



# Heart to Heart

A monthly publication of **HJM** hearts of Jesus and Mary  
prayer community  
marayong australia



## Hearts of Jesus and Mary (HJM) Prayer Community

March 2023

### OUR MISSION STATEMENT

To be a group of people who are journeying together in faith, guided by the Spirit of God, growing and learning from each other, and whose life, as a whole, follows the footsteps of the Master Himself...that is, a life of prayer and active, loving service to others.

## From the Desk of Fr Kevin Medilo Straight to **The Hearts**

### Making Sense of Lenten Journey

It is once again the sacred season of Lent. Ash Wednesday marks the beginning of our Lenten spiritual and human journey as an individual and as a community. We received the ashes in the form of a cross on our foreheads. The ashes remind us of our sinfulness, vulnerability and woundedness. The cross on our foreheads assures us of the forgiving love and compassion of Jesus Christ to each one of us.

For those of us who grew up in a Catholic family and environment, we may recall that it was a common table conversation during Lent to talk about what do we give up. It could be no eating of meat on Fridays. Others would say they would give up alcohol or cigarettes. The conversation would tend to focus along this line of thought. I think we rarely shared the meaning of our traditional Lenten observances such as prayer, fasting and almsgiving. The question tends to be more pragmatic, self-centred and self-serving to make us feel good as Catholics. As we grow in maturity, age and faith, our questioning may challenge us to ask about the deeper meaning of Lenten and its religious observances.

As a spiritual leader of our local Church in Parramatta Diocese, Bishop Vincent Long Van Nguyen OFM Conv has reminded us of the central message of Lenten. He says that the heart of Lenten season is the task of metanoia that is "repenting of our sins and converting to the person and message of Christ" after we have strayed from the core values of the Gospel. It is a spiritual journey of interior renewal that invites us to "a change of heart, a change of attitude, a change in the way we relate to one another." It is a time of purification and renewal "to remove the heart of stone and to have the heart of flesh instead". Bishop Vincent further reflects by proclaiming that Lent is a time "we tell the truth about ourselves, our brokenness, our mortality, and nevertheless trust in God's redemptive love. We celebrate the gift of life with all its blessings and sorrows."

*(Continued on page 2)*

## From the Desk of Fr Kevin Medilo Straight to The Hearts

*(Continued from page 1)*

We have the three pillars of Lent: prayer, fasting and almsgiving. The Church asks us to deepen our friendship and relationship with Jesus Christ through our prayer. Lent is a time to spend more quality time with God, a more intentional and more intense in our prayer and spiritual exercises. We are asked to do fasting on Ash Wednesday and Good Friday only with the exemption of children, elderly and sick people. May fasting as a sacrifice lead us to self-mastery and closer union with Jesus Christ.

Almsgiving (in other words charity) calls us in solidarity with our suffering brothers and sisters. Charity makes us more aware of the sufferings and woundedness of so many families and communities who are desperate to survive and live normal lives. Our Lenten charity and generosity will change many people's lives.

May this reflection encourage us to bother in asking the deeper meaning of Lenten journey and observances.

May I conclude this reflection with the Lenten prayer from Catholic Relief Services (CRS).

*Our Father,*

*As we begin Lent, let our hearts be filled with your Spirit  
so that we may grow deeper in your love.*

*May our prayer lead us to a sincere desire to be close to you.*

*May fasting help us rely on you and transform us into better people.*

*May our almsgiving be a chance to serve our one human family around the world.*

*Amen.*

### **From the Core Group**

**Last Core Group meeting was held on 17 February 2023. The next one will be on 17 March 2023.**

**Apostolate Ministry** – is planning to hold the Bible Cell Facilitators meeting on 2<sup>nd</sup> July. The ministry is also planning a pilgrimage to Mt Schoenstatt in Mulgoa.

**Growth Ministry** – conducted Teaching on Charisms. The ministry is organizing a retreat on 1<sup>st</sup> April at Our Lady of Mount Carmel.

