



PYMBLE CATHOLIC PARISH

SACRED HEART & OUR LADY OF PERPETUAL SUCCOUR

Building a Christ-centred community of Love and Mercy



Pymble Parish is under the Pastoral care of the Salvatorian Fathers.

Third Sunday of Advent



Advent Prayer

*I lift my heart up to you, Lord,
to thank you for the blessings
you shower on me each day.*

*You are the 'joy of my soul.'
I know that in your great love,
I am held and protected by you.*

*I pray and listen to the good news you
send;*

*I ask and feel the healing.
I am freed by you
from the things in this world
that let me hide from you.*

*I rejoice, I rejoice, down to my soul.
Help me to prepare my heart
to be open and able to receive your im-
mense love.*

Amen.



A warm welcome to all our
Parishioners who are
celebrating the Eucharist
with us this weekend.

Capacity limits

Sacred Heart Church: 260
OLPS Church: 130

Pope Francis' Prayer Intention for December



Catechists

Let us pray for the catechists, summoned to
announce the Word of God: may they be its
witnesses, with courage and creativity and in
the power of the Holy Spirit.

Contact Us

Please inform the Parish Office if you have re-
cently changed your address, phone number or
email.

For Parishioners who give via credit card, please
let us know if your credit card has expired or if
you have changed your card.

Thank you!



Prayer for the Intercession of Blessed Francis Jordan

Lord Jesus Christ, Saviour of the world, you called Francis
Mary of the Cross Jordan to be your apostle, to make God
known and loved by all people everywhere, using all the
means your love inspires. You filled him with universal
apostolic zeal, with a deep trust in God's loving providence,
with a profound spirit of prayer, with a sincere devotion to
Mary, Mother of the Saviour, and with the courage to
follow you, even into the mystery of the Cross.

Grant also to me the grace to proclaim the Gospel in this
spirit, and make me an effective apostle in today's world.

Through the intercession of Blessed Francis Jordan, I pray
to you for my special needs (include your personal
intention). I make this prayer through you, my Saviour, who
lives and reigns with the Father and the Holy Spirit, forever
and ever. Amen.

www.pymblecatholicparish.org.au

If you have used this bulletin, please take it home with you

Parish Team

Pastoral care

Salvatorian Fathers

Parish Priest: Fr. Boguslaw Loska SDS

Email: fr.boguslaw@pymblecatholicparish.org.au

Assistant Priest: Fr Christopher Kowalczyk SDS

Email: fr.chris@pymblecatholicparish.org.au

Parish Staff

Parish Secretary: Daniela Foote

Email: daniela@pymblecatholicparish.org.au

Assistant Secretary: Claudia Chen

Email: claudia@pymblecatholicparish.org.au

Youth Coordinator: Melanie Benbow

Email: melanie@pymblecatholicparish.org.au

Sacramental & CCD Coordinator: Melanie Benbow

Email: melanie@pymblecatholicparish.org.au

Parish Mass Times

Sacred Heart

2 Richard Porter Way, Pymble NSW 2073

Weekdays:

Tuesday to Friday 9:00am

Rosary: Tuesday to Friday after morning Mass

Exposition of the Blessed Sacrament: Friday after morning Mass

Weekend:

Saturday (Vigil Mass): 5:30pm

Sunday: 7:45am, 9:30am and 6:00pm

Reconciliation: Friday 8:30am, Saturday 5:00pm

Sunday 5:30pm

Our Lady of Perpetual Succour

64 Kendall St, West Pymble, NSW, 2073

Weekdays:

Tuesday: 12pm

During School Term as advertised in the Parish weekly calendar section

Weekend:

Saturday: 9:00am and 5:00pm (Vigil Mass)

Sunday: 9:00am

Reconciliation: Saturday 9:30am

Contact details

Address: 2 Richard Porter Way, Pymble, NSW 2073

Postal address: PO BOX 231 Turramurra NSW 2074

Telephone: (02) 9144 2702

Email: office@pymblecatholicparish.org.au

Website: www.pymblecatholicparish.org.au

Office hours: Monday to Thursday 8.30am to 4.00pm

Friday 8.30am to 1pm

For information about Baptisms and Weddings please contact Daniela in the Parish Office.

