

Special Edition — August 2021

Another Ephpheta Newsletter Special Edition because of the lockdown in Greater Sydney and other parts of Australia including regional NSW.



The lockdowns affect us all in different ways. Some people like having the extra time at home. Some people really miss seeing other people and being out every day. All of our reactions are different. We all have good days and bad days. We have never experienced anything like this before in our life time.

What is important is that we all look after ourselves and each other. So how can we do this? If you can, try and get some exercise each day. Look at the world around you—the change in nature as we approach Spring. Light a candle and spend some time in quiet prayer. How can we look after others if we can't see them? Lots of ways! Write a card or a note and post it to a friend or family. Send an SMS to a friend. Have a video chat with someone. Say a prayer for another person.

We hope you enjoy this special newsletter. It has lots of interesting articles, fun games and copies of the readings for Mass while we are in lockdown.

Congratulations Stephen and Nola!!

Congratulations to Stephen and Nola Lawlor, the winners of this year's Ephpheta Centre Award for Service to the Community. Through the last year, Stephen and Nola spent many hours volunteering to support the Ephpheta Community. We are so grateful to them for their faith, hard work and service.



A message from Liz & Dave!

Liz's report



Hi everyone – hope that you are all going ok. I have decided NOT to write about COVID or lockdown at the moment. All around us in information about the daily numbers, vaccinations, different government information. We are lucky to have this information. But sometimes it feels overwhelming.

So what can we do when we are having a “down” day in lockdown. Take some time out for yourself.

Make a cup of tea in a nice cup, sit down in the sun. Contact a friend. Watch a funny movie. Have a nap. And pray. Sometimes when we are really sad, it is hard to know how to pray. Sometimes all we can say is “help me God. I don’t know what to do”. Our loving God is always waiting for us to come to him. Our loving God never leaves us alone. Jesus, the Good Shepherd, will always look for us—his lost sheep. And when we look to God for help, he will never ignore us. With God, we can find true peace which the world cannot give.



Dave's report



Winter is almost over! It has been chilly. Now I see flowers growing in many gardens of Sydney. I have planted tulips in my backyard and I can't wait to see them grow into beautiful flowers soon. We celebrated Ephpheta Sunday online at Our Lady of the Assumption Church, Homebush on 1st of August. We miss our big lunch get togethers! Congratulations to Stephen and Nola Lawlor who received the Community Award of 2021.

We also celebrated Saint Mary Mackillop our beloved first Australian saint on 8th of August. She was born in Melbourne, but she spent a lot of time in South Australia. Together with Julian Tenison-Woods, she founded the Sisters of St Joseph of the Sacred Heart (the Josephites) and set up schools and welfare institutions. She spent a lot of time on education for the rural poor people in the country areas.



The Covid19 Pandemic is still spreading in Australia. Our Ephpheta community is still strong and staying in touch. The wonders of Video calls are still keeping us connected. Our Catholic faith keeps us going. We are always open to different people. We will continue to provide Mass Online services in Auslan. Stay safe and healthy. Please wear a mask in public places such as shopping centres, catching the train or the bus and so on and wash hands regularly. Check with your doctor - GP for advice on vaccination against Covid19. Over and out. David.

A Message from Fr Michael

My parish is named after Our Lady of the Assumption. Her feast day is 15th of August and is a special celebration for my parish in Homebush. On this feast, we remember that at the end of her earthly life the Blessed Virgin Mary was taken up into heaven, body and soul.

The Assumption of Mary into heaven should fill us with hope. Jesus said to those who had faith in Him,

"I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."



No one had more perfect faith than Mary. God did not allow Mary to inherit Original Sin, and Mary always chose to love God, and never sin. No one loved Jesus better or had greater faith in Him.

By assuming (taking) Mary into heaven, Jesus kept His promise in a way that gives all Christians hope. We hope for the resurrection of our bodies too. We hope that our bodies will be glorified and that we will live with Jesus in the Kingdom of heaven. There are many reasons why this miracle was a good and beautiful thing for God to do and gives us hope. Let me list a few reasons:

Mary, is the **Mother of the Church**, because Jesus said from the Cross to the beloved disciple, "behold your Mother", and to His Mother "behold your Son". Jesus chose Mary to be our spiritual Mother. If we are children of Mary, and our Mother Mary has been taken body and soul to live with God in heaven, we can look forward to the same.



