

Holy Name Catholic Parish DIOCESE OF BROKEN BAY 35 Billyard Avenue Wahroonga 2076 Web I www.holynamewahroonga.com.au



24th July - 17th Sunday in Ordinary Time

From Fr Paul

This coming week on Tuesday 26th July, we celebrate the feast day of Sts Joachim and Anne, and we mark the *World Day for Grandparents and the Elderly.* We honour Saints Joachim and Anne, parents of Mary and grandparents of Jesus and we acknowledge the senior members of our own Holy Name community.

From the *Protoevangelium of James* (150AD), we learn the accepted names of Mary's parents, **Joachim and Anne**, as well as the tradition that the couple was childless until an angel appeared to Anne and told her that she would conceive.

Let us reflect on **this beautiful verse** adapted from the ancient Byzantine Daily Worship "*Today St Anne claps her hands for joy, the earth radiates with light, kings sing their happiness, priests enjoy every blessing, the entire universe rejoices, for she who is Queen and the Father's immaculate bride buds forth from the stem of Jesse."*

Though little is known of the historical Joachim and Anne, **the truth is** that it was Mary's parents who nurtured her, taught her, brought her up to be the worthy Mother of the Lord. **It was their teaching** that led her to respond to God's request with faith, "Let it be done to me as you will." **It was their example** of parenting that Mary must have followed as she brought up her own son, Jesus. **It was their faith** that laid the foundation of courage and strength that allowed her to stand by the cross as her son was crucified and keep faith in the promises of God.

As a community of faith, we honour grandparents and all our seniors, and we express our love and gratitude for those who have enriched our lives. It is in the family that faith and morals are first taught and nurtured, and grandparents often have a strong and positive influence on their grandchildren.

Like Mary, may we each be willing to say our 'Yes' to God. Like Joachim and Anne, may we seek to be a source of love, good example and sound teaching to our family members. With prayers and good wishes, *Fr Paul*

Prayer for Grandparents

Lord Jesus, you are Son of God and son of Mary, the daughter of Saints Joachim and Anne.

Look with love on grandparents the world over. Protect them! Support them! May they be teachers of wisdom and courage, and all that is good. That they may pass on to future generations the fruits of their long life experience.

Lord Jesus, help families and society to value the presence and role of grandparents. May they never be ignored or excluded, but always be treated with respect and love. May human life (from conception to death) and family life be everywhere valued and respected. Amen.

Mary, Mother of all the living, keep grandparents constantly in your care, accompany them on their earthly pilgrimage, and by your prayers, grant that all families may one day be reunited in our heavenly homeland, where you await all humanity for the great embrace of life without end. Amen.



St Joachim and St Anne Parents of the Blessed Virgin Mary and Grandparents of Jesus

| Parish Masses This Week | | | | | | | | | |
|-------------------------|---------|---------|--------|--------|--------|--|--|--|--|
| Monday | 25 July | No Mass | | | | St James, apostle | | | |
| Tuesday | 26 July | Mass | 9.15am | | | Sts Joachim and Anne, parents of Blessed Virgin Mary | | | |
| Wednesday | 27 July | Mass | 9.15am | | | Weekday, Ordinary Time 17 | | | |
| Thursday | 28 July | Mass | 9.15am | | | Weekday, Ordinary Time 17 | | | |
| Friday | 29 July | Mass | 9.15am | | | Sts Martha, Mary and Lazarus | | | |
| Saturday | 30 July | Mass | 5.00pm | | | Weekday, Ordinary Time 17 | | | |
| Sunday | 31 July | Mass | 8.00am | 9.30am | 5.30pm | 18th SUNDAY in ORDINARY TIME | | | |

Please Remember in your Prayers

RECENTLY DECEASED:

Paul Joseph Mitchell (father of Michael Mitchell, died 21 July), Susan Woodfine (daughter of Barbara and Maurice, sister of Michael, died 6 July, aged 67), Father Bernard Joseph Maxwell (Ordained at Holy Name, died aged 92), Halina Brzozowski (mother of Joanna, died 18th June, aged 83), John Fisher (husband of Yvonne, died 13 June aged 82), Jason Booker (nephew of Trish and Tony Maiolo, died 5 June aged 50), Annis Zouki (brother in law of John Kassis, died 29 May aged 93), Marion Ardill Pyne (Deacon Kevin Hale's mother), Rosemary Cunningham (mother of DBB Seminarian Paul).