For information about the sacraments of Confirmation, Reconciliation and First Eucharist, please contact Melanie on melanie@pymblecatholicparish.org.au

PARISH PRIMARY SCHOOLS

SACRED HEART

Principal: Mrs Mary Hor

Telephone: (02) 94408056

www.shpdbb.catholic.edu.au

OUR LADY OF PERPETUAL SUCCOUR

Principal: Mrs Sue Host

Telephone: (02) 9498 6060

www.olpsdbb.catholic.edu.au



Pymble Parish COVID Update

Based on the current Public Health Orders, both Sacred Heart and OLPS will be open to all, and in accordance with the health regulations, the vaccination status of our people who attend our churches, or who undertake a ministry in them, will not need to be verified.

The following will apply **until 15 December**:

- The number of people who can attend Mass and other liturgies and services of prayer is based on the **2 sqm principle**. **This will be 260 for Sacred Heart Church, and 130 for OLPS Church.** This applies to funerals and weddings where all attendees are fully vaccinated.
- Congregational singing will not be possible.
- COVID safe practices related to the celebration of our liturgies will be re-introduced including:
 - Avoiding the handling of objects by multiple persons;
 - The Chalice will not be shared; Holy Communion for the Faithful is to be under one species only;
 - The Sign of Peace should only be given by a simple bow or nod of the head;
 - Those who wish to receive Holy Communion on the tongue will be asked to wait until the end of the Communion Procession;
 - **It is essential that anyone visiting our churches use the QR code to register their visit, sanitize, and always wear a mask.**

From 15 December 2021:

- Congregational singing will be possible at our liturgies.
- Masks will no longer be compulsory but strongly recommended where you can not socially distance.
- There will be no restriction on the use of other parish facilities such as meeting rooms and halls.
- **It will still be essential for all visitors to check-in using the QR code.**

We thank you for your patience and unwavering support for our Parish during this time. Please contact the Parish Office on 9144 2702 or office@pymblecatholicparish.org.au if you have any questions.



PYMBLE PARISH



ZOOM BIBLE STUDY

EVERY FRIDAY AT 10:00AM

If you would like to join us, please send us your email address to office@pymblecatholicparish.org.au and we will get in contact

Lighting the Advent Wreath

Third Candle - The Candle of Joy



Meditation: "He will baptise you in the Holy Spirit and in fire." (Luke 3:16)

Priest: In the Third Week of Advent, we are called to respond to the gifts and graces we received in our baptism. We ask, "Does my life today fulfil the expectations and responsibilities of bearing the name of Christian?" What are we doing for the hungry, the oppressed, the sick, the lonely? Do we truly care about the needs of others? Do we accomplish cheerfully all that is expected of us in the work place or the classroom?

Light the first two purple candles and the pink one

Priest: Let us pray:

Almighty and loving God, Your Son has taught us the way to live as Your children. We were blessed in our baptisms with special gifts and graces, and still there are times when we find it hard to be all that we should be. We ask for an increased awareness of the needs of others and for the courage to stand up for those who cannot stand up for themselves. Please, God, help us to live in Your grace that all who know us will know You and Your love.

All: Amen.

PARISH PRAYER ZONE

Praying for others gets our focus off ourselves and onto the needs of those around us. As we "carry each other's burdens," we "will fulfil the law of Christ" (Galatians 6:2). Praying for each other makes us stronger and helps us to grow our faith and Christian love.

Recently Deceased:

Betty Borg, Denis Glanville, Peter Goh, Joseph Jacob, Florencia Santa Maria, John Pacak, Moyra Mitchelmore, Martin Gilsenan, Jaqueline Sweeney, Paula Freeman, Robert Ramsey, Fr James Duck, John English, Charles Pak, Joyce Spark, Christopher Drinkwater, Rudolf Ruhidin Arsyadi.

Death Anniversaries:

José Antonio Sanchez, Wayne Simpkins, Julian Costa Silva, Johnny D'Souza, Franciszek Lucjan Skrodzki, Joan Catherine Bernie, Bernardino Castillo, Joan Catherine Bernie, Egbert Fernandes, Jim Hussin, Katherine & Les Cashman, Serafin Peralta, Joe Dias, Lois Rae, Peter Yeong Ying Siew, Ron Chandler, Anne Hanna.

Prayers for the sick:

Peter Brassil, Pease Family, Joe Pulis, Margaret Day, Juliana Cho, Catherine Haydon, Vincent Tan, Monica Cavanagh, Marietta Tomoe, Kevin Parsons, Marianne MacRitchie, Anthony Hernandez, Steve Barrum, Colleen Hussin, Owen Thomas, Suzanne O'Sullivan, Mel Pegg Weir, Doreen Landers, Aaron Moll, Lloyd Victor, Richard Fillingham, Joanne Fernandes.

