

Lockdown is ending! (fingers crossed!!!)

We are so pleased that Sydney and NSW is starting to come out of the months of lockdown which we have been experiencing for some months. After such a long time of being in our homes, people who are fully vaccinated are finally able to see family and friends, go back to work and start to lead a more normal life after almost 2 years. The scientists tell us that COVID will be with us for many years, so maybe we will be wearing masks and social distancing for many months and years to come.

The last 2 years have been very challenging. But we have also learnt many things in this time. We have learned about how much we need other people. We have learned how resilient our deaf community is in adapting to new situations which are hard. We have learned to value our homes and the people who are close to us.



Please continue to stay safe and care for the people around you. If you have any questions about vaccinations or sickness, please talk with your GP.

This newsletter sets out information about some coming events which will be happening at Ephpheta until the end of the year. We will have another newsletter in November which will give more information about our Christmas Mass service and plans for next year. We hope you enjoy this this newsletter!

A message from Liz & Dave!

Liz's report

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

So, in Sydney we are slowly coming out of lockdown as NSW has passed the 80% double vaccinated rate.. It is interesting reading some of the medical specialists talking about how coming out of lockdown can be very hard for some people. Some people may not be confident being out and about—whether through shyness, anxiety or being worried about still becoming sick with COVID. The specialists say that we have been told for so long to stay home and stay safe. For some of us, being told that we can leave our homes and do things again can be very scary.



It is normal for all of us to react to coming out of lockdown in different ways. Some of us are so excited that we cannot wait to see our family and friends again! Some of us will be feeling uncertain and unsure.

So it is important that we be gentle with each other. And with ourselves. We need to take our time to adjust and allow other people the time that they need to adjust. We need to respect each other's opinions and not be too forceful in what we say or how we behave. We need to continue to love and look after each other. Take care, stay safe, go gently.

Until next time, Liz

Dave's report

Hello! Hope you are all enjoying the Spring air. All the flowers. Those of us with hay-fever, we need to be kind to ourselves and rest plenty. Drink plenty of water too. Christmas is fast approaching. Hard to believe!

By now we have reached the 80% COVID vaccination rate. Churches (Catholic and other religions) have opened their Mass Services to their parishioners no matter if they are vaccinated or not. If you don't feel comfortable coming to a Church, please don't go. We will still provide Online Mass services. Please wear a mask, wash your hands, stay 1.5m away from anyone and use the QR to record your attendance when you come to Our Lady of the Assumption church at Homebush on Sundays 11am. We will continue to follow the advice of the NSW Government and our Archdiocese of Sydney.



The early Christians prayed in the church of the home. Once more, in troubled times when public worship has to be restricted, we are called to pray in "the domestic church", always aware of the promise of Jesus, "Where two or three are gathered in my name, there I am among them."—Matthew 18:20



We have been adding new events to our busy program until the end of 2021 and beyond. We are now running a new activity called Auslan Playgroup for mothers and fathers of children who use Auslan. Hearing, Hard of Hearing and Deaf people and kids are welcome. We will continue to use Zoom for our Playgroup and we will switch to face to face hopefully early in 2022. We will let you all know when that happens. We will mostly do our pastoral visits by Zoom, Skype, FaceTime or Video Messenger or real time text such as SMS and Facebook Messenger. Stay safe and healthy as always! David.

A Message from Fr Michael

*Advent starts on Sunday 28 Nov
and finishes on Friday 24 Dec*



Only a few popes in history have been called “the great”. St Leo I was the first. He lived during the 400’s AD. He interceded for the people of Rome to stop Hannibal from attacking the city. A few years later, he interceded again to stop the invading Vandals from torturing, murdering, and setting fire to Rome.

St Leo I was a good teacher of the faith and many of his sermons have survived. In one sermon, he encourages the faithful to keep “the Fast of December”. This is the same as Advent, which is the time in the year when the Church prepares for the coming of Christ at Christmas.

St Leo I encourages prayer, fasting and almsgiving (giving to the poor) to prepare for Christmas. He even seems to say that this “ancient custom” of preparation was received from the Apostles.

St Leo I says that **prayer, fasting, and almsgiving** help renew us in God’s image.

