



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

CELEBRATING SALVATORIANS' 25TH ANNIVERSARY IN PYMBLE



"You must not break your oath, but must fulfil your oaths to the Lord."



Matthew 5:33

Baptisms at Pymble Parish



Our upcoming Baptism Formation Class will be held on:

**Sunday, 22 February 2026
at 10:30am
at Sacred Heart Church**

Bookings are essential, please contact the Parish office on 9144 2702 or via email on office@pymblecatholicparish.org.au

Lent

begins next Wednesday on Ash Wednesday, as we enter the season of prayer, fasting and renewal

**Masses at 9am, 7pm @ Sacred Heart
12pm @ OLPS**

A warm welcome to all our Parishioners and visitors who are participating in Mass with us this weekend.



Pope Leo XIV's official prayer intention for February



For Children with Incurable Diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



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.sds.org.au

Parish Team

Pastoral care

Salvatorian Fathers

Parish Priest: Fr. Ireneusz Czech SDS

Email: fr.irek@pymblecatholicparish.org.au

Youtube: youtube.com/@IreneuszCzech

Youtube QR code:



Parish Staff

Parish Secretary: Claudia Chen

Email: claudia@pymblecatholicparish.org.au

Sacramental Coordinator: Rebecca Lloyd-Jones

Email: rebecca@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:

Sunday: 9:30 am, 6:00 pm

Reconciliation:

Tuesday - Friday 8:45am

Sunday 9:15am, 5:30 pm

Our Lady of Perpetual Succour

64 Kendall St, West Pymble, NSW, 2073

Weekend:

Saturday: 9:00 am

Reconciliation:

Saturday 9:30am, 4:45pm

Saturday: 5:00 pm (Vigil Mass)

Sunday 7:45am

Sunday: 8:00 am (Quiet Mass)

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 3:30pm &

Friday 9am to 3:30pm

For information about Weddings please contact the Parish Office.

For information about the sacraments of Baptism, Confirmation, Reconciliation and First Eucharist, please contact Rebecca

Giving at the Parish

The **First Collection** goes to the upkeep of the clergy, Salvatorian Regional Office and the Broken Bay Diocese sustentation funds.



First Collection



Second Collection

The **Second Collection** goes towards maintaining our Churches and the upkeep of the Parish, supporting the ministries of our Parish (including our Sacramental programs and Catechist work), helping us continue our good works.

Thank you for your ongoing support.

Parish Primary Schools

Sacred Heart

Principal: Kerry Paxton

Telephone: (02) 7256 2142

www.shpddb.catholic.edu.au

Our Lady of Perpetual Succour

Principal: Jodi Jefferson

Telephone: (02) 7256 2101

www.olpsddb.catholic.edu.au

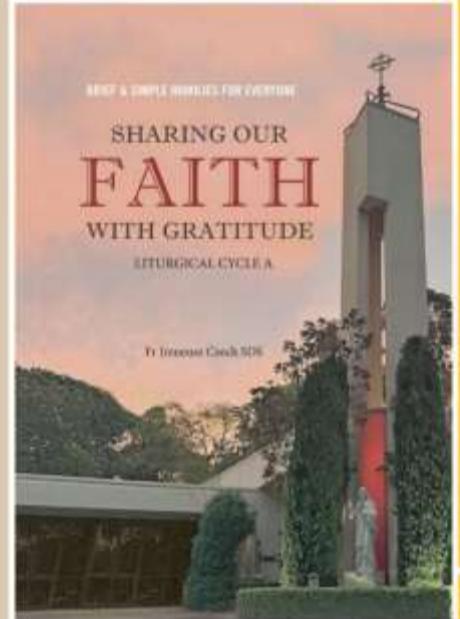


Brief and Simple Homilies for Everyone
Sharing Our Faith With Gratitude
Liturgical Cycle A

By Ireneusz Czech SDS

Dedicated to the Salvatorian Priests and to the Faithful of Pymble Catholic Parish in grateful recognition of their devoted service and cooperation in building a Christ-centred community of love and mercy for the past twenty-five years

A chapter for each Sunday with the Gospel passage followed by reflections and meditations tailored to that day's themes



Available for Kindle from **Amazon** at the link below

tinyurl.com/bdd455ek

Paper copy available in parish churches \$30ea





A Musical Addition to Sacred Heart

A beautiful second-hand baby grand piano has arrived in our parish this week!

