



# 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

April 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.



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

### From Hive to Heart: An Easter Invitation

Our world today seems to be in chaos. The turbulent situation in parts of the Middle East affects not only global security, the economy, and rising inflation, but also humanitarian conditions, migration, global politics, and social and religious tensions. Yet beyond these visible consequences lies something deeper and more subtle: it affects the inner condition of every human person.

Our generation is slowly becoming accustomed to violence. A quiet resignation, even indifference, is forming within us. The constant exposure to violent language, divisive narratives, and dehumanizing images, amplified by nearly twenty-four-hour access to social media, is shaping our hearts in ways we often fail to notice. This steady absorption gradually erodes the core of who we are, weakening our ability to relate meaningfully to others and to the world around us.

Yes, there are wars being fought across nations. But there is also a hidden battle within each of us, an interior conflict that we often ignore or choose not to confront. At times, this inner struggle overwhelms us. We act without reflection, doing what seems necessary without considering how our actions affect others. We may speak with insight, share knowledge, and express thoughtful ideas, but the deeper question remains: are we truly living with wisdom?

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

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When we neglect our interior life, we become divided within ourselves. This division isolates us and distances us from the very integration we are called to achieve, not only within ourselves but also with others. One of the subtle dangers we face is a distorted understanding of service. We sometimes believe that by doing things for others, we are fulfilling our purpose. But when service becomes mere activity, when we define ourselves only by what we do, we risk reducing our humanity. We become workers rather than persons in communion.

This reduction leads to isolation. Instead of drawing closer to others, we unknowingly separate ourselves. We burden both ourselves and those around us with a form of disconnection that fragments relationships. In this sense, war does not begin only between nations. It begins within the human heart, through unresolved conflicts, unacknowledged wounds, and a failure to live in unity.

During the Easter season, the Church offers us a striking and gentle image: the bees, mentioned in the Exsultet, the great Easter proclamation. The humble work of bees produces the wax that becomes the Paschal candle, the light that symbolizes the Risen Christ, Jesus Christ.

This image is deeply meaningful. It reminds us that even the smallest creatures have a role in God's plan. The quiet, unseen labor of the bees becomes the very light that proclaims Christ's victory over death. In the same way, our small acts of love and service, often unnoticed, can become sources of light for others.

But the wisdom of the bees goes even further. Bees do not live in isolation. They belong to a colony, a community that functions as one body, with a shared purpose and a common life. Each bee carries out its task, not for itself alone, but for the good of the whole. Their work is collaborative, interconnected, and life-giving.

This is the invitation of Easter. The Resurrection is not only about new life after death; it is about a new way of living now. It calls us out of isolation and into communion. It challenges us to move beyond individualism and rediscover that we truly live because of others. Life is not meant to be possessed; it is meant to be shared.

True peace comes from integration, when we are at peace within ourselves and in harmony with others. This requires attention to our inner life, honesty about our struggles, and a willingness to be transformed. It also calls us to live in genuine relationship, where we do not simply act for others, but live with others and for one another.

The Risen Lord does not shine His light so that each person may walk alone on a solitary path. Rather, His light gathers us together. It invites us to journey as one people, moving toward a common goal: life in its fullness, life in communion, with one another and with God.

In a world marked by division and conflict, Easter stands as a powerful proclamation: unity is possible, peace is real, and life can be renewed. But this renewal begins within each of us. The question we must ask ourselves is this: will we continue to live divided, or will we allow the light of the Resurrection to transform us into people of communion?

For beyond every conflict, within and around us, the Risen Christ calls us to a life that is shared and integrated.

May you have a most blessed and joyous Easter!  
-Fr. Lauro Arcede s.m.

## **From the Core Group**

*The last Core Group meeting was held on 20 March 2026.*

*The next meeting will be on 17 April 2026.*

**Apostolate Ministry** – The visitation by Bible Cell Facilitators to other Bible Cells is almost complete. The ministry is planning a Retreat in August.

