



# 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

January 2026

### 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.

**A big THANK YOU to all who donated to and participated in the success of our 2025 Christmas and 34<sup>th</sup> Anniversary celebration and our Misa de Gallo roster.**

*Please continue to support our HJM prayer community.  
May the loving Lord bless us all.*

**2026**  
*Happy New Year*



### **By Another Way: Epiphany, Renewal, and the Call to Change**

This is the time of year when I notice how the neighborhood and even our communities seem to grow silent, quiet, and slow-paced. I hear people making plans to travel for the overseas holidays; others express disappointment about returning to work. Some worry about their health after late nights and countless Christmas parties, while others have already begun fitness programs in an effort to shed weight and feel better before the next Christmas season arrives. Listening to all of this, I realize that these are the same familiar sounds that emerge every year amid the quiet of the post-Christmas season. There seems to be nothing new. This experience seems to affirm what the Book of Ecclesiastes tells us: "What has been will be again, what has been done will be done again; there is nothing new under the sun" (Ecclesiastes 1:9).

Feeling this sense of boredom, this routine human response to the cycles of life, I was nonetheless surprised by the story of the Magi in the Gospel for the Epiphany of the Lord (Matthew 2:1–12), celebrated on the first Sunday of the civil year. The story is so familiar, much like the same voices we hear year after year. It seems unchanged. We are told that these men came from the East in search of the child who was born King of the Jews. When they arrived in Jerusalem, Herod, along with the scribes and religious leaders, was disturbed and challenged by this news of something new announced by foreigners. It took outsiders to awaken the land to the reality that, in their very midst, a cosmic change, a universal event was taking place.

This reminds us that sometimes it takes a stranger, an outsider, a foreign voice to help us recognize that something important is happening among us: that a significant change is needed, or that someone essential to the transformation of our story is already in our midst. When Herod learned of this news, he claimed he wanted to see the child, not to welcome the change or embrace the transformation unfolding, but to extinguish the hope of something new and preserve the status quo from which he benefited. This reveals much about our human response when transformation is demanded. We cling to what is familiar. We choose what feels safe. We refuse the inconveniences of change. We resist disruption, convincing ourselves that change is unnecessary. Yet resistance to new life, rejection of transformation, and the abandonment of renewal ultimately extinguish the light of a new day.

## **From the Desk of Fr Lauro Arcede Straight to The Hearts**

*(Continued from page 2)*

What truly surprises me, and speaks powerfully about freedom, courage, and commitment to truth is the final act of the Magi: “They were warned in a dream not to return to Herod, and they departed for their country by another way” (Matthew 2:12). They did not return to the old path. They chose to leave behind what threatened their hope. This is a call for us as well. We need to learn to walk away from people, situations, and environments that stifle growth and prevent us from moving forward. The encounter with the child, the King, and his mother fulfilled the deepest longing of the magi. They found what they had been seeking: a new beginning and the promise of transformation. Having encountered that hope, they did not cling to the old ways. They moved forward, protecting the gift they had received. Likewise, once we have found the light, we are called to walk in the light of the Lord (cf. Isaiah 2:5).

How grace-filled it would be to listen to voices that speak of hope and renewal. How edifying it would be to hear the kerygma, the living proclamation of those whose lives, perspectives, and directions have been transformed by the spirit of Christmas. May this new year be a time of fresh creativity, renewed enthusiasm, and animated hope, expressed through joyful service that leads us, and others, into new life.#.

(Fr. Lauro Arcede sm)

## Tabernacles – Location and Placement in Church

(In recent meetings of the SAPM Parish Pastoral Council, a Parishioner proposed the relocation of the tabernacle closer to the altar where the congregation could readily venerate the Blessed Sacrament as they enter the Church. This proposal could be up for consultation with the Parishioners soon. To prepare our HJM Prayer Community to discern our input into this consultation, the Pastoral Team prepared the following condensed article.)

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Historically, tabernacles were centrally located in the high altar, consistent with the 1917 Code of Canon Law, which mandated that the Blessed Sacrament be kept in an immovable tabernacle placed in the most prominent and ornamented part of the Church. However, some newer churches do not have a tabernacle in the main sanctuary. Some older churches even moved theirs away from the sanctuary.

While the 1917 Code of Canon Law is no longer applicable, guidance on the placement of tabernacles is provided in the current Code of Canon Law, the Catechism of the Catholic Church, and liturgical texts.

The current Code of Canon Law (Canon 938) explains further:

*“The Most Holy Eucharist is to be reserved habitually in only one tabernacle of a church or oratory. The tabernacle in which the Most Holy Eucharist is reserved is to be situated in some part of the church or oratory which is distinguished, conspicuous, beautifully decorated, and suitable for prayer. The tabernacle in which the Most Holy Eucharist is reserved habitually is to be immovable, made of solid and opaque material, and locked in such a way that the danger of profanation is avoided as much as possible.”*

However, the Code of Canon Law does not specify an exact location for the tabernacle.

