



Term One, Week Five



Lent 2020

Faith. Hope. Charity.

This week, we commence the church season of Lent. It's a period of six weeks where we reflect on our lives in a spiritual sense. We strive to create a depth that perhaps we don't feel we have at this point in our lives. It's a time to focus on the Virtues of faith, hope and charity. It's a time to cut out the thoughts of material gain. It would be safe to say that not many of us can spend forty days in a retreat but most certainly, through daily prayer and meditation, fasting and service to others, we can reset our spiritual compasses. If we "do Lent properly," the end product is renewed enthusiasm for life. We are ready to approach life's challenges with a positive outlook, using God and prayer as our compass. We are ready to be humble in our outlook. What is it that God wants from me? What is it that God wants for me?

When approaching the forty days of Lent, think about the end product. What is it that you want to achieve for yourself? For the people around you? What is your focus? Is it spiritual? It's guaranteed, when approached with thought and reverence, this particular church season is a powerful tool that brings us closer to God and makes us happier human beings.

"Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you." Deuteronomy 31:6

LENTEN TAKE HOME PACKS....



This week you will all be receiving a family take-home pack to navigate your family through Lent 2020. The focus will be on our three theological virtues :

Faith – fasting

Hope – prayer

Charity – almsgiving and servitude

I have sent home Caritas envelopes which may help with almsgiving for Lent. Envelopes can be dropped off at the parish office or at school and I'll take them across to the Parish who pass them on to Caritas.

I hope you can think of some great ways that your family can participate in these ways to spiritually connect with Jesus. Please hang your cross in a prominent place in your home to remind everyone what the family Lenten goals are.

Once you have filled in your crosses, please send me a picture so I can display them at school.

mary.lozina@syd.catholic.edu.au



GIFT OF BREAD 2020!

Here is a clip which describes the program :

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

Friend us on FACEBOOK !

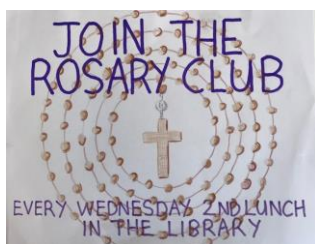
We had many happy young students helping last Thursday. People working side by side, sharing a story, having a laugh, enjoying servitude. ...Heartwarming stuff! We pack bread on Thursday evenings between 6.00 and 7.00 pm at SHM parish hall. If you are interested please email mary.lozina@syd.catholic.edu.au.

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?
Or....just have a chat!
All are welcome.....

LENT....A TIME TO PRAY....



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.



VINNIES NIGHT PATROL NEEDS SNACKS!



Can you spare some snacks? Vinnies Night patrol goes out every night to feed homeless people in their city bases and in their Eastlakes base. They need packaged goods such as muesli bars (no nuts), popcorn, chips and small biscuit snacks.

The basket is in the school office foyer. All snacks will be delivered to Lewisham to take out for Vinnies Night Patrol on **MONDAY 2ND MARCH**.

VINNIES NIGHT PATROL BAKED GOODS...



Baked goods will be delivered to Vinnies Head office on **MONDAY 2ND MARCH**. Pack all baked goods in individually sealed snack bags. Drop off at the school office before 8.45 on 4.3.20.

VINNIES BEHIND THE SCENES.....SAVE THE DATES !

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.

Seasons for Growth is a program for children who have experienced significant change or loss. It is based on the belief that change, loss and grief are a normal and valuable part of life.

Groups of students of similar ages meet once a week to work through the program. This is usually undertaken during lunch time. The students love meeting and they get a lot of support and friendship out of it. It has been quite an empowering exercise for the students who have undertaken the program.

If you would like to know more please contact Mary Lozina.



Youth Mass – Sunday 1ST MARCH at 6pm

We will be welcoming back our Year 6 students of 2019 to hear about their year 7 adventures. Hopefully everyone is settling in well!

There will be pizza in the hall after Mass, courtesy of Fr Phil



LET'S RE-UNITE!

**SHARE STORIES AND
KEEP IN TOUCH**

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



Years 5 and 6 we are ready for you!

The parish needs some altar servers for weekends. Please see the flyer below.
We look forward to seeing you on Friday Morning at 8 am.

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.

Blessed Sacrament Church, Clifton Gardens will be hosting.

SAVE THE DATE....

**SHM SPORTS
& YEAR 6 MASS**



**SUNDAY
15TH MARCH
AT 9AM
SACRED HEART CHURCH**

**FOLLOWED BY
SAUSAGE SIZZLE**

"Use whatever gift you have received to serve others, as faithful stewards of God's grace."

1 Peter 4:10

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.

Mary Lozina

Family educator

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