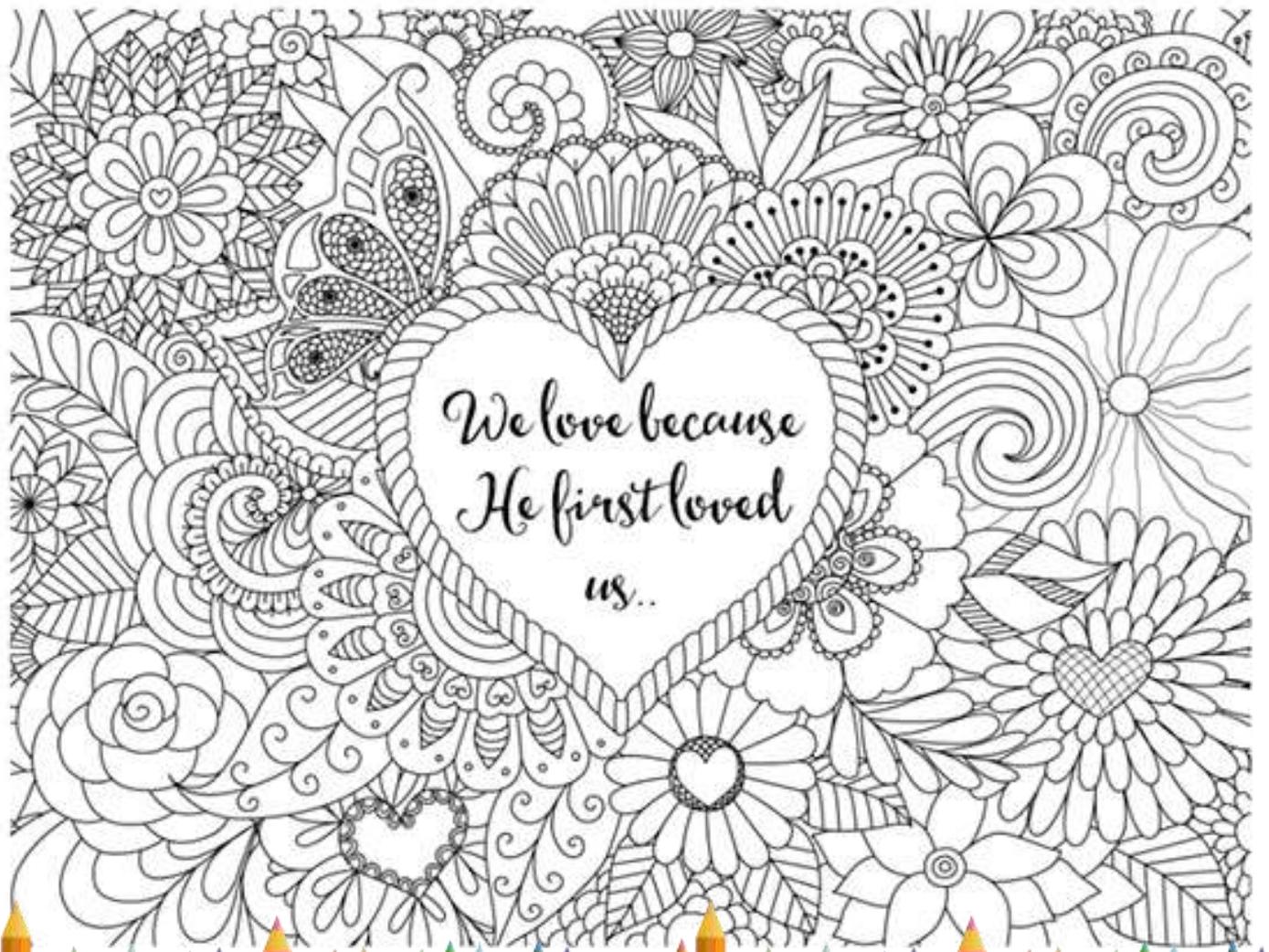
Are you feeling alone? Do you know someone who is feeling lonely? Remember that God is always with you and, then, love someone. Love like the deaf man's friends loved him, by seeing who needs help and thinking of ways to help them. Love them even better, by trying to love like Jesus, raising people to goodness and eternal life. Then, when you have opened your heart, God will open His heart to you too.

