



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.

First Sunday of Advent *Hope*



Advent Prayer

*This Advent-time
we remember Mary and Joseph,
giving thanks for their faithfulness,
courage and obedience,
stepping out into the unknown
in the strength of your Spirit,
playing their part
in the fulfilment of your plan
to bring your prodigal people
home again.*

*We pray that their example
might be the pattern of our lives,
that when your gentle whisper
breaks through the clamour of this world
and into our small corner,
we might be ready to listen,
and having listened, to act.*

Amen.

THANK YOU!

to our wonderful parishioners for your kindness and generosity, \$2336 was raised for the Salvatorian Seminaries through the Advent Raffle and Polish Donuts.

CONGRATULATIONS to the wonderful **Zita** who won the Advent raffle and a special thanks to **Michele Brack** for your volunteering support during this fundraiser, you are amazing and we all commend your enthusiasm for the cause.

Pope Francis' Prayer Intention for November



People Who Suffer from Depression

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

Contact Us

Please inform the Parish Office if you have recently 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!

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



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**

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.shpddb.catholic.edu.au

OUR LADY OF PERPETUAL SUCCOUR

Principal: Mrs Sue Host

Telephone: (02) 9498 6060

www.olpsddb.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.**

Please note that Bishop Anthony Randazzo has determined that the Broken Bay Sunday Obligation will remain suspended until 1 December 2021.

From 15 December 2021:

- Congregational singing will be possible at our liturgies.
- There will be no restriction on the use of other parish facilities such as meeting rooms and halls.

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.

How can we help you?

Our Parish is prepared to assist those parishioners that might need some extra help and support during these difficult times. We are here for you!

Here are some of the things that we could do for you:

- Post letters or small parcels.
- Pick up some groceries and/or medicines.
- Cook a plate for you and drop it at your home.
- Other... please let us know how else we might be able to help you.

Please contact the Parish office at office@pymblecatholicparish.org.au or by phone at (02) 9144 2702



Lighting the Advent Wreath

First Candle - The Candle of Hope

Blessing of the Wreath and Lighting of the First Candle

Blessing: Lord God, your Church joyfully awaits the coming of its Saviour, who enlightens our hearts and dispels the darkness of ignorance and sin. Pour forth your blessings upon us as we light the candles of this wreath; may their light reflect the splendour of Christ, who is Lord, for ever and ever.



Meditation: "So be on the watch. Pray constantly for the strength to...stand secure before the Son of Man." (Luke 21:36)

Priest: In the First Week of Advent, we prepare ourselves for the Lord's coming into our world and into our lives. We ask, "In what area of my life do I stand at a distance from God?" We examine our relationships with family, friends, classmates, business associates, and neighbours. Is our faith reflected in each experience of human contact? Is love of God and neighbour the basis for our interaction with others?

Light the first purple candle

Priest: Let us pray:

Almighty and loving God, we have searched our hearts and reviewed our love for Your people. Some relationships overflow with love while others have been found wanting. Yet it is our desire that You be a part of every human experience. We beg You now to fill our hearts with Your love and sharpen our awareness of Your Presence in every moment so that wherever we go and whatever we do, we will always stand secure before You.

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:

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:

Denis Glanville, 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, Marionne 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 the young families of our communities get to know your joy, peace, comfort, and love despite the world's distractions. 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, 28 November

