



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



Prayer in the Storm

Lord Jesus, You come to us across the waves of our fear, speaking the words our hearts long to hear: "Take courage, it is I; do not be afraid."

When the winds rise and our faith feels small, stretch out Your hand as You did for Peter. Lift us when we sink, steady us when we falter, and teach us to trust Your presence more than the storm around us.

May our eyes remain fixed on You, our refuge, our peace, our faithful companion on every troubled sea.

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
August**

For evangelization in the city

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



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

*Charismatic
Prayer*

All Welcome!

*730pm, Tuesdays
Sacred Heart Church
Meeting Room*

**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 18 August 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



Children's Liturgy of the Word

Children are welcome to join us at our Children's liturgy at Sacred Heart Church. Children's Liturgy is a great way to engage and nourish the children of our Parish with God's Word.

Our sessions for Term 3 at Sacred Heart will be at our **Sunday 9:30am Masses as follows:**
16 & 30 August
6 & 20 September

Please join us for Children's Liturgy at our Church.

Become a Catechist

Are you looking for ways to share your Catholic faith? We invite all our parishioners to grow their faith and teach a positive message about our loving God to primary or high school children in public schools. CCD Broken Bay provides practical training courses including compulsory safeguarding training to help develop teaching skills and support Catechists to make best use of their own knowledge. Tools and resources are provided and include easy to follow lesson plans to help create enjoyable lessons for all children. For further information and guidance, contact gladys@pymblecatholicparish.org.au.

WHAT’S ON IN OUR PARISH THIS WEEK

Saturday, 8 August <i>CatholicCare Homelessness Appeal</i> <i>St Mary of the Cross, virgin</i> 9:00am Mass at OLPS with Morning Prayer (Breviary) 5:00pm Mass at OLPS Sunday, 9 August 8:00am Mass at OLPS (quiet) 9:30am Mass at Sacred Heart 6:00pm Mass at Sacred Heart Tuesday, 11 August <i>St Clare, virgin (Memorial)</i> 9:00am Mass at Sacred Heart 7:30pm Charismatic Prayer Group at Sacred Heart Wednesday, 12 August <i>St Jane Frances de Chantal, religious (Optional)</i> 6:30am Pymble Men’s Fellowship Meeting at Replay Espresso Turramurra 9:00am Mass at Sacred Heart 7:00pm Parish Pastoral Council Meeting at Sacred Heart 7:00pm Salvatorian Collaborators Meeting Thursday, 13 August <i>Sts Pontian, pope, martyr and Hippolytus, priest, martyr (Optional)</i> 9:00am Mass at Sacred Heart	Friday, 14 August <i>St Maxmilian Mary Kolbe, priest, martyr (Memorial)</i> 9:00am Mass at Sacred Heart followed by Adoration and Litany to the Sacred Heart of Jesus (Feast of Assumption Mass attended by Sacred Heart School) 10:00am Bible Study 12:00pm Mass at OLPS (Feast of Assumption Mass attended by OLPS School) 6:00pm Youth Group—High School 7:30pm Youth Group—Young Adults Saturday, 15 August <i>The Assumption of the Blessed Virgin Mary (Solemnity)</i> 9:00am Mass at OLPS with Morning Prayer (Breviary) 5:00pm Mass at OLPS, followed by Soup and Slice Sunday, 16 August 8:00am Mass at OLPS (quiet) 9:30am Mass at Sacred Heart 10:30am Prayer Ministry at Sacred Heart 10:30am Baptism Formation Class at Sacred Heart 11:30am First Reconciliation & Eucharist Leaders Meeting 6:00pm Mass at Sacred Heart, followed by Soup and Slice <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: 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, Mavis Gladys Mol, Constance Mary Cooke
Death Anniversaries: Ron Chandler, 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, Jerald D’Cunha
Prayers for the sick: 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

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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.	
10 August	Fr Vincent Nguyen
11 August	Fr Shansana Samarasinghe OSB
12 August	Fr Sam French
13 August	Fr David Ranson VG
14 August	Fr Anselam Lakra HGN
15 August	Fr Joey Frez
16 August	Fr Joshi Naduppura

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.