Weekly prayer intention:

We pray for all refugees and migrants who have travelled to a new country seeking a new life, that they are brought safely to the place they long to be. And help us always to show your kindness to strangers and those in need. Amen.

If you would like the names of your relatives to be included in the prayer list (anniversary of deaths, recently deceased, illnesses, wedding celebration or anniversaries, birthdays, etc.) please contact the Parish Office by midday each Wednesday. Remember that due to privacy policy, names of the sick can only be put on the bulletin with permission of the immediate family. This list will be updated every month and we would appreciate if we are advised of any updates. Thank you.

PARISH WEEKLY CALENDAR

There is the limit of 260 people at SH Church and 130 people at OLPS Church at any time.

Sunday, 12 December

Griffith Collection

7:45am Mass at Sacred Heart
9:00am Mass at OLPS
9:30am Mass at Sacred Heart
6:00pm Mass at Sacred Heart

Tuesday, 14 December

9:00am Mass at Sacred Heart
8:00pm Rosary online

Wednesday, 15 December

9:00am Mass at Sacred Heart
9:15am OLPS End of Year Mass

Thursday, 16 December

9:00am Mass at Sacred Heart

Friday, 17 December

9:00am Mass at Sacred Heart
10:00am Bible Study on Zoom

Saturday, 18 December

9:00am Mass at OLPS
5:00pm Mass at OLPS
5:30pm Mass at Sacred Heart

Sunday, 19 December

7:45am Mass at Sacred Heart
9:00am Mass at OLPS
9:30am Mass at Sacred Heart
11:00am Fundraising BBQ at Sacred Heart
6:00pm Mass at Sacred Heart

Tuesday, 21 December

9:00am Mass at Sacred Heart
8:00pm Rosary online



Keep in touch with us

Register to receive email updates from different groups within the Pymble Parish

flocknote.com/pymblecatholicparish



We welcome to Pymble Parish
the newest members of our community

Andy Chen
Kevin Chen

who will be Baptised
this weekend at our Parish.



St Vincent de Paul Annual Christmas & Hamper Appeal

The Annual Christmas Hamper Appeal was an outstanding success. The hampers provided by Parishioners and the students of both Our Lady of Perpetual Succour Primary School and Sacred Heart Primary School, were delivered to their destinations at Glebe and Wyong last Sunday.

The students of OLPS donated 7 hampers and with those provided by OLPS Parishioners, 20 decorated and boxed hampers were conveyed by Lise Treacy to St James Parish Hall at Glebe on Sunday morning.

The hampers destined for Wyong comprising approximately 70 hampers donated by Parishioners and 12 hampers donated by the students of Sacred Heart Primary School, were collected by the Wyong Conference of the Society on Sunday evening.

The involvement of both Schools represented the continuation of an initiative of the staff and children in recent years and affords the children a practical way of contributing to the celebration of Christmas of those less fortunate.

The coronavirus which has impacted upon the daily life of everyone this year did not dampen the enthusiasm of our Parishioners and Students in responding to the invitation to provide a Christmas Hamper for clients of our Society.

It is only with the generosity of our Parishioners and Students that a venture of this nature can succeed and on behalf of our Pymble Conference, we extend to you our heartfelt thanks for involvement in the Hamper Appeal and wish you all a happy and Holy Christmas and blessed New Year.

COLUMBAN CALENDARS

2022 Columban Calendars are available for purchase this weekend at \$10.00 per calendar.

If the piety stall is not attended, please place money in the poor box.



PARISH RECONCILIATION NIGHT

Everyone is encouraged to join us for this special celebration in preparation for Christmas. Reconciliation will take place on **Tuesday, 21 December 2021** between **7 and 8pm** at **Sacred Heart Church**. A number of priests will be available on the evening.

“To celebrate the sacrament of reconciliation means to be wrapped in a warm embrace” Pope Francis



Pymble Parish Office

Christmas Break

The Parish Office will be closed from
Thursday, 23 December 2021 to
Tuesday, 4 January 2022.

The Office will reopen on
Wednesday, 5 January 2022 at 8:30am.