1. In **prayer**, we seek God’s mercy, praise Him, and keep our faith strong.
2. In **fasting**, we put out the fires of our desires, are careful to wash our souls clean from sin, and learn to live an innocent life.
3. Through **almsgiving**, our sins are forgiven, we become quick to help our neighbour, and grow in goodness of soul.

Through these three devotions, we embrace all the virtues, are joined to the Holy Spirit, and arrive at the image and likeness of God.

St Leo I also said that is not enough to only fast. He says that we must complete our fast by being merciful to the poor. We must spend on virtue what we withdraw from pleasure. The food we do not eat should become a meal for the poor. Almsgiving is like Baptism, he says. If sin is like a fire, then almsgiving is like water that puts it out. If sin is like dirt, almsgiving washes clean.

Mother Mary and St Leo I, help us to keep the fast, prayer, and almsgiving of Advent. Help us, so that we are made ready to welcome Jesus in a special way this Christmas, and every day.

God Bless, Fr Michael.



Community Lunch 5 December 2021— POSTPONED!!!

PLEASE READ!!!

**Our planned Christmas community lunch on
Sunday 5 December is cancelled.**

In Sydney, there have been many changing rules about lockdowns due to COVID. We also need to make sure that our deaf community is safe and we were worried about the safety of having a large indoor lunch with our deaf community this year.

So, we have decided to postpone our Ephpheta Community Lunch until Ephpheta Sunday 2022. **We have postponed our booking for the Wentworth Hotel until 7 August 2022.**

If you have already paid for your lunch and would like your money back, please

All Soul's Day – 2 November



Please watch our Ephpheta Facebook page on 2 November for a special video we have made where we remember and pray for the people we love who are no longer with us.

We will also be posting this video on our Ephpheta website.

December Mini “Deaf Cafes”



So we can all see each other safely before Christmas, Ephpheta is holding some mini deaf cafes throughout December across Sydney. Ephpheta staff will be at each catch up (with a little gift for everyone!) and we look forward to seeing you. Please bring money to buy your own morning tea from the club.

When and where:

Monday 6 December Time 10am	West Gosford Leagues Club 26 Central Coast Hwy, West Gosford
Tuesday 7 December Time 10am	Penrith RSL 8 Tindale Street, Penrith
Thursday 9 December Time 10am	Campbelltown Catholic Club 20-22 Camden Road, Campbelltown
Tuesday 14 December Time 10am	Wenty Leagues Club 50 Smith Street, Wentworthville
Thursday 16 December Time 10am	Dee Why RSL 932 Pittwater Road, Dee Why
Tuesday 21 December Time 10am	Canterbury Leagues Club 26 Bridge Road, Belmore

Numbers are limited.

Please **RSVP** to Liz (liz.mcdowell@sydneycatholic.org) or any Ephpheta staff to let us know **WHICH** mini café you are going to. We look forward to seeing you!



Auslan Play Group (0-5)

Our new Auslan Play Group—a social group for mums, dads, carers and their children aged 0-5 is going very well.



So far we have been meeting on Zoom and it has been lovely, having chats with families about their children.

We will continue to meet on Zoom for now BUT we are also planning a **face to face** catch up (subject to any changing government rules).

So who is this for? Deaf or hard of hearing mums and dads, carers, grandparents looking after their grandchildren AND their children aged 0-5 years. Also for any parents who have deaf children and are interested in joining us. All are welcome.

When? On Zoom each Friday **from 10am-11am**

Face to Face Catchup

When: Friday 3 December 10am—12 noon

Where: Hall, Our Lady of the Assumption Catholic Church, Underwood Rd, Homebush (the parish hall is behind the Church)

What? A morning tea for mums, dads carers and their children aged 0-5 years. Ephpheta will supply morning tea for the mums and dads but **PLEASE** bring food and drink for your children. Please note that parents are responsible for their children throughout this event and children **CANNOT** be left alone.