ANNIVERSARIES:

Amanda Therese Duggan (daughter of Therese and John, 16th anniversary on 26 July), Jim Johnson (3rd anniversary 30th July) Brian Oong (husband of Gwen, father of Jason, father in law of Sally and grandfather of Natalie, Katie, Chloe and Zara, 1st anniversary 21 July), Julie Raftery (Gemma McDermott's mother, 1st anniversary 16 July), Ron Phillips (father of Lynne Attard, 2nd anniversary 20 July), Bruce Phillips and Enid Phillips (parents of Megan Khannah, 20th anniversary on 23 July and 14th anniversary on 15th May), Evelyn Attard (Ray's mother, 24th anniversary on 22 July), Susan Lukas (mother of Andy and Donna Lukas, 3rd anniversary 11 July), Norman Li (husband of Jennie, 2nd anniversary on 13 July), Ethel Christenson (mother of Paul and Linda, mother in law of Virginia, and nana of Isabella, Alana, Claudia, Nick and Daniel) 1st anniversary 13 July), Gabrielle Quirk (sister of Rosalie Talty, 5th anniversary on 14 July), Gabrielle Small (Jennifer Skelly's mum, 3rd anniversary on 16th July), Andre Henriks (father of Yvonne van den Berg, 3rd anniversary 17th July), Betty Le Gras (wife of Chris and mother of Peter, 11th anniversary on 15 July), Margaret Woodlands (1st anniversary on 6th July, wife of Brian, mother of Joanne, Elizabeth and Kristin), Daniel Turalakey (father of Miranda, 52nd anniversary on 4 July), Kevin Francis Lynch (cousin of Jennifer Gregory, 6th anniversary on 5 July), Daniel McGarry (son of Brian, 12th anniversary on 2 July), Vincent McGarry (father of Brian, 17th anniversary on 3rd July), Br. Michael Stanley Madden cfc (Chris Madden's brother 1st anniversary 2 July), Ramon Moraza (brother of Rose Planas, 6th anniversary on 4 July).

FOR THE SICK:

John McGarry, Judith Mackay (sister of Barry Clibborn), Lachlan Kean (nephew of Cecilia and Noel), Sally Salehian, Jo Keijzer (daughter of Leila & Conor McCreton), Fr Martin Aye Ngwe, Lasserre Gomes (father of Linette Sardinha), Conor and Leila McCreton, Mike Tighe, Tina Northcott, Rosalie Bertaglia (friend of Megan Khannah), Dympna Hayes (sister of Maureen Kippax), Kathryn Gilmore, Margaret Ryan (sister of Reg Gibbons and wife of Con), Cyril Littrich, Pam Gallagher, Margaret MacMillan, Leon D'Apice, Geoff Deacon (brother-in-law of Irene King), Max Arnett, Greg McNally, John Clark, Sinead Joyce (friend of Dot & Mike Tighe), Kathleen Le Gras (Sister of Brian McGarry), Emma Vassallo (Granddaughter of Will Hayward), Peter Higgins (son of Norma), Dawn Phillips (Lynne Attard's Mum), Alyssa Kent, Ted Hook (Antonina's husband), Kevin Brown (brother-in-law of Halina and David Brett in England), Joe Pulis, Patricia McGrath, Edda Fragiacomo, Maurice Aliprandi (father of Erica Bayldon), Margaret Anderson (sister-in-law of Frank and Jo Waldron), Anne Carney, Walter Sutcliffe, Isla Fisher, Norma Higgins, Davin and Sharon Ho, Leanne (Sharon's sister), David Waldron (son of Jo and Frank), Chris Le Gras, Judith Hodson, Susie Dunning (sister of Leila McCreton), Gloria Boswell, Freya Carney, Fr Michael Fallon msc (friend of Patrick Kirkwood), Hildegard McLaughlin, Doris Buzinskas, Christopher Anderson, Jim Clayton (Fran's father-in-law), Madeleine Ryan, Gabrielle Flood, Grant Jepson, Noeline Mannix, Madeleine Reicher (granddaughter of Patricia Cox), Thomas Nash, Ross Truda, Frances Hall, Anne Sutcliffe (Walter's wife), Lillian Whitty, Mary Gibbs, Chad Walkaden, Noelene Burke, Martin McCreton (brother and brother in law of Conor and Leila McCreton), Margaret Hayes, Reginald Broderick, Michael Walsh, Caoimhe Browne, Murray Howe, George Dunne.