Contact details:

(02) 9144 2702

office@pymblecatholicparish.org.au

www.pymblecatholicparish.org.au

Sacred Heart Parish BBQ Fundraiser

SUNDAY, DECEMBER 19

Sacred Heart Church after Family Mass (9.30am)

Lamb & Beef Kafta & Salad Wraps - \$10

Manoosh & Salad Wraps - \$7

Polish Donuts (Pączki) - \$5

Juice/Soft Drinks/Water Bottle - \$2

Free Tea & Coffee

Cash Payment Preferred

All proceeds go towards Church Maintenance

CALL FOR MUSICIANS & SINGERS

Do you play a musical instrument or love to sing? Have you ever thought of joining a choir? Now is the time to give it a go! We are in need of new members for some of our choirs as well as accompanists and cantors to call on to cover for absences.

If you would like to give it a try, please contact our Music Ministry Coordinator Bruno Carbone (brunodcarbone@outlook.com, 0419 498 243) to discuss joining one of our existing choirs or maybe forming your own.



Baptisms at Pymble Parish

If you would like to know or if you have any questions about the Baptism process in our Parish, please contact the Parish office on 9144 2702 or office@pymblecatholicparish.org.au

Christmas at Pymble

Copies of the **Parish Christmas Calendar** are available at the back of both churches and in our parish Web site :

www.pymblecatholicparish.org.au

Volunteers needed for Christmas Services

If you are able to help out with during this special occasion in our Church, please contact the Parish Office or follow the following link to sign up: <https://signup.zone/christmas-pymbleparish>. You can also sign-up on the Volunteer Sign Up form available at the back of both Churches.

We are looking for Readers, Eucharistic Ministers and Wardens for all our Christmas services at Sacred Heart and OLPS.

Oplátky Christmas Wafers



The tradition of the Oplátky originated in Poland during Early Christian times. This Christmas custom began with a simple white wafer, baked from flour and water. The wafers are wonderfully designed to display Christmas images, such as the Nativity.

Oplátky Christmas wafers are available in our Parish. Please speak to one of our Priests or contact the Parish office if you would like to take home the wafers for your Christmas celebration.

Anointing of the Sick

Unfortunately, due to the current climate, we will not be holding a Healing Mass and Christmas morning tea this year.

If you would like to receive the Sacrament of the Anointing of the Sick in your home, please contact the Parish Office on: **9144 2702** or office@pymblecatholicparish.org.au

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Crematoria

Warmly invites you and your family
to join us at our special interfaith

Christmas

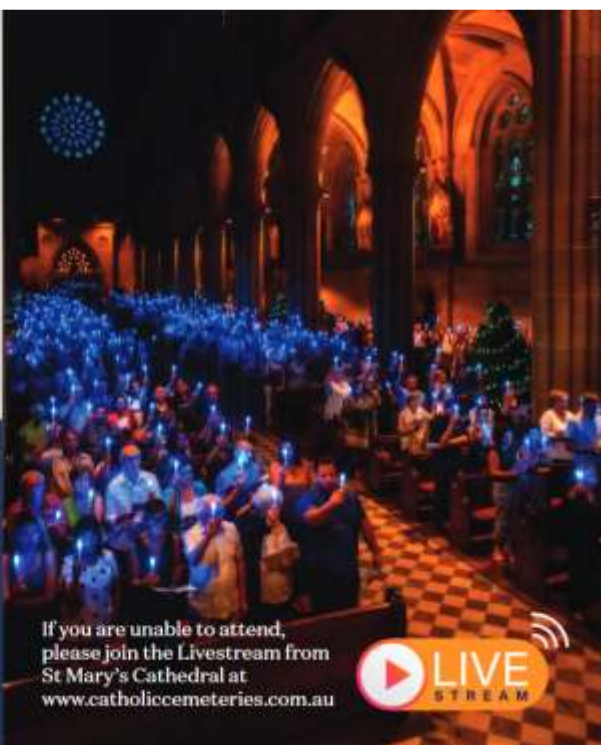
REMEMBRANCE SERVICE

to remember those we have lost
during 2021 and past years.

Sunday 12th December, 2021
7.30pm at St Mary's Cathedral

Presided by Bishop Terence Brady,
with live music performances.
After the service, please join us to view
the Lights of Christmas.

