



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



"Come to me, all you who labour and are overburdened, and I will give you rest."

Matthew 11:28

Rest in Christ's Gentle Strength

Lord Jesus,

You reveal Your wisdom to the humble
and invite the weary to find rest in You.
Carry us when our burdens feel heavy,
and soften our hearts
to trust Your gentle guidance.
May Your peace lift our spirits,
Your strength steady our steps,
and Your love draw us ever closer to You.

Amen.

Baptisms at Pymble Parish

Our upcoming Baptism Formation Class will be held on:

**Sunday, 16 August 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



Pope Leo XIV's official prayer intention for July

For respect of human life

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.



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

Pastoral Works Broken Bay

Thank you to everyone who have contributed to our quota towards the Pastoral Works Broken Bay for 2025-26. We are in the process of preparing your receipts, and these will be emailed shortly. If you would like to download a copy, please visit tinyurl.com/jp95542x and click on "Request Donation Receipt", and follow the prompts.

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



Parish Team	
--------------------	--

Salvatorian Fathers

Email: fr.irek@pymblecatholicparish.org.au

Youtube QR code:



Email: claudia@pymblecatholicparish.org.au

Email: rebecca@pymblecatholicparish.org.au

Email: gladys@pymblecatholicparish.org.au

Sacred Heart

Weekdays:

Rosary: Tuesday to Friday after morning Mass

Exposition of the Blessed Sacrament: Friday after morning Mass

Reconciliation:

Tuesday - Friday 8:45am

Sunday 9:15am, 5:30pm

64 Kendall St, West Pymble, NSW, 2073

Reconciliation:

Saturday 9:30am, 4:45pm

Sunday 7:45am

Sunday: 8:00am (Quiet Mass)

Address: 2 Richard Porter Way, Pymble, NSW 2073

Postal address: PO BOX 94 St Ives NSW 2075

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

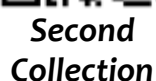
For information about Weddings please contact the Parish Office.

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

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



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

Principal: Brenda Timp

Telephone: (02) 7256 2142

www.shpdbb.catholic.edu.au

Principal: Jodi Jefferson

Telephone: (02) 7256 2101

www.olpsdbb.catholic.edu.au

Last week our parish gathered for the Feast Day Mass of Our Lady of Perpetual Succour, patron saint of OLPS School. This Mass marked a special moment as the final OLPS celebration before our two parish schools merge to become Siena Catholic College. The liturgy was truly beautiful, enriched by the presence and participation of our students and teachers. Our heartfelt thanks to everyone who helped prepare the celebration and to all who joined us.



The next time you visit Sacred Heart Church, you may notice a new drum kit in the musicians' area. We are delighted to have this wonderful addition to support our parish music ministry. We extend our heartfelt thanks to Xavier for generously giving his time and expertise to set up the instrument. Xavier, your kindness is deeply appreciated! Thank you.



WHAT’S ON IN OUR PARISH THIS WEEK

Saturday, 4 July
St Elizabeth of Portugal (Optional)
9:00am Mass at OLPS followed by the First Saturday Devotion with Adoration and Prayers for New Vocations to the Priesthood and Religious Life
5:00pm Mass at OLPS

Sunday, 5 July
8:00am Mass at OLPS (quiet)
9:30am Mass at Sacred Heart
5:00pm Taize with Exposition of the Blessed Sacrament at Sacred Heart
6:00pm Mass at Sacred Heart

Tuesday, 7 July
St Peter To Rot, martyr (Optional)
9:00am Mass at Sacred Heart
7:30pm Charismatic Prayer Group at Sacred Heart

Wednesday, 8 July
6:30am Pymble Men’s Fellowship Meeting at Replay Espresso Turramurra
9:00am Mass at Sacred Heart
7:00pm Salvatorian Collaborators Meeting

Thursday, 9 July
St Augustine Zhao Rong, priest, and companions, martyrs (Optional)
9:00am Mass at Sacred Heart

Friday, 10 July
9:00am Mass at Sacred Heart followed by Adoration and Litany to the Sacred Heart of Jesus
10:00am Bible Study

Saturday, 11 July
St Benedict, abbot (Memorial)
9:00am Mass at OLPS with Morning Prayers (Breviary)
5:00pm Mass at OLPS

Sunday, 12 July
Seafarers Sunday
8:00am Mass at OLPS (quiet)
9:30am Mass 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:
Barbara Tallis, Salvatore Cristaudo, Mohinder Tamana, Margaret Oswald, Maria Palmer, Remigio Ortiz, Elaine Reynolds, Mavis Gladys Mol, Constance Mary Cooke, Stanislaw Seremet, Michael Waggett, Jacqueline Bobb-McLeod, Kenneth Rae, Alan Baumgart, Eduardo Malonda, Myrna Malonda