Confusion arose in part from the isolated reading of certain paragraphs of the instruction *Eucharisticum Mysterium* issued in 1967 by the Vatican’s Sacred Congregation for Rites (now known as the Congregation for Divine Worship and the Discipline of the Sacraments). Paragraph 53 recommended that the tabernacle be placed in a chapel distinct from the middle or central part of the church, where it is suitable for private prayer. This instruction is especially applied to churches “where marriages and funerals take place frequently and in places which are much visited for their artistic and historical treasures.” Another paragraph noted that since the climax of the Mass is the moment of consecration, the presence of the Blessed Sacrament on the ***altar on which Mass is celebrated*** would make the Mass seem anticlimactic.

However, the above paragraphs do not cover the entire church teaching on tabernacles. When read with other paragraphs of *Eucharisticum Mysterium*, the different instructions discuss how to handle different scenarios, based on where the tabernacle is in particular churches. Since most existing churches built free-standing altars away from the high altar, the tabernacle could remain in the high altar. The concept of separate adoration chapels or tabernacles away from the altar, which did not exist prior to the instructions in *Eucharisticum Mysterium*, have since been allowed with regards to the construction of new churches.

The *General Instruction for the Roman Missal* states in paragraph 315:

*“It is more in keeping with the meaning of the sign that the tabernacle in which the Most Holy Eucharist is reserved not be on an **altar on which Mass is celebrated**. Consequently, it is preferable that the tabernacle be located, according to the judgment of the diocesan Bishop, Either in the sanctuary, apart from the altar of celebration, in a form and place more appropriate, not excluding on an old altar no longer used for celebration; Or even in some chapel suitable for the faithful’s private adoration and prayer and organically connected to the church and readily visible to the Christian faithful.”*

The above paragraph lays down all the options, as long as the tabernacle is in a prominent place where people can easily find it and pray before it.

As another writer notes:

*From a pastoral viewpoint, it appears preferable to maintain the presence of the tabernacle within the sanctuary except where the church is frequented by tourists or has a great number of other celebrations such as weddings and funerals.*

*Although liturgical norms indicate that no particular attention be rendered to the tabernacle during the celebration of a Mass, except at the beginning and end, the clearly visible presence of the tabernacle can contribute to an overall climate of prayer, especially in fostering a respectful presence before the celebration begins and after it ends.*

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(condensed from Matt Dunn, 2018. *The Prominence and Placement of Tabernacles Explained*, Ascension Press, accessed thru [www.ascensionpress.com](http://www.ascensionpress.com) on 31/12/2025)

*A special Thank You to Bro Marcial who provided this article.*

## ***Celebrating our 2025 achievements:***

- ❖ Pilgrimage at Mt Schoenstatt.
- ❖ Pentecost celebration coordinated by HJM.
- ❖ A very successful Life in the Spirit Seminar.
- ❖ Spirit-filled celebration of the Feast of Christ the King.
- ❖ Successful and fun-filled HJM Christmas/34th Anniversary celebration.
- ❖ Regular Healing Prayers and Sharing at Praise and Worship meetings.
- ❖ Dedicated music service at masses and Praise and Worship meetings.
- ❖ Volunteer prayer leaders for their embracing prayers and inspiring songs.
- ❖ Bible cells participation as prayer leaders at Praise and Worship meetings.
- ❖ Continuous prayers and intercession with Divine Mercy and Holy Rosary.
- ❖ Visitation by the Apostolate Ministry on all the Bible Cells.
- ❖ Commitment and support from the Bible Cell Facilitators.
- ❖ Well-organised fellowship after prayer meetings.
- ❖ Regular publication of Heart to Heart newsletter.
- ❖ Strong financial status due to the support of our members.

## ***Looking forward to 2026***

- ❖ CCR Holy Spirit Mission on February 21 at Our Lady Queen of Peace Greystaynes.
- ❖ Lenten Pilgrimage in March.
- ❖ Pentecost celebration in May.
- ❖ Growth in the Spirit Seminar.
- ❖ Celebration of Feast of Christ the King in November.
- ❖ Celebration of Feast of St Andrew in November.
- ❖ HJM Christmas/35th Anniversary celebration in December.
- ❖ Our Music service to the masses and other church activities.
- ❖ Our Praise and Worship every second and fourth Saturdays of the month.
- ❖ Our nightly Divine Mercy and Holy Rosary prayers.
- ❖ Our regular Bible cell meetings.
- ❖ More Teachings, more Sharing, more Healing prayers.
- ❖ Our church cleaning service every first Friday of the month after the 7pm mass.
- ❖ Continued support to other parish groups.

## ***Some possibilities in 2026:***

- ❖ Bible cell facilitators meeting
- ❖ Workshop for prayer leaders
- ❖ Healing Ministry session
- ❖ Lenten discussion
- ❖ Reach-out activity
- ❖ Bible Cell Re-grouping for 2027-2028.
- ❖ Core Discernment for 2027-2028.

