



Term One, Week Three



I saw a beautiful sunflower outside the art room this morning. I think Ms Conroy must have left it outside to soak in a little sunlight. I am always amazed at how the sunflower follows every movement of the sun. It turns with trust and purpose, knowing that sunlight will make it grow and be so beneficial for it. How amazing!

When I was growing up, the Sacred Heart nuns taught us a song about a sunflower. For those of you who are on the downhill stretch to half a century, you may remember it too!

"Like a sunflower, that follows every movement of the sun, so I turn towards you to follow you, my God. In simplicity and charity, I follow..... In simplicity and honesty, I follow."

The simplicity of the words are humbling. They encourage us to follow the gentle teachings of a man who walked the earth among us 2000 years ago. His stories, his parables, his thought provoking statements and his miracles all spoke for themselves.

LISTEN TO THE SONG:

<https://www.youtube.com/watch?v=lpZ1M7zPUgs>

HAPPY VALENTINE'S DAY



"God is love" John 4:8

St Valentine is the Patron saint of engaged couples, happy marriages, people in love and the gift of love. Through the Gospel we hear stories of Christ's ministry through the use of his loving words and actions. We, as Christians should share the same love for others -our spouse, children, family, friends and people we encounter in our daily lives. St Valentine's day reminds us of this.

St Valentine was a priest in Rome at the time of Emperor Claudius II. The emperor needed to recruit soldiers for his armies and decreed that all weddings would be suspended so that single men without families would serve in combat. St Valentine saw the anguish and sadness of the young couples who were deeply in love and performed secret weddings in defiance of the Emperor. He was beheaded on February 14th, 269 AD and was buried on the Flaminian Way where archeologists have unearthed a catacomb and an ancient church dedicated in his name.

In the Catholic tradition, the Sacrament of Marriage is a steadfast love that is witness to the reality that Christ loves, forgives, heals and transforms.

This handout was adapted from the Australian Catholic Marriage and Family Council's (ACMFC) kit 2012.



GIFT OF BREAD 2020!

Here is a clip which describes the program :

<https://www.youtube.com/watch?v=ds4-GowLEeY&t=42s>

We pack bread on Thursday evenings between 6.00 and 7.00 pm at SHM parish hall. If you are interested please email mary.lozina@syd.catholic.edu.au.

SPaR.....Stop,Pray,Reflect...



Stop – take 10 minutes out of your morning to have a coffee with friends.

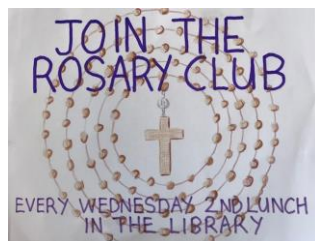
Pray – place God at your centre

Reflect – what is your purpose?

All are welcome.....

Our First SPaR for the year will be Thursday 13th February in the school library.

I look forward to seeing you all.



Our students' rosary group is in the library every Wednesday at second lunch. It's a quiet time where the children pray together, followed by fun activities in the school library.



ANGELS FOOD SERVICE

Sacred Heart Mosman, in conjunction with the parish, runs the Angels Food Service. Volunteers cook meals for families and parishioners in need. These meals are frozen and distributed as needed. If you can help with cooking (rostered) or if you know of anyone who would appreciate a little help with dinners, please email mary.lozina@syd.catholic.edu.au and I'll pass on the details to our wonderful co-ordinator.



The Sacred Heart community are champions for the cause when it comes to Vinnies. We work with our local Vinnies conference, Vinnies Night Patrol, Vinnies Behind the Scenes and the Vinnies Marian Women's Refuge.

VINNIES NIGHT PATROL

For this term, our focus is on Vinnies Night Patrol and Behind the Scenes. There is a collection basket for snacks, which get taken to Vinnies Night Patrol kitchen in Lewisham on a monthly basis. The kinds of snacks needed are packaged nut free goods such as muesli bars, breakfast bars, popcorn, chips and sweet treats such as brownies and slices. The kitchen also needs spices, oil and snack bags which they seem to run out of quite quickly.

If you can donate any of the above, we would really appreciate it. It's so easy to pick up a few extra goods while shopping for the family. Please leave them in the school foyer. Night patrol goes out every evening in four central places in Sydney. This service feeds the homeless and offers them a friendly chat in a world that isn't always ideal for all.

VINNIES BEHIND THE SCENES

What's involved?

Behind the Scenes is a great opportunity for Family Educators to engage parents or parishioners within their school community in a hands-on opportunity to support Sydney Vinnies Van Services and those who use these services. Family Educators invite 3-10 people from their school community to accompany them in volunteering at the Sydney Vinnies Van Services Soup Kitchen in Lewisham. Volunteers engage in behind the scenes preparation, ensuring that the needs of our service users and volunteers are well met in readiness for the nightly service. This is a non-client facing role. The day starts with a brief induction including WH&S requirements and then continues on to include tasks such as:

- Preparing sandwiches
- Cleaning of vehicles (inside and out)
- Preparing toiletry gift packs
- Sorting donations
- The preparation of soup
- General cleaning and sorting
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Behind the Scenes runs from 10am-1pm, giving you plenty of time to get back to school for pick up. The dates for this year are:

Term one, Friday 20th March week 8

Term two, Friday 12th June week 7

Term three, Friday 28th August week 6

Term four, Friday 20th November week 6

Please diarise the dates and email Mary Lozina to register.

