



be open

Ephpheta

Deaf Catholic News

Special Edition—October 2021

## INTERNATIONAL DAY OF SIGN LANGUAGES

Each year on 23 September, we celebrate International Day of Sign Languages (IDSL). This year's theme, declared by the World Federation of the Deaf is "We Sign for Human Rights." This is for all people—deaf and hearing—throughout the world to promote the right of deaf people to use sign languages in all areas of their lives.



A huge gathering of Auslan Users—International Day of Sign Languages 2019!

According to the WFD, there are more than 70 million deaf people in the world who use more than 300

different sign languages. The United Nations *Convention on the Rights of Persons with Disabilities* recognises and promotes the use of sign

languages. The UN General

Assembly proclaimed 23 September as IDSL to raise awareness of the importance of sign language as a vital human right of deaf people.

It was first celebrated in 2018 as part of the International Week of Deaf People.

Until COVID, Ephpheta celebrated IDSL with an event with the deaf community.

But last year and this year, we had to celebrate in a different way. For this year, we prepared some videos which are on Facebook and on our website highlighting this important day. We hope that next year we can come together as a community and again celebrate the importance of sign languages in our community!



# A message from Liz & Dave!

## Liz's report

Hope you are all going well and staying safe in these crazy and uncertain times!

As people of faith, we know that prayer is so important. To talk to God when we are happy, when we are sad, to say "thank you". Prayer is such a powerful gift in our lives. As with any relationship, if we don't talk to each other, we cannot get to know the other person. It is the same with God. If we want to know God, we need to spend time talking to God and listening to God. But we know that sometimes when we need to pray the most—when we are our lowest or our saddest—maybe we cannot find the words to pray. When our hearts are breaking or when we feel that everything is too hard.



### FATHER, HELP ME PRAY

*And all things you ask in prayer,  
believing, you shall receive.*

Matthew 21:22

I remember years ago my parish priest gave a homily about when it is too hard to pray. At these times, all we can say is "Father, help me pray". "Father, help me pray". And God our Father, who is with us always, in good times and in bad times, will always answer. God our Father, who never changes, is always waiting for us to come to Him.

Until next time, Liz.

## Dave's report

Hello everyone! Now it is spring, flowers have risen. Beautiful mother nature. God's work. My tulips are still growing and have not flowered yet. I am waiting and waiting to take photos!

This month, September is a special month for deaf and hard of hearing people all around the world. The World Federation of the Deaf celebrates sign languages on 23rd September every year. This year, the theme is "We Sign for Human Rights".



The Covid19 Delta pandemic is still going around in Australia and we don't know when we will have it under control. We need to wait for the government's advice. Please wear a mask in public places such as shopping centres, catching the train or going on the bus and so on and wash hands regularly. Check with your doctor - GP for advice on vaccination.

Our Ephpheta community is still asking us when Ephpheta Centre will be open again to the community. We can't open our centre yet. We stay closed until we feel we are ready to serve the deaf and hard of hearing community.

We will keep on using video calls to stay in touch. 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. David



INTERNATIONAL DAY  
OF SIGN LANGUAGES

## A Message from Fr Michael - Learning my faith

When I became a teenager I wanted to learn more about my faith. I read some books about the saints, and the Bible, which was a good place to start. Another book which I found very helpful was the Catechism of the Catholic Church. I had never heard of a catechism. A catechism, I discovered, was a short explanation of the faith. It helps people to learn about God.

I think my first catechism was brown, and the next one was green. They had an odd plastic cover which was good to protect the pages. I loved the index. It seemed I only had to think of a word, and the Catechism would have something written about it. I couldn't understand how they made the book without computers, (though maybe the publishers used computers). I read a little each day, and was amazed at how many things, which I had not understood about God and my faith, all began to make sense. These days you can search the Catechism of the Catholic Church (CCC for short) on the internet for free.

Popes, bishops and priests of the Church have made catechisms for centuries, to teach the faith. Many saints wrote catechisms or helped to write them. One of the earliest was written by St Peter Canisius. Others were written by Saints Robert Bellarmine, John Henry Newman, and Pope Pius X. One big catechism was written after bishops came together from all around the world for the Council of Trent. The Catechism which I had was made after the Second Vatican Council. Pope Saint John Paul II put Cardinal Joseph Ratzinger in charge of the project. (Cardinal Ratzinger later became Pope Benedict XVI.)