**Music Ministry** – During Lent, there will be no singing on the first Friday masses and no singing of Gloria and Alleluia. HJM to lead the combined choir for the Good Friday service and Easter Vigil mass. HJM is donating \$100 to the Philippine Jesuit music ministry (through the CFCA) for the copyright of nine hymns for the Parish to use.

**Praise and Worship Ministry** – is still looking for volunteer prayer leaders for some months of the year.

**Prayers and Intercessory Ministry** – attended the CCR Holy Spirit Mission and conducted pray over prayers for the sick. The ministry will lead the prayers for the Stations of the Cross on 3<sup>rd</sup> March at St Andrews parish church.

**Service Ministry** – continues to provide church cleaning after the first Friday masses. The ministry also provides for fellowship service after the prayer meetings.

**Pastoral Team** – will attend the Pastoral Council Meeting on 7<sup>th</sup> March.

**Please send any feedback to the Pastoral Team or corresponding ministry.**



## LORIE ATIENZA

Sis Lorie has been an active and dedicated member of the Hearts of Jesus and Mary (HJM) prayer community since 1999, the year she attended and completed the Life in the Spirit Seminar (LSS).

Married to Bro Efren, who attended the LSS in the year that followed, their union has been blessed with three gorgeous children who were all active in the former Youth Ministry in our prayer community.

Sis Lorie was formerly the Head Servant of Service Ministry – Finance. She used to serve as a Minister of Communion and giving communion to the housebound as well as a church reader of St Andrew's Parish Marayong.

Sis Lorie used to volunteer at St Vincent de Paul in Rouse Hill and taught Catechism in Quakers Hill East Primary.

Sis Lorie is currently a member of Blessed Trinity Bible Cell Group.

Sis Lorie states that she is a contented housewife and enjoying her peaceful home with her 3 children.

*Sharing the good news!*

### **Bible Cell: Blessed Trinity**

**Message:** Worship and serve God alone.

**Action:** Share an experience on how you serve God.

### **Bible Cell: Our Lady of Fatima**

**Message:** You shall love your neighbour as yourself. I am the Lord.

**Action:** How did you make your love of neighbour 'perfect'?

### **Bible Cell: Our Lady of Perpetual Help**

**Message:** Happy are they who follow the law of the Lord.

**Action:** Share an experience on how you follow the law of the Lord

### **Bible Cell: St. Mary MacKillop**

**Message:** Be holy for I, the Lord your God, am holy.

**Action:** Share an experience where God called you to be holy and how you responded to that call.

### **Bible Cell: St John Paul II**

**Message:** NIL

**Action:** NIL

## Upcoming Events:

### HJM PRAYER MEETING, SAT, 11 MARCH 2023

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 7.30PM  
LEADER: SIS LORIE ATIENZA

### CORE MEETING, FRI, 17 MARCH 2023

PLACE: Skype – HJM Core Group  
TIME: 8.00PM to 10.00PM

### HJM PRAYER MEETING, SAT, 25 MARCH 2023

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 7.30PM  
LEADER: HJM CORE MEMBERS

### CHURCH CLEANING, FRI, 31 MARCH 2023

AFTER THE 7PM MASS AND STATION OF  
THE CROSS



## March

*Happy birthday and God's blessings to the ff:*

Charmaine D'Silva	Mar 6
Sony Cuaycong	Mar 6
Jovita Hurtado	Mar 8
Sergio Penafiel	Mar 9
Tony Villa	Mar 14
Rommel Lagare	Mar 14
Noel Pontanares	Mar 17
Jeannie Reyes	Mar 22
Rudy Rupac	Mar 22
Romy Gapud	Mar 23

### *Anniversaries*

Dids and Henie Velasco Mar 15

## April

Dorris Barrios	Apr 1
Romy Duranter	Apr 3
Joe Vella	Apr 8
Cheryl Dequina	Apr 12
Ike Enriquez	Apr 13
Eva Velez	Apr 14
Eden de Leon	Apr 17
Jun Hurtado	Apr 19



Please send feedback to the  
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If you would like to be a part of the HJM's **PLAN GIVING PROGRAM** to support our future community outreach activities, kindly make your donations to the following account:

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