Soup & Slice

Join us for a warm cup of soup next weekend after our evening Masses at both Churches



OLPS Church
Saturday, 15/8 after 5pm Mass

Sacred Heart Church
Sunday, 16/8 after 6pm Mass



CatholicCare
DIOCESE OF BROKEN BAY

COMBATING HOMELESSNESS TOGETHER

Please donate to CatholicCare's homelessness services across the Diocese. Donor envelopes will be available at Mass 8 & 9 August.

Soup & Slice

Thank you to everyone who joined us for Soup and Slice after our weekend evening Masses at both Churches. It was the perfect comfort on a cold winter night — hearty, delicious, and shared in wonderful company.

We extend our heartfelt thanks to our Social Committee for organising this simple but much-loved gathering, and in particular this weekend to Louise, Angel, Joseph, Mary, and Mary Alice for their generous preparation and hospitality. Your care helps make our parish feel like home.

Join us for our next Soup and Slice on the weekend of **15-16 August**, after the **Saturday 5pm Mass at OLPS** and **Sunday 6pm Mass at Sacred Heart**.




Pymble Parish



Registration closes Friday, 14 August



FIRST RECONCILIATION AND EUCHARIST PROGRAM 2026

Registration is open at trybooking.com/dofoa

First Reconciliation

Presentation Mass:
Saturday, 22 August or Sunday, 23 August
any mass, either church

Group Facilitator Session:
Sunday, 16 August
11:30am at Sacred Heart

Preparation Program:
Two formation sessions - parish-based group at Sacred Heart or home-based parent-driven group

1st - parish-facilitated group
Saturday, 22 August, 3pm

2nd - parish-facilitated group
Saturday, 29 August, 3pm

First Reconciliation:
Tuesday, 1 September, 3:15pm at OLPS
Saturday, 5 September, 3pm at Sacred Heart

First Eucharist

Presentation Mass:
Saturday, 12 September or Sunday, 13 September
any mass, either church

Preparation Program:
Two formation sessions - parish-based group at Sacred Heart or home-based parent-driven group

1st - parish-facilitated group
Saturday, 12 September, 3pm

2nd - parish-facilitated group
Saturday, 19 September, 3pm

Practice and Reconciliation:
Saturday, 17 October, 3pm at Sacred Heart

First Eucharist Mass
Sunday, 18 October, 11:30am at Sacred Heart

Register now

Further information at www.pymblecatholicparish.org.au



Serra International Vocations Ministry

— Sacred Heart Catholic Church, Pymble —

GUEST SPEAKER

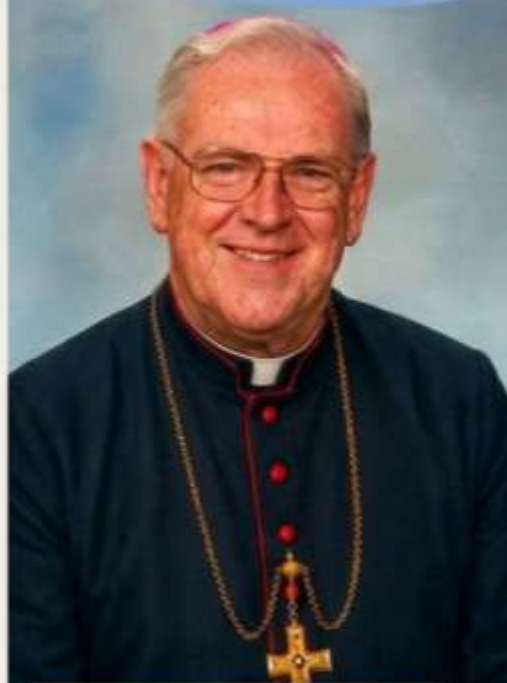
Bishop David Walker

Pope Leo's Encyclical "Magnifica Humanitas"

Bishop David will present an overview of Pope Leo's new 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.

ABOUT THE ENCYCLICAL
The Magnifica Humanitas (Magnificent Humanity) is the first encyclical letter of Pope Leo. It examines artificial intelligence, human dignity, and the future of civilisation. It urges society to ensure that technology serves humanity, rather than reducing people to items to be optimised.