Congratulations to the Campbell and Teofilo Families A melia Grace Li and Gabriel Vincenzo will be baptised this Sunday, 24th July.

What does the Word of God say to us today - Week 17 of Year C?

First reading (Genesis 18.20-32) Abraham intercedes with God on behalf of the people of Sodom, a sinful city. He is troubled by the idea of innocent people being punished alongside the guilty, and he begins to bargain with God. The story highlights the importance of intercessory prayer and reveals something of the mercy of God.

Second reading (Colossians 2.12-14) St. Paul explains that through baptism a Christian dies to the old life of sin and rises to new life in Christ.

Gospel (Luke 11.1-13) Out of his own experience of prayer and communion with the Father, Jesus teaches his disciples to pray the *Our Father* and to be persistent and trusting in prayer.

Jesus teaches us to address God as "our Father" and to confidently ask God for the things we need to live as his sons and daughters. We can approach God with confidence and boldness because Jesus Christ has opened the way to heaven for us through His death and resurrection. When we ask God for help, he fortunately does not give us what we deserve. Instead, he responds with grace (ie with his favour and blessing) and mercy (pardon and healing). He is kind and forgiving towards us and he expects us to treat our neighbour in the same way.

The Parable of the late night guest suggests that, if a neighbour can be imposed upon and coerced into giving bread in the middle of the night, will not God, our heavenly Father and provider, also treat us with kind and generous care no matter how troubling or inconvenient the circumstances might appear? God gives the best he has. He freely pours out the blessing of his Holy Spirit upon us so that we may be filled with the abundance of his provision.

Do you approach your heavenly Father with confidence in his mercy and kindness towards you?

Quote to reflect on the Readings

The simplest explanation on why we pray Our Father and not Our Mother is because it's been revealed to us in Holy Scripture that God should be referred to as Our Father. Benedict XVI writes, "God is never named or addressed as mother, either in the Old or In the New Testaments." Pope Benedict XVI, *Jesus of Nazareth* Vol. 1, p. 139.) In fact, even Pope Benedict admits further arguments may not be convincing other than the Holy Scriptures themselves writing, "But even if we cannot provide any absolutely compelling arguments, the prayer language of the entire Bible remains normative for us...We make our petitions in that way as Jesus, with Holy Scripture in the background, taught us to pray, and not as we happen to think or want." (Pope Benedict XVI, 140)

Of course with that being said, God does express a maternal love for us expressed in the word *rahamim*. Benedict XVI explains that "Etymologically, this word means "womb," but it was later used to mean divine compassion for humanity, the mercy of God.



Congratulations!



Congratulations to

Chrissie and Chris Goldrick

who celebrate their 40th wedding Anniversary on Sunday, 24th July. They were married at Holy Name, Manchester!

Sacramental News

Sacrament of First Eucharist

Practices:

There will be two (2) practices, one for each Mass, at the Church. We shall run through the whole Mass, including all the responses for the Mass, so please continue to attend Mass with your children and practise the responses from their red 'My Missal' or from the 'Sunday Celebrations' handout at the Church door.