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

Tuesday, 30 November

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

Wednesday, 1 December

9:00am Mass at Sacred Heart
7:30pm Baptism Formation Class

Thursday, 2 December

9:00am Mass at Sacred Heart
6:00pm Serra Mass and meeting

Friday, 3 December

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

Saturday, 4 December

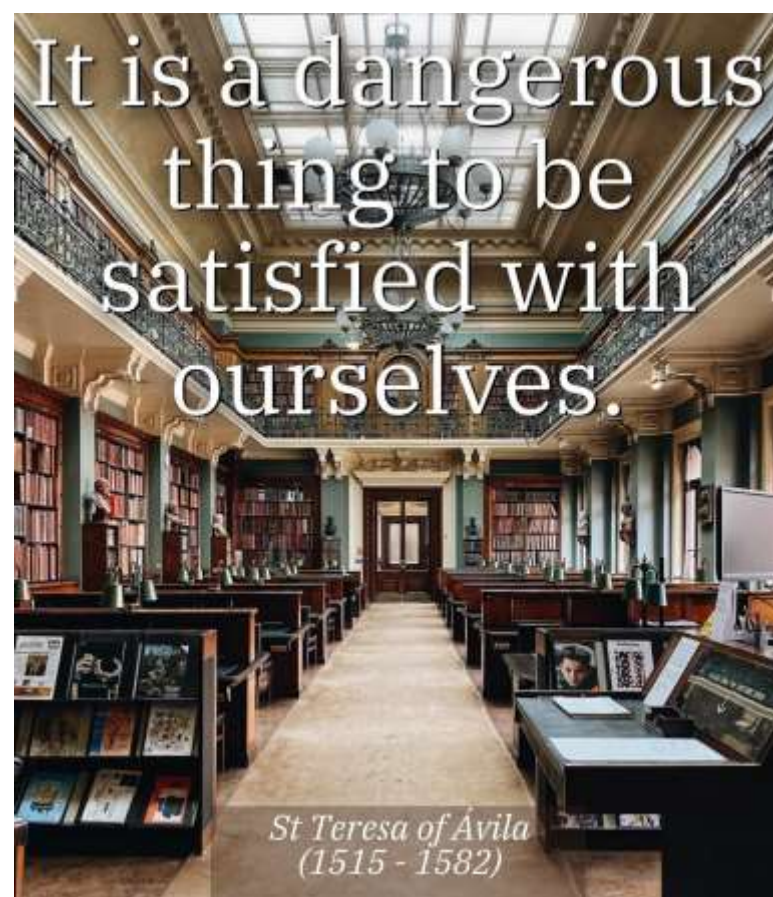
Vinnies Hampers Due
9:00am Mass at OLPS
5:00pm Mass at OLPS
5:30pm Mass at Sacred Heart

Sunday, 5 December

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

Tuesday, 7 December

9:00am Mass at Sacred Heart
5:30pm OLPS Graduation Mass
8:00pm Rosary online





Avoiding the commercialisation of Christmas is a real challenge. For Catholics, the liturgical season of Advent helps us focus on the spiritual preparation for Christmas and on the coming of Our Lord. (Advent comes from the Latin *adventus*, meaning “coming.”) Here are some suggestions to prepare for Christmas.

1. Make an Advent wreath

The wreath is a circle, which has no beginning or end: God is eternal, and His love for us is everlasting. The three purple candles symbolise penance, preparation and sacrifice; the pink candle symbolises the same but highlights the third Sunday of Advent, Gaudete Sunday, when we rejoice because our preparation is half-way. The light represents Christ. The progression of lighting candles shows our increasing readiness to meet Our Lord. Make the Advent wreath the centrepiece of the dinner table. Light it at dinner time, and say the special prayers along with grace before meals. This daily practice will help each member of the family keep focused on the true meaning of Christmas.

2. Pray

Schedule a regular time for prayer. Also, pray the rosary, individually or as a family. Ponder the various events in the life of Our Lord, and the example of Mary, “the handmaid of the Lord,” who gave of herself to receive the gift of the Saviour. For little children, maybe just pray a decade each night, looking at one mystery; over the four weeks of Advent, all the mysteries will have been prayed.

3. Read the Scripture

This liturgical year, the Sunday Gospel passages will be taken primarily from St. Luke. Spend a few minutes reflecting upon it, inserting oneself into the passage, and allowing the Holy Spirit to speak in the quiet of one’s heart.

4. Take time out for confession

Do a thorough examination of conscience. If it has been a while since the last confession, find a good examination of conscience, praying for help from the Holy Spirit, write down those sins that come to mind. Bring that examination to confession, receive absolution, and do the prescribed penance.

5. Teach

Teach children especially, read to them the stories of St. Francis and the first Christmas crèche, St. Boniface and the first Christmas tree, or St. Nicholas who is Santa Claus.

6. Give

Give of yourself by doing good works. Good works help heal the hurts caused by sin, including our own. Clean out the closets of old clothes or toys, and give them to a charity. St. Francis said, “It is in giving that we receive,” and through our charitable works, we will receive the love of Christ Himself.

Start Preparing for Christmas!