The big CCC is a bit long to read, so some shorter versions have been printed. In a way, some of the old catechisms were easier to read. They had short questions and answers. St Robert Bellarmine's catechism had large pictures. The artists would carve the image into wood to be printed. They must have put a lot of love into their work!

The different catechisms started with things that people knew something about, like popular prayers, the Creed, or the Ten Commandments. The CCC has four parts.

- *The Creed*
- *The Sacraments*
- *Life in Christ*  
(morals, and includes the 10 Commandments)
- *Prayer*

If you have a question about your faith, the Catechism is a good place to find an explanation. I like the St Borromeo Parish website best, because it is easy to search for the topic you want.

You can find it at this website:

<http://www.scborromeo.org/ccc.htm>

God Bless, Fr Michael.





## Auslan Play Group (0-5)

We are very excited to announce a new Ephpheta group—a social group for mums, dads, carers and their children aged 0-5.



We know that when you have little children, life can be hard. So we have set up a group where we can share our experiences and talk about our kids in a safe accessible space. Because of COVID we will start on Zoom but when the rules allow, we will meet face to face at the Church Hall at Our Lady of the Assumption at Homebush.

**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.

**What will we do?** To start, because of COVID, we will have a one hour chat each week on Zoom. When we can get together face to face, we can meet in person, have morning tea and our children can play with each other. We will also have Auslan story time when we are face to face. It will be a great way for parents and carers in our community to get to know each other and support each other.

**When?** Starting on **Friday 8 October from 10am-11am**

**How?** On Zoom

**Want more information?** Please contact Pat at Ephpheta on 0414 412 852



# WORD SEARCH

L S H N O I T A R B E L E C V  
 I A T F D X T A B N N G C L H  
 R A N H E D A F P A A O I S R  
 F C S O G M I I L U M B N G B  
 M C S T I I I M G M N A M U H  
 A E E C O T R N U O F F N A F  
 A S N U T R A N P Q L O G T U  
 U S E Y T L I N E P F N I R I  
 S I R J A T G Y R P I L S R N  
 T B A D Y F R D U E V D H R H  
 R L W E P O H G T D T O E Z K  
 A E A V T X C O L F W N P A J  
 L A U S L A N Q U V O M I T F  
 I J I O W I Y E C N H P Q E Z  
 A H C O M M U N I C A T E S M

**Find these words!**

**Accessible**  
**Awareness**  
**Community**  
**History**  
**language**

**Auslan**  
**Celebration**  
**Culture**  
**Human**  
**Rights**

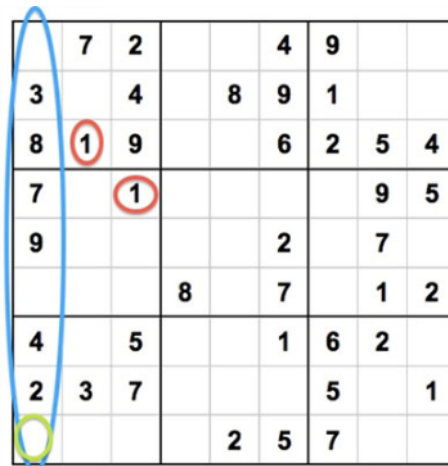
**Australia**  
**Communicate**  
**Deaf**  
**International**  
**Sign**

# SUDOKU

## 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!***



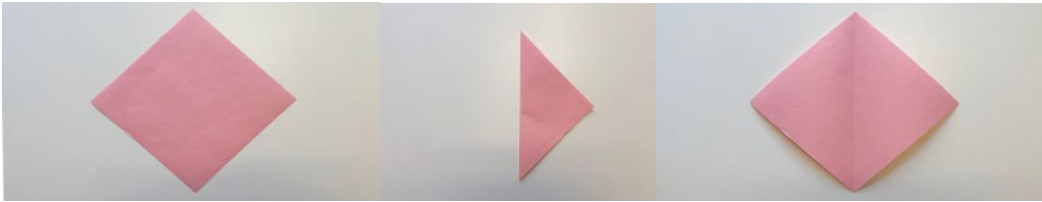
	7	2			4	9		
3		4		8	9	1		
8	1	9			6	2	5	4
7		1					9	5
9					2		7	
			8		7		1	2
4		5			1	6	2	
2	3	7				5		1
				2	5	7		