Mary, is the **Spouse of the Holy Spirit**, because the Holy Spirit descended upon her at the conception of Jesus (following the Annunciation) Mary was also praying among the faithful at the birth of the Church (Pentecost). As the Holy Spirit of God filled Mary, like a temple, so we are filled by the Holy Spirit at our Baptism and Confirmation. If Mary was raised up to heaven into the house of God, we who St Paul calls "temples of the Holy Spirit" hope for the same.

Mary, is the **first daughter of the Church** and the Church is the Bride of Christ. The last book of the Bible, Revelation, describes the marriage of "the Lamb". The Lamb is Jesus Christ and His glorious Bride is the Church. To see Mary glorified and taken to live with God, is to see the hope of all the Church glorified.

The Assumption is a great feast of hope. Let us celebrate this feast in our hearts and our prayers with joy. Mother Mary, pray for us, so that we may be glorified, body and soul, like you in heaven. God Bless, Fr Michael.

Happy Father's Day— Sunday 5 September 2021

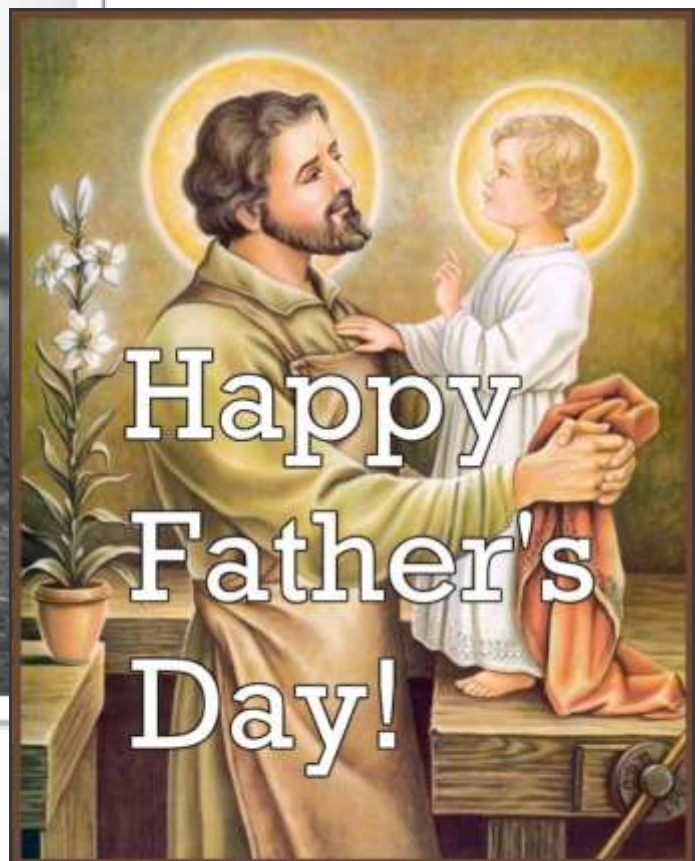
Loving God,

*Shine your light and grace upon all fathers
And all men who are like fathers in our lives.*

*St Joseph, the husband of Mary and father of
Jesus on earth,*

We ask your blessings upon them.

Amen



Lives of the Saints—St Maximilian Kolbe

Feast Day 14 August

- Birth: 8 January 1894
- Death: 14 August 1941
- Became a saint on 10 October 1982

Maximilian Kolbe was born in Poland in Europe in 1894.

At the age of 13, he and his older brother joined a seminary to become a Franciscan priest. He had a great love of Mary and taught many people in Poland about Mary.



Maximilian started a Catholic magazine and newspaper to share his message to many people throughout world. Fr Kolbe had poor health throughout his life but he continued to work hard sharing his faith.

When WWII began, the Nazis shut down Fr Kolbe's magazine. Later on he was arrested for helping Jewish people. He was sent to the Auschwitz concentration camp in Poland.

Maximilian, who had been sick with lung problems his whole life, lived in a large, cold over-crowded building, slept on a board, and wore a blue and white striped prison uniform.

He was forced to do hard and sometimes horrifying work, carrying dead bodies to the ovens where they would be burned, carrying boulders and large trees. He was beaten and starved. Once, a guard strapped a large, heavy plank to Fr Maximilian's back and made him run. When he collapsed, the guard kicked him fiercely and whipped him fifty times.