Death Anniversaries:
David Michael Bernie, Giuseppe & Antonietta Restifo, Dr Anthony Restifo, Jerald D’Cunha, Consolacion Mendoza Ortiz, Potenciana Cruz Santos, David Santos, Anastacio Ortiz, Margaret Kime, Harold Burford, Julian Pinto, Praveen D’Cunha, Patricia Callachor, Andrew Patterson, Kathleen Morrison, Leo Ashmore, Thelma Loverly

Prayers for the sick:
José Castro, Kathy (Ya Wen) Sun, Stan Brataniec, Daniel Fileman, Jan Drobczyk, Janusz Czech, Elliot Leahy

Monthly prayer intention:
This week we pray for peace and unity: We pray for peace in the midst of violence and tragedy in this world. May we have the patience to be understanding, the strength to be forgiving, and the grace to admit when we are wrong. 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

Get Catholic Answers

Search the world's largest database of answers about the beliefs and practices of the Catholic faith. Learn more about Catholicism through articles, books, videos and more.

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 daily for those in formation or already serving the Church, especially those listed in our calendar below.	
6 July	Fr Gaspar Mushi Cssp Fr Jules-Davy Malonga Cssp
7 July	Fr Vincent Lourduswamy MSFS
8 July	Fr Michael Belonio OSA
9 July	Fr Michael Sullivan OSA
10 July	Fr Jumbin Torres OSA
11 July	Fr John Zhang OSA
12 July	Fr John Hill

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.

Serra Mass and Meeting

We enjoyed a wonderful evening together last week, beginning with Mass celebrated by Fr Irek, followed by our Serra meeting where Sr Virginia Bourke RSJ offered a beautiful reflection on the Sacred Heart of Jesus — a most fitting focus for our patron saint and for the month of June. Thank you to everyone who joined us. The Serra Group meets monthly, usually on the fourth Thursday of each month. Watch out of our notices for more information!



“Sistine Chapel: Revelations” is a major immersive exhibition bringing the Vatican masterpiece to the forecourt of Sydney’s St Mary’s Cathedral in Sydney.

The Sistine Chapel is one of humanity’s most recognisable cultural landmarks. The immersive exhibition brings the Chapel to Sydney through a remarkable recreation of this patrimonial treasure, making the art of Michelangelo accessible to all in a state-of-the-art spatial, contemplative experience and landmark art exhibition.

The exhibition recreates the beauty and scale of the Sistine Chapel using immersive projection systems and ultra-high-resolution imagery sourced directly from the Vatican Museums. A 10-metre-high temporary structure has been erected for the experience, which runs until 19 July.

Tickets for “Sistine Chapel: Revelations” are available through sistinechapelsydney.com.au.

Peter’s Pence Collection 2026

This week we join with Parishes across the world in taking up the Vatican’s annual Peter’s Pence Collection. The Peter’s Pence Collection provides for the charitable works of mercy identified by His Holiness, Pope Leo XIV, including emergency assistance to those in need due to natural disaster, war, oppression and disease.

Your generosity allows the Holy Father to respond to those suffering with love and compassion. You can make a gift using the Peter’s Pence collection envelope available in the pews. May God bless your generosity.

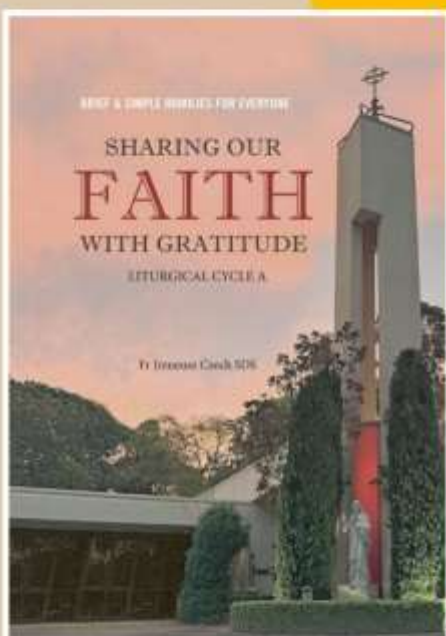


Brief and Simple Homilies for Everyone Sharing Our Faith With Gratitude Liturgical Cycle A

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





Christmas in July

TRIVIA NIGHT

Get ready for a jolly good time at our Parish Trivia Night! Test your holiday knowledge, enjoy great company, and win exciting prizes in this merry and bright event.