A generous gift from Peter H, and our amazing donors who also helped make its moving and tuning possible. Your kindness has brought new life into our space, and we look forward with gratitude and excitement to the beautiful music this instrument will inspire in the months and years ahead.



WHAT'S ON IN OUR PARISH THIS WEEK

Saturday, 14 February

Sts Cyril, monk, and Methodius, bishop (Memorial)

9:00am Mass at OLPS with Morning Prayer (Breviary)

5:00pm Mass at OLPS

Sunday, 15 February

8:00am Mass at OLPS (quiet)

9:30am Mass at Sacred Heart (Rite of Election for RCIA Candidates)

10:30am Prayer Ministry at Sacred Heart

10:30am Senior Servers and Readers Meeting at Sacred Heart

5:30pm Reconciliation at Sacred Heart

6:00pm Mass at Sacred Heart

Tuesday, 17 February

The Seven Holy Founders of the Servite Order (Optional)

9:00am Mass at Sacred Heart

7:00pm Faith Formation: The Mass

7:30pm Charismatic Prayer Group

Wednesday, 18 February

Ash Wednesday

9:00am Mass at Sacred Heart

12:00pm Mass at OLPS

7:00pm Mass at Sacred Heart

Thursday, 19 February

9:00am Mass at Sacred Heart

Friday, 20 February

9:00am Mass at Sacred Heart followed by Adoration and Litany to the Sacred Heart of Jesus

6:30pm Men's Dinner at West Pymble Bowling Club

Saturday, 21 February

Collect of St Peter Damian, bishop, doctor (Optional)

9:00am Mass at OLPS with Morning Prayer (Breviary)

5:00pm Family Mass at OLPS

Sunday, 22 February

First Sunday of Lent

8:00am Mass at OLPS (quiet)

9:30am Family Mass at Sacred Heart

2:00pm Rite of Election at Our Lady of the Rosary, Waitara

5:00pm Lenten Adoration

5:30pm Reconciliation at Sacred Heart

6:00pm Mass at Sacred Heart

The Rosary is recited after all weekday Masses at Sacred Heart Church and after 9am Saturday Mass at OLPS

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:

Simon Devitt, Chan Siew Gaik, Douglas Jacks, John Nolem, Cindy Cheung, Teresa Sit, Daisy Chiu, Tom Ryan, Diana Tam, Sandra Sinclair, Joe Pereira, John Clark, Ada Yu, Anthony Machado, Graham Lynch, Gilbert Tomlinson

Death Anniversaries:

Kerry Oei, Pertiwiningsih Arifiu, Trenna Scanlan, Antonio, Faride, Carlos, Salim, Virginia, Salvadal Younes, David Gardener, Antonio Wahibe, Maio & Paul, Georg, Tony Neily, Antonio, Faride, Carlos, Salim, Virginia & Salvadal Younes, Peter O'Sullivan,

Prayers for the sick:

Sr Gemma & Pamela Seaman, Stan Brataniec, Craig Shepherd, Daniel Fileman, Jan Drobczyk, Janusz Czech, Elliot Leahy

Monthly prayer intention:

This week we pray for peace and unity: We pray for a rejection of all forms of hatred, anti-semitism, and violence. May we build bridges of respect and understanding, rather than walls of fear, ensuring all people can live in safety. 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.

Ask Questions

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What's Your Question?

Find

Get Why We're Catholic - the ONE book you can give ANYONE! [LEARN MORE](#)

Do you have a question about the Catholic faith? Go to catholic.com and type in your question. You will have the answer straight away.