Join us for an evening of spiritual and festive music and food at Sacred Heart Church, as our musicians from our music ministry share with us their musical talent in song. The concert will be a mix of pop, classical, and jazz music.

Entry on donation when you register or at the church. If you're unable to attend and wish to make a donation please click on the QR code and choose Fundraising Concert from the Biller Code tab.



Supper will be available to purchase prior to the event or online via registration link - Middle Eastern lamb kafta and zaatar salad wraps (vegetarian).

Registrations are strongly encouraged via this link <https://events.humanitix.com/pymble-catholic-parish-fundraising-concert> as the maximum capacity at Sacred Heart Church is 260

All funds raised at this event will go towards the restoration of the Sacred Heart of Jesus and the Our Lady of Dolours statues outside the Sacred Heart Church.

For more information, please contact the parish office on 9144 2702 or via email info@pymblecatholicparish.org.au

St Vincent de Paul Annual Christmas and Hamper Appeal

Just a reminder to those who have taken a Hamper Card, that the hamper is to be returned by Sunday, 5th of December

10am at OLPS

7pm at Sacred Heart

Additional Hamper Suggestion Lists will be available at both Churches this weekend if you do not have a sheet of Hamper Suggestions.

Your Hamper Card is to be fixed to your hamper box and if your hamper consists of more than one box, please ensure that both boxes refer to the Hamper Card number and are otherwise labelled “1 of 2, 2 of 2”, as the case may be. This will ensure that all hampers are easily identified and kept together for delivery.

Once again, many thanks for participating in the Hamper Appeal.



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 poor box.



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

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>

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

November 2021



Father Chris Riley's

youth off the streets

Your support changes lives for the better

Meals Program



Year End 2021 Christmas Message

The Pymble parish meals program is well received by the Youth off the Streets organisation and we receive regular compliments on the meals we provide.

Thank you for the individual contributions in 2021. The 2021 year was subject to significant interruptions due to cononavirus. The program will return in 2022 with the the first meals collection in February 2022.

We wish all of our YOTS families a very happy Christmas and all of the very best for 2022.

YOU ARE INVITED TO
THE ANNUAL CATHOLIC DIOCESE OF BROKEN BAY
MASS OF INCLUSION 2021

...FOR PEOPLE
WITH DISABILITY AND
THEIR
FAMILIES
(ALL ARE WELCOME!)

SUNDAY
5
DECEMBER

Date: Sunday 5 December 2021

Time: 9.30am - Parish Mass

Venue: Our Lady of the Rosary Cathedral
23 Yardley Ave, Waitara

RSVP: Tuesday 30 November 2021

Register at: <https://form.jotform.com/213147605999063>

For more information contact:

Stephanie at events@bbcatholic.org.au



CATHOLIC
DIOCESE OF
BROKEN BAY

SALVATORIAN FOUNDATION DAY MASS AND CELEBRATION

Join us as we celebrate the 140th anniversary of the Salvatorians
and receive the commitments of 5 new Lay Salvatorians



Wednesday 8th December

St Luke the Evangelist Church

1 Beaconsfield Street, Revesby

6pm



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

Our upcoming Baptism Formation Class will be held on:

Wednesday 1st December 2021
at 7:30pm at the Sacred Heart Church.

Bookings are essential.

PARISH RECONCILIATION NIGHT

Everyone is encouraged to join us for this special celebration in preparation for Christmas. Reconciliation will take place on **Tuesday, 14th December 2020** 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

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



Entrance Antiphon

To you, I lift up my soul, O my God.
In you, I have trusted; let me not be put to shame.
Nor let my enemies exult over me;
and let none who hope in you be put to shame.

First Reading

Jer 33:14-16

A reading from the prophet Jeremiah

See, the days are coming—it is the Lord who speaks—when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

'In those days and at that time,
I will make a virtuous Branch grow for David,
who shall practise honesty and integrity in the land.
In those days Judah shall be saved
and Israel shall dwell in confidence.
And this is the name the city will be called:
The Lord-our-integrity.'

Responsorial Psalm

(R.) To you, O Lord, I lift my soul.

1. Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. (R.)
2. The Lord is good and upright,
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. (R.)
3. His ways are faithfulness and love
for those who keep his covenant and will.
The Lord's friendship is for those who
revere him;
to them he reveals his covenants. (R.)

