



Prayer makes every day better - Pope Francis

In a recent article, Pope Francis said that prayer makes every day better, even the most difficult days, and is a reminder that God is near.

Source: CNS.



Prayer transforms a person's day "into grace, or better, it transforms us: it appeases anger, sustains love, multiplies joy, instils the strength to forgive," the Pope said during his weekly general audience.

Prayer is a constant reminder that God is nearby and so, "the problems we face no longer seem to be obstacles to our happiness, but appeals from God, opportunities to encounter him," Pope Francis said, continuing his series of audience talks about prayer.

"When you start to feel anger, dissatisfaction or something negative, stop and say, 'Lord, where are you and where am I going?' The Lord is there," he said. "And he will give you the right word, a piece of advice for moving forward without this bitter, negative taste, because prayer is always – to use a secular word – positive. It moves you forward.

"When we are accompanied by the Lord, we feel more courageous, freer and also happier," he said. **"So, let's pray always and for everyone, even our enemies.** This is what Jesus advised us, 'Pray for your enemies'."

By placing one in touch with God, the Pope said, "prayer inclines us toward an overabundant love".

In addition to praying for one's family and friends, Pope Francis asked people to "pray above all for people who are sad, for those who weep in solitude and despair that there still might be someone who loves them."

A message from Liz & Dave!

Liz's report

Hi everyone – hope you are all going well.

I recently lost my lovely dad. He was aged 93 when he died. He and mum had been married for over 67 years and were devoted to each other. Mum is now dealing with the challenges of living each day without her beloved husband by her side.

Dad was a lovely man. He was quiet and liked to think things through. He had a small group of people he was close to and his family was at the heart of it. He was clever and kind and could fix anything which was broken. I miss him very much.

Through the heartbreak and sadness, I have been blessed and comforted by the support and love of many people, including my friends in the deaf community. Thank you for your kindness, prayers and love, especially the concern which you have shown for mum. Yet again, I am so lucky to be a part of the Ephpheta Centre and this community.

In my head, I always knew that one day dad would die but in my heart I had hoped he would live forever. I pray that he has been welcomed into the light of God's face and is at peace in God's kingdom. Rest in peace Dad x

Until next time,
Liz



Dave's report

Hello everyone! I hope you all had a lovely holy Easter weekend. It is Ephpheta Centre's first time that we delivered interpreted Mass Services on Palm Sunday, Holy Thursday, Good Friday, Saturday Vigil and Easter Sunday online and onsite. We are very happy that so many deaf people and their families/friends came along.



Saturday Vigil Mass at Our Lady of the Assumption.

Fr Michael and Kate - Auslan interpreter

Easter is a time when we can rejoice at the gift of life.

I also hope our Catholic Church of English/Anglicans and other Christian communities had a wonderful Easter and our best wishes for our Orthodox Community on 2nd of May. Also there was the Jewish Passover and the Hindu Holi event.

Islamic holy month of Ramadan is happening at the moment. Australia is a diverse harmonious multi-cultural community!

The Ephpheta Centre is still NOT running Deaf Cafe events at Ephpheta. We are still waiting to hear from the government and our Archdiocese of Sydney to see if we can open our Centre to the wider community. We still have small Deaf outings and pastoral visits and our team is planning small but exciting deaf events for you all.

Can you please make an appointment with us first before you come to the centre so we can be ready and serve you.

The COVID-19 situation is still not finished. We still have to be careful of our distance with people anywhere in the public places and on buses/trains. If you are not sure, you can still wear a mask. Always check with your doctor. Stay safe!

Take care and God bless you all.

David.



Fr Michael's Reflection...

Christ is risen, Alleluia, Alleluia! He is risen indeed, Alleluia!

This Easter, as we celebrated Jesus rising from the dead, the Parish and Deaf community seemed to be coming back to life too. I know many people were very happy to see friends, sometimes after a year apart. May our love of God and each other grow stronger every year.



It has been wonderful having the Catholic Deaf community at Our Lady of the Assumption Parish (OLA) this Easter. I admit, it's a lot easier for me not having to drive to Punchbowl and find parking. However, I know that OLA Church may not be as convenient as the Ephpheta Centre for transport and am thankful for everyone who was able to come. Hopefully, more Ephpheta events in different places, and bigger gatherings, will be possible this year.

OLA parishioners were very curious about Auslan. I could see they were nervous about not knowing how to communicate. Some of the most courageous overcame their shyness, and have been determinedly coming to Deaf Masses every week. It might be time the OLA parish and local Catholic school had some introductory Auslan lessons.

Over the past year the work of the Ephpheta centre has temporarily had to change quite dramatically. I've noticed a professional live streaming and video editing team has appeared! Perhaps, some of these new skills are helping Ephpheta reach more people.

The number of people watching Deaf Masses and events online seems to have exploded. I suspect there are many people from around Australia, and even one or two from overseas who are interested in the prayers and videos being offered. I wonder how many are Deaf? Maybe they don't have access to these things where they live, because of COVID or some other reason?

