



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



"For where two or three are gathered together in my name, there am I in the midst of them."

Matthew 18:20

Heart for Harmony

Heavenly Father,

You sent Your Son to teach us the way of true reconciliation and grace.

When conflict or offense divides us, fill us with Your Holy Spirit so that we may approach our brothers and sisters with humility, love, and quiet courage. Remove all pride from our hearts, and grant us the wisdom to seek peace in accordance with Your truth.

May the merciful authority of Your Church guide our steps, so that what we bind and loose on earth reflects Your eternal justice and compassion.

Unite our hearts in common prayer, Heavenly Father, and grant our petitions as we gather in the Lord's name, trusting in His presence among us now and always.

Amen.

Baptisms at Pymble Parish



Our upcoming Baptism Formation Class will be held on:

**Sunday, 25 October 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 September

For the care of water

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.



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



Join us for 'Taizé' Holy Hour with the Exposition of the Blessed Sacrament this Sunday, 6 September 2026 from 5pm to 5:55pm, before our 6pm Mass at Sacred Heart Church.

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



Parish Team

Pastoral care

Salvatorian Fathers

Parish Priest: Fr. Ireneusz Czech SDS

Email: fr.irek@pymblecatholicparish.org.au

Youtube: youtube.com/@IreneuszCzech

Parish Staff

Parish Secretary: Claudia Chen

Email: claudia@pymblecatholicparish.org.au

Sacramental Coordinator: Rebecca Lloyd-Jones

Email: rebecca@pymblecatholicparish.org.au

Catechist Coordinator: Gladys Wilkins

Email: gladys@pymblecatholicparish.org.au

Youtube QR code:



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: 9:30am, 6:00pm

Reconciliation:

Tuesday - Friday 8:45am

Sunday 9:15am, 5:30pm

Our Lady of Perpetual Succour

64 Kendall St, West Pymble, NSW, 2073

Weekend:

Saturday: 9:00am

Saturday: 5:00pm (Vigil Mass)

Sunday: 8:00am (Quiet Mass)

Reconciliation:

Saturday 9:30am, 4:45pm

Sunday 7:45am

Contact details

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

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

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.



Second Collection

Thank you for your ongoing support.

Parish Primary Schools

Sacred Heart

Principal: Brenda Timp

Telephone: (02) 7256 2142

www.shpdbb.catholic.edu.au

Our Lady of Perpetual Succour

Principal: Jodi Jefferson

Telephone: (02) 7256 2101

www.olpsdbb.catholic.edu.au

PRAYER TO CONTEMPLATION

Prayer, meditation and contemplation





Invitation

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

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.

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

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 15 September 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.



For further information:

 (02) 9144 2702

PYMBLE CATHOLIC PARISH

2 RICHARD PORTER WAY PYMBLE

Charismatic Prayer

All Welcome!



7.30pm, Tuesdays

Sacred Heart Church

Meeting Room

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!