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

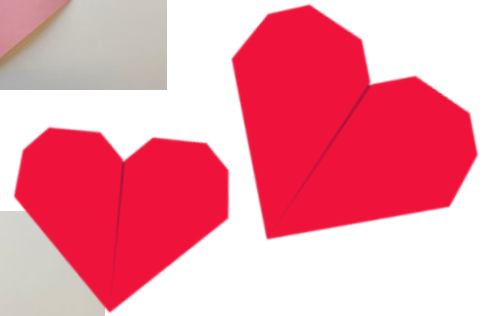
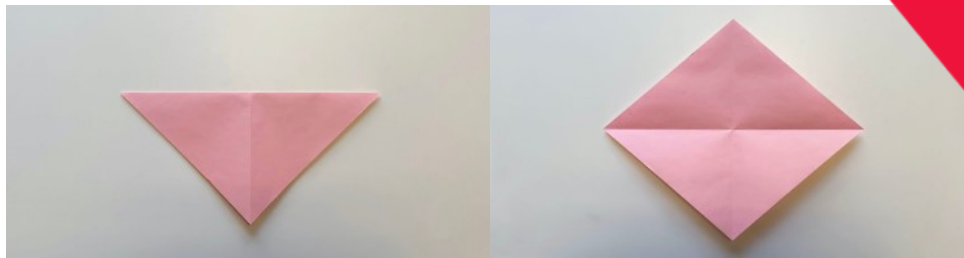
# LET'S MAKE AN EASY ORIGAMI

You will need a square of red or pink paper.

1. Place the square to look like a diamond. Then, fold the square lengthways and unfold.



2. Fold the square widthways and unfold.



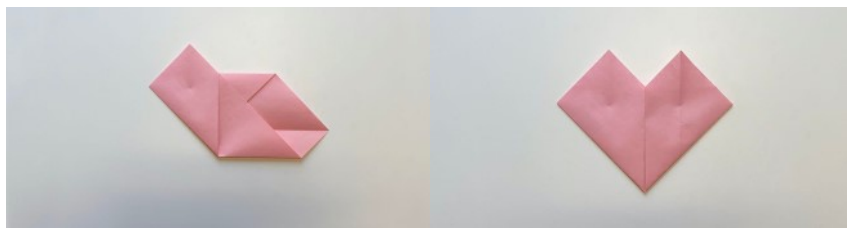
3. Fold the top corner into the centre.



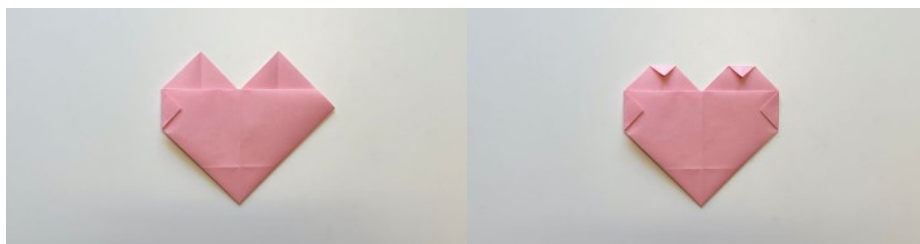
4. Fold the bottom corner to the top edge.



5. Fold the left and right edges into the centre.



6. Flip your paper over and fold back the top and point sides.



7. Finished! Flip your heart over and you have a beautiful origami heart!



## Lives of the Saints – St Teresa of Calcutta

### Feast Day 5th September

**Birth:** 26th August 1910

**Death:** 5th September 1997  
Became a Saint in 2016

**Patron of:** World Youth Day and for the City of Calcutta in India.



St Teresa of Calcutta is also known as Mother Teresa. Her first name was Agnes and she was born in Albania. She was the youngest child in her family. She had 1 brother and 1 sister. Agnes received Holy Communion at age 5. When she was 8 years old her father died. Agnes loved to do missionary work and she wanted to become a nun.



She joined a group of nuns called the Sisters of Loreto in Ireland. She chose the name Teresa after her favourite saint, St Teresa of Lisieux.

Teresa went to India and lived in Calcutta where she taught at a school for girls. She later became the principal of the school. All the girls called her Mother Teresa. After 20 years, Teresa left the Sisters of Loreto to help working with the poor people in Calcutta.







Teresa set up a new religious community called the Missionaries of Charity, helping the poorest people. She would start her day with Mass, pray the rosary and then ask God to find people who she can help. She helped so many people, especially the ones that no one wanted to help.

She helped poor families, homeless people, lepers, orphans and people who were dying from hunger. Teresa received the Noble Prize for her amazing work.



Teresa had severe health problems, especially her heart, but she continued to work with her sisters and the needs of the poor and the Church up until she died.