Second Reading

1 Thes 3:12-4:2

A reading from the first letter to the Thessalonians

May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

Gospel Acclamation

Alleluia, alleluia!
Lord, show us your mercy and love,
and grant us your salvation.
Alleluia!

Gospel

Lk 21:25-28, 34-36

A reading from the holy Gospel according to Luke

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

Gospel Reflection

Signs which point to the Lord's coming to reign with power and great glory

Jesus, during his public ministry performed numerous signs: turning water into wine, calming the storm at sea and walking on water, multiplying seven loaves of bread in the wilderness to feed 5000 people, healing the blind and the lame, expelling demons, and raising the dead. While many believed in Jesus, many also questioned his signs and refused to believe his claim to be the Messiah sent by the heavenly Father to suffer and die for our sake and for our salvation on the cross of Calvary. Jesus' last and greatest sign during his earthly ministry was his rising from the tomb on the third day after his crucifixion. This sign demonstrated his power to defeat death itself and to give abundant everlasting life to all who believed in him.

Jesus told his disciples that his final great sign would be his return in glory at the end of the age. He would come this second time as Judge and Merciful Redeemer to vindicate those who accepted him as Lord and Saviour and to punish those who rejected him. Jesus declared that this last sign at the end of the world would be unmistakable. All would recognize and "see the Son of man coming in a cloud with power and great glory". The title which Jesus most often used to describe his Messianic role was the expression "Son of

Man". This title comes from the Book of the prophet Daniel, chapter 7. The image of a "Son of man coming in a cloud with power and great glory" was given in a vision where the prophet Daniel saw heaven opened before the throne of God. In this vision God showed Daniel a royal investiture of a human king before God's throne. This king was invested with God's authority and was given power to judge and rule over the whole earth. His reign would last for all ages.

The Lord Jesus is both the "Son of David", the rightful heir and Messiah King of Israel whose reign will endure for all ages - and the "Son of Man", chosen by God as the anointed ruler who will come at the end of the age to establish a universal kingdom of peace, righteousness, and justice for all the nations and peoples of the earth.

The Messiah comes to "execute justice and righteousness in the land"

The prophet Jeremiah foretold the day when God would send his Messiah King to "execute justice and righteousness in the land". Jesus is the fulfillment of this promise and every promise which God has made. The Lord Jesus, through the gift and working of the Holy Spirit who dwells within us, assures us of his abiding presence and the promise that he will return again. His Holy Spirit gives us supernatural hope, and the strength to persevere with joyful confidence until the Lord comes again. What kind of hope does the Lord offer us? He gives us the hope of heaven, seeing God face to face, sharing in the fullness of his glory and everlasting life. When the Lord comes again as our Judge and merciful Redeemer he will right every wrong, vindicate every person who has accepted him as Lord and Saviour, and remove all sorrow, pain, and death itself. The world around us is plagued with greed, envy, strife, and uncertainty. It has lost hope in God and in his promise to restore the human race and all of creation when the Lord Jesus comes again.

Advent season reminds us that we are pilgrims and exiles longing for our home with God

Many churches in the East and West, since the early first centuries of the Christian era, have marked special seasons to celebrate the central truths of the Christian faith. The Advent season which precedes Christmas and Epiphany reminds us that we are a pilgrim people, aliens and exiles in this age who long for our true home with God in his heavenly kingdom, and who await with joyful hope the return of the Lord Jesus at the end of the age. When will the Lord Jesus come again? No one but the Father in heaven knows the day. But it is a certain fact that we are living in the end times, the close of this present age! The end times begin with the first coming of Jesus Christ (his Incarnation which we celebrate at Christmas and Epiphany) and culminates in his final return on the Day of Judgment.