2

WHAT’S ON IN OUR PARISH THIS WEEK

Saturday, 5 September St Teresa of Calcutta (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 3:00pm First Reconciliation at Sacred Heart 5:00pm Mass at OLPS Sunday, 6 September Father’s Day 8:00am Mass at OLPS (quiet) 9:30am Mass at Sacred Heart (Children’s Liturgy) 5:00pm Taize at Sacred Heart 6:00pm Mass at Sacred Heart Tuesday, 8 September The Nativity of the Blessed Virgin Mary (Feast) 9:00am Mass at Sacred Heart - Fr Paul Durkin 7:30pm Charismatic Prayer Group at Sacred Heart Wednesday, 9 September St Peter Claver, priest (Optional) 6:30am Pymble Men’s Fellowship Meeting at Replay Espresso Turramurra 9:00am Mass at Sacred Heart - Fr Tan Nguyen 7:00pm Salvatorian Collaboration Meeting at Sacred Heart	Thursday, 10 September 9:00am Mass at Sacred Heart - Fr Tan Nguyen Friday, 11 September 9:00am Mass at Sacred Heart followed by Adoration and Litany to the Sacred Heart of Jesus - Fr Paul Durkin 10:00am Bible Study 6:00pm Youth Group - High School Saturday, 12 September The Most Holy Name of Mary (Optional) Presentation Masses 9:00am Mass at OLPS with Morning Prayer (Breviary) 3:00pm First Eucharist Formation Session #1 at Sacred Heart 5:00pm Mass at OLPS Sunday, 13 September Safeguarding Sunday Presentation Masses 8:00am Mass at OLPS (quiet) 9:30am Mass at Sacred Heart 6:00pm Mass at Sacred Heart <i>The Rosary is recited after all weekday Masses at Sacred Heart Church and after 9am Saturday Mass at OLPS</i>
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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: Tom Duffy, Jean Ditchfield, Lucinda Coutinho, Rolando Salvi, Ryan Kim, Anne Bolton, Vinod Venkat, Alexander Ross, Troy Schufft, Jerzy Czech, Tatiana Seale, Jan Drobczyk, Lawrence Walter Cooke, Harry Wong, Barbara Tallis, Salvatore Cristaudo, Mohinder Tamana, Margaret Oswald, Maria Palmer, Remigio Ortiz, Elaine Reynolds
Death Anniversaries: John English, Bob & Dolly McCann, Dr Joseph Malouf, John Pinkerton, Ranjan Fernando, Tony Dixon, Ron Chandler, Clare Rogerson, Ranjan Fernando, Roshan Perera, Manel Perera, Chris Drinkwater, John Makepeace, Antonino Celio, Joseph Lin, Norman Li, William P. Inchoco, Sr, David Michael Bernie, Giuseppe & Antonietta Restifo, Dr Anthony Restifo
Prayers for the sick: Carol Marriott, Felix Fung, Anny Tsang, Agnes Dazon, José Castro, Kathy (Ya Wen) Sun, Stan Brataniec, Daniel Fileman, 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.	
7 September	Fr Bronislaw Pietrusewicz SDS
8 September	Fr Ryszard Sadowski SDS
9 September	Fr Zygmunt Smigowski SDS
10 September	Fr Bill Stephens
11 September	Fr Harry Kennedy
12 September	Fr Stephen Hamilton
13 September	Fr Rex Curry

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.

PRAYER FOR NEW BISHOP

Christ, in whom we are one, you are the Good Shepherd who never abandons your flock. In this time of waiting and anticipation, we place our trust entirely in your providence.

We thank you for the gift of our Diocese of Broken Bay stretching from the Northern Beaches, across the North Shore, to the shores of the Central Coast. We are a people shaped by the sea, by community, and by faith. As the waters of our bays and coastline speak of your vastness and your care, so too do we cast ourselves upon your wisdom in this moment of transition. Guide the hearts and minds of those entrusted with discerning the right shepherd for our Diocese that they may listen deeply to your Holy Spirit and choose wisely for the good of your people. Stir in us, your people of Broken Bay, a renewed sense of unity and purpose. May this season of waiting not weaken us, but deepen our faith, strengthen our bonds, and renew our commitment to the Gospel. And we pray for the one you are preparing to lead us as Bishop. Form him in humility and courage. Grant him a shepherd's heart, a teacher's wisdom, and a servant's joy. We turn to you, Our Lady Star of the Sea, patroness of our Diocese and guiding light for all who navigate uncertain waters. As sailors have long looked to the stars to find their way, so we look to you now to intercede for us, to steady us, and to lead us safely to the one God is sending to guide us.

May Christ, the Head of the Church, be glorified in our waiting, in our welcoming, and in all that is to come. And this we ask through the same Christ our Lord. Amen.

Serra Mass and Meeting with Bishop David Walker

Last week, we were so fortunate to invite Bishop David Walker to our Parish, to celebrate Mass and speak to us about Pope Leo's Encyclical "Magnifica Humanitas", which calls the Church and the world to rediscover the dignity of the human person, the beauty of truth, and the path of integral development rooted in love, solidarity and authentic human flourishing. It was a wonderful evening, with Bishop leaving everyone inspired.

Thank you to everyone who attended, and to Terry and those who helped organise the evening. We look forward to our next Serra Mass and meeting in September.