St Teresa was a little woman who showed great love to every human person – no matter what disease or illness they had. She made sure that people were not left to die on the streets alone.

## **St Teresa of Calcutta, pray for us**

### **Prayer to St Teresa of Calcutta**

Jesus, you made St Teresa a woman of faith and love who valued life of all people. Help us to follow her ways and to help those who are in need of your love and mercy. We ask this in Your name and through the prayers of Mary, Your Mother and the Mother of us all. 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.



## Did You Know??? The Pope's Guards



The Pope is protected by the Swiss Papal Guard. Known officially as the Pontifical Swiss Guard, this small army of around 135 Swiss soldiers based in the Vatican is responsible for the safety of the Pope. The Swiss Papal Guard is the oldest active military unit.

There are strict requirements. Each recruit must be a Catholic, single male with Swiss citizenship. They must measure at least 174 cm tall and be between 19—30. They must hold either a high school degree or a profes-

sional diploma and their application must be endorsed by their local parish priest.

They must complete military training in Switzerland.

It is interesting to note that some of the armour Swiss Guards use even today are original pieces from the 15th century! They have been protecting the Vatican since 1506.





## Live streamed Accessible Mass

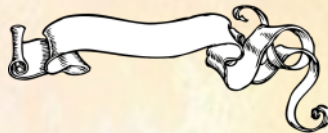


The Ephpheta Centre is closed to the community. We need everyone to stay safe and well. We will let you know when this changes.

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.

Ephpheta staff (normally David and Liz) organise the filming and live-streaming each Sunday. We thought you might like to see some of the “behind the scenes photos of how we record the 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.



## 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.*



## 27th Sunday Ordinary Time—3 October

### **A Reading from the Scroll of Genesis**

The Lord God said, “It is not good for man to be alone. I will make him a helpmate (helping friend).”

So from the soil the Lord God created all the wild beasts and all the birds of heaven. These God gave to the man.

The man gave names to all the cattle, all the birds of heaven and all the wild beasts. But no helpmate (helping friend) suitable for man was found for him.

So the Lord God made the man go into a deep sleep. And while the man slept, God took one of the man’s ribs and put flesh on it. The Lord God built the rib into a woman. God brought the woman to the man and the man exclaimed (said in surprise):

‘At last! A person like me. Her bones are from my bones, her flesh from my flesh! I will call her woman because she was created from man.’

This is why a man leaves his father and mother and joins himself to his wife, and they become one body.

### **Psalm The Lord will bless us everyday.**

Blessed are the people that show respect to the Lord.

Blessed are they that walk God's way.

Blessed are you that work hard, you will eat.

You will be happy and do well.

Your wife will be like a vine, full of good fruit.

Your children around your table will be as many as the branches of an olive tree.

Let the Lord bless you,

Everyday of your life!





## **A Reading from the Letter to the Hebrews**

For a short time, Jesus became less important than the angels.

Jesus suffered and through God's grace he died for all people, but Jesus now wears the crown of glory and honour.

God's plan was to let many of his children share his glory.

It was right that God, the Creator of everything, made Jesus perfect through suffering, so that He (Jesus) could lead them to salvation.

Jesus purifies (cleanses) people from their sins, and these people that are made holy, are from the same family.

That is why Jesus is not ashamed to call them his brothers and sisters.

## **A Reading from the Gospel of Mark**

Some Pharisees came to Jesus and asked,  
"Is it against the law for a man to divorce his wife?"  
They were trying to trap Jesus to say something wrong.

Jesus replied, "What did Moses tell you? What law did he give you?"

The Pharisees said, "Moses gave permission for a man to divorce his wife by writing a certificate of divorce."

Jesus said, "Moses wrote that law for you, because you were so stubborn! But in the beginning, after God created the world, God created male (man) and female (woman).

That is why a man must leave father and mother, and the two become one body. The man and wife are not two persons but one body.

So, if God joined the two persons together, man must not separate them."

Later, in the house the disciples asked Jesus some questions about divorce.

Jesus said to them, "Any man that divorces his wife and marries another woman, he is guilty of adultery. And any woman that divorces her husband and marries another man, she is also guilty of adultery."

# 28th Sunday Ordinary Time– 10th October

## A READING FROM THE SCROLL OF WISDOM

I prayed and God gave me understanding.

I asked and God gave me the spirit of Wisdom.

I valued Wisdom more than any crown or throne; compared with Wisdom, wealth is nothing.

Precious jewels are not equal to Wisdom.