"Everyone is welcome ... Please come and see."



DETAILS

- Venue:** Sacred Heart Catholic Church, Pymble.
- Date:** Thursday, 27 August 2026
- Mass & meeting:** 7:00pm

RSVP: Terry Scanlan | M. 0438 887 295 | E. terry_scanlan@bigpond.com



Family Mass

Sacred Heart Church

Sunday, 23 August
9:30am Mass, followed by
Morning Tea

All are welcome



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

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.

Thinking of becoming a Catholic?

Are you interested in learning about the Catholic faith or becoming Catholic?

We invite you to join in with the Pymble Parish RCIA program for this year. The program is an opportunity for everyone, Catholic and non-Catholic, to understand the Catholic faith in the 21st Century.

You are invited to an **information session** for the 2026/27 RCIA program at the **Sacred Heart Church, Pymble**.

**3pm, Sunday
16 August 2026**

"Our hearts are restless, O Lord, until they rest in you"
St Augustine

For further information see: tinyurl.com/4j4yz67d

RCIA: Rite of Christian Initiation of Adults

There are no costs involved with this program.

Pymble Catholic Parish

02 9144 2702

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





Liturgy of the Word

Nineteenth Sunday in Ordinary Time

Year A

Entrance Antiphon Cf Psalm 73: 20, 19, 22, 23

Look to your covenant, O Lord,
and forget not the life of your poor ones for
ever.
Arise, O God, and defend your cause,
and forget not the cried of those who seek
you.

First Reading 1 Kings 19: 9, 11-13

A reading from the first book of the Kings

When Elijah reached Horeb, the mountain of
God, he went into the cave and spent the
night in it. Then he was told, ‘Go out and
stand on the mountain before the Lord.’ Then
the Lord himself went by. There came a
mighty wind, so strong it tore the mountains
and shattered the rocks before the Lord. But
the Lord was not in the wind. After the wind
came an earthquake. But the Lord was not in
the earthquake. After the earthquake came a
fire. But the Lord was not in the fire. And
after the fire there came the sound of a
gentle breeze. And when Elijah heard this, he
covered his face with his cloak and went out
and stood at the entrance of the cave.

Responsorial Psalm Ps 84: 9-14 R.v.8

**(R.) Lord, show us your mercy and love, and
grant us your salvation.**

1. I will hear what the Lord God has to say,
a voice that speaks of peace.
His help is near for those who fear him
and his glory will dwell in our land. **(R.)**
2. Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. **(R.)**
3. The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. **(R.)**

Second Reading Romans 9: 1-5

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

What I want to say is no pretence; I say it in
union with Christ – it is the truth – my
conscience in union with the Holy Spirit
assures me of it too. What I want to say is
this: my sorrow is so great, my mental
anguish so endless, I would willingly be
condemned and be cut off from Christ if it
could help my brothers of Israel, my own
flesh and blood. They were adopted as sons,
they were given the glory and the covenants;
the Law and the ritual were drawn up for
them, and the promises were made to them.
They are descended from the patriarchs and
from their flesh and blood came Christ who is
above all, God for ever blessed! Amen.

Gospel Acclamation Psalm 129: 5

Alleluia, alleluia!
I hope in the Lord,
I trust in his word.
Alleluia!

Gospel Matthew 14: 22-33

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

Jesus made the disciples get into the boat
and go on ahead to the other side while he
would send the crowds away. After sending
the crowds away he went up into the hills by
himself to pray. When evening came, he was
there alone, while the boat, by now far out on
the lake, was battling with a heavy sea, for
there was a head-wind. In the fourth watch of
the night he went towards them, walking on
the lake, and when the disciples saw him
walking on the lake they were terrified. ‘It is a
ghost’ they said, and cried out in fear. But at
once Jesus called out to them, saying,
‘Courage! It is I! Do not be afraid.’ It was Peter
who answered. ‘Lord,’ he said ‘if it is you, tell
me to come to you across the water.’ ‘Come’
said Jesus. Then Peter got out of the boat and
started walking towards Jesus across the
water, but as soon as he felt the force of the
wind, he took fright and began to sink. ‘Lord!
Save me!’ he cried. Jesus put out his hand at
once and held him. ‘Man of little faith,’ he said
‘why did you doubt?’ And as they got into the
boat the wind dropped. The men in the boat
bowed down before him and said, ‘Truly, you
are the Son of God.’