But Fr Maximilian never stopped loving God. He was very brave. He kept praying and trying to help others people in the concentration camp. He was sad and sorrowful, but he did not complain.

In 1941, as a punishment for some prisoners who had tried to escape from the concentration camp, the Nazis selected 10 prisoners. These men would be starved to death. One prisoner said "My poor wife and children! I will never see them again!"

Before the guards could punish him for his outburst, Fr Kolbe said that he would take the man's place. The man whose place he took was a stranger. He made a choice of love.





Fr Maximilian Kolbe and the nine others were taken to the cell where they would be starved to death. For many days they suffered, wept, screamed in pain and tried to pray with Fr Maximilian. Fr Maximilian spent the days leading the men in prayer and singing hymns to Mary.

One by one, the men died. After two weeks with no food and no water, four men were still alive including Fr Maximilian, so the Nazis gave them with an injection with acid, which killed them.

Fr Maximilian's body was taken to the ovens and burned.

God's love had worked through a single human being: St Maximilian Kolbe, who made the brave choice to put God first. He gave up his life so that another person could live.

St Maximilian Kolbe is a good example of a brave saint. He can teach us a great deal about love – about thinking of each other, of always responding with love to other people and of never losing his faith in God.

St Maximilian Kolbe – pray for us.



A Love of Mary



St Maximilian Kolbe had a great devotion to Mary. When he was 12 years old, he had a vision of Mary.

Mary was holding two crowns one red and one white. The white crown represents purity (clean). The red crown represents martyrdom (giving up your life for Christ).

Mary asked Max "which crown will you accept?" He said that he would accept both.



WORD SEARCH



Find these Olympic words!

Athletes

Diving

Golf

Olympic

Soccer

Basketball

Fencing

Hockey

Rowing

Swimming

Boxing

Gold

Medal

Silver

Tennis

S U D O K U

The rules of Sudoku are simple!

1. Each of the nine blocks has to contain all the numbers 1-9 within its squares.
2. Each number can only appear once in a row, column or box.
3. The difficulty is that each vertical (across) nine-square column, or horizontal (up and down) nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition.

Every puzzle has just one right answer. Good luck!

	7	2			4	9		
3		4		8	9	1		
8	1	9			6	2	5	4
7		1					9	5
9					2		7	
			8		7		1	2
4		5			1	6	2	
2	3	7				5		1
					2	5	7	

	4	9					3	1
1	2		7				6	
6	5		8	1				
9				8	1	7		3
	1					2	5	
5		4	2	7				6
				6	7		1	2
					5		7	8
2						3	9	

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. 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, craft group, rosary and a prayer group. We need to keep the size of the groups small but all are welcome.



Craft catch up on Zoom!

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.



Did You Know...

The Tokyo Olympic and Paralympic medals were made from recycled small electronic devices like old mobile phones, laptops. It took 2 years to collect 78,985 tons of electronic devices including 6.21 million mobile phones — from all over Japan to produce 5,000 Olympic medals awarded in Tokyo.

So how did they do that?

All the little metals in mobile phones and laptops were taken out and melted. Wow, this is amazing!

Final amount of metals collected:

- Gold: Approx. 32kg
- Silver: Approx. 3,500kg
- Bronze: Approx. 2,200kg



It's the first time in Olympic history that medals were made using recycled metal!

Live streamed A ccessible Mass



The Ephpheta Centre is closed to the community. We need everyone to stay safe and well. We will let you know when this changes.

At the moment, we also cannot have people come to Mass. We are still filming and live-streaming Mass at 11am each Sunday with an interpreter from Our Lady of the Assumption Catholic Church.

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.



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.

22nd Sunday Ordinary Time—29 August

A READING FROM THE BOOK OF DEUTERONOMY

Moses said to the people: “Now, Israel, obey the laws and customs (culture, tradition) that I teach you today. If you obey, you will have life and you will have the land God will give you. You must not add anything to the laws that I give you, and you must not take away anything from the laws. You must obey and keep the commandments that I give you from the Lord your God.

Respect and obey the laws. Show other people your wisdom and understanding. When they know and begin to understand God’s laws, they will say, ‘The people of Israel have great wisdom.’ It is true that God is very near to Israel. He is always ready to help when we ask him. Other countries do not have laws and customs as great as ours. I, Moses, give you these laws and customs from the Lord our God.”