All visitors to the Cathedral must check
in with a QR code and wear a mask.
www.catholiccemeteries.com.au



If you are unable to attend,
please join the Livestream from
St Mary's Cathedral at
www.catholiccemeteries.com.au

Christmas Raffle

For sale

4/5, 11/12, 18/19 December weekends at both churches

Items in raffle:

- 6 crystal 430ml white wine glasses
- 3 bottles of white wine
- Commemorative porcelain decanter of Bell's whisky (Sarah Ferguson & Prince Andrew)
- Avanti 8 cup coffee plunger
- 2 Donna Sharman mugs
- Grinders coffee
- Coffee sugar crystals
- Ferrero Rocher chocolates
- Mini Pierres Christmas pudding
- Emmaline's brandied fruit cake
- Shortbread
- Santa's plate

TICKETS - 1 FOR \$5 OR 3 FOR \$10

CASH PREFERRED

All funds will go to help support the Salvatorian Seminaries and the education of our future Priests and Brothers.

PRIZE WILL BE DRAWN AT OUR FUNDRAISER BBQ ON
19 DECEMBER AFTER SACRED HEART 9.30AM FAMILY MASS

Christmas Break

PYMBLE PARISH

Parish Groups taking a break over the
Christmas New Year period will resume as below

Office: Wednesday, 5 January 2022

RCIA: Tuesday, 18 January 2022

Charismatic Prayer Group: Tuesday, 1 February 2022

Bible Study: Friday, 28 January 2022

Taize Group: TBA

Youth Off The Streets: Friday, 18 February 2022

Online Rosary: TBA

We wish everyone all the blessings of Christmas



Entrance Antiphon

Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.

First Reading

Zep 3:14-18

A reading from the prophet Zephaniah

Shout for joy, daughter of Zion, Israel, shout aloud!
Rejoice, exult with all your heart, daughter of Jerusalem!
The Lord has repealed your sentence; he has driven your enemies away.
The Lord, the king of Israel, is in your midst; you have no more evil to fear.
When that day comes, word will come to Jerusalem:
Zion, have no fear, do not let your hands fall limp.
The Lord your God is in your midst, a victorious warrior.
He will exult with joy over you, he will renew you by his love; he will dance with shouts of joy for you as on a day of festival.

Responsorial Psalm

(R.) Cry out with joy and gladness: for among you is the great and Holy One of Israel.

1. Truly, God is my salvation, I trust, I shall not fear.
For the Lord is my strength, my song, he became my saviour.
With joy you will draw water from the wells of salvation. (R.)
2. Give thanks to the Lord, give praise to his name!
Make his mighty deeds known to the peoples!
Declare the greatness of his name. (R.)
3. Sing a psalm to the Lord for he has done glorious deeds, make them known to all the earth!
People of Zion, sing and shout for joy for great in your midst is the Holy One of Israel. (R.)

Second Reading

Phil 4:4-7

A reading from the letter of St Paul to the Philippians

I want you to be happy, always happy in the Lord; I repeat, what I want is your happiness. Let your tolerance be evident to everyone: the Lord is very near. There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus.

Gospel Acclamation

*Alleluia, alleluia!
The Spirit of the Lord is upon me;
he sent me to bring Good News to the poor.
Alleluia!*

Gospel

Lk 3:10-18

A reading from the holy Gospel according to Luke

When all the people asked John, 'What must we do?' he answered, 'If anyone has two tunics he must share with the man who has none, and the one with something to eat must do the same.' There were tax collectors too who came for baptism, and these said to him, 'Master, what must we do?' He said to them, 'Exact no more than your rate.' Some soldiers asked him in their turn, 'What about us? What must we do?' He said to them, 'No intimidation! No extortion! Be content with your pay!'

A feeling of expectancy had grown among the people, who were beginning to think that John might be the Christ, so John declared before them all, 'I baptise you with water, but someone is coming, someone who is more powerful than I am, and I am not fit to undo the strap of his sandals; he will baptise you with the Holy Spirit and fire. His winnowing-fan is in his hand to clear his threshing-floor and to gather the wheat into his barn; but the chaff he will burn in a fire that will never go out.' As well as this, there were many other things he said to exhort the people and to announce the Good News to them.

Gospel Reflection

John brought 'good news' to the people

The people recognized that John was an extraordinary man of God and a true prophet who spoke in God's name. They came out to hear the "good news" which he preached to them. And they willingly submitted to his baptism of repentance at the River Jordan where he preached. John's task was to wake people up from spiritual sleep and indifference, and to turn them back to hear God's voice and obey his commandments. John wanted the people to be in a good place to receive the Messiah and follow him.