 **Serra Vocations**
Weekly Prayer Calendar

Please pray for those in formation or already serving the Church

16 February	Fr Biju Jose OSH
17 February	Fr Joy Thomas OSH
18 February	Fr Satheesh Anthony OSH
19 February	Fr Biju Mathew
20 February	Fr Joseph Methanath OSH
21 February	Fr Raphael Kimaro AJ
22 February	Fr Vincent Musindalo AJ

DAILY PRAYER
FOR
VOCATIONS



Heavenly Father, we praise You for Your goodness and thank You for Your gifts. Help us respond to and live out our mission in the Church. Assist all Your people to know their vocation in life and help them to prepare for it. Call many to be priests, deacons and consecrated men and women for Your greater glory, and for the service of Your people. Give those whom You call the grace to respond generously and to persevere faithful. We ask this through Christ our Lord.

Amen.

Project Compassion Sunday
14–15 of February 2026

This Lent, we are called to *Unite Against Poverty* through Caritas Australia's Project Compassion.

Your generosity this Lenten Season will enable Caritas Australia to provide life-changing support to vulnerable communities in need.



Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

Or online at: www.projectcompassion.org.au/donate

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty* this Lent.



FAMILY MASS

will be held at both our Churches next weekend:

OLPS Saturday 5pm

Sacred Heart Sunday 9:30am



Please join us as we gather together for the new year.

A BBQ or morning tea will follow.

ASH Wednesday
18 February 2026

9am @ Sacred Heart
12pm @ OLPS
7pm @ Sacred Heart

*"From dust we came, and to dust we shall return.
May this day remind us to walk with humility and purpose."*

BICENTENNIAL CLUB



Men of Sacred Heart and Our Lady of Perpetual Succour are invited to join in for dinner and drinks at the Bicentennial Club, 2 Prince of Wales Drive, West Pymble



A New Year opportunity to catch up, chat and connect with friends old and new.

Buy your own meal and drinks.

Please RSVP by Tuesday, 17 February 2026 to the Parish office.

Contacts:

Pymble

Dean Cox (04 1383 0957)

Peter McNamara (04 1133 0030)

West Pymble

En-lai Chan (04 0036 0524)

Pymble Catholic Parish
02 9144 2702

PRAYER MINISTRY

"Come to me, all you who are weary and burdened, and I will give you rest"
Matthew 11:28

Would you like someone to join with you in prayer? We would love to pray with you and for you.

The Charismatic Prayer Group invite you to join with a Prayer Ministry team of two people who will pray for your intention.

There are no formalities, please come along or stay after Mass and join in prayer in the crying room at Sacred Heart Pymble after the 9:30am Sunday Mass. Prayer sessions are scheduled as required on a third Sunday of the month over the year. The next session is on:

Sunday, 15 February 2026

PYMBLE CATHOLIC PARISH | 02 9144 2702

Lenten Holy Hour

ADORATION • PRAYER MUSIC

Join us for Adoration from 5pm to 6pm every Sunday during Lent before our 6pm Mass at Sacred Heart Church, Pymble.

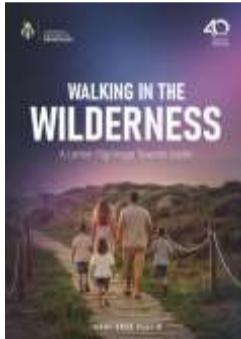
Beginning on Sunday, 22 February and every Sunday until 22 March.

During this hour, the Gospel of the day will be read, followed by questions for personal reflection and prayer. This is a time of private reflection and there will be no discussion or sharing.

We hope you can all join us for this reflective time as we prepare ourselves for the coming Easter.