Want more information? Please contact Pat at Ephpheta on 0414 412 852 (sms only)

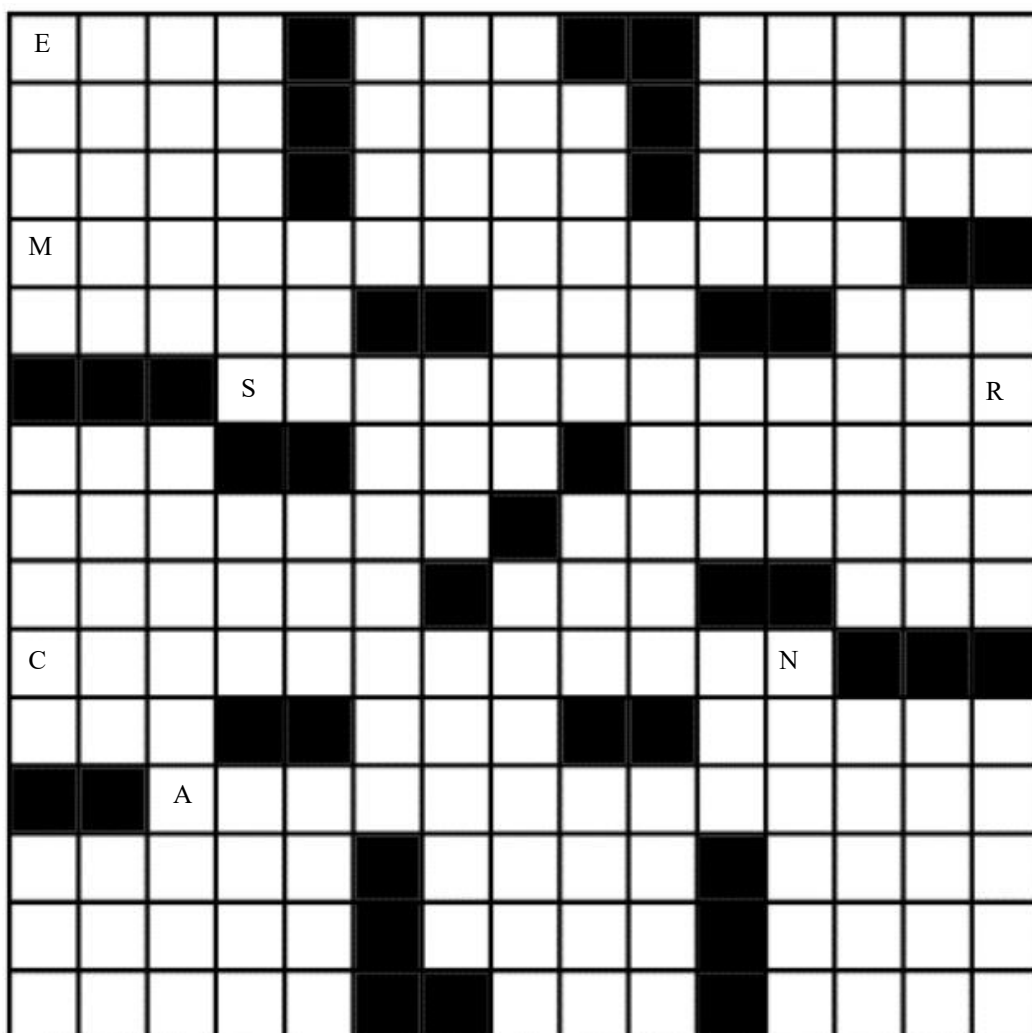


WORD SEARCH—COMPLETE THE GRID!

See if you can put all the words in the grid. We have started it off for you!

3 LETTER WORDS

AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK



4 LETTER WORDS

A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH

SAYS
VINO

5 LETTER WORDS

ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON

SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS

ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS

EHRlich
GAROTTE

NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS

EXTREMITY
TURNABLE

12 LETTER WORDS

CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS

ARCHIMANDRITE
MIXED METAPHOR

Did you know.....



How many bricks does Lego make a year? Approximately 60 Billion Lego bricks are made each year!!

The Lego Group manufactures rubber tyres for its vehicles within their Lego building sets. Each year, the company sells over 700 million tyres, but Bridgestone (one of the largest tyre companies in the world), can only produce about 200 million tyres per year.



There are over 50 different colours of Lego bricks.

If you found a Lego piece from the 1950s lying around, it would be able to be connected with a Lego from 2020. Lego bricks are part of a universal system, meaning no matter when they are made, the pieces will always be compatible.

