



### *Term One, Week Four*



Do you remember those charm bracelets of the 80s and 90s? Of course, some of you were wee little babes but some of us were robust young teenagers who were ready to take on the world.... Our faith, hope and charity charms would see us through all heartache, headache and general misdemeanor! What did they actually mean?

These are the three great theological virtues that the New Testament calls for in Christians. **Charity** is often called love.

*"Now abideth **faith**, **hope**, **charity**, these three; but the greatest of these is **charity**."  
1 Corinthians 13:13*

I often wondered why the anchor was the symbol of hope. Well, Dr Google fixed this curiosity for me.....

"That cross within an **anchor** is a **symbol** of masculinity while the crescent moon within the **symbol** is feminine, representing the womb. It is symbolic of **hope** in how when lifted up from the water of a port, it represents a new adventure, a new voyage."  
[www.karmaandluck.com](http://www.karmaandluck.com)

As Lent approaches and we set on a new adventure of heart, mind and soul, I hope we can reflect on these virtues. Our faith calls us to prayer and fasting, hope calls us to trust in God and charity calls on us to help others in many different ways. Who would have known that a charm bracelet could inspire so much thought about the way we live our lives?



## 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](mailto:mary.lozina@syd.catholic.edu.au)

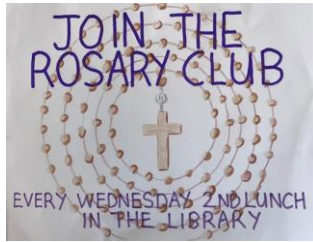
The team was in full swing on Thursday. I arrived at the parish hall at 6pm to see tables set up, people packing and generally having a "good ole chin-wag!" Such a strong sense of community and friendship has formed amongst our GoB troupes! God bless them all!

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



*Our First SPaR for the year focused on balance. We pondered on how busy it was to be a parent, an employee, an employer, a student.....while we looked after our children, who looked after us? The answer was simple. God did. Some call it Divine Providence, some call it love. Either way, we felt very grateful. Please join us for our next SPaR on Thursday 20<sup>th</sup> February at 9am in the school library.*

*I look forward to seeing you all.*



Our students' rosary group will begin on Ash 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](mailto: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 LOCAL MOSMAN CONFERENCE:**

This group of locals meet once a fortnight to discuss clients in the area. The main focus is to visit clients (in pairs), and make sure that their needs are being met. It's a very rewarding outreach service as you form friendships and make immediate positive changes.

## **VINNIES NIGHT PATROL**

Night patrol goes out every evening in four central places in Sydney. This service feeds the homeless and offers them a friendly chat which is so important to the homeless when most of the time they are ignored.

### **Snack donations:**

There is a collection basket for snacks, which get taken to the 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 plastic snack bags.

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.

### **Soup making at the Vinnies Night Patrol Kitchen:**

You don't have to be a great cook to make a simple vegetable soup. Why not roster yourself with a friend? A few Sacred Heart parents are rostered at the Vinnies Kitchen at Lewisham on a monthly basis. It's a great way to chat, help others and bond with your mates, all before 3pm pick up. Hours in the kitchen are between 10 and 1pm.

## **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

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 20<sup>th</sup> March week 8

Term two, Friday 12<sup>th</sup> June week 7

Term three, Friday 28<sup>th</sup> August week 6

Term four, Friday 20<sup>th</sup> November week 6

Please diarise the dates and email Mary Lozina to register.

Thank you to the parents who have emailed me already!

### **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.*



### **Welcome Mass**

Thank you to the families who attended our SHM Welcome Mass. We celebrated Mass together which was followed by a delicious morning tea. The ice-creams were welcomed by the children and it really was a great community turn out. Thank you to all who brought a plate.

### ***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](mailto: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 14<sup>th</sup> March for a morning session.

Watch a little snippet on her life:

<https://www.youtube.com/watch?v=CXBU1iaPUAM>

### **VOLUNTEERING AT FAMILY MASS :**

Thank you to the families who have volunteered to help at Family Mass. We need more of you! 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](mailto: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](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.

May God guide you gently through the week and may he hold you in the palm of his hands while he protects and loves you.

*"We love because he first loved us."*

*1 John 4:19*

**Mary Lozina**

**Family educator**

**[mary.lozina@syd.catholic.edu.au](mailto:mary.lozina@syd.catholic.edu.au)**





***SPECIAL NOTE TO YEAR 6 2019....PLEASE PASS IT ON.....***



**LET'S RE-UNITE!**

**SHARE STORIES AND  
KEEP IN TOUCH**

**SACRED HEART  
YOUTH MASS &  
PIZZA NIGHT  
SUNDAY  
1ST MARCH  
AT 6PM**