Gospel Reflection

Meditation: Does the Lord Jesus seem distant
when trials or adversity come your way? It
was at Jesus' initiative that the disciples sailed
across the lake, only to find themselves in a
life-threatening storm. Although they were
experienced fishermen, they feared for their
lives. While Jesus was not with them in the
boat, he, nonetheless watched for them in
prayer. When he perceived their trouble he
came to them on the sea and startled them
with his sudden appearance. Do you look for
the Lord's presence when you encounter
difficulty or challenges?

Fight fear with faith

This dramatic incident on the sea of Galilee
revealed Peter's character more fully than
others. Here we see Peter's impulsiveness -
his tendency to act without thinking of what
he was doing. He often failed and came to
grief as a result of his impulsiveness. In
contrast, Jesus always bade his disciples to
see how difficult it was to follow him before
they set out on the way he taught them. A
great deal of failure in the Christian life is due

to acting on impulse and emotional fervor
without counting the cost. Peter, fortunately
in the moment of his failure clutched at Jesus
and held him firmly. Every time Peter fell, he
rose again. His failures only made him love the
Lord more deeply and trust him more intently.

The Lord keeps watch over us at all times, and
especially in our moments of temptation and
difficulty. Do you rely on the Lord for his
strength and help? Jesus assures us that we
have no need of fear if we trust in Him and in
his great love for us. When calamities or trials
threaten to overwhelm you, how do you
respond? With faith and hope in God's love,
care and presence with you?

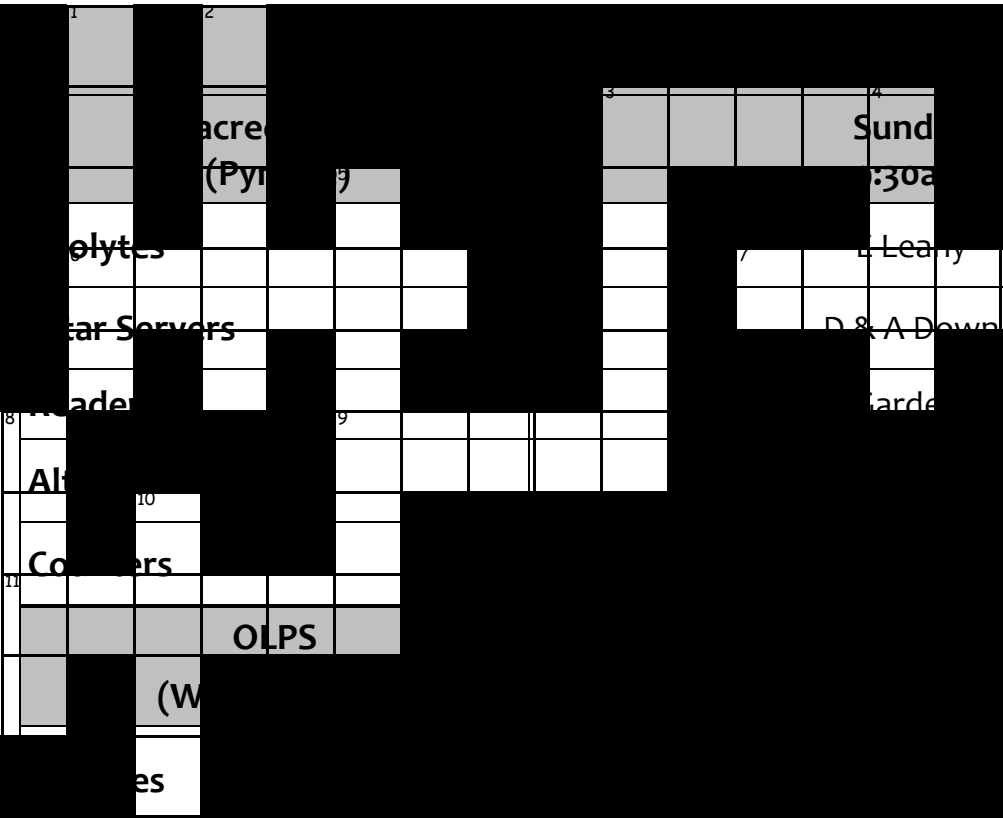
**Lord Jesus, help me to trust you always and to
never doubt your presence and your power to
help me. In my moments of doubt and
weakness, may I cling to you as Peter did.
Strengthen my faith that I may walk straight
in the path you set before me, neither veering
to the left nor to the right.**