God Bless and Happy Ephpheta Sunday,
Fr Michael.

God made the animals

Compare the picture on the top with the picture on the bottom. Circle 17 things that are different.





We love because
He first loved
us..



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- CARE
- EPHPHETA
- GOD
- OPEN
- JESUS
- FUN
- MARY
- LEARN
- JOY
- FRIENDSHIP
- DEAF
- TOGETHER
- LAUGH
- FAITH
- LOVE
- PRAY
- SHARE
- AUSLAN
- HAPPY



F I N D

A

W O R D



A recipe for you to try make at home!

Christmas Cake with Rum

By Mary Profilio

About this recipe...

This recipe originally is from my Nana, passed onto my Mum then onto me. I used to eat this often as a little girl. A very nice and moist cake.

Mary often makes this cake for our community celebrations every Ephpheta Sunday!

Have a go at trying to make it yourselves this year. Enjoy it with a cup of tea and a video chat with friends!

Ingredients

- 250g margarine or butter
- 500g mixed fruit
- 500g sultanas
- 1 cup firmly packed brown sugar
- 1 cup water
- 1 slightly rounded teaspoon bicarb soda
- 1 teaspoon mixed spice
- 125g walnuts or almonds chopped (optional)
- ½ cup rum or brandy
- 3 eggs, lightly beaten
- 1 cup plain flour
- 1¼ cups self raising flour
- Extra rum

Method

- Preheat oven to 150°C.
- Place margarine, mixed fruit, sultanas, brown sugar and water in saucepan.
- Add bicarb, and mixed spice, bring to boil. Allow to cool then mix in nuts and rum, allow to stand overnight or for several hours.
- Add eggs then flours. Mix well. Line tin with 2 layers of greaseproof or baking paper.
- Bake in oven for 1½-2 hours.
- When taken out of oven, dribble rum over the hot cake, cover cake in tin with thick towel and allow to cool until cold before turning out.



Zoom with the Ephpheta Centre

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

This is a fantastic program you can use to make group video calls and catch up with friends while we can't see each other at the moment. We have prepared instruction sheets on how to download and access Zoom.



Men's catch up on Zoom!

If you would like to learn how to make group calls over the computer/iPad, please contact one of the Ephpheta team. We will be happy to help.

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.

If you already have Zoom, please contact David and we will arrange to include you in a group.

If you don't have Zoom, we can try to help you set up Zoom on your iPad, mobile phone or computer.

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!



Prayer group on Zoom!



BINGO!!! Craft catch up on 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.



Readings for Mass - 19th Sunday in Ordinary Time Sunday 9 August

A READING FROM THE SCROLL OF KINGS

Elijah walked to Horeb, the mountain of God; Elijah went into the cave and stayed there all night. Suddenly the Lord spoke to Elijah, "Go, stand on the mountain in front of me."

The Lord passed Elijah and a strong wind blew. The wind was so powerful, the mountains shook, and rocks broke into pieces. But the Lord was not in the wind.

After the wind there was an earthquake. But the Lord was not in the earthquake. After the earthquake there was a fire. But the Lord was not in the fire.

After the fire there was a gentle breeze (soft wind). When Elijah heard the sound of the gentle breeze, he pulled his coat over his face.

He went out and stood in front of the cave.

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

I will listen to what the Lord says.

He speaks about peace.

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 many good things will grow.

The Lord's way is just.

His way gives peace.



A READING FROM ST PAUL'S LETTER TO THE ROMANS

I speak the truth. I belong to Christ and I do not lie. My conscience, ruled by the Holy Spirit, tells me the truth.