Lenten Reflection Booklet 2026

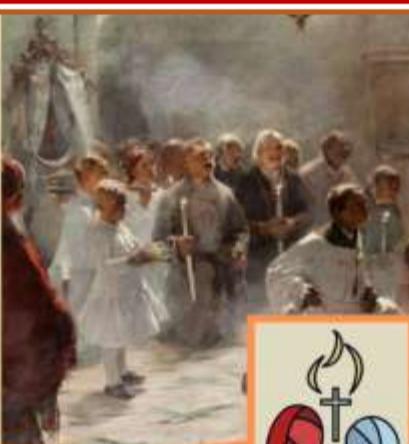
The Diocese has produced a Lenten Reflection Booklet: *Walking in the Wilderness: A Lenten Pilgrimage Towards Easter*, as a companion for our Lenten journey. This resource invites us to enter more deeply into the sacred mystery of our faith and to renew our encounter with Jesus Christ, as we embrace this time of grace, repentance and renewal.



This Booklet is available electronically at tinyurl.com/4hhbd9mn, and hard copies are available at Churches from this weekend. Please take a copy and make use of this Lenten resource as we journey through this Lent to Easter.

LITURGY & LIFE

Unveiling the Mystical Movement of the Mass



Invitation

You are invited to join our six part Liturgy & Life series **Unveiling the Mystical Movement of the Mass** with Matthew Leonard

Topics

The series topics include:

- Welling Up To Eternal Life
- Shadow, Image & Reality
- Giving & Receiving
- The Exodus Out of Self
- From Sacrifice to Sacrament
- Preparing to Participate in the Mystery

For further information:

 (02) 9144 2702

Context

Beyond rites and rubrics, we go below the surface of the liturgy and explore the breathtaking, mystical realities that unite us to Christ and allow us to participate in the Divine Family of God. The series will transform your understanding and participation in the Mass, and provide practical advice to prepare for deeper union with God.

Join In

Please join in with this opportunity to learn, share your thoughts and to get to know others in our Parish community.

7pm alternate Tuesday evenings
Sacred Heart Church Pymble
Next event 17 February 2026

Matthew Leonard

Matthew Leonard is the founder of the Science of Sainthood online program for Catholic formation. He has produced many best-selling series that have been broadcast around the world.



Rite of Christian Initiation

Rite of Sending

Our Catechumens and Candidates have been busy preparing themselves to being fully received into the Catholic Church since September. This Sunday at the 9:30am Mass, is the Rite of Election.



The Rite of Election is an act of acceptance made by the Church, founded on the election by God in whose name the Church acts. The Bishop will enrol the names of the catechumens in the Book of the Elect based on the testimony of the Parish community in which they have received their catechumenal formation.

The Catechumens (those who are not yet baptised) in our Parish this year are **Charles Jerram, Lachlan Ho-Shon, Sebastian Kabir, Jesse Lourens, Praveena Raman**, and our Candidates (who are already baptised in a non-Catholic Church) are **Bianca Awad, Peter McKendrick**. We pray that they may share with others the joy they have found in their friendship with Jesus. We also pray that during the upcoming Lenten season, that our community may grow in charity and be constant in prayer.

The Rite of Election will take place at Our Lady of the Rosary, Waitara next Sunday, 22 February at 2pm.

Welcome to 2026 Cocktail

We had a lovely gathering after our OLPS 5pm Vigil last Saturday evening, joined by many from our Parish. Many thanks to the ladies in our Social Committee who put on such a wonderful party for us all! Looking forward to a great 2026!



SERRA VOCATIONS MINISTRY

ARE YOU CONCERNED ABOUT THE SHORTAGE OF NEW VOCATIONS AND FOR THE WELLBEING OF THOSE ALREADY SERVING THE CHURCH?



**IF YOU ARE, YOU ARE SPECIALLY INVITED TO ATTEND
OUR VOCATIONS MASS AND DINNER MEETING
THURSDAY 26TH FEBRUARY 2026
AT SACRED HEART CHURCH PYMBLE
COMMENCING WITH MASS AT 6.30 PM
OUR MASS CELEBRANT WILL BE OUR CHAPLAIN
FATHER ALDRIN VALDEHUEZA, ASSISTANT PRIEST
AT EPPING/CARLINGFORD PARISH.
AFTER DINNER FATHER WILL SPEAK TO US
ABOUT OUR LENTEN JOURNEY
EVERYONE IS WELCOME, SO PLEASE COME AND SEE.**

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the residence of Joseph House Discernment Centre.