It took five months of hard work and almost 6 million bricks, the Tower Bridge reconstruction is now the world record holder for the largest structure made of LEGO bricks! If 7 LEGO sets are sold out every second, see how many sets would be sold in one day. Amazing right? At Christmas time, about 28 LEGO sets are sold per second. Wow, that is very amazing! Imagine how many dozens of LEGO sets have been sold out while you were reading this!

Prayer Group through Advent

Advent starts on Sunday 28 November and finishes on Friday 24 December

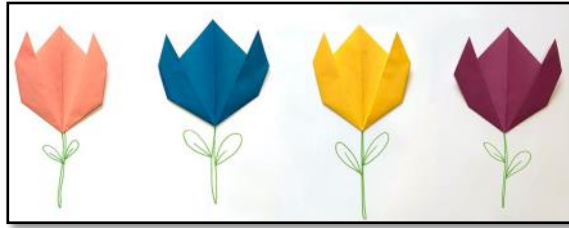
Each Friday afternoon at 2pm we have our Ephpheta prayer group via Zoom.

Throughout the season of Advent, we will be having special Advent themed meetings where we discuss what Advent means and how we can prepare for the coming of the baby Jesus at Christmas. Everyone is very welcome to join these meetings. The discussions and prayers are in Auslan and you do not need to prepare anything before prayer group. It is a very welcoming place!

So if you are interested in joining our Zoom prayer group, please contact our faith formation assistant Brett Beath (mob: 0407 064 872) and can give you more information.



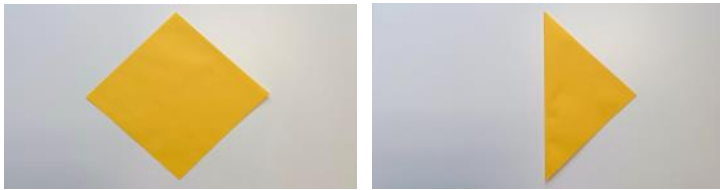
LET'S MAKE AN ORIGAMI FLOWER!



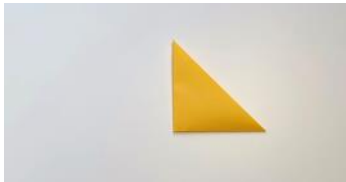
YOU WILL NEED

- A square of coloured paper
- And your hands of course. And that's it!

1 Fold the square in half, diagonally, to make a triangle.



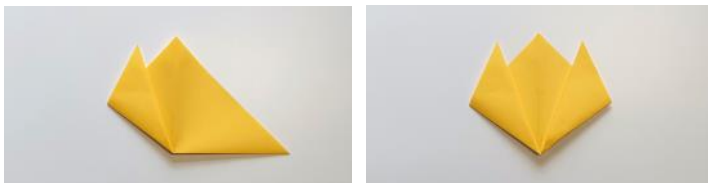
2 Fold the triangle in half.



3 Open the fold you just made and make sure the folded line is facing upwards.



4 Fold the points on the base of the triangle upwards as shown.



5 Turn your flower over.



6 Fold back the sides of the flower as shown.

7 Turn your flower over and marvel at your pretty origami creation!

Source: <https://www.toucanbox.com/activities/easy-origami-flower>



Lives of the Saints – St Francis of Assisi

Feast Day 4th October

Birth: 1181

Death: 4th October 1226

Became a saint in 1228

Patron Saint of: Animals



St Francis was born in Assisi, Italy. Both his parents were very rich. Growing up, Francis only wanted money and to have fun. He loved parties.

When Francis was 21 years old, he went to war and spent a year in goal. While in prison, he had time to think and pray. Francis realized that money would not make him happy.

Then Francis met a leper. People turned away from him, but Francis walked towards the leper and gave him a hug. Francis saw God's beauty in another person. Meeting the leper changed Francis' life forever.

He gave away all his money. He preached the Gospel to the people. He was never a priest but he was ordained as a deacon. Francis begged for food on the street. He wore no shoes.



A group of men followed him wherever he went. They were to become the first Franciscans that Francis set up. He also founded a religious order for women, named the Poor Clares (named after St Clare, Francis closest friend) and a group of men and women who live in the world (Secular Franciscans)

Francis created the manger scene at Christmas. He used real animals so that people could remember Jesus's birth in a real way.