** Saturday Mass: Practice on Wednesday 27 July at 5pm ** Sunday Mass: Practice on Wednesday 27 July at 6.30pm

Please be punctual. Tea and coffee will be available in the kitchenette at the Church entrance before each of the practices. If there is any issue, please contact Sally Oong— sally.oong@bbcatholic.org.au

This Sacrament will be celebrated during: 5:00pm Vigil Mass on Saturday, 30th July and 9:30am Mass on Sunday, 31st July

Enrolment for Confirmation

Registration for the program of preparation for children receiving the Sacrament of Confirmation on THURSDAY 22nd September 2022 at 5:30pm

Eligibility:

Candidates must be Baptised and be eight years of age or older (Yr 3, 2022 minimum). In Broken Bay Diocese, Confirmation is celebrated prior to Reconciliation and First Eucharist. **To Enrol:** https://www.trybooking.com/CBCSP

Parish Groups to Consider

Morning Tea Roster

Here at Holy Name we have always been supportive of hospitality in our Parish. We are hoping to make our Sunday Morning Tea following the 9:30am Mass a regular event again. If we have 3 or 4 families who are willing to help on one Sunday of the month, that would be wonderful. Currently we have our Men's Group who host a BBQ on the first Sunday of the month and a family who do Morning Tea on the third Sunday of the month.

What's involved? Setting up the tables in the Church Portico with cups, milk and sugar (all provided): making up the pots of coffee and tea and putting out biscuits/cakes: serving after Mass and packing up and putting away. A terrific opportunity for a family to get involved.

Livestreaming our Masses

Ken Laing and Anne-Louise Deakin have been livestreaming our Masses since we began doing so. We are looking at putting together a team who can 'lighten the load' for Ken and Anne-Louise. It would involve a few lessons on how to use the equipment and then availability for one Mass on the weekend (on a rostered basis).

PLEASE let us know if you are interested in helping out with this valuable service. We still have some parishioners who are unable to come to the Church and rely on this livestreaming.

Grandparents

Last Friday the Prouille grandparents joined us for 10:15am Mass in the school hall to celebrate Grandparents. As a community of faith, we honour grandparents and seniors, and we express our love and gratitude for those who have enriched our lives.

Please Note: Tuesday, 26th July - Feast Day of Sts Joachim and Anne, parents of Mary, and grandparents of Jesus.

Prayer for Grandparents

Lord Jesus, you are Son of God and son of Mary, the daughter of Saints Joachim and Anne.

Look with love on grandparents the world over. Protect them! Support them! May they be teachers of wisdom and courage, and all that is good that they may pass on to future generations the fruits of their long life experience.

Lord Jesus, help families and society to value the presence and role of grandparents. May they never be ignored or excluded, but always be treated with respect and love. May human life (from conception to death) and family life be everywhere valued and respected. A men.

Mary, Mother of all the living, keep grandparents constantly in your care, accompany them on their earthly pilgrimage, and by your prayers, grant that all families may one day be reunited in our heavenly homeland, where you await all humanity for the great embrace of life without end. Amen.





Holy Name Grandparents







Saints We Remember in July

Saint James

Feast Day 25 July

Nothing is known of St. James the Greater's early life, though it has been established that he is the son of Zebedee and Salome and brother of John the disciple.

The title "the Greater" was added to St. James' name to help distinguish him from the Apostle James "the Less," who is believed to have been shorter than James "the Greater."

Saint James the Greater was one of Jesus' first disciples. James was fishing with his father and John the Apostle when Jesus came to the shores of the Sea of Galilee and called for the fishermen, who were unable to catch any fish that day, to dip their nets in the water once again. When the fishermen followed Jesus' instructions, they found their nets full, and after emptying the fish on board, the boats nearly sank from their weight.

Later, James was one of only three called by Jesus to witness his Transfiguration, and when he and his brother wanted to call fire upon a Samaritan town, both were rebuked by Jesus. Following Christ's Ascension, James spread the Gospel across Israel and the Roman kingdom as well. It is believed he travelled and spread the Word for nearly forty years in Spain.

May we be inspired by James deep faith in the Lord and his desire to have him known and loved.

Sts Martha, Mary and Lazarus Feast Day—29 July



St Martha was the sister of Mary of Bethany and Lazarus who was raised from the dead by Jesus Christ. The feast of Mary of Bethany was set on July 29 together with her siblings Martha and Lazarus. Saint Lazarus is also known as Lazarus of Bethany or Lazarus of the Four Days. **Here are some incidents from the Gospels.**

Jesus at the home of Martha and Mary

Martha was more worried and anxious about doing the outward things while her sister Mary focused on listening to the everlasting words from Jesus.