**Growth Ministry** – The Growth in the Spirit Seminar is on September 19 at Fr Byrne Centre. The speakers are currently being discerned.

**Music Ministry** – continues to provide music service during mass and praise and worship meetings and support parish music service requests. The schedules for choir services and practices for Holy Week and Easter has been announced.

**Praise and Worship Ministry** – The 2026 prayer leader roster and schedules for Teaching, Sharing and Healing is now complete. The Prayer Leader workshop will be on May 31.

**Prayers and Intercessory Ministry** – continues the nightly prayers on Mondays through Thursdays.

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

**Pastoral Team** – continues to give updates on forthcoming FBC redevelopment and on the establishment of the new Parish Pastoral Council.

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



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

**Message:** Trust and believe and God will grant whatever you ask of Him.

**Action:** Share an experience where you surrendered your worries and trust God.

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

**Message:** If my Spirit is in you, I will answer your prayers and you will see the Glory of GOD.

**Action:** Share an experience when you see the Glory of GOD through an answered prayer.

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

**Message:** The Lord gives us Living Water to live in faith, spirit and truth.

**Action:** Share an experience on how you received the Living Water like the Samaritan woman.

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

**Message:** When you call on Me, I will come to your help.

**Action:** Share an experience when the Lord helped you in a difficult situation in your life.

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

**Message:** Give thanks to the Lord and believe that God will grant whatever you ask in prayer.

**Action:** Share an experience when you believed and your prayer was answered.



## MERCY AQUINO

Sis Mercy Aquino is one of the pioneers of the Hearts of Jesus and Mary (HJM) prayer community. She is currently the Head Servant of the Prayers and Intercessory Ministry.

Sis Mercy is a member of the St John Paul II Bible Cell. She also currently serves at Our Lady of Lourdes Parish in Seven Hills and Mary Queen of the Family Parish in Blacktown, both as a reader and a Minister of Communion.



## EVA VELEZ

Sis Eva is one of the most committed members of the Hearts of Jesus and Mary (HJM) prayer community and attends prayer meetings regularly.

Currently, Sis Eva is an active member of the HJM Pastoral Team for 2022-2026. She used to be the Head Servant of the Praise and Worship Ministry 2019-2020 and also served as Deputy Head Servant of the Apostolate Ministry for 2021-2022.

Sis Eva takes care of the layout and design of the Heart to Heart Newsletter.

She and Sis Nenette Gapud are the facilitators of the St Mary MacKillop Bible Cell, which holds their reflective meetings regularly.

## EASTER TRIDUUM

- |         |                                                                                                          |
|---------|----------------------------------------------------------------------------------------------------------|
| April 2 | - 7:00pm <i>Mass of the Lord's Supper</i>                                                                |
| April 3 | - Good Friday<br>10:00am <i>Stations of the Cross</i><br>3:00pm <i>Celebration of the Lord's Passion</i> |
| April 4 | - Holy Saturday<br>7:00pm <i>Easter Vigil Mass</i>                                                       |
| April 5 | - Easter Sunday<br>Masses at - 7:30, 8:45 & 10:30am                                                      |

## Upcoming Events:

### HJM PRAYER MEETING, SAT, 11 APRIL 2026

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 8.00PM  
LEADER: SIS MERCY AQUINO

### HJM PRAYER MEETING, SAT, 25 APRIL 2026

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 8.00PM  
LEADER: SIS EVA VELEZ

### HJM CORE MEETING, FRI, 17 APRIL 2026

PLACE: MS TEAMS  
TIME: 7.30PM to 8.30PM

### 1<sup>st</sup> FRIDAY MASS, 1 MAY 2026

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

## Birthdays & Anniversaries

### April

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

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

### Anniversaries

Val and Dora D'Lima Apr 12  
Chris and Annie Atienza Apr 21  
Tony and Marilyn Villa Apr 24  
Efren and Lorie Atienza Apr 25

### May

Chris Atienza May 5  
Norie Domingo May 10  
Joseph Cacdac May 12  
Noel Tolentino May 23

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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