I want to say that I have great sorrow, and the pain in my heart never stops. I wish I could help my people, my flesh and blood.

I would accept the curse of God and be separated from Christ if it could help my brothers and sisters of Israel. They are God's people.

God made them his children, he showed his glory to them. He made covenants (God's promises) with them and gave them the Law.

They have the true worship, they received God's promises. They are born from the Jewish people of long ago.

Christ is also born of the same Jewish family. God rules over all things. Blessed be God for ever! Amen.

A READING FROM THE GOSPEL OF MATTHEW

Jesus told his disciples to go in the boat and go to the other side of the lake. Then Jesus told the crowds to go home. After this, Jesus went up into the hills by himself to pray.

It was getting dark, Jesus was alone and the boat was now far away on the lake. There was a strong wind, and the boat was struggling because of the rough sea.

Between three and six o'clock in the morning, Jesus came to the boat, walking on the water. The disciples saw Jesus walking on the water, they were terrified.

They shouted with fear and said, "It is a ghost!"

Immediately Jesus said to them, "Do not be afraid. It's me (Jesus). Courage (be brave)!"

Peter said, "Lord, if it's really you (Jesus), tell me to come to you on the water."

Jesus said, "Come." Peter got out of the boat and started walking on the water to Jesus. But Peter felt the strong wind, he became frightened and began to sink.

Peter shouted, "Lord, save me!" Jesus quickly put out his hand and caught him. Jesus said, "You have little faith. Why did you doubt?"

Then Peter and Jesus got in the boat, and the wind stopped. The men in the boat bowed down in front of Jesus and said, "Truly, you are the Son of God."



20th Sunday in Ordinary Time

Sunday 16 August

A READING FROM THE SCROLL OF ISAIAH

The Lord says, "Be fair to all people. Do things that are right and just. Why? Because soon I will come and save you.

I will show my goodness to the world.

Foreigners will join the Lord. They will serve him and love his name.

All people that keep the Sabbath - the Lord's Day - and do not ignore it, but follow my commandments, these people I will bring to my holy mountain.

I will make them happy in my house of prayer. The sacrifices they make on my altar will make me satisfied.

My temple will be called a house of prayer for all people.

Psalm - LET ALL THE PEOPLES PRAISE YOU, O GOD.

O God, look at us with kindness.

Bless us, so that we will know your way.

All nations (peoples) will know you saved us.

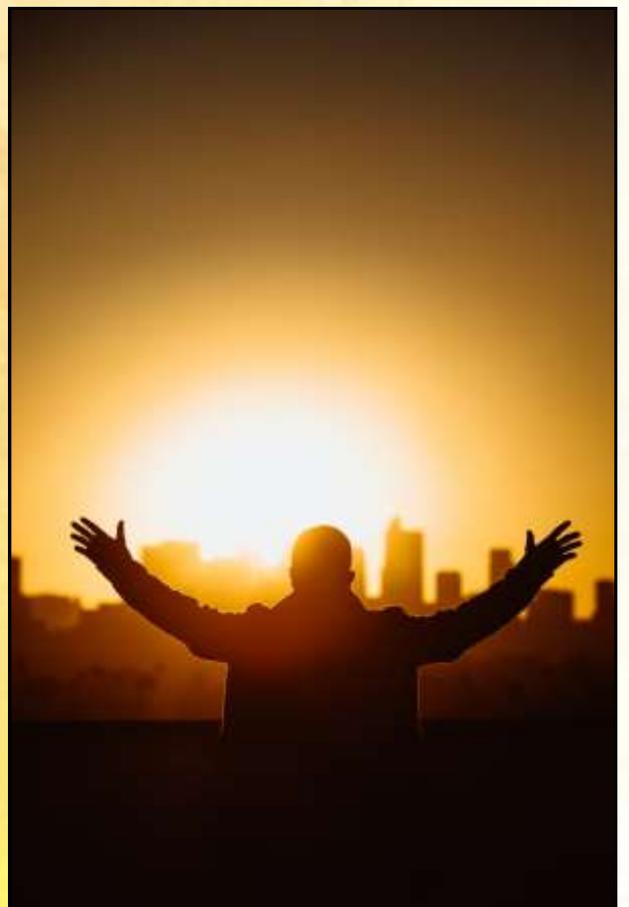
Let all the nations (peoples) be glad and rejoice.