Psalm - Lord, who can go into your tent?

Lord, who can live on your holy mountain?

A person with no sin.

A person that does things fairly,

And tells the truth from his heart.

Lord, who can live on your holy mountain?

A person that does not hurt brother or sister.

A person that lends things without charging interest.

A person that does not fiddle with money.

Lord, who can live on your holy mountain?

A person that always honours and respects the Lord.

A person that is faithful forever.

That person can live on your holy mountain forever.



A READING FROM THE LETTER TO ST JAMES

All good things are from heaven. All gifts are from God. God is the Father, creator of all light. There is no darkness in God, there is no shadow. God does not change. It was God's choice that we become his children by the message of truth, so that we become important in his created world.

Be humble and accept the word that God planted (put) in you, this teaching will save you. Do not listen and do nothing. If you only listen and think you obey God, this will not help you. You must listen and follow God's word.

God our Father wants you to look after those children that have no parents; support the widows when they need help; and keep yourself pure from the world's evil influence

A READING FROM THE GOSPEL OF MARK

Some Pharisees and scribes (writers) came from Jerusalem and gathered around Jesus. They saw some of Jesus' disciples were eating with dirty hands - they did not wash their hands. The Pharisees and the Jews never eat before washing their hands. They follow the Jewish tradition and always wash their hands properly, up to the elbow. Also, after they come back from the market place, they always sprinkle (throw) water on themselves first before eating. They have many other rules _ how to wash cups, pots and bronze dishes. So the Pharisees and the scribes (writers) asked Jesus, "Why do your disciples not respect the Jewish tradition but eat with dirty hands?" Jesus answered, "You are all hypocrites (two-faced)! Isaiah was right about you when he prophesied (preached) in the Scripture (Bible):

'These people say they honour God but their hearts are really far away from me (God). The worship they give to me is false. They teach others using their rules and they say that their rules are the same as God's laws!'

You forget God's laws and you follow your own rules and your own traditions." Jesus continued and said to the people, "Listen to me, all of you. You must understand that if a person eats something, that food cannot make a person bad or wrong. No, it is the things a person says from within (inside a person) that make a person bad or wrong. Evil things come from the heart, like adultery, fornication (sex before marriage), theft, murder, greed for money, cruelty, lies, selfishness, no respect, jealousy, gossiping and back-stabbing or telling lies about other people, pride and foolish living. All these are evil things from inside a person. These are the sins that make a person bad and wrong."

23rd Sunday Ordinary Time—5 September

A READING FROM THE SCROLL OF ISAIAH

Tell all people that are discouraged:

“Courage! Do not be afraid. Look, your God is coming.
God will punish your enemies. God comes to save you.

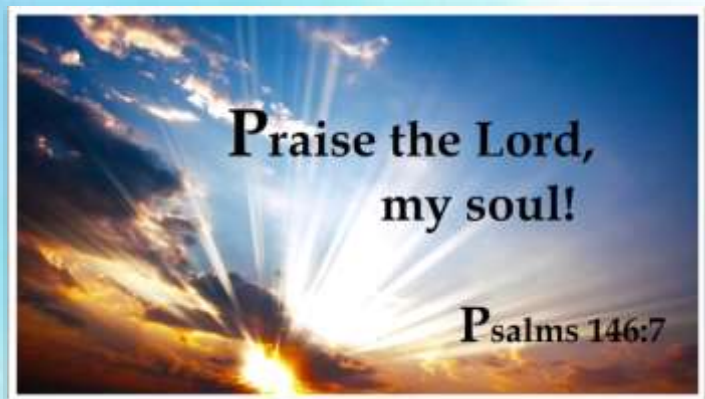
Blind people will be able to see, their eyes will be opened.
Deaf people will be able to hear, their ears will be opened.
Crippled people will jump like a deer.
Dumb people will sing with joy.

Streams (small rivers) of water will flow through the desert and make a lake. Dry land will be filled with water.”

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 OF ST JAMES

My brothers and sisters, if you have faith in Jesus Christ, then you must not think that some people are better than other people. Suppose a man comes into your synagogue, beautifully dressed and with a gold ring.

At the same time a poor man comes in wearing very poor clothes, and you look at the well-dressed man and say to him, “Come here and take the best seat.”
Then you tell the poor man, “Stand over there at the back, or sit down on the floor next to me.”