## **From the Core Group**

**The last Core Group meeting was held on 14 November 2025.**

**The next meeting will be on 16 January 2026.**

**Apostolate Ministry** – will schedule an All Bible Cell facilitators' meeting. The visitation by Bible Cell Facilitators to other Bible Cells will continue in February.

**Growth Ministry** – will conduct Teaching sessions and Growth in the Spirit Seminar

**Music Ministry** – will continue to provide music service during mass and praise and worship meetings and support parish music service requests.

**Praise and Worship Ministry** – plan to conduct a Prayer Leader workshop on Praise and Worship with CCR input and to encourage more attendance at prayer meetings.

**Prayers and Intercessory Ministry** – will continue the nightly prayers. The ministry also plans to have a session on Healing.

**Service Ministry** – maintain roster on church cleaning after the 1<sup>st</sup> Friday mass of each month and manage fellowship after prayer meetings.

**Pastoral Team** – lead the HJM in undertaking the planned activities and continues to support each Ministry. The Holy Spirit Mission will be on February 21 at 12-5pm at Our Lady Queen of Peace in Greystanes.

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



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

**Message:** Humble yourself, acknowledge Christ as King, and genuinely repent so that you may enter and be with Him in Paradise.

**Action:** What steps and preparations must you take in order to be with Christ in Paradise?

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

**Message:** Believe and obey the will of Christ the King and you'll be with Him in paradise.

**Action:** Share an experience on what you did to secure your place in Paradise.

### **The following Bible Cells were not able to meet:**

Our Lady of Perpetual Help

St. John Paul II

St. Mary MacKillop



## **CHERYL SOLON DEQUINA**

Sis Cheryl has been a committed member of the Hearts of Jesus and Mary (HJM) prayer community since completing the Life in the Spirit Seminar (LSS), class 32 in 2013.

Proven to be a powerful LSS speaker, Sis Cheryl was also tasked to give a talk on The Parable of the Great Banquet in one of HJM's regular prayer meetings.

Being a part of HJM prayer community has given Sis Cheryl the opportunity to deepen her faith and at the same time serve as Head Servant of the Praise and Worship Ministry.

Currently, Sis Cheryl is a member of the St. John Paul II Bible Cell. The HJM prayer community is very fortunate to have Sis Cheryl who is always willing to share her many gifts for the good of the community.

Sis Cheryl and husband Sonny have been blessed with two wonderful children namely: Francine and Marcus.



## **SHONEE ATTWOOD**

Sis Shonee has been a committed member of the Hearts of Jesus and Mary (HJM) prayer community for many years now after completing the Life in the Spirit Seminar.

She was also the previous Head Servant of the Praise & Worship Ministry and continued to serve this ministry by being a co-deputy Head Servant.

Both Sis Shonee and Bro Colin serve at St John XXIII Parish as a Minister of Communion and Acolyte, respectively. Sis Shonee is currently a member of the Blessed Trinity Bible Cell.

## Upcoming Events:

### HJM PRAYER MEETING, SAT, 10 JANUARY 2026

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 8.00PM  
LEADER: SIS CHERYL DEQUINA

### HJM PRAYER MEETING, SAT, 24 JANUARY 2026

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 8.00PM  
LEADER: SIS SHONEE ATTWOOD

### HJM CORE MEETING, 16 JANUARY 2026

PLACE: MS TEAMS  
TIME: 7.30PM to 9.30PM

### 1<sup>ST</sup> FRIDAY MASS, 6 FEBRUARY 2026

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



## January

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

Myra Estrera	Jan 3	Nene Sayo	Jan 11
Mercy Aquino	Jan 4	Ghing Gamban	Jan 13
Val D'Lima	Jan 4	Anna Nifas	Jan 16
Boy Emperado	Jan 5	Ed Danao	Jan 21
Emma Perez	Jan 8	Erna Sow	Jan 29
Myrna Hitchcock	Jan 9		

## February

Dids Velasco	Feb 2
Virgie Salom	Feb 7
Julieta Clark	Feb 7
Oscar Viola	Feb 8
Leighton Farrell	Feb 12
Monica Desira	Feb 18
Cezar Estrera	Feb 21
Fe Hernandez	Feb 24

### Anniversaries

Cezar and Myra Estrera Jan 7  
David and Mel Bustamante Jan 17

Please send feedback to the  
EDITORIAL TEAM as follows:



**Editor-in-Chief**  
HJM Pastoral Team  
[hjmpastoral@gmail.com](mailto:hjmpastoral@gmail.com)

**Layout and Design**  
Eva Velez  
[evavelez55@gmail.com](mailto:evavelez55@gmail.com)

**Regular Contributors**  
Fr Kevin Redmond, Fr Floyd Gatana, Fr Lauro Arcede  
Parish Priest and Asst Parish Priests  
St Andrew the Apostle Parish  
Tel: 9622 0817  
[saapm@bigpond.com](mailto:saapm@bigpond.com)



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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