You rule the world with justice.

You guide all people on earth.

Let all the people praise you.

Let God bless us always.



A READING FROM ST PAUL'S LETTER TO THE ROMANS

Now I speak to you, you people that are not Jews. I am an apostle and God sent me to non-Jewish people. I am proud of my work with you.

I hope I can make my own Jewish people jealous so that I can save them. The Jews rejected God because God made friends with non-Jewish people, who knows what this would mean?

When God accepts and forgives the Jews, this would be like the resurrection of the dead with people brought back to life.

God chose his people, this was the gift or calling that God gave to his people. God never changes his mind and never takes back his gifts.

Before, you non-Jewish people you did not obey God, but now you received mercy because the Jews refused to obey.

In the same way, because of the mercy that you received, the Jews that disobeyed God will later change and will receive mercy from God too.

God let all people refuse to obey so that He could show mercy to them all.

A READING FROM THE GOSPEL OF MATTHEW

Jesus left Gennesaret and went to the area of Tyre and Sidon. A Canaanite woman from that area came to Jesus.

She shouted, "Son of David, have pity on me! My daughter is tormented by a devil."

But Jesus said nothing. The disciples went to Jesus and persuaded him. They said, "Give her what she wants, because she is shouting and making a lot of noise."

Jesus replied, "God sent me only to the lost people of Israel." But the woman came and knelt in front of Jesus. She said, "Lord, help me!"

Jesus answered, "It is not fair to take the children's food and throw it to the dogs."

The woman replied, "Yes Lord, but don't forget dogs eat pieces of food that fall from the table."

Then Jesus answered, "Woman, you have great faith! I will give you what you want." At that same time, her daughter was well again.



21st Sunday in Ordinary Time

Sunday 23 August

A READING FROM THE SCROLL OF ISAIAH

The Lord said to Shebna, the master of the palace:

“I will throw you out from your office, your important high position and you will lose your job. On the same day I tell my servant, Eliakim son of Hilkiah, to take over your job.

I will take your robe and sash (belt) and give them to him. I will give your authority to him. He will be like a father to the people of Jerusalem and Judah.

He will have the key of office; what he opens, no one will shut, and what he shuts, no one will open.

I will make him strong, firm like a peg hammered into the ground. From his throne, he will give honour and glory for his father’s house.”

Psalm - LORD, YOUR LOVE IS ETERNAL

Lord, I thank you, with all my heart
because you answered my prayers.

I will adore you in front of your holy
Temple.

I thank you because you never fail to
give me your love.

You answered my prayers and you gave me strength.

The Lord looks after his humble people.

You protect me and save me.

Your love is eternal.



A READING FROM ST PAUL'S LETTER TO THE ROMANS

God's gifts are very many and richly generous. His wisdom and knowledge are very deep.

It is impossible to understand his way or explain his decisions. Who knows God's mind?

Who could give him advice or help? Who has given God anything? All things are from him.

All things are created and live through him. Glory to God forever! Amen

A READING FROM THE GOSPEL OF MATTHEW

Jesus came to the area of Caesarea Philippi, he asked his disciples, "Who do people say the Son of Man is?"

The disciples said, "Some people say you are John the Baptist, other people say you are Elijah, others say you are Jeremiah or one of the prophets."

Jesus said, "But you, who do you say I am?" Simon

Peter answered, "You are the Christ, the Son of the living God."

Jesus replied, "Simon, son of Jonah, you are a happy man! Because flesh and blood, human knowledge, did not tell you this, but my Father in heaven told you who I am.

