



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

September 2025

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 Lauro Arcede Straight to **The Hearts**

Care for God's Creation as Genuine Worship

Blessed Season of Creation!

This month, our local Church observes the Season of Creation. It is an opportunity for us to deepen the integration of our basic human vocation with our Christian calling. The Church teaches that caring for God's creation is not merely an environmental issue, but a profound act of worship and a moral obligation. The mandate to "care for God's creation is an integral part of our genuine worship to the majesty of God who cares for each of us", reflects a truth deeply rooted in Scripture, tradition, and the Church's moral teachings. This understanding emphasizes that creation is a gift from God, entrusted to humanity, and that honoring this gift is part of honoring the Creator.

The Book of Genesis affirms that God created the world and saw that it was good. Humanity was given the responsibility to "till and keep" the garden (Genesis 2:15), a phrase that implies both management and protection. The Catechism of the Catholic Church echoes this teaching, stating that "man's dominion over inanimate and other living beings granted by the Creator is not absolute... It requires a religious respect for the integrity of creation" (CCC 2415). This reverence for creation stems from the belief that the Earth reflects God's glory and that all creatures possess an intrinsic value because they are willed into being by God.

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From the Desk of Fr Lauro Arcede Straight to The Hearts

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Pope Francis has significantly deepened the Church's emphasis on ecological care through his 2015 encyclical *Laudato Si'*. In it, he writes, "Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or secondary aspect of our Christian experience" (*Laudato Si'*, 217). He calls for an "integral ecology," which connects environmental stewardship with concern for human life, especially the poor and marginalized, who are most affected by environmental degradation. This approach reaffirms that true worship of God must include respect for all of His creation, as it is a reflection of His love and care.

Furthermore, the celebration of the Eucharist — the highest form of Catholic worship — is inherently linked to creation. The bread and wine offered are fruits of the Earth and human labor. This liturgical act reminds the faithful that the material world is not separate from the spiritual but is sanctified in the worship of God. Therefore, when the Church gathers in thanksgiving, it also acknowledges creation as a vital part of that offering.

Neglecting the environment, in contrast, becomes a form of ingratitude and disrespect toward the Creator. It undermines the relationship between humanity and God by misusing the gifts given out of divine love. Thus, ecological sin is not only a failure in stewardship but a rupture in the relationship with God, others, and the natural world.

Our Catholic teaching affirms that care for God's creation is an essential element of genuine worship. It is not a peripheral issue but a reflection of our love for God, who has created and continues to sustain all things. As faithful stewards, we are called to act justly, live sustainably, and walk humbly with God, thereby expressing true reverence to the majesty of the Creator who lovingly cares for all.

The 2025 Life in the Spirit Seminar graduates



The 2025 Life in the Spirit Seminar graduates with HJM spiritual director Fr Floyd Gatana



The 2025 Life in the Spirit Seminar graduates with HJM members



The inspiring speakers:

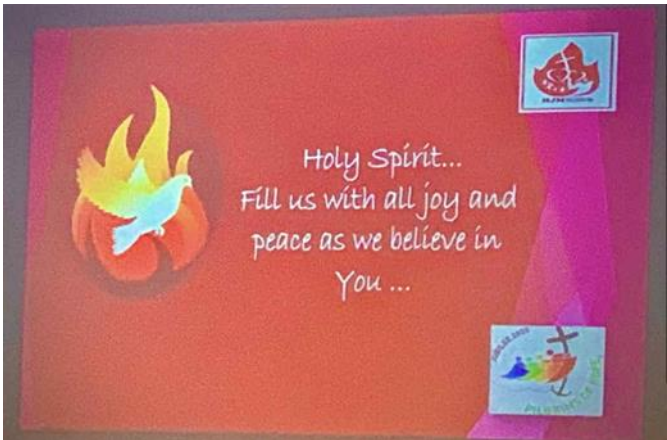
Anna Amos, Donnie Velasco, Ray D'Lima, Ronan Linguangco, Ryan Barbadillo, Gerry Galam



Facilitation after the talks – Reflection questions are answered by the candidates with the assistance of their assigned Facilitator.



The Outpouring of the Holy Spirit – conducted by Bro James Yu and Bro Gerry Galam.



The talented and dedicated members of the HJM Growth Ministry – Sis Len Limuangco, Sis Dora D’Lima and Bro Noel Tolentino and Sis Josie Durante.



The Spiritual Coordinators –Sis Nenette Gapud and Bro Rod Limguangco.



Mini ACTS led by Sis Milabel Estrera.



Our parish priest Fr Kevin Redmond gave the opening remarks.



Our spiritual director Fr Floyd Gatana celebrated the concluding mass.



The Registration table led by Sis Jackie and Sis Esther.
Sis Cheryl readily stepped in to operate the slides.



The always ready-to-assist Music Ministry.



After the Outpouring of the Holy Spirit and the Mass, some candidates shared their gratitude and reflection.



Bro Danny, our photographer, expressed his change of heart.

The members of the Prayers and Intercessory Ministry dedicated prayers for the candidates in the Piety room.



The members of the Service Ministry in action.



Bro Colin – our videographer.

From the Core Group

The last Core Group meeting was held on 15 August 2025. The next one will be on 19 September 2025.

Apostolate Ministry – has visited the St John Paul II Bible Cell as part of the ministry's plan of visiting all Bible cells. The Bible Cell Facilitators facilitation/visitation will be in October 2025 and February and June 2026.