FUN GAMES & BIG PRIZES

Adult entry \$20 each, School students free
BYO drinks and nibbles
All night tea, coffee and sweets



Saturday Night
25 July 2026
6:30pm



Marian Hall
Sacred Heart Primary
School

TICKETS AT: TRYBOOKING.COM/DNKC6



 pymblecatholicparish.org.au



Last weekend we celebrated Fr Irek's birthday together as a parish family. Thank you to all parishioners who joined us and added such warmth to the occasion.!



PRAYER TO CONTEMPLATION

Prayer, meditation and contemplation



Invitation

You are invited to join our ten part series **Prayer to Contemplation** with David Torkington

Topics

The series topics include:

- Contemplation
- The Morning Offering
- Morning Prayer Blueprint
- Daily Prayer
- Evening Prayer
- Repentance, Prayer and Sacrifice
- Meditation to Contemplation
- How to Meditate
- A Personal Journey
- Back to the Future

For further information:

 (02) 9144 2702

Context

With a love and fascination of the spiritual life found in the Early Church, knowing that it is prayer, more than anything else, that is needed in the Church today, David Torkington presents his teaching on prayer, meditation and contemplation in this series Prayer to Contemplation.

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 23 June 2026

David Torkington

Drawing from from Franciscan and Carmelite traditions, David is a prominent spiritual theologian, author, and speaker specialising in prayer, Christian spirituality, and theology.



PYMBLE CATHOLIC PARISH
2 RICHARD PORTER WAY PYMBLE

Children's Liturgy at Sacred Heart

At Children's Liturgy on June 21st, the children read and discussed the gospel where Jesus says that God sees even little things ... like the sparrows. God loves us and is always there for us, especially little children, when they are afraid.

They wrote "Jesus Loves Me" on sticker hearts which they pasted on their shirts where their hearts are. As a symbol that they don't have to be afraid as Jesus is always in their hearts and will always be with them and take care of them.

They were also given some worksheets to colour and puzzles to solve. In the children's bulletin, there was a list of phrases that they can use when they are afraid or feel alone: e.g. "I am not alone, because Jesus is always near."



EXPRESSION OF INTEREST



PYMBLE PARISH YOUTH GROUP

The parish is looking to re-establish our Youth Groups - a welcoming environment where young people can come together for faith, friendship, and fun. We are planning two groups, Year 6 and beyond, and Age 18 plus.

We are seeking expressions of interest - to understand the level of interest and to shape the group around the needs of our young people. We're inviting parents and youth to complete a short Expression of Interest form.

Please use the following link to submit your online response:

tinyurl.com/4vxpk72d

DON'T HESITATE TO MAKE CONTACT

 02 9144 2702

 www.pymblecatholicparish.org.au

 office@pymblecatholicparish.org.au

 2 Richard Porter Way Pymble

Please note that the Parish Office will be closed from:

**Friday, 10 July to
Monday, 20 July**

The office will reopen on **Tuesday, 21 July at 8:30am**. If you have any questions or require any

assistance during this time, please send us an email at info@pymblecatholicparish.org.au or call us on 9144 2702. Thank you for your understanding.





Liturgy of the Word

Fourteenth Sunday in Ordinary Time

Year A

Entrance Antiphon Cf **Psalm 47: 10-11**

Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.

First Reading **Zechariah 9: 9-10**

A reading from the prophet Zechariah

The Lord says this:
‘Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.’

Responsorial Psalm **Ps 144: 1-2, 8-11, 16-19 R.v1**

**(R.) I will praise your name for ever, my king
and my God.**

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. **(R.)**
2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. **(R.)**
3. All your creatures shall thank you, O
Lord, and your friends shall repeat their
blessing.
They shall speak of the glory of your
reign and declare your might, O God. **(R.)**
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down. **(R.)**

Second Reading **Romans 8: 9, 11-13**

**A reading from the letter of St Paul to the
Romans**

Your interests are not in the unspiritual, but in
the spiritual, since the Spirit of God has made
his home in you. In fact, unless you possessed
the Spirit of Christ you would not belong to
him, and if the Spirit of him who raised Jesus
from the dead is living in you, then he who
raised Jesus from the dead will give life to
your own mortal bodies through his Spirit
living in you.

So then, my brothers, there is no necessity for
us to obey our unspiritual selves or to live
unspiritual lives. If you do live in that way, you

are doomed to die; but if by the Spirit you put
an end to the misdeeds of the body you will
live.