St Francis is the most loved saint in the Catholic Church. He lived a simple and holy life. Francis treated every person he met with honour, respect and love. Francis also had a great love for all of God's creation.



Towards the end of his life Francis experienced suffering. He received the 5 wounds of Jesus Christ. The wounds where Jesus was nailed on the Cross. Francis prayed for Jesus' wounds because he wanted the same experience that Jesus felt on the Cross.

Francis was starting to go blind, but he still had great faith in God. Francis died at the age of 44 years old. After he died many people praised God for the beauty of Francis of Assisi. **St Francis of Assisi, pray for us.**



Our deaf pilgrim group in Assisi , Italy. March 2018

Prayer written by St Francis of Assisi

God, you know my heart.

Give me faith, hope and perfect love.

Fill me with understanding and knowledge that I follow your true command.

Amen

Zoom with the Ephpheta Centre

During lockdown, 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. 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 deaf friendship groups, deaf stories, craft group, rosary 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.

If you would like more information, please contact David Parker.



Catching up with friends on Zoom

If you have friends who are elderly or unwell, Ephpheta can help you catch up with them via Zoom even when you cannot visit in person. We have recently been setting up groups of deaf friends to chat and share the news.

So if you have a friend who is in a nursing home, please let us know and we are happy to contact the nursing home and try and set up a Zoom meeting with them.



Any questions, please contact Donovan or Pat.



Live streamed Accessible Mass



As of Sunday 24 October, 11am Mass at our Lady of the Assumption Catholic Church will be open to the community.

If you feel ok to come to Mass, you are very welcome so long as you are not sick. You will have to socially distance, wear a mask and sign it at the door. Please note that there is NO morning tea after Mass.

If you are not feeling confident enough to come to Mass, the Church has said that this is ok. You can say a prayer, read the Mass readings for the day or watch a Mass online.

We are still filming and live-streaming Mass at 11am each Sunday with an interpreter from Our Lady of the Assumption Catholic Church so you can watch this on Facebook live on a Sunday or later on our Ephpheta website.

Any questions, please contact David or Fr Michael.



Prayer of Spiritual Communion when we cannot receive Communion

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

I love You above all things, and

I desire to receive You into my soul.

Since I cannot now receive you sacramentally,
come at least spiritually into my heart.

I embrace You as if you were already there,
and I unite myself wholly to You.

Never permit me to be separated from You.

Amen.



32nd Sunday Ordinary Time—7 November

A Reading from the First Scroll of Kings

Elijah went to Sidon. After he arrived at the city gate, he saw a widow collecting wood for a fire. Elijah said to her, “Please give me a drink of water and some bread to eat”. She answered, “I tell you the truth and God knows, I have no bread and only a small amount of flour and a little cooking oil in a jug.

I came here to find some firewood to cook the last meal for myself and my son, and then we will starve to death.” Elijah said to her, “Do not worry. Go and prepare your meal like you said. But first bake a small loaf of bread from the flour that you have. Give it to me.

Then make some for yourself and your son. Because the Lord, the God of Israel, says: ‘The bowl will not be empty of flour, and the jug will not be empty of oil, before the Lord sends rain.’”

The woman went and did everything Elijah told her to do, and they ate food, she, himself (Elijah) and her son. The bowl was never empty of flour and the jug was never empty of oil. This happened as the Lord said through Elijah.

Psalm : MY SOUL, PRAISE THE LORD.

The Lord is faithful forever.

God is fair to oppressed people.

He gives bread to the hungry.

Prisoners are freed by the Lord.

The Lord helps blind people see.

Those with heavy burdens are helped by God.

He protects strangers, widows and orphans (children without parents).

The Lord God reigns forever.

A Reading from the Letter to the Hebrews

Christ did not go into a sanctuary (holy place) made by human hands; that sanctuary (holy place) is only a copy of the real one. Christ went to heaven and He is now with God to help us. The Jewish High Priest goes into the sanctuary (holy place) once every year with the blood of an animal.

Christ went to heaven not to offer himself many times like the Jewish High Priest. If Christ had to offer himself many times, he would have to suffer many times since the beginning of the world.