Growth Ministry – The Life in the Spirit Seminar was held on August 30 and 31 at St Andrew's school hall. Prayers and Intercessory Ministry was in charge of Piety, Service Ministry on food, Apostolate Ministry on facilitation, Music Ministry on inspiring music, Praise and Worship Ministry on mini ACTS. The ministry expressed sincere gratitude to the speakers, priests and spiritual coordinators.

Music Ministry – The ministry continues to provide music services at masses and prayer meetings every 2nd and 4th Saturdays of the month and on special parish events.

Praise and Worship Ministry – is preparing guidelines for future new prayer leaders. Bible cells are invited to be prayer leaders again for 2026.

Prayers and Intercessory Ministry – continues to pray the Rosary and Divine Mercy on Mondays to Thursdays.

Service Ministry – continues to manage fellowship after prayer meetings and the church cleaning on the first Friday of the month.

Pastoral Team – is planning to enhance community; requested ministry heads for planned activities and offered support where required; designed a Feedback Survey form.

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



Bible Cell: Blessed Trinity

Message: Let us not lose sight on Jesus who leads us to perfection.

Action: What steps have you taken to lead you to perfection of faith?

Bible Cell: St. John Paul II

Message: Be humble in whatever you do in life.

Action: How did you show humility?

Bible Cell: Our Lady of Perpetual Help

Message: NIL.

Action: NIL.

Bible Cell: Our Lady of Fatima

Message: Take a moment to focus on Jesus and assess your Spiritual Life.

Action: Share an experience on how you assessed your Spiritual Life. What steps have you planned or taken recently to nurture your faith?

Bible Cell: St. Mary MacKillop

Message: Bring fire to the earth and never lose sight of ME.

Action: Share an experience on how you brought fire to your faith.



MILABEL ESTRERA

Sis Milabel Estrera was among the pioneers of the Hearts of Jesus and Mary (HJM) Prayer Community, having played a key role in its early formation in 1991. The very first prayer meeting of the group was held in her family's former home in Plumpton, marking the beginning of a journey of faith and fellowship. This spiritual journey later found a permanent home at St Andrew's Fr Byrnes Hall, thanks to the goodwill of Msgr Ron McFarlane (now retired).

Throughout the years, Sis Milabel has faithfully led the community in prayers, praise and worship, and has delivered numerous talks and prayer workshops. She has served as a Core Leader in various ministries within HJM, including Praise and Worship, Growth, Prayers, and Intercessory. Currently, she is a dedicated member of the Pastoral Team, offering her service wholeheartedly for the glory of God.

Outside the prayer community, Sis Milabel is an active parishioner at Our Lady of the Angels, Rouse Hill, where she serves as a Reader and Eucharistic Minister.

Sis Milabel is a devoted mother to her two grown-up sons, Joshua and Jordan. In December 2024, her eldest son Joshua married his long-time partner Kirsten, bringing Milabel the joy of welcoming a wonderful daughter-in-law into the family. She now looks forward with joyful anticipation to becoming a grandmother one day.

Sis Milabel remains deeply grateful to God for the countless blessings and answered prayers in her life. She shares this Bible verse as a reminder to maintain a grateful heart, even in difficult circumstances:

Colossians 3:15

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."



ROD LIMGUANGCO

Bro Rod graduated from the LSS in 2003 and, since then, has been a devoted and active member of the community, generously offering his time and service in every way he can.

Over the years, Bro Rod has faithfully served in various ministries, including the Apostolate and Growth, and he now continues his commitment as one of the members of the Pastoral Team.

Bro Rod is joyfully married to Sis Len, and together they are blessed with four wonderful sons: Rhyss, Ralph, Robin, and Ronan, and a grandson, named Levi.

Bro Rod and Sis Len are the facilitators of the Blessed Trinity Bible Cell.

Upcoming Events:

HJM PRAYER MEETING, SAT, 13 SEPTEMBER 2025

PLACE: FR BYRNE CENTRE
TIME: 6.30PM to 7.30PM
LEADER: MILABEL ESTRERA

HJM PRAYER MEETING, SAT, 27 SEPTEMBER 2025

PLACE: FR BYRNE CENTRE
TIME: 6.30PM to 7.30PM
LEADER: ROD LIMGUANGCO

HJM CORE MEETING, 19 SEPTEMBER 2025

PLACE: MS TEAMS
TIME: 7:30PM to 9.30PM

1st FRIDAY MASS, 3 OCTOBER 2025

PLACE: ST ANDREW'S CHURCH
TIME: 7.00 PM
(FOLLOWED BY CHURCH CLEANING)



September

Happy birthday and God's blessings to the ff:

| | | | |
|-----------------|--------|------------------|--------|
| Hennie Velasco | Sep 7 | Jackie Tolentino | Sep 16 |
| Elmer Nifas | Sep 8 | Edgar Reyes | Sep 18 |
| Sonny Dequina | Sep 9 | Rod Limguangco | Sep 21 |
| Marilyn Villa | Sep 10 | Sam Singh | Sep 26 |
| Fred Desira | Sep 12 | Annalise Capili | Sep 27 |
| Milabel Estrera | Sep 13 | Danny Aguas | Sep 27 |
| Esther Viola | Sep 14 | Gie Emperado | Sep 28 |

October

| | |
|----------------|--------|
| Pilarly Balgos | Oct 12 |
| Annie Jose | Oct 16 |
| Tet Cacdac | Oct 17 |
| Glen D'Silva | Oct 25 |

Anniversaries

Oscar and Esther Viola Sep 29

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:

Account Name:

Hearts of Jesus & Mary

BSB:

062 703

Account No:

1079 7414