Luke mentions two groups in particular who came to John for spiritual renewal - tax collectors and Jewish soldiers who belonged to the Roman peace-keeping force. Both groups were regarded as being spiritually unfit and unclean by the Jewish authorities and were treated as outcasts. John welcomed them with open arms along with all the multitude of people who came to hear the "good news" and be baptized in the cleansing waters of the River Jordan.

John's message of repentance

John's message of renewal and repentance

was very practical. He told the people three things: First, every follower of God must share what they possess (their personal goods and resources) with their neighbours, especially with those who lacked the basic necessities of life. John recognized that this was a key duty for every individual and an outward expression of the great commandment to love one's neighbour as oneself.

Second, John pointed out the sacred duty to give each and every person what is their due and to not take from them what rightfully belongs to them. God commands that each person be treated with respect and that honour be given where honour is due. John told the tax collectors that they must not coerce people to pay more tax money than what was rightfully due. John instructed soldiers to not abuse their authority or power to compel people to give or do things for them beyond what was rightful and their due. (It was not uncommon for soldiers to abuse their position to force people to carry their heavy equipment for them or to rob them of their goods.) John did not tell them to leave their profession, but to be good, honest, and respectful soldiers.

And thirdly, John exhorted his listeners to be content with what they had and to avoid coveting (wrongfully desiring or acquiring) what belonged to others. John basically called the people to turn back to God and to walk in his way of love and righteousness.

Word of God has power to transform us

Whenever the Gospel is proclaimed it has power to awaken faith in people who will listen and turn to God. God, in turn, is always ready to open our eyes to the spiritual reality of his kingdom and to the power and action of the Holy Spirit who transforms us into the likeness of Christ. Do you believe that God's word is "good news" for you? And do you allow his word to take root and grow in you, and bring you the fruit of joy, freedom, and new life in the Holy Spirit?

John's message of "good news" aroused in many people a new hope and joyful expectation that this was now the decisive moment for God's Anointed One (the long-expected Messiah and Saviour of Israel) to come with power, justice, and judgment to establish his reign of peace and righteousness. Many wondered aloud if John himself might be the promised Messiah, the one who would deliver them from oppression.

The fire of the Holy Spirit

In the New Testament, the image of fire is also used of the Holy Spirit who comes to cleanse us from sin and make us holy. God's fire both purifies us of sin and it inspires in us a reverent fear of God and of his word. And it increases our desire for holiness and for the joy of meeting the Lord when he comes again.

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author Don Schwager.

Pymble Parish Roster 18/19 December 2021

Sacred Heart (Pymble)	Saturday 5.30pm	Sunday 7.45am	Sunday 9.30am	Sunday 6.00pm
Acolytes	C Parbury	K Fernandez	T McLeod	R Luke Samson
Altar Servers	Volunteers needed	Volunteers needed	J Foote M Snape	Volunteers needed
Readers	C Tan	M Forbes	R Samson F Samson	D McGreal
Music	L Drinkwater M Drylie	Quiet Mass	E Cho J Whiting	T Sato Youth Choir
Projector	T Antony	C Greedy	M Ortiz	J Duffy
Counters	19 December: T Ryan / A Mazzei / A Bowe			
Altar Society	18 December: M D'Allesandri, / J Murton / T Meers			
OLPS (West Pymble)	Saturday 5.00pm	Sunday 9.00am		
Acolytes	I Chisholm	T Ryan		
Altar servers	E & Z Victor	L & Z Dunsford		
Readers	I Fernandez	R Millane		
Music and Projector	M Mead K Haddrick	K & P Rodrigues		
Altar Cloth	18 December: D Mazzei			
Altar Society	18 December: H Quirke			

PLEASE NOTE: If your name is on the roster but you are not able to attend Mass, please organise someone to replace you or contact the Parish Office. Wherever possible stay 1.5 metres apart, wear a mask and practise good hand hygiene. **Please stay home if you are feeling unwell or if you are experiencing cold or flu symptoms.**

Children's Corner

What must we do?

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

Try to find these words:

- baptise
- different
- fire
- food
- Messiah
- money
- sandals
- satisfied
- share
- soldiers
- teacher
- water

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Counselling and Psychotherapy

Individuals may seek support for relief from:

- Emotional disturbances such as depression, anxiety and stress
- A history of failing relationships
- Difficulty in forming new relationships
- Trauma, grief, or life crisis
- Fear of phobias
- Loss of meaning

You can call me on 0403 453 620 or contact me by email at:
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