If you do that, do you realise that you have become a terrible bad judge? Because you have used two different ways of judging and you have not been fair to the poor man.

My brothers and sisters, listen to me: the world thinks these people are poor, but God chose them to be rich in faith. They will receive the kingdom that God promises to all that love Him.

A READING FROM THE GOSPEL OF MARK

Jesus left the area of Tyre, he went through Sidon and through the area of Decapolis to the Sea of Galilee. There, the people brought a deaf man to Jesus. The deaf man could not speak. They asked Jesus to lay his hand on him.

Jesus took the deaf man away in private away from the crowd. Jesus put his fingers into the man's ears. Then Jesus spat into his hand, rubbed the spittle and touched the man's tongue.

Jesus looked up to heaven and breathed deeply. He said to the deaf man, "Ephphatha," that means: "Be opened."

The deaf man's ears were opened, and he could speak clearly. Jesus told them to tell no one about this. Jesus always told people not to say anything, but this made the people want to talk about it more and more.

The people were really amazed. They said, "Jesus does everything very well. He makes the deaf hear and the dumb speak."



24th Sunday in Ordinary Time—12 September

A READING FROM THE SCROLL OF ISAIAH

The Lord opened my mind. I did not object nor turn away. I let people whip my back. I let people pull my beard. They swore and insulted me, but I did not turn away from them nor cover my face. They spat in my face.

The Lord helps me: people's insults (swearing/criticism) cannot hurt me. I will be strong, firm. I know I will not be ashamed of myself. God is near, God will prove I am not guilty.

I challenge anyone to make a charge (accusation) against me. If so, let us go to court together. Who thinks they can accuse me? Let this person come to me.

The Lord will help me. No one can condemn me.

PSALM—I WILL WALK IN THE PRESENCE OF THE LORD

I love the Lord because He heard my prayers.

When I asked him, the Lord came to help me.

My enemies are against me, I am afraid.

I prayed to the Lord to save me.

The Lord is good and compassionate.

The Lord protects the simple hearts.

He saved my soul from death.

The Lord helped me to walk with him again.

A READING FROM THE LETTER OF ST JAMES

If you say you have faith but have never done one good act of charity, can your faith save you? No! If one of the brothers or one of the sisters needs clothes and has not enough food, and you say to them, "I hope you keep well.

Keep warm and eat plenty," that is not good enough. First, you must give them the things they need. If you do no works of charity, your faith is dead.

People say it is better to have faith. But I tell you: 'Can you prove you have faith without doing any works of charity? I will prove to you that I have faith by showing you my works of charity.

A READING FROM THE GOSPEL OF MARK

Jesus and his disciples went to the villages in the area of Caesarea Philippi. On the way, Jesus asked his disciples a question, “Who do people say I am?” The disciples said, “Some people say you are John the Baptist, other people say you are Elijah, and others say you are one of the prophets.”

Jesus asked his disciples, “But you, who do you say I am?” Peter said, “You are the Christ.” Then Jesus told them not tell anyone about him. Jesus began to teach his disciples that the Son of Man must suffer a lot. The Jewish leaders, chief priests and the scribes (writers) will reject him.

They will kill him but after three days the Son of Man will rise again. Jesus said this openly. But, in private, Peter told Jesus he disagreed with him. Jesus turned and saw his disciples, then Jesus told off Peter, “Devil! Go away from me.

The way you think is your (people’s) way of thinking, but not God’s way.”

Jesus told the people and the disciples to come and he said to them, “If any person wants to follow me, they must forget themselves, carry their cross and follow me. Any person that wants to save their life, will lose their life. But any person that gives up life for me, and for the gospel, will have true life.”



25th Sunday Ordinary Time – 19 September

A READING FROM THE SCROLL OF WISDOM

People that do not believe in God say to themselves: “Good people are a nuisance, they are against us because of our way of life. They accuse us of breaking the Law and not following the traditions of our people long ago.

But we will see if what they say is true. We will see what will happen when they die.

If these people are truly good, then God will save them from their enemies. So let us test them with cruelty and torture. We will find out if they are calm, gentle and endure (patient with) suffering. We will condemn them to a shameful death because they say God will protect them.”

PSALM – The Lord gives me Life

O God, by your name save me.

By your power, protect me.

O God, hear my prayer.