Christ came and He offered himself once only, and He took away all sin through the sacrifice of himself. Each person dies once, and after that God judges the person. In the same way, Christ offered himself once to take away the sins of many people.

And Christ will come again a second time, not to take away people's sins, but to save those that are waiting for him.

A Reading from the Gospel of Mark

Jesus sat opposite the Temple treasury (money room) and watched the people putting money in the treasury. Many rich people put in a lot of money. Then a poor widow came and she put in two small coins, worth about a penny. Then Jesus turned to his disciples and said, "I tell you the truth.

This poor widow has given more money than all the others.

Because the others gave some money and they had plenty of money left for themselves.

This woman is very poor and she needed that money to live, but she gave all the money she had to the Temple treasury (money room)."



33rd Sunday Ordinary Time – 14 November

A READING FROM THE SCROLL OF DANIEL

“The great angel Michael has been guarding your people, the Jews. At some time in the future he will appear.

A time of terrible trouble will happen, terrible things that never happened before since the beginning of the world.

But when this happens, your people, all those with their names written in the Book, will be saved.

Many of the dead people will wake up. Some will enjoy eternal life, some will suffer terrible shame for ever.

The wise people will shine in the sky. And those that have taught people to live and follow the good way will shine like the stars forever and ever.”

Psalm: Save me God, I trust you.

Lord, you give me everything I need.
Lord, you support me.
My heart rejoices, my soul is glad.
My body will rest in safety.

Lord, you will never leave my soul
with the dead.
You will not let my body decay (rot,
die).
You will show me the way of life.
Your presence will fill me with joy
forever



A READING FROM THE LETTER TO THE HEBREWS

All the priests have to make the same sacrifices many times everyday, but these sacrifices can never take away sins.

Christ gave only one sacrifice for sins, and that one sacrifice was enough for ever. After his sacrifice, Christ sat down at the right side (right hand) of God.

Christ now waits until God puts his enemies under his power. Through that one sacrifice, Christ made his people perfect for ever; He made them holy, and after all sins are forgiven there will be no more sacrifices.

A READING FROM THE GOSPEL OF MARK

Jesus said to his disciples, "Sometime in the future, after the terrible things happen, the sun will become dark, the moon will fail to give light, the stars will fall from heaven, and everything in the sky will be changed.

Then people will see the Son of Man coming in the clouds with great power and glory. He will send angels all over the earth to gather his people from all over the world.

Look at the fig tree, it will teach you a lesson.

When its branches become green and it starts growing leaves, you know that summer is near. In the same way, when you see all these different things happening; the sun, the moon and the stars; you will know that the time is near, ready to begin.

I tell you the truth, all these things will happen before our people die. Heaven and earth will be destroyed but my words will never be destroyed.

No one knows when it will actually happen. The angels in heaven don't know and the Son does not know, only the Father knows."

Christ the King— Sunday 21 November

A Reading from the Scroll of Daniel

One night I had a vision: I saw a person like the son of man, and he was coming on the clouds.

He came to a very old Ruler and stood in front of him.

The old Ruler gave him authority, glory, and kingly power, so that people from all different countries, languages and cultures would serve him.

He will reign (rule) for ever, and his kingdom will never be destroyed

Psalm—The Lord is King, He reigns (rules) with glory and power.

The Lord is king.

The Lord reigns (rules) with majesty
(wonder) and strength.

He is powerful, He created the world.

Nothing will change his plan.

Lord, your kingdom will continue for
ever.

We trust your laws.

We will find holiness in your house,
Until the end of time



A Reading from Scroll of Revelation

Grace and peace to you from Jesus Christ, the faithful witness. He was the First to rise from death. He is the Ruler of all the kings in the world. He loves us, and through his blood and his death, he took away our sins.

He made us kings and priests to serve his God and Father.

To Jesus Christ be glory and power for ever and ever!

Amen. Look! He (Jesus) is coming on the clouds.

Everybody will see him, including those that pierced (put spear through) him. All people on earth will mourn over him. This is the truth. Amen.

The Lord God Almighty says, "I am the Alpha, the First. I am the Omega, the Last."

Yes, He (God) is, He was and He will come again!