Compared to wisdom, gold is just like sand, and silver is like mud.

I loved Wisdom more than health and good looks. Wisdom has a brightness that never fades.

When I have the spirit of Wisdom, good things happen to me.

Wisdom brings so many riches..

## Psalm: Fill us with your love and we will rejoice

Help us realise that our lives are short, so that we will be wise.

Lord, forgive us!

Do not be angry with us for ever.

Show us your mercy.

In the morning, fill us with your love.

When we suffer, give us joy.

Show your glory to your children.

Give success to the work of our hands.





## **A READING FROM ST PAUL'S LETTER TO THE HEBREWS**

The word of God is something real, alive and active (working). The word of God is sharper (more sharp) than any sword.

The word of God can go through, like a sword, deep into the place where soul and spirit come together; deep into the place where joints and bones are joined.

The word of God can judge the secret feelings and thoughts of all people. Nothing can be hidden from God. Everything is open to the eyes of God, and we must be responsible for the way we live.

## **A READING FROM THE GOSPEL OF MARK**

Jesus started to go on a journey; a man came to him, knelt in front of him and asked him this question, "Good Master, what must I do to win eternal life?" Jesus said to him, "Why do you call me good? No one is good, only God.

You know the commandments: 'You must not kill. You must not commit (do the sin of) adultery. You must not steal. You must not lie. You must not defraud (fiddle money). You must honour your father and mother.'"

The man said to him, "Master, I have obeyed the commandments since I was young." Jesus looked straight at him with love and said, "There is one more thing. Go and sell everything that you have and give the money to the poor, and you will have reward in heaven.

Then come and follow me." The man looked down, his face sad, and he walked away because he was a very rich man.

Jesus looked round at his disciples and said, "It is hard for a rich person to go into God's kingdom!"

The disciples were surprised that Jesus said this. But Jesus said again, "My children, it is very hard to go into God's kingdom! It is easier (more easy) for a camel to go through the eye of a needle than for a rich person to go into God's kingdom."

Now the disciples were shocked, and they said, "If it is hard, then who can be saved?" Jesus looked at them and said, "It is impossible for people, but not impossible for God. Everything is possible for God."

# 29th Sunday in Ordinary Time—17th October

## A Reading from the Scroll of Isaiah

The Lord allowed his servant to suffer.

If the servant offers his life for the forgiveness of sin, he will have a long life.

Through him, what the Lord wants will happen.

After his suffering is over (finished), he will understand and will be happy and peaceful.

Through his sufferings, my servant will shoulder (carry on his shoulders) the faults (sins) of many people and free them from their sins.



## Psalm—Lord, let your love be with us, as we hope in you.



The word of the Lord is always true.

We trust his works.

The Lord loves justice and right.

The Lord fills the earth with his love.

The Lord looks on those that respect him.

He saves their souls from death.

The Lord is our help and shield.

Lord, show us your love.



## **A Reading from St Paul's Letter to the Hebrews**

Jesus, the Son of God, is our great high priest.

He has gone to heaven. We must never give up our faith.

This high priest, Jesus Christ, really understands and feels our weaknesses because he had temptations the same as us, but he never sinned.

So, let us have confidence, we can approach God's throne, and we will receive mercy from God and find grace when we need help.

## **A Reading from the Gospel of Mark**

Jesus told his disciples to come together and he said to them, "You know, people that don't believe in God have their leaders. These leaders have power over the people.

This must not happen with you. If any person wants to become great (important), that person must serve you.

If anyone wants to be first, that person must become last and serve you like a slave.

The Son of Man himself did not come and expect others to serve him. No!

He (Jesus) came to serve, and to give his life to save many people."



# 30th Sunday in Ordinary Time – 24 October

## **A Reading from the Scroll of Jeremiah**

The Lord says:

Rejoice for Jacob, the most important people among all people.

Sing, praise and shout:

‘The Lord has saved his people Israel, those people that are left alive, the Lord saved them!’

The Lord says:

I will bring my people back from the land of the North.

I will gather my people from other places.

I will bring all of them:

the blind and the lame,

pregnant women and those ready to give birth.

Many people will come back.

Long ago these people left their land weeping (crying),

but as they come back I will comfort them.

I will guide them to rivers of water

on a smooth path so that they will not stumble (fall).

I am a father to Israel, and Ephraim is my first-born son.

## **Psalm -We are glad because the Lord’s work is marvellous.**

The Lord helped us and freed us,

it seemed like a dream become true!

We rejoiced, we sang and we were happy.