Please also pray for the perseverance of existing vocations.

For catering purposes kindly telephone Anna Leung on **0478 083 116** or email annaytleung@yahoo.com.au or telephone Terry Scanlan on **0438 887 295** or email terry_scanlan@bigpond.com if you are planning to attend.



Liturgy of the Word

Sixth Sunday in Ordinary Time

Year A

Entrance Antiphon Cf Psalm 30: 3-4

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.

First Reading Sirach 15: 15-20

A reading from the book of Ecclesiasticus

If you wish, you can keep the commandments, to behave faithfully is within your power. He has set fire and water before you; put out your hand to whichever you prefer. Man has life and death before him; whichever a man likes better will be given him. For vast is the wisdom of the Lord; he is almighty and all-seeing. His eyes are on those who fear him, he notes every action of man. He never commanded anyone to be godless, he has given no one permission to sin.

Responsorial Psalm Ps 115: 1-2, 4-5, 17-18 R. v.1

(R.) Happy are they who follow the law of the Lord!

1. They are happy whose life is blameless, who follow God's law!
They are happy those who do his will, seeking him with all their hearts. (R.)
2. You have laid down your precepts to be obeyed with care.
May my footsteps be firm to obey your statutes. (R.)
3. Bless your servant and I shall live and obey your word.
Open my eyes that I may consider the wonders of your law. (R.)
4. Teach me the demands of your statutes and I will keep them to the end.
Train me to observe your law, to keep it with my heart. (R.)

Second Reading 1 Corinthians 2: 6-10

A reading from the first letter of St Paul to the Corinthians

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the

depths of God.

Gospel Acclamation Matthew 11: 25

Alleluia, alleluia!
Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.
Alleluia!

Gospel Matthew 5: 17-37

A reading from the holy Gospel according to Matthew

Jesus said to his disciples: 'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish them but to complete them. I tell you solemnly, till heaven and earth disappear, not one dot, one little stroke, shall disappear from the Law until its purpose is achieved. Therefore, the man who infringes even one of the least of these commandments and teaches others to do the same will be considered the least in the kingdom of heaven; but the man who keeps them and teaches them will be considered great in the kingdom of heaven.'

'For I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.'

'You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court; if a man calls his brother "Fool" he will answer for it before the Sanhedrin; and if a man calls him "Renegade" he will answer for it in hell fire. So then, if you are bringing your offering to the altar and there remember that your brother has something against you, leave your offering there before the altar, go and be reconciled with your brother first, and then come back and present your offering. Come to terms with your opponent in good time while you are still on the way to the court with him, or he may hand you over to the judge and the judge to the officer, and you will be thrown into prison. I tell you solemnly, you will not get out till you have paid the last penny.'

'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart. If your right eye should cause you to sin, tear it out and throw it away; for it will do you less harm to lose one part of you than to have your whole body thrown into hell. And if your right hand should cause you to sin, cut it off and throw it away; for it will do you less harm to lose one part of you than to have your whole body go to hell.'

'It has also been said: Anyone who divorces his wife must give her a writ of dismissal. But I say this to you: everyone who divorces his wife, except for the case of fornication, makes her an adulteress; and anyone who marries a divorced woman commits adultery.'

'Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all, either by heaven, since that is God's throne; or by the earth, since that is his footstool; or by Jerusalem, since that is the city of the great king. Do not swear by your own head either, since you cannot turn a single hair white or black. All you need say is "Yes" if you mean yes, "No" if you mean no; anything more than this comes from the evil one.'

Gospel Reflection

This Gospel reading illustrates very well how Matthew understands Jesus as the fulfillment of Old Testament expectations and prophesies. He has come not to abolish the law but to complete it.