Congratulations to the Children on Receiving Your Sacrament of First Reconciliation

During the last week, many congratulations to the 69 children in our Parish have received their Sacrament of First Reconciliation. These children will be presented with their Certificates this weekend.

Following this, the children will now begin their preparations for the Sacrament of First Eucharist. Presentation Masses will be held across all Masses next weekend as we welcome and introduce these young parishioners to our community. Please keep the children and their families in your prayers during this meaningful step in their journey of faith.

Children's Liturgy at Sacred Heart

It was wonderful to welcome the children from our Parish to Children's Liturgy last Sunday at Sacred Heart. The children discussed and learnt to find ways that they could help someone else and follow Jesus!

We are very grateful to our leaders who spend time preparing the materials and lead the session each time.



All children are welcome to join us at the 9:30am Mass as advertised during Term.

CALL FOR SOCIAL COMMITTEE MEMBERS

Have you enjoyed our Soup & Slice evenings, Mothers' Day and Fathers' Day Morning Teas, and other parish events? We'd love to welcome more volunteers to join our Social Committee.

No experience is needed, just enthusiasm and a willingness to connect with others. You might be asked to help with the occasional pot of soup or tray of sandwiches, and you'll always be part of a team.

It's a wonderful way to get involved, meet people, and help build our parish community.

For an obligation-free chat, please contact Louise or Marie. We look forward to hearing from you.

Call Louise on 0413 137 534 or Marie on 0404 893 908



HAPPY FATHER'S DAY



PRAYER FOR FATHERS

Heavenly Father,
We thank You for the gift of fathers.
Bless all dads with wisdom, patience, and
unconditional love. Strengthen them in
their daily work and guide them as they
lead their families. For those who have
gone before us, grant them eternal rest.
For fathers who are struggling, bring
comfort and peace. May all fathers mirror
Your love, faithfulness, and compassion.
Amen.



PYMBLE PARISH YOUTH GROUP

Welcome to the **Pymble Parish Youth Group** on Friday nights during the school term. We want everyone to get the most out of our community in one of our two groups:

High School Group (Years 6-12): 6pm - 7:30pm
Young Adult Group (18+): 7:30pm - 9pm

Sacred Heart Church Pymble
(Drop-off and pick-up outside the church entrance)

Everyone welcome - Light refreshments every week and occasional favourite food nights—come along, hang out, have fun, and grow with us.

DON'T HESITATE TO BE INVOLVED

02 9144 2702

www.pymblecatholicparish.org.au

office@pymblecatholicparish.org.au 2 Richard Porter Way Pymble

Pymble Parish



CONFIRMATION PROGRAM 2026

Register at trybooking.com/dpgkp

Overall Program:

The overall program includes the following events.

1. Presentation Mass,
2. Two formation sessions,
3. Confirmation practice,
4. Confirmation celebration.

Presentation Masses:

Saturday, 24 October
Sunday, 25 October
any mass, either church

Group Facilitator Session:

Sunday, 25 October
11:30am at Sacred Heart

Preparation Program:

Two formation sessions - parish-based group at Sacred Heart

Parish Session #1:
Saturday, 24 October at 3pm

Parish Session #2:
Saturday, 14 November at 3pm

Practice:

Saturday, 14 November at 4pm
(following Parish Session #2)
at Sacred Heart

Celebration:

Sunday, 22 November at 11:30am
at Sacred Heart

Registration closes on 16 October

Further information at www.pymblecatholicparish.org.au

PYMBLE MEN'S GROUP

Faith
FRIENDSHIP
FELLOWSHIP



All men are welcome to join in
coffee mornings at
Replay Espresso Turramurra

- 6:30-7:30am
- Fortnightly on Wednesdays
- Next meeting:
Wednesday, 9 September

Coffee catch up,
fellowship and
scripture reading



COME ALONG.
You'll be welcome.



Liturgy of the Word

Twenty-Third Sunday in Ordinary Time

Year A

Entrance Antiphon Psalm 118: 137, 124

You are just, O Lord, and your judgement is right; treat your servant in accord with your merciful love.