(c) Servants of the Word 2026

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



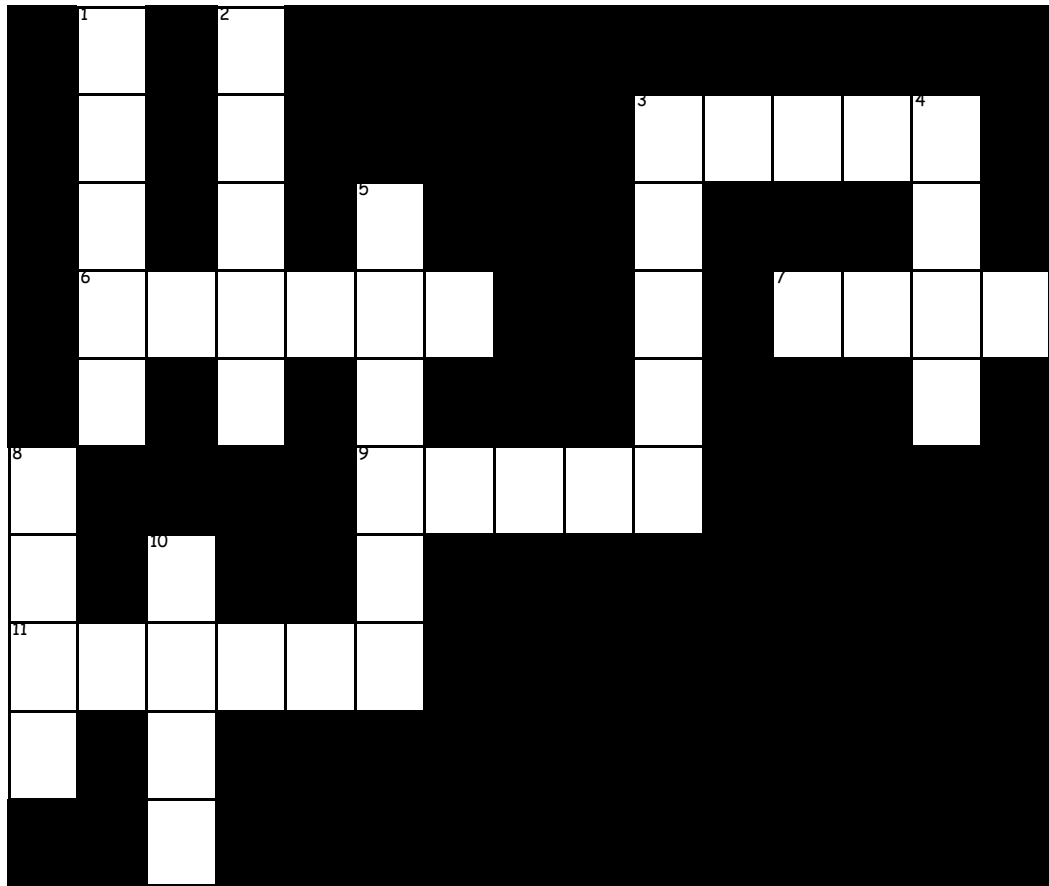
<https://www.youtube.com/watch?v=iHXt812seA8>