Ephpheta has been visiting lots of Deaf people at home too. In many ways, it was easier and more fun having group events. Now, the Ephpheta team has been stretched in different directions, sometimes driving long distances to visit people at home. Thanks to the community for your patience and to Ephpheta for your hard work!

Hopefully, more small events will be possible soon in different locations. Let us know if you would like to be involved or would like a visit. In the meantime, you might like to look at the videos that Ephpheta has put online. You can find them on the Ephpheta Facebook page or website. You are also most welcome at Our Lady of the Assumption Parish, Homebush. Currently, Deaf Masses are at OLA on Sundays at 11am.

God Bless and Happy Easter,

Fr Michael Lanzon

CatholicCare Home Care Services

Through the eyes of a carer



Teresa Taouk began working for Catholic Care Sydney in mid-2019, and says working for the Archdiocese of Sydney's social services agency, is truly her calling. Teresa comes to work every day knowing that the service she provides to seniors in their homes makes a big difference to each client in many different ways.

Teresa finds the interactions with her clients enriching and meaningful, because she gets to hear firsthand about fulfilled lives as dancers, painters, mothers and fathers.

Through Teresa's experience as a Home Care Specialist she is equipped with compassion and understanding to help the vulnerable regardless of their faith or culture.

Teresa believes that social connectedness is vital to all Home Care clients and has become one of the main focus areas of CatholicCare's Home Care Services in Sydney.

CatholicCare is a trusted aged care service provider, which has over 75 years of valuable knowledge and experience. Every client has a different reason for taking up Home Care, for some it may be domestic assistance, or transport and support at medical appointments right through to personal or nursing care.

"We care about and are dedicated to every client, no matter what their care needs," Teresa said "My role with CatholicCare allows me to cultivate my Christian values, that is definitely my motivation and I really love being involved in our clients lives and getting to know them and their families. Visiting CatholicCare clients' homes and being introduced to new people is what makes my day so rewarding. It's great to meet so many interesting people from different backgrounds, nationalities, cultures and religions and I truly enjoy listening to all the fascinating stories that are shared. I usually come away feeling like I've become an extended part of the family."

If you would like to have a conversation about Home Care Services please get in touch, an Ephphetha 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.

"My recommendation to all seniors is not to wait. As soon as you need assistance at home or know somebody who might need support, get in touch." – Teresa Taouk.



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connect@catholiccare.org



catholiccare.org



CatholicCare



be open

Ephphetha

*Project supported by the
Ephphetha Centre*

Craft Corner

What have the craft ladies been up to?

We are incredibly excited to announce that craft get togethers are back!

After one very long year of computer, iPads, video calls, Zoom and no regular face to face craft group, the Deaf Craft Group are now able to meet in person!

Bring your own craft project to work on. The group is currently working on making Trauma Teddies for the Australian Red Cross.

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

When: We meet once a month.
Next date - Wednesday 12 May

Ephpheta provides morning tea and we ask that you bring your own lunch.

Because of coronavirus, numbers are still limited.

If you'd like to join craft group, please contact the Ephpheta Team.



A prayer for all Mothers



Dear God,
Thank you for all the mothers in our lives.

To our own mothers and grandmothers, for their guidance, wisdom and love.

To the women who never had their own children but who loved other people with a mother's love.

To Mary our Mother in Heaven – for her love and faith and gentleness, who is always with us.

Thank you, God for these women.
Bless them and look after them always.

Amen



Combined Men's & Women's Day Out - 20th May

Join us for a day at Sydney's new Zoo! It opened in December 2019 and has many different and popular animals for us to see. We are in the process of trying to organise some interpreted animal shows - keep an eye out for more details!



After the day we will have lunch together at your own cost. BYO lunch welcome.

When: Thursday 20 May - meet at 10am.

Where: Sydney Zoo - 700 Great Western Highway, Bungarribee.

Cost: \$30. Lunch at your own cost.

RSVP: Chrisso 0405 749 488 (SMS) or email christiane@ephpheta.org.au before Friday 14 May.

Women's Day Out - 17th June

Join us for a fun artistic mosaic tiling workshop. We will discover the art of mosaic tiling, will learn how to use different materials correctly and make something for everyone to take home.



Bunnings will provide all materials for us to use. It will be such a fun day!

After the workshop we will have lunch nearby together at your own cost. BYO lunch welcome.

When: Thursday 17 June. Times are to be confirmed.

Where: Bunnings Bankstown Airport - 347-359 Milperra Road, Bankstown.

Cost: Free. Lunch at your own cost.

RSVP: There are limited numbers available for this event. You must RSVP to Pat to secure your place 0414 412 852 (SMS) or email pat@ephpheta.org.au before Friday 11 June.

Once you have RSVP'd we will confirm the time of the workshop.

Men's Day Out - 15th July

Join us for a guided tour of Sydney Cricket Ground (SCG).

We will have a tour of the different areas the SCG has. We will hear about the different stories of players, spectators, events and learn about the rich history of one of Sydney's most famous venues!



After the tour we will have lunch nearby together at your own cost. BYO lunch welcome.