First Reading Ezekiel 33: 7-9

A reading from the prophet Ezekiel

The word of the Lord was addressed to me as follows, ‘Son of man, I have appointed you as sentry to the House of Israel. When you hear a word from my mouth, warn them in my name. If I say to a wicked man: Wicked wretch, you are to die, and you do not speak to warn the wicked man to renounce his ways, then he shall die for his sin, but I will hold you responsible for his death. If, however, you do warn a wicked man to renounce his ways and repent, and he does not repent, then he shall die for his sin, but you yourself will have saved your life.’

Responsorial Psalm Ps 94: 1-2, 6-9 R.v.8

(R.) O that today you would listen to his voice! Harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us.
Let us come before him, giving thanks, with songs let us hail the Lord. **(R.)**
2. Come in; let us bow and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R.)**
3. O that today you would listen to his voice! ‘Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.’ **(R.)**

Second Reading Romans 13: 8-10

A reading from the letter of St Paul to the Romans

Avoid getting into debt, except the debt of mutual love. If you love your fellow men you have carried out your obligations. All the commandments: You shall not commit adultery, you shall not kill, you shall not steal, you shall not covet, and so on, are summed up in this single command: You must love your neighbour as yourself. Love is the one thing that cannot hurt your neighbour; that is why it is the answer to every one of the commandments.

Gospel Acclamation 2 Corinthians 5: 19

Alleluia, alleluia!
God was in Christ, to reconcile the world to himself; and the Good News of reconciliation he has entrusted to us.
Alleluia!

Gospel Matthew 18: 15-20

A reading from the holy Gospel according to Matthew

Jesus said to his disciples: ‘If your brother does something wrong, go and have it out with him alone, between your two selves. If he listens to you, you have won back your brother. If he does not listen, take one or two others with you: the evidence of two or three witnesses is required to sustain any charge. But if he refuses to listen to these, report it to the community; and if he refuses to listen to the community, treat him like a pagan or a tax collector.

‘I tell you solemnly, whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.

‘I tell you solemnly once again, if two of you on earth agree to ask anything at all, it will be granted to you by my Father in heaven. For where two or three meet in my name, I shall be there with them.’

Gospel Reflection

Meditation: What's the best way to repair a damaged relationship? Jesus offers his disciples spiritual freedom and power for restoring broken or injured relationships.

Don't brood over an offense - speak directly and privately

What can we learn from Jesus' instructions about how to mend a damaged relationship (Matthew 18:15-20)? If you feel you have been wronged by someone, Jesus says the first step is to speak directly but privately to the individual who has done the harm. One of the worst things we can do is brood over our grievance. This can poison our mind and heart and make it more difficult to go directly to the person who caused the damage.

Seek the help of wise Christians

If we truly want to settle a difference with someone, we need to do it face to face. If this fails in its purpose, then the second step is to bring another person or persons, someone who is wise and gracious rather than someone who is hot-tempered or judgmental. The goal is not so much to put the offender on trial, but to persuade the offender to see the wrong and to be reconciled. And if this

fails, then we must still not give up, but seek the help of the Christian community. Note the emphasis here is on restoring a broken relationship by seeking the help of other Christians who hopefully will pray and seek a solution for reconciliation based on Christian love and wisdom, rather than relying on coercive force or threat of legal action, such as a lawsuit.

Pray for the offender - for healing and reconciliation

Lastly, if even the Christian community fails to bring about reconciliation, what must we do? Jesus seems to say that we have the right to abandon stubborn and obdurate offenders and treat them like social outcasts. The tax-collectors and Gentiles were regarded as "unclean" by the religious-minded Jews and they resorted to shunning them. However we know from the Gospel accounts that Jesus often had fellowship with tax-collectors (as well as other public sinners), ate with them, and even praised them at times! Jesus refuses no one who is open to receive pardon, healing, and restoration.

Set no obstacle in seeking to heal your brother's wound

When you are offended, are you willing to put aside your own grievance and injury in order to help your brother's wound? The Lord Jesus wants to set us free from resentment, ill-will, and an unwillingness to forgive. The love of Christ both purifies and sets us free to do good to all - even those who cause us grief. The call to accountability for what we have done and have failed to do is inevitable and we can't escape it, both in this life and at the day of judgment when the Lord Jesus will return. But while we have the opportunity today, we must not give up on praying for those who cause us offense. With God's help we must seek to make every effort to win them with the grace and power of God's healing love and wisdom. Do you tolerate broken relationships or do you seek to repair them as God gives you the opportunity to mend and restore what is broken?