 38 As they continued their journey he entered a village where a woman whose name was Martha welcomed him.

³⁹ She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak.

⁴⁰ Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me."

⁴¹ The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things.

⁴² There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

Later, Jesus was to tell Martha "I am the Resurrection and the Life..."

Sts Martha, Mary and Lazarus (continued)

The Raising of Lazarus at Bethany

Lazarus had died and his sisters, Martha and Mary, sent a word to Jesus that the one He loved had died. Jesus was far way from Bethany, His disciples were afraid of going back there because the Jews had attempted to kill Him. But Jesus insisted that they go back and raise Lazarus from the dead.

Four days after Lazarus had died, Jesus arrived in Bethany and Martha went to meet Him on the way as Mary remained at home. After Jesus told her that He is the life and resurrection, she replied, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world."

Jesus went home and raised Lazarus from the dead.

¹ Now a man was ill, Lazarus from Bethany, the village of Mary and her sister Martha.

²³ Jesus said to her, "Your brother will rise."

²⁴ Martha said to him, "I know he will rise, in the resurrection on the last day."

²⁵ Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live,

²⁶ and everyone who lives and believes in me will never die. Do you believe this?"

²⁷ She said to him, "Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world."

⁴¹ So they took away the stone. And Jesus raised his eyes and said, "Father, I thank you for hearing me.

⁴² I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me."

⁴³ And when he had said this, he cried out in a loud voice, "Lazarus, come out!"

⁴⁴ The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go."

Anointing of Jesus Feet by Mary

Jesus had arrived in Bethany some six days before Passover and dinner was prepared for Him at Martha, Mary and Lazarus's home. Lazarus was seated at the table and Martha was serving food. This is the time that Mary took a litre of costly perfumed oil and anointed the feet of Jesus. It is at this incident that the Jews plotted to kill Lazarus.

Six days before Passover Jesus came to Bethany, where Lazarus was, whom Jesus had raised from the dead.
They gave a dinner for him there, and Martha served, while Lazarus was one of those reclining at table with him.
Mary took a litre of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil.

4 Then Judas the Iscariot, one [of] his disciples, and the one who would betray him, said,

5 "Why was this oil not sold for three hundred days' wages and given to the poor?"

6 He said this not because he cared about the poor but because he was a thief and held the money bag and used to steal the contributions.

7 So Jesus said, "Leave her alone. Let her keep this for the day of my burial.

8 You always have the poor with you, but you do not always have me."

9 [The] large crowd of the Jews found out that he was there and came, not only because of Jesus, but also to see Lazarus, whom he had raised from the dead.

10 And the chief priests plotted to kill Lazarus too,

11 because many of the Jews were turning away and believing in Jesus because of him.



Grant, we pray, almighty God, that the example of your Saints may inspire us to a better life, so that we, who celebrate the memory of **Saints Martha, Mary and Lazarus,** may also imitate without ceasing their deeds.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