Gospel Acclamation **See 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 11: 25-30**

**A reading from the holy Gospel according to
Matthew**

Jesus exclaimed, ‘I bless you, Father, Lord of
heaven and of earth, for hiding these things
from the learned and the clever and revealing
them to mere children. Yes, Father, for that is
what it pleased you to do. Everything has been
entrusted to me by my Father; and no one
knows the Son except the Father, just as no
one knows the Father except the Son and
those to whom the Son chooses to reveal him.

‘Come to me, all you who labour and are
overburdened, and I will give you rest.
Shoulder my yoke and learn from me, for I am
gentle and humble in heart, and you will find
rest for your souls. Yes, my yoke is easy and
my burden light.’

Gospel Reflection

What is your favourite image of Jesus? Look in
your church. Perhaps you will find a strong and
majestic image of Christ as king or high priest.
Perhaps you will see a tortured image of Christ
dying on the cross. The image of the Sacred
Heart is meant to display Jesus’ enduring love
and overwhelming compassion, but
sometimes it comes across as terribly
sentimental, even effete. When you listen to
the gospel at Mass, what image of Christ do
you carry in your mind?

In today’s gospel, Jesus says he is ‘gentle and
humble of heart’. He says that we can go to
him when we are troubled or overburdened
and we will find rest. Is this your abiding image
of Jesus? If you were a great artist, imagine
how you would depict the face of Christ.

Those who fancy themselves as great scholars
or theologians might feel as though these
words of Jesus undermine their work. In fact,
in this prayer, Jesus is pointing to the core of
faith – it is not about study and erudition, it is
about a personal encounter. By knowing
Jesus, God (‘abba’) is revealed to us. We
immerse ourselves in a mystery of love.
Learning may support us in our understanding,
but is different from believing and trusting and
loving.

The second paragraph offers a stunning
promise. Jesus, gentle and humble of heart,
can show us how to deal with our troubles
and anxieties. We have a relationship with this
person, our Saviour, and so we can take any
difficulty or problem to him. Our burdens will
be lighter when we share them with Christ,
and we will find rest. This gift is offered not to
clever minds but to open hearts.
It is a short text to be read with tender
warmth.

**Lord Jesus, may I bear good fruit for your sake
and reject whatever will produce evil fruit.
Help me grow in faith, hope, love, sound
judgment, justice, courage, and self control.**