A Reading from the Gospel of John

Pilate asked Jesus, "Are you the king of the Jews?"

Jesus answered, "Is that your own question, or have other people told you about me?"

Pilate replied, "Am I a Jew? Your own people and the chief priests brought you here. What have you done?"

Jesus said, "My kingdom does not belong to this world. If my kingdom belonged to this world, my disciples would have fought and protected me to stop the Jewish leaders seizing (arresting) me. But no, my kingdom is not in this world."

Pilate said, "So, you are a king?"

Jesus answered, "You say that I am a king. Yes, I am a king.

I was born for this: I came into the world to give witness, to tell people about the truth. Any person that believes the truth will listen to me."

First Sunday of Advent – 28 November

A Reading from the Scroll of Jeremiah

God said, “Soon I will keep my promise that I made to the people of Israel and Judah:

At that time I will choose a King to rule with justice. He will be a descendant of David.

He will do the things that are good and right for the country.

The people of Judah will be saved and Israel will live with confidence.

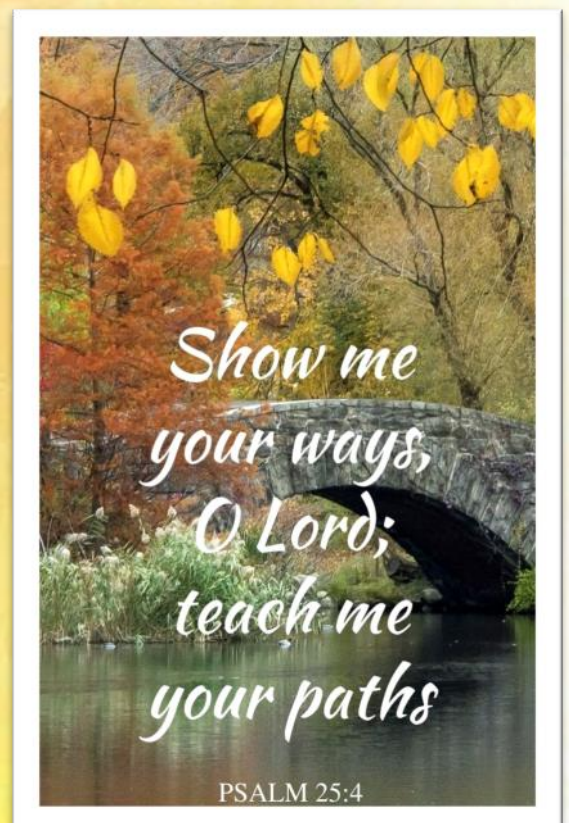
The city will be called ‘The Lord is good’”.

Psalm—I lift my soul up to you, Lord

Lord, help me know your ways.
Teach me to walk in your truth.
Because you God are my saviour.
The Lord is always good.

The Lord God guides the humble in the right path.

To the lost people, He shows the way.
He teaches his way to the poor.
His ways are faithfulness and love.



A Reading from St Paul's First Letter to the Thessalonians

Let the Lord be generous, increasing your love and help you love each other and all people the same way as we love you.

In this way the Lord will make your hearts holy so that in front of God our Father you will stand without blame until the Lord Jesus Christ comes with all his saints.

My brothers and sisters, you learnt from us how to live the way God wants; this is the life you should have.

In the name of the Lord Jesus, we encourage you to live the way God wants, and never stop trying. You have not forgotten the teachings we gave you from the Lord Jesus.

A Reading from the Gospel of Luke

Jesus said to his disciples: "Strange things will happen to the sun, the moon and the stars. The world will be in agony (pain), people will be afraid of the noise of the sea and the waves. People will worry about what will happen to the earth.

The powers of heaven will shake. And then they will see the Son of Man coming in a cloud with power and great glory. When these things happen, stand with confidence because your salvation is near."

"Watch yourselves, or your hearts will become hard and cold because of selfishness, drunkenness, and the cares, problems, temptations of the world; or that day will happen suddenly like a trap. It will happen to people everywhere on earth.
Stay awake, praying all the time for strength. Pray you will be able to stand with confidence in





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Join us on Facebook!

<http://www.facebook.com/thecentrefordeaf>

*The Ephpheta Centre is supported by the
Charitable Works Fund.*



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.

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!