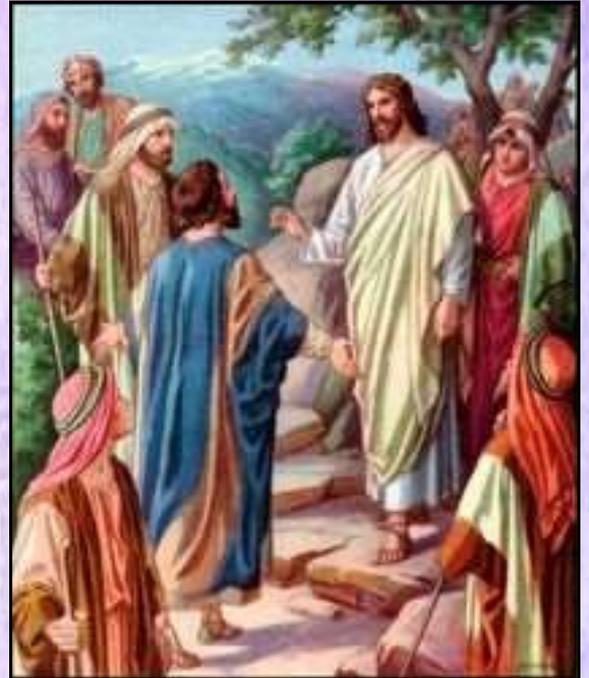
So now I say to you: Your name is Peter, and on this rock I will build my Church. The powers of hell will not conquer the Church.

I will give you the keys of the kingdom of heaven.

Anything you agree on earth shall be (same) agreed in heaven.

Anything you prohibit on earth shall be (same) prohibited in heaven."

Then Jesus gave his disciples strict orders not to tell anyone that he was Christ.



22nd Sunday in Ordinary Time

Sunday 30 August

A READING FROM THE SCROLL OF JEREMIAH

Lord, you fooled me, you are stronger than me, so you won. Everyone laughed at me, they mocked me every day.

Every time I spoke, I had to shout loud: 'Violence and destruction!'

I tried to tell people your message but people insulted me and made fun of me.

But when I said, "I will forget about the Lord, I will not speak any more for him", your message became like a fire in my heart and trapped in my bones.

I tried my best to hold God's message inside me but I could not cope.

Psalm - O GOD, MY SOUL THIRSTS FOR YOU, MY GOD.

You are my God, I need you.

My body is like (same) a dry land without water,

My soul thirsts for you.

Let me see you; see your strength and your glory.

Your love is better than life.

I will praise you God.

All my life I will pray and raise my hands.

My soul will be satisfied because you help and protect me.



A READING FROM ST PAUL'S LETTER TO THE ROMANS

My brothers and sisters, think about God's mercy. I beg you, worship God in a way that is good and worthy because you are people that think carefully.

Give your lives as a holy sacrifice, truly satisfying to God. Do not imitate (copy) the people in the world, but change your behaviour and attitude with a new mind.

This is the only way to find out what God wants, to find out what things are good, and know what is the right thing to do.

A READING FROM THE GOSPEL OF MATTHEW

Jesus began to explain to his disciples that he himself would go to Jerusalem. He said that he would suffer a lot because of the Jewish priests and the scribes (writers).

They would condemn him to death. But on the third day he himself would rise to life.

Then Peter spoke to Jesus in private: "You will die?"

No, this must not happen to you!" But Jesus turned and said to Peter, "Leave me (go away), you Satan (devil)!"

You are not helping me, because the way you think is the way of the people, not God's way."

Then Jesus said to his disciples, "If people want to follow me, they must forget themselves, carry their cross and follow me.

People that want to save their lives will lose their true life. People that give up their lives for me will find true life.

If people win the world, but lose their lives, what is the point? If people want true life, what can we do to have that true life?

The Son of Man will come again with his Father's glory and with his angels. He will come and give reward to each person depending on what that person has done."





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

 Join us on Facebook!
<http://www.facebook.com/thecentrefordeaf>

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 david@ephpheta.org.au

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!