When: Thursday 15 July. Meet at 10am for a 10.30am start.

Where: Sydney Cricket Ground. Gate A, Driver Avenue, Moore Park.

Cost: \$22 - tour. Lunch at your own cost.

RSVP: Donovan 0408 697 773 (SMS) or email donovan@ephpheta.org.au before Friday 9 July.

Ephpheta Sunday - 1st August

Each year, the Catholic Church throughout the world celebrates the gifts which the deaf community bring to the life of the Church.

Everyone is welcome to come and join us to celebrate Ephpheta Sunday!



When: Sunday 1st August

Mass: Starts at 11am

Our Lady of the Assumption - 74 Underwood Rd, Homebush.

Lunch: Starts at 12.30pm

Wentworth Hotel - 195 Parramatta Rd, Homebush West.

Please join us for a beautiful 2 course meal at the Wentworth Hotel.

The Wentworth Hotel is a short 4 minute drive from Our Lady of the Assumption in Homebush.

Cost: \$40 per person

\$10 per child (12 years old and under)

RSVP: Due to COVID, numbers are limited. You must **RSVP** if you are coming!

Must RSVP to Ephpheta Centre **before** Friday 16 July.

Email: liz@ephpheta.org.au or 0400 300 295.

You can also RSVP through <https://www.trybooking.com/BRCAN>



- If you register your ticket with Try Booking, it automatically lets us know.
- If you need support using Try Booking website, please contact Ephpheta staff.
- When you RSVP please let us know if you have any food requirements/allergies.

If you are DeafBlind and need extra interpreting support on the day - please let us know **ASAP**.

We look forward to seeing you all on this special day!



Our Lady of the Assumption Church, Homebush



Wentworth Hotel, Homebush

Mass at Our Lady of the Assumption, Homebush

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.

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

When: 11am each Sunday

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 at 11am, 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.



Bus Timetable

Time	Bus Number
10:19am	525
10:34am	525
10:38am	526
10:49am	525
Return to Strathfield	
12:06pm	525
12:19pm	526
12:34pm	526
12:39pm	525

When Mass is finished, catch the bus back to Strathfield train station.

Any questions, please contact Ephpheta staff.

Morning tea after Mass

We are very excited to announce we will now have morning tea together as a community after Sunday Mass at Homebush!

We still need to keep everyone safe and make sure we follow COVID and government regulations.

Ephpheta Centre will provide morning tea only - no lunch.

Starting when: Sunday 23 May after 11am Mass at Our Lady of the Assumption, Homebush.

Where: In the hall next door to Our Lady of the Assumption.

Because of coronavirus, numbers are still limited.

Please let Ephpheta staff know if you will be joining Mass and morning tea.

We are excited to see the community for a cup of tea after Mass!



Mini Deaf Café

The Ephpheta Centre is still closed and we are not running our monthly Ephpheta Deaf Café.

For now, we have been organising **mini deaf cafés** (small get togethers at cafés) in your local area.

These have been really fun! It has been wonderful to see everyone again.

The different areas we will organise mini deaf cafés at are:

Penrith	Blacktown/Seven Hills	Canterbury	Northern Beaches	Inner West
Campbelltown	Punchbowl	Central Coast	Menai	Eastern Suburbs

If you would like to know more information, please contact Pat and Donovan.

Pat: 0414 412 852 (SMS) or email pat@ephpheta.org.au

Donovan: 0408 697 773 (SMS) or email donovan@ephpheta.org.au



Our first mini deaf café in Penrith!

Mass for You at Home

Did you know that you can also watch Auslan interpreted Sunday morning Mass on TV if you do not have the internet or access to Facebook?

Mass For You At Home can be watched on Channel 10, every Sunday morning at 6.30am.

Ephpheta is proudly working with the Diocese of Wollongong in relation to Mass for You at Home.



David was called as King

Compare the picture on the top with the picture on the bottom. Circle 11 things that are different.





COMMUNI TY
 DEAF
 FAI TH
 SHARE
 JESUS
 GOD
 FRI ENDSHI P
 PRAY
 AUSLAN
 SPI RI T
 JOY
 EPHPHETA
 LOVE
 FUN
 TOGETHER
 CARE
 LAUGH
 HAPPY
 OPEN
 PEACE



A recipe for you to try make at home!

Martha's Cookbook
(Recipes from the Deaf Community's Kitchen)

Whopper Cake
 By Murreall O'Connor

About this recipe...
 This is a very simple and popular cake that I've made many times for the last 30-40 years!

Ingredients

- 250g butter (softened)
- 2 cups sugar
- 3 cups self raising flour
- Pinch of salt
- 4 eggs
- 2 dessert spoons cocoa (optional)
- 1 ½ cups milk
- Vanilla

Method

- Preheat oven to 180°C. Beat all ingredients together for 4 minutes.
- Cook for 50 minutes in oven on middle shelf until cooked through.



Have a look at Ephpheta's Facebook page for a video of Murreall and Pat making it!



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

The Ephpheta Centre is supported by the Charitable Works Fund.



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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!