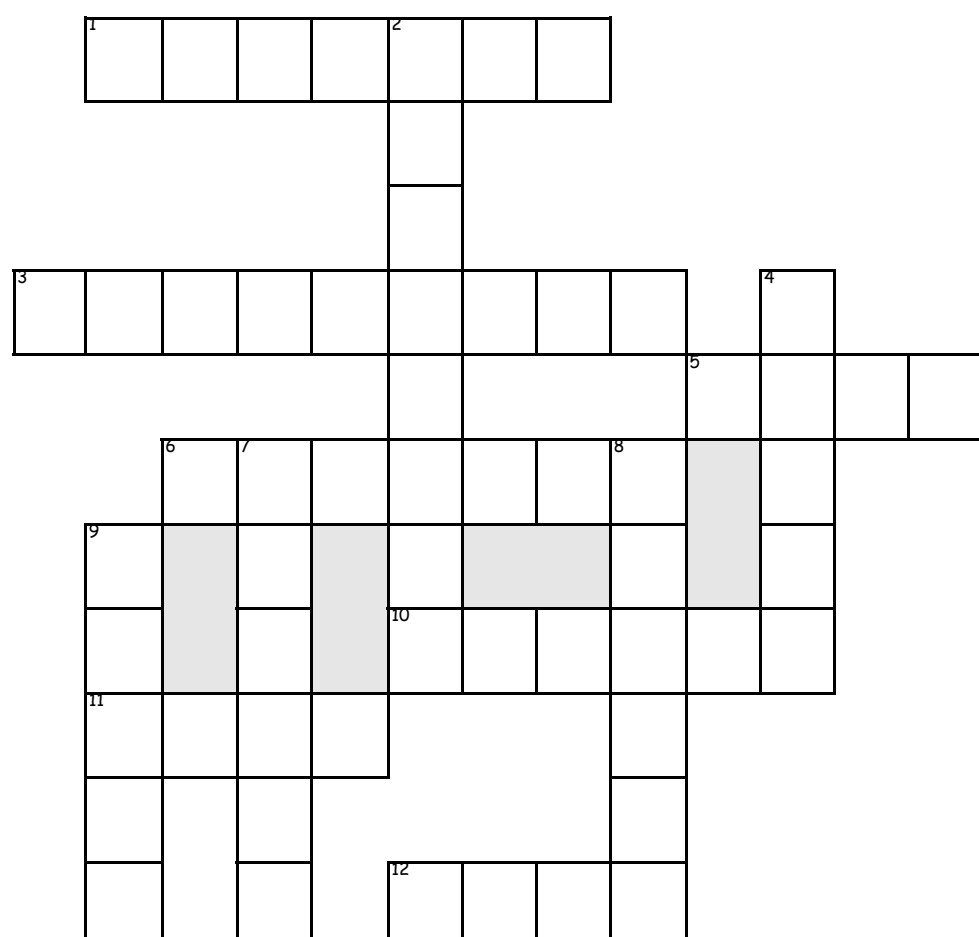
Pymble Parish Roster 4/5 December 2021

Sacred Heart (Pymble)	Saturday 5.30pm	Sunday 7.45am	Sunday 9.30am	Sunday 6.00pm
Acolytes	C De Sousa	C Parbury	G Curtis	A Wahab
Altar Servers	Volunteers needed	Volunteers needed	C Bowe J Foote	Volunteers needed
Readers	J Tabuteau	L Treacy	Volunteer needed	Youth Mass
Music	Vigil Singers Pianist needed	Quiet Mass	A Castillo	T Sato Youth Choir
Projector	L Drinkwater	A Soepardi	A Johnston	M Adams
Counters	5 December: C Gwynn / M Boland			
Altar Society	4 December: B Linsao / S Pe			
OLPS (West Pymble)	Saturday 5.00pm	Sunday 9.00am		
Acolytes	J Pease	M D'Silva		
Altar servers	J D'Silva J Barnden	M & A Chisholm		
Readers	J Dixon V Mazzei	R Millane		
Music and Projector	E & A Chan	K & P Rodrigues		
Altar Cloth	4 December: P Ryan			
Altar Society	4 December: M Walz			

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

Prepare for the arrival of Jesus



Across

- 1: to be happy
- 3: Jesus' followers
- 5: something that does not cost money is said to be _____
- 6: large groups of people that belong to different countries
- 10: to flee from imprisonment
- 11: a device for catching things
- 12: the brightest light in the night sky

Down

- 2: something that is not expected
- 4: to not be afraid
- 7: to be frightened or scared
- 8: to be moved quickly back and forth
- 9: to look

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director@gregoryandcarr.com.au
www.gregoryandcarr.com.au

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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

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