Proud people have no respect for God.

But I know God will help me.

The Lord gives me life.

I will be happy to make sacrifices to you.

I will praise your name because you are good.

A READING FROM THE LETTER OF ST JAMES

If there is jealousy and selfishness, there is also confusion and evil. But the wisdom that comes from heaven is pure.

Wisdom from God is also peaceful, kind and friendly.

Wisdom is full of compassion and shows itself by doing good. In wisdom there is no hypocrisy (two-face). When peacemakers try to spread peace, they always sow seeds that will help people become holy.

Why do you fight and quarrel with each other? How do fights and quarrels start? The fighting and the quarrelling comes from inside yourselves, from your selfish desires.

You want things but you cannot have them, so you are ready to kill. You strongly want something but you don't have it, so you start to quarrel and fight to get your way.

If you want something and you don't have it, it is because you have not prayed for it. When you do pray, and don't get it, it is because you have not prayed properly.

You have prayed and asked for things to use for your own pleasure.

A READING FROM THE GOSPEL OF MARK

Leaving the mountain, Jesus and his disciples went through Galilee. Jesus did not want anyone to know where they were because he was teaching his disciples. Jesus told them, "The Son of Man will be arrested by men. They will kill him. Three days later, he, the Son of Man, will rise to life." But the disciples did not understand what Jesus said; they were afraid to ask him.

They arrived at Capernaum and when Jesus was in the house, he asked them, "What were you arguing about along the road?" They said nothing because they had been arguing which of them was the greatest (important).

So Jesus sat down and told the twelve (12) apostles to come and said to them, "If any person wants to be first and important, that person must become last of all and serve all people."

Jesus showed a small child to his apostles. Jesus hugged the child, and said to them, "If anyone welcomes a child in my name, they also welcome me. And if a person welcomes me, that person also welcomes the Father that sent me."



26th Sunday Ordinary Time – 26 September

A READING FROM THE SCROLL OF NUMBERS

The Lord came down in the Cloud and spoke with Moses. The spirit that was in Moses, God now took and gave to the seventy leaders. After the spirit came down on them, they began to prophesy only once. Two men stayed outside the Tent. One was called Eldad and the other Medad. The spirit also came down on them and the two men began to prophesy.

A young man ran to tell Moses, “Look, Eldad and Medad are prophesying outside.”

Another man, Joshua son of Nun - he had served Moses from his youth - said to Moses, “You must stop them!” But Moses replied, “Why are you jealous? I wish the Lord would give his Spirit to all his people so that they could prophesy too!”

PSALM –God’s Law will make us happy.

The Law of the Lord is perfect.

God’s law gives life to the soul.

We can trust God’s law.

His law gives us wisdom.

It is holy to respect the Lord.

All God’s laws are truth.

Lord, your laws will teach us.

Your laws are perfect and we will be free from sin.

A READING FROM THE LETTER OF ST JAMES

All you rich people, listen to me. Start crying because troubles and terrible things will happen to you. Your wealth (riches) will rot, your clothes will be eaten by moths.

Your gold and silver will become rust, and this rust will be a witness against you, this rust will eat your bodies like fire. You saved your wealth (riches) for your future, but people worked in your fields and you cheated, you did not pay them properly.

These people complained against you. The Lord God Almighty heard their complaints. Your life here on earth was full of rich living and pleasure. You ate and became fat, like an animal ready for slaughter.

You condemned good people and you killed them because they could not defend themselves.

A READING FROM THE GOSPEL OF MARK

John said to Jesus, “We saw a man using your name to throw out devils. He was not one of us so we tried to stop him.”

Jesus replied, “You must not stop him. Any person that uses my name to work (do) miracles will not say bad things about me. A person that is not against us is our friend.

If a person gives you a glass of water to drink because you belong to Christ, then that person will receive their reward.

If a little child believes in me, and another person comes and makes this child sin, then that person would be better thrown into the sea with a heavy millstone round their neck and be drowned!

If your hand tempts you to sin, cut it off.

It is better to go to heaven with one hand than to have two hands and go to hell where the fire will never go out.

And if your foot tempts you to sin, cut it off. It is better to go to heaven crippled than to have two feet and go to hell.

If your eye tempts you to sin, take it out.

It is better to go to heaven with one eye, than to have two eyes and be thrown into hell where worms never die and the fire never go out.”



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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!