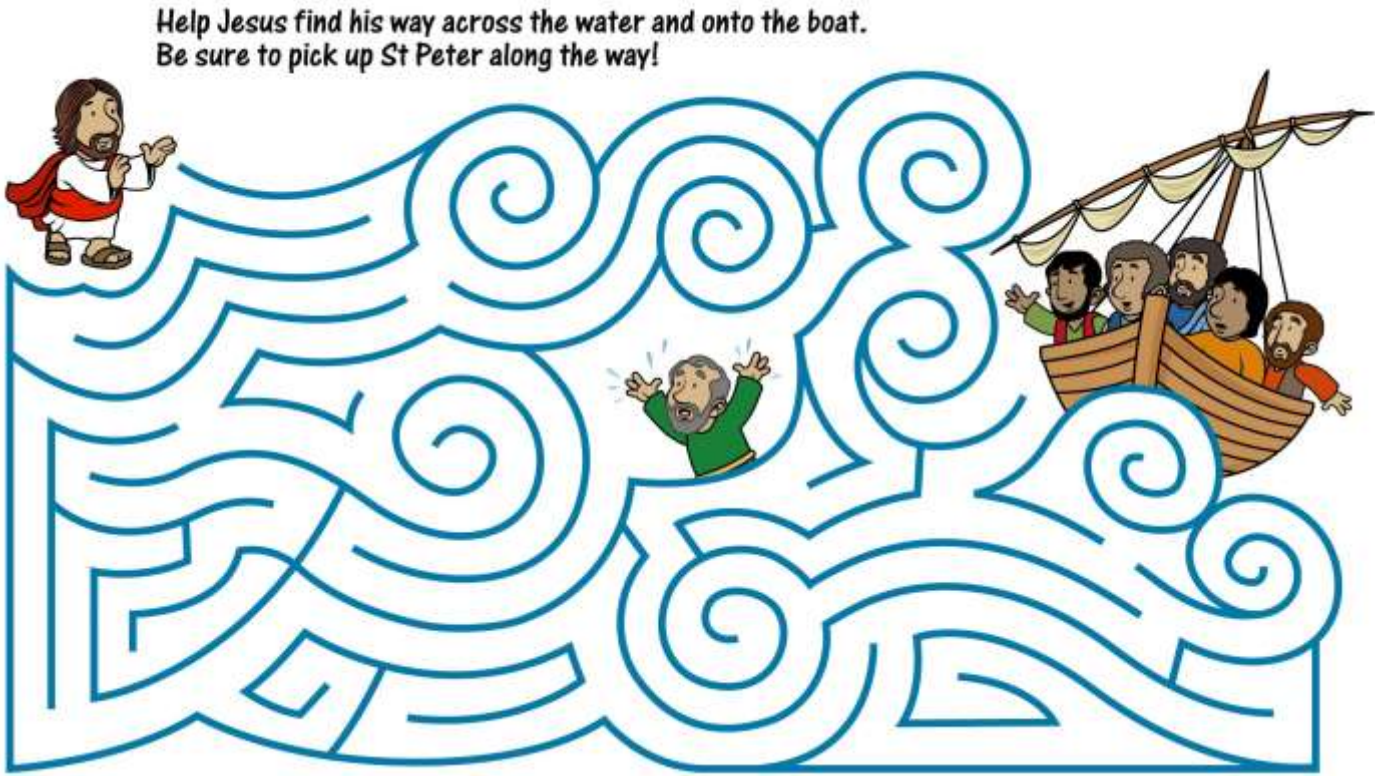
ter - 15 & 16 August 2026	
	Sunday 6pm
	A Wahab
	S Perera
	L Joshi
15 August: Kim, Jo B & Lynette	
16 August: C Gwynn / T Scanlan / J Witcombe	
	Sunday 8:00am
	J Walton
Magdalene	Volunteers needed
	L Treacy
15 August: N Simpkins	

Children's Corner

Jesus will save us



- Across**
- 3: the boat was tossed around by these
 - 6: thrown in the air
 - 7: air that rushes through the sky
 - 9: this man walked on the water but began to sink
 - 11: scared
- Down**
- 1: belief
 - 2: an apparition of a dead person
 - 3: the sea is made of this
 - 4: to become submerged in water
 - 5: when Peter began to sink Jesus _____ him
 - 8: a vessel for travelling on water
 - 10: to speak to God



We can have faith that Jesus will always be there to help us in difficult times. Write a prayer asking God to help you when things get tough.

Dear Lord,

Amen.

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www.gregoryandcarr.com.au

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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.

"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