Parish Contact Information and Mass Times

| Parish Priest : | Fr Paul Du | | paul.durkin@bbcatholic.org.au | | | |
|--|------------------------------------|--|-----------------------------------|--|--|--|
| Assistant Priest: | Fr Sam French | | sam.french@bbcatholic.org.au | | | |
| Parish Secretary : | Mrs Jackie | Thornton | jackie.thornton@bbcatholic.org.au | | | |
| Parish Office: | | - | Holyname@bbcatholic.org.au | | | |
| Sacramental Coordinator: | Mrs Sally | Oong | sally.oong@bbcatholic.org.au | | | |
| Office Hours : | Monday, | Monday, Tuesday, Thursday, Friday 9.00am—5pm | | | | |
| Phone: | • • | (02) 9489 3221 | | | | |
| Postal Address: | P O Box 3 | P O Box 385 Wahroonga NSW 2076 | | | | |
| Prouille School: | | 5 Water Street Wahroonga NSW 2076 | | | | |
| School Principal: | | Ms Genevieve Smith | | | | |
| Phone: | | (02) 9489 3233/ School Website: www.prouilledbb.catholic.edu.au | | | | |
| CCD Coordinator : | | Mrs Cecilia Kean | | | | |
| Eucharist Ministry to the Sick Coordinators: | Mrs Pam Koroknay: Mr Chris Madden. | | | | | |
| | (Housebound) Mr Paul Sutherland | | | | | |
| Weekend Ministries Co-ordinator: | | Mr Chris Goldrick cgoldrick@optusnet.com.au 0450 963 596 | | | | |
| St Vincent de Paul (Wahroonga Conference): | | Mr Anthony Weaver (President) 0423 842 823, Mr Ken Laing (Treasurer), Mrs Candy Cosgriff (Secretary) | | | | |
| | r), wirs candy cosgrin (S | ecretary) | | | | |
| Weekend Masses: | | Baptism : Preparation | - last Sunday of the month. | | | |
| Saturday 5.00pm (and FIRST Saturday of the month Mass | at | Baptisms - 2nd and 4th Sunday of the month at 11.00am. | | | | |
| 9:15am) | | | through the Parish Office. | | | |
| Sunday 8.00am, 9.30am and 5.30pm | | 0 | | | | |
| and 7.30pm at Loreto College Normanhurst during school | l terms | ms Marriage: | | | | |
| Mass on Tuesday to Friday: 9.15am | | By appointment, at lea | ast six months in advance. | | | |
| 8.30am - 9.00am Silent Prayer | | | | | | |
| 9.00am—9.15am Morning Prayer of the Church | | Sick Calls: | | | | |
| Rosary after Mass on Tuesday | | Any time day or night. Please call 0484 581 647 out of office hours. | | | | |
| Special Intercessions/intentions remembered at Friday N | /ass | | | | | |
| | | Confessions: | | | | |
| Friday evening during Lent: Adoration 6:00pm Stations of the Cross 6:30pm | | Saturday 11.30am or by appointment. The list of times in | | | | |
| | | | s on our parish website. We | | | |
| Mass is also celebrated: : | | recommend you call the parish in advance to confirm times. | | | | |
| Our Lady of the Rosary Cathedral, Waitara – Monday 7.0 | 00am | | | | | |
| St Leo's College, Wahroonga Friday 12.55pm during sch | | | | | | |
| | | | | | | |

Parish Pastoral and Missionary Council for 2020/2021: Tess Denham-Fabry (Deputy Chair), Ed Scully (Secretary), Chrissie Goldrick, Tom Waugh, Giovanna Flores-Clarke, Ian Edmunds, Samantha Vieira, Sally Oong and Roger Bohlsen, along with Genevieve Smith (Prouille) and Elizabeth Webster (St Lucy's) and a representative from St Edmunds.

Parish Finance Committee: Marinela Mendes, Tony Monardo, Robyn Elizondo, Tim Quilty, Paul O'Brien

Parish Fundraising Committee: Noel Kean (Chair), Meredith Baume, Anthony Weaver, Lyn Saul, James Toomey

The Parish Bank Account Number: The Catholic Development Fund (CDF) with whom the parish banks), has changed some of its processes. This means we have a new account number. In the past, we would provide the details here, however, in late 2020, the Diocese of Broken Bay advised we were no longer to advertise our bank account details in the parish bulletin or on our website. *SO WHAT DOES THIS MEAN*? If you deposit directly to the parish account (on a regular or ad hoc basis), we need to provide you with the new account number. There is no change to regular credit card contributors.

Thank you for your financial contribution to the support of our Parish Community and its priests. It is greatly appreciated.

The 1st Collection taken up at Mass goes to the Clergy Remuneration Fund for the financial support of the priests.
The 2nd Collection taken up at Mass is for the running and upkeep of the Parish.

We invite you to help our Parish by joining a Planned Giving scheme. Please contact the parish office for the way you can participate in this. Your gift of any size will help our parish continue our good works & outreach.

Alternatively see the "Make A Payment" tab on www.holynamewahroonga.com.au

IN CASE OF A MEDICAL EMERGENCY: Our Church is equipped with a defibrillator in the event of a cardiac arrest. It is located near the entrance to the church, next to the notice board. It is designed to be used by everyone. Please familiarise yourself with the use of this device at <u>AED Plus Step-by-Step Demo - YouTube</u> in case of an emergency.