(c) Sunday Readings & Reflections and
Servants of the Word 2026

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

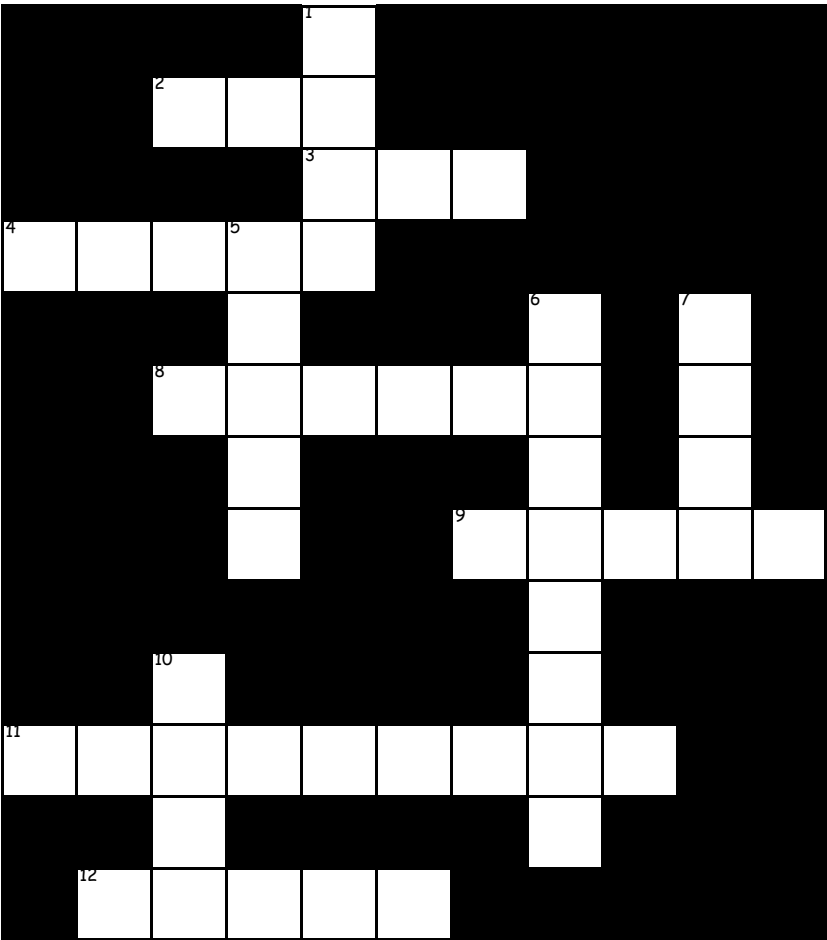


<https://www.youtube.com/watch?v=m3vbMzGhYIE>

Pymble Parish Roster - 11 & 12 July 2026		
Sacred Heart (Pymble)	Sunday 9:30am	Sunday 6pm
Acolytes	C Wawrzyniak	C DeSouza
Altar Servers	A & T De Souza	A & D Perera
Readers	D McGreal	E Thomas
Altar Society	11 July: Maria H	
Counters	12 July: J Witcombe / C Gwynn / E Skrodzka	
OLPS (West Pymble)	Saturday 5:00pm	Sunday 8:00am
Acolytes	J Pease	I Chisholm
Altar Servers	Alonso & Isabella	Volunteers needed
Readers	A Leung	M Walz
Altar Cloth	11 July: A Glover	

Children's Corner

If you are burdened, I will give you rest



- Across

 - 2: the first number
 - 3: a mother and father’s male offspring
 - 4: something that is not heavy
 - 8: Jesus said, “the only one who truly knows the _____ is the Son”
 - 9: you go to sleep when you feel like this
 - 11: Jesus said “Take the yoke I give you. Put it on your _____”
 - 12: what you do when someone is teaching you
- Down

 - 1: to take a break and relax
 - 5: something that weighs a lot
 - 6: plain, nothing special
 - 7: someone who has wisdom is this
 - 10: a harness worn by two animals

In the box below, write down some things that are burdens which people carry in their lives.

Find out what Jesus said to his followers by using the words below to complete the sentences.



_____ to me all who _____.

I will give you _____.

I am _____ and humble of _____.

My _____ is easy.

My burden is _____.

heartgentlelabor

Comeyokelightrest



Turramurra Lawyers & Conveyancers

- Estate Planning • Property Sale / Purchase
- Elder Law
- Granny Flat Arrangements
- Testamentary Trusts in Wills
- Grants of Probate



02 9174 5744

turramurralawyers.com.au



ALLEN EATHER PROPERTY WASH

Renew your homes appearance.
A professional 'soft wash' removal of mould, surface and ingrained grime and cobwebs from all exterior surfaces.
We also high pressure clean pathways, pool surrounds and driveways.

10% discount to Pymble Parishioners

Please call Alan Eather
0411 212 068
for an obligation free quote
alan@propertywash.net.au



20+ YEARS EXPERIENCE

QUALITY PAINTING
DONE RIGHT, EVERY TIME

- ✓ Interior & Exterior Painting & Decorating
- ✓ High pressure washing
- ✓ Waterproofing services
- ✓ Dulux Accredited Painters

10% DISCOUNT FOR SENIORS

GOOGLE BUSINESS REVIEWS 5.0

CALL KRIS DIRECT: 0408 668 816

FULLY INSURED LICENCE 749995

SERVICING EASTERN SUBURBS & NORTHERN BEACHES



See the new TM 7 in action



Call Louise Johnston for a demonstration on 0413 137 534

Judith Agusti Guitar Studies

Classical & Contemporary guitar lessons at my Killara studio.

AMEB exams optional.
For children (9+) & adults.
20+ years teaching experience.

Contact: 0416 314 650
judy.agusti.lloyd@gmail.com





KU RING GAI PROJECTS

Bathrooms-Decks-Pergolas

For all carpentry needs,
call Paul on 0411 393 183
email: info@krggroup.com.au

Lic No: 290071C

 Ku-ring-Gai Projects

Gregory & Carr FUNERALS

Putting People First

We strive to build meaningful and lasting connections with our families and community.

Australian owned and family operated.

Please contact us on 1800 266 588 (24 hours)
director@gregoryandcarr.com.au
www.gregoryandcarr.com.au

Gordon 850 Pacific Highway Gordon 2072 9498 4455	Brookvale 355 Pittwater Road Brookvale 2100 9977 8011	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
--	---	--	--	---

Asbestos Diseases Compensation

Wills and Estate

Personal Injury Specialists



02 8833 2500
1300 418 283
www.turnerfreeman.com.au

No Win No Fee
fees & costs apply

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.

"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



Gig-Relief – the free platform linking volunteers with opportunities to give back to those in need, locally and globally.

You have gifts and talents worth sharing. Find a volunteer role at: gig-space.com/gig-relief