Lord Jesus, make me an instrument of your healing love and peace. Give me wisdom and courage to bring your healing love and saving truth to those in need of healing and restoration.

(c) Servants of the Word 2026

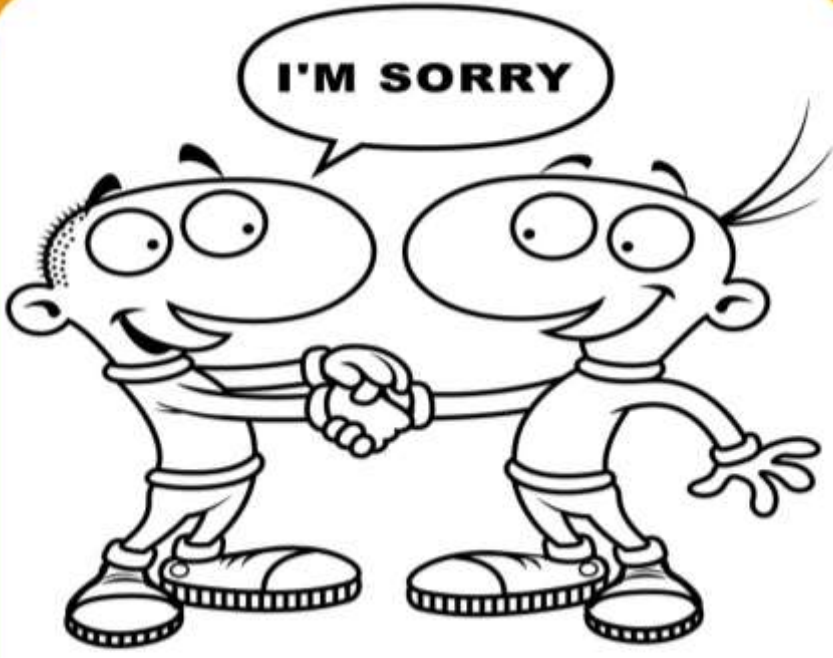
To access Fr Irek’s homily on YouTube, please scan the QR code or click on this link:



<https://www.youtube.com/watch?v=fqMtG4HNKpE>

Pymble Parish Roster - 12 & 13 September 2026		
Sacred Heart (Pymble)	Sunday 9:30am	Sunday 6pm
Acolytes	C Wawrzyniak	A Wahab
Altar Servers	J Komarzyniec / L Williams	S Perera
Readers	V Waggett	E Lloyd-Jones
Altar Society	12 September: Beth, Pat & Susan	
Counters	13 September: C Gwynn / P Gracie / T Scanlan	
OLPS (West Pymble)	Saturday 5:00pm	Sunday 8:00am
Acolytes	C Parbury	J Walton
Altar Servers	Alonso & Isabella	Volunteers needed
Readers	B Nairn	M Walz
Altar Cloth	12 September: N Simpkins	

Children's Corner



I'M SORRY

If someone sins against you, speak to them and tell them what was wrong. If they listen to you, you will have won them back.

Jesus wants us to be peacemakers

When someone does wrong things against me, I can be a peacemaker by....

When I do wrong things against someone, I can be a peacemaker by....



How did Jesus treat sinners?

Matthew was a tax collector and was disliked by many people. Jesus shared a meal with him and other sinners. Matthew became a disciple of Jesus. *Mt 9:9-13*

Draw Jesus sharing a meal with Matthew and his friends

A woman who had sinned was brought before Jesus. The pharisees wanted Jesus to condemn her, but instead Jesus forgave her sins. *Jn 8:2-11*

Write a short prayer asking God to forgive our sins

Dear Lord, _____

_____ Amen.

A rich man named Zaccheus climbed a tree to get a better view of Jesus. People became upset when Jesus decided to be a guest at Zaccheus' house, but Zaccheus was so happy he gave half his possessions to the poor. *Lk 19:1-10*

Draw Zaccheus in the sycamore tree

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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.