The passage is unusually long and covers several different areas. The Lectionary recognises that this may be too much for people and so provides a short form. However the shorter version is quite elliptical and may prove difficult for the assembly and the preacher. The opening sentences of the full version are particularly helpful but are omitted in the short version. An alternative course of action would be to use the full version of the text and then to shorten it by omitting the last two or three paragraphs. The reading of Chapter 5 would normally have continued on the Seventh Sunday but this will not take place this year because Lent begins on Wednesday.

However the text is presented to the assembly, it is clear that the demands of the gospel are a significant challenge to our behaviour and way of living. We are called to go beyond the letter of the law.

In tone, the reading should be an encouragement rather than an admonition. In the first paragraph, 'the man' could be read as 'the one', and in the third paragraph, 'a man' can be pronounced as 'someone'.

© Sunday Readings & Reflections 2026

To access Fr Irek's homily on YouTube, please scan the QR code or click on this link:



<https://www.youtube.com/watch?v=iDafPDsfl>

Pymble Parish Roster - 21 & 22 February 2026

Sacred Heart (Pymble)	Sunday 9:30am	Sunday 6pm
Acolytes	C Wawrzyniak	P Adams
Altar Servers	A & T De Souza	W Rusak & W Ng
Readers	Family Mass	L Joshi
Altar Society	21 February: Lent—no flowers	
Counters	22 February: J Witcombe / M Boland / T Scanlan	
OLPS (West Pymble)	Saturday 5:00pm	Sunday 8:00am
Acolytes	J Pease	C De Sousa
Altar Servers	William & Magdalene	Volunteers needed
Readers	A Leung	Lise Treacy
Altar Cloth	21 February: N Simpkins	

Children's Corner

Jesus wants us to make peace with those who we have wronged

When someone does wrong things against me, I can make peace with them by....

When I do wrong things against someone, I can make peace with them by....



"When you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift."

Find your way through the maze



SIENA CATHOLIC COLLEGE OPEN DAYS

Senior Campus, Pymble

OPEN EVENING Wednesday 18 March | 4:00pm – 7:00pm

OPEN MORNING – Tuesday 24 March | 9:00am – 10:30am

Campus address: 1 Bobbin Head Road, Pymble

* Enrolling now for Year 7 2027/2028 & Kindergarten 2027

Junior Campus, West Pymble

OPEN MORNING- Tuesday 17 March | 9:00am – 10:30am

OPEN EVENING – Thursday 26 March | 6:00pm – 7:00pm

Campus address: 54 Kendall Street, West Pymble

* Enrolling now for Kindergarten 2027 & 2028

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555 Pittwater Road
Brookvale 2100
9977 2011

Mona Vale
1747 Pittwater Road
Mona Vale 2103
9999 1522

North Ryde
14 Delhi Road
Macquarie Park 2113
9888 2203

North Strathfield
100 Concord Road
North Strathfield 2137
9746 9666

Parish Safeguarding

Dear Parishioners,

We take our responsibility to safeguard the vulnerable, whether they be children, the young, the elderly or the disabled very seriously. We work to ensure that no one is taken advantage of within our Parish.

If you have any concern about the treatment of a child, young person or anyone within our parish environment, please approach myself directly or Claudia within the parish office on 02 9144 2702.

Alternatively, you may wish to contact Pamela Sweeney, Safeguarding Manager (Chancery & Churches) on 02 8379 1651.

Yours in Christ,

Fr Ireneusz Czech SDS

Children, the young, and the vulnerable must be safe

Supported by adults who ...



CARE
for us as we are a precious gift from God

RESPECT our rights, abilities, contributions, needs and wishes

ASK us
how we are feeling and what we are thinking, ask us what we need

LISTEN to what we are really saying

TELL us about dangers – and what's being done to protect us

SEE what other adults are doing, and how they are behaving

DO what they are supposed to do and what they say they will do

STEP UP AND SPEAK OUT
when we are being hurt, bullied or treated badly.

Asbestos Diseases Compensation Wills and Estate Personal Injury Specialists

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"Christ has no hands, no feet on earth but yours. Yours are the eyes through which he looks with compassion on this world."

- attributed to
St Teresa of Ávila



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Connections in Crisis