Other people said, ‘The Lord did good things for them! Truly the Lord is wonderful.’

We were prisoners, but the Lord freed us.

The sad people with tears, are now happy.

People go out sowing seeds with tears.

But now, they gather the crops and they come back with joy.

## A Reading from St Paul's Letter to the Hebrews

Every Jewish high priest is chosen from his people. He has the job of helping people to have a good relationship with God. The Jewish high priest also offers gifts and sacrifices for sins. Because he himself is weak, he can understand people that do not know God or make mistakes. Because he is weak, he has to make offerings to take away his own sins as well as the sins of other people.

To be a Jewish high priest is really a wonderful honour but no one can choose the honour for himself. Each high priest is chosen by God, the same as Aaron was chosen by God. In the same way, Jesus Christ did not choose the honour of becoming a high priest. No, God chose him. God said to him, "You are my son, today I have become your Father." Also, it is written in Scripture (Bible) that God said, "You are a priest forever, the same as Melchizedek .

## A Reading from the Gospel of Mark

Jesus left Jericho with his disciples, and a large crowd of people followed him.

A blind man, Bartimaeus, son of Timaeus, sat by (near) the road. He was begging.

When he heard that Jesus from Nazareth was coming, the blind man began to shout, "Jesus, Son of David, have pity on me!" Many people told him off and told him to be quiet. But he shouted more loudly, "Son of David, have pity on me!"

Jesus stopped walking and said, "Tell him to come here."

The people told the blind man, "Courage! Get up! Jesus wants to see you."

The blind man threw off his coat and stood up quickly. He came to Jesus.

Jesus asked him, "What do you want me to do for you?"

The blind man said, "Master, I want to see again."



Jesus said to him, "Go. Your faith has saved you." Immediately, the blind man could see again and he followed Jesus on the road.



# 31st Sunday in Ordinary Time – 31 October

## A READING FROM THE SCROLL OF DEUTERONOMY

Moses said to the people, “If you, your son, and your grandson respect the Lord your God and everyday obey all his laws that I give you, you will have a long life. You people of Israel, listen carefully: keep and obey God’s laws, and God will give you all the things you need and you will do well. You will become a great people, and live in a land rich with milk and honey. This is what the Lord God promised.

People of Israel, listen: The Lord our God is the one Lord. You must love the Lord your God with all your heart, with all your soul, and with all your strength. Always remember everything I said today, and that you obey God’s laws in your heart.”

## PSALM—LORD, I LOVE YOU. YOU GIVE ME STRENGTH

I love the Lord.  
He is my rock, my saviour.  
He protects me like a shield; He helps me.  
He saves me from my enemies; praise the Lord!



The Lord will live for ever.  
Praise to God because he saves me.  
He gives me victories over my enemies.  
He has shown his love for his anointed king.



## **A READING FROM THE LETTERS TO THE HEBREWS**

In the old days, there were many priests but each priest died because no one can live for ever. But Christ lives for ever; He can never lose his priesthood. This means we know that Christ can save people, because He lives for ever and He helps those that want to come to God through him (Jesus).

Christ is really the high priest that we need. He is holy. He has no fault or sin in him. He is pure and not influenced by sinners. He is raised above the heavens. He is not like other priests; He does not need to offer sacrifices every day, first for his own sins, and then for the sins of the people. Because Christ offered one sacrifice, once and forever, by offering himself on the cross.

The Law of Moses chose men to become high priests, but they were weak and not perfect, the same as other people. But God made a promise and He chose his Son as the High Priest - Christ is perfect for ever .

## **A READING FROM THE GOSPEL OF MARK**

A scribe (writer) came to Jesus and asked him a question, "Which commandment is the first and most important?" Jesus replied, "This is the first and most important commandment: 'People of Israel, listen!

There is only one Lord. You must love God with all your heart, with all your soul, with all your mind and with all your strength.' This is the second important commandment: 'You must love your neighbour the same as you love yourself.' There is no other commandment more important than these two commandments."

The scribe (writer) said to him, "You are right. You have given a good answer. What you have said is true; there is only one God, no other.

We must love him with all our heart, with all our understanding and with all our strength.

And we must love our neighbour the same as we love ourselves \_-these two commandments are more important than any sacrifices that we give to God."

Jesus saw that the scribe (writer) spoke wisely and said to him, "You are near to the kingdom of God." After that, no one had the courage to question Jesus again.



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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](mailto:david@ephpheta.org.au)

**[www.ephpheta.org.au](http://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!