SEASONS FOR GROWTH:

We had a lovely little group of students for our Seasons group last year. It was loads of fun and the students really bonded and felt comforted by each other. If there is anyone who could benefit from a group, we will be running it this year. Please contact Mary Lozina for more information.



What is *Seasons for Growth*?

Seasons for Growth® is based on the belief that change and loss are part of life and grief is a normal response to these losses. Children, young people and adults need the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives. The *Seasons for Growth*® programs provide an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.

The *Seasons for Growth*® Children and Young People's Program:

- supports children and young people to understand and respond well to the issues they experience as a result of death, separation, divorce or other significant change and loss in their lives
- assists children and young people to understand that their feelings and other reactions are normal
- develops skills for coping, problem solving and decision making
- builds a peer support network
- helps restore self-confidence and self-esteem
- educates children and young people about the grief process.

The program is based on small group like-to-like peer learning processes (4–7 participants with 1 adult 'Companion'), creating a safe space for children and young people aged 6–18 years to practise new ways of thinking and responding to change and loss in their lives. The emphasis is on understanding the effects of change, loss and grief, whilst developing skills in communication, decision making and problem solving. The program is underpinned throughout by an emphasis on the development of children and young people's *identity* ('I am'), *relationships* ('I have') and *competence* ('I can'), helping to build self-confidence, self-esteem and a felt sense of belonging and connection.

The *Seasons for Growth*® program is evidence based and relies on research, strategies and techniques consistent with high quality, psychosocial education. The program has a sound curriculum structure and incorporates a wide range of age-appropriate activities including writing, drawing, discussion, stories, role play, music, guided meditation and journalling. Children's learning is largely generated through these activities and the conversations that emerge from stories shared, questions asked, skills learnt and friendships developed. This child-centred approach to learning encourages participants to not only value who they are and the particular 'story' they have, but also to modify where necessary their thinking, attitudes, beliefs and constructs about life and to 'take charge' of their behaviours. As de Winter and colleagues (1999) point out:

Learning by doing, learning by participation instead of exclusion is to be considered as a powerful tool to promote self-confidence, self-respect and a sense of control over one's own life.



On **Sunday 16th of February** we have our SHM Welcome Mass. We invite our new (and old) Sacred Heart Families to join us at 9am Mass followed by a scrumptious morning tea. We also have a special ice-cream treat after this Mass. Please see the flyer for more details and please bring a plate, which can be left at the parish hall before 10am.

WELCOME MASS
Kindergarten and
New Families
SUNDAY 16TH FEBRUARY
at SHM 9AM FAMILY MASS

**Year 6 Buddies,
please join us too!**



**Please bring a plate for
morning tea!**



LET'S MAKE IT SPECIAL!



Years 5 and 6 we are ready for you!

The parish needs some altar servers for weekends. Please see the flyer below.

ALTAR SERVING PROGRAM YEARS 5 & 6

Do you want to serve at
School Masses? On weekends?

FRIDAY 28TH FEBRUARY & 6TH MARCH
(MUST ATTEND BOTH DATES)
8 AM TO 8.45AM
SACRED HEART CHURCH

CHILDREN WILL BE PLACED ON A
ROSTER FOR WEEKEND MASSES:
SATURDAY 6PM, SUNDAY 11AM
& SUNDAY 6PM

YOUR CHOICE OF MASS TIME AND
FREQUENCY OF SERVICE

SESSIONS WILL BE RUN BY
DEACON NOEL AND MRS LOZINA
please contact mary.lozina@syd.catholic.edu.au
for more info and to RSVP





RELICS OF ST THERESE DE LISIEUX AND HER PARENTS ARE COMING TO SYDNEY....

The relics will be visiting the parish of Sydney Harbour North on 14th March for a morning session.

VOLUNTEERING AT FAMILY MASS :

If any families would like to volunteer at 9am Family Mass and be placed on a roster, please contact Mary Lozina mary.lozina@syd.catholic.edu.au. Duties are simple and you would only do one to two duties per roster.

MORE YOUTH READERS NEEDED:

The parish has a dedicated youth Mass, which takes place on the first Sunday of the month. We are in need of year six and high school students who can read at this Mass. We also need more high school singers, so if you know anyone who loves to sing in a group (modern hymns) please contact Mary Lozina.

Parish bulletin link:

http://www.shnparish.org.au/index.php?option=com_content&view=article&id=75&Itemid=55

Please take the time to read the parish bulletin. All information about various parish functions and initiatives can be found.

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."

Ecclesiastes 3:11

"Happy Valentine's Day"

Mary Lozina
Family educator
mary.lozina@syd.catholic.edu.au

