



# 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

July 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**

### The Blood of Christ and the Call to a Missionary Life in a Hidden and Unknown Way

As I write this reflection, my attention is drawn to several events unfolding across our world. Large parts of Europe are enduring one of the most severe heatwaves in recent history, with temperatures exceeding 40°C, bringing health emergencies, devastating wildfires, and immense hardship. Venezuela continues to struggle with the aftermath of a powerful earthquake that has left widespread destruction and a deep humanitarian crisis. Meanwhile, conflict and uncertainty in the Middle East continue to threaten peace, affecting countless lives and creating anxiety far beyond the region itself.

Amidst these difficult human experiences, another event captures the attention of billions of people around the globe, the 2026 FIFA World Cup. For a few weeks, people around the world gather before their television screens, celebrating victories, sharing disappointments, and rejoicing in the beauty of the game. It is remarkable how a common passion can unite the human family, even if only for a brief moment. Beneath our many differences lies a universal longing, to belong, to celebrate together, and to hope for something greater than ourselves.

Looking at these contrasting realities, I asked: What truly has the power to unite humanity, not only for a few weeks, but for eternity? What love is strong enough to embrace every nation, heal every wound, and reconcile every division?

For us Christians, the answer is not found at the stadium. It is found at the foot of the cross.

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

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During the month of July the Church promotes the devotion to the Most Precious Blood of Christ. This beautiful devotion reminds us that our salvation did not come cheaply. It came at the greatest price imaginable, the life of the Son of God. Every drop of Christ's Blood proclaims the immeasurable love of God for humanity. At every Eucharist, as the priest raises the chalice, he proclaims: "This is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins." These words remind us that through Christ's Blood we are reconciled with God and the way to eternal life is opened before us.

The Blood of Christ is not merely a reminder of suffering. It is the visible expression of God's mercy. On Calvary, Jesus freely embraced the Cross out of love for us so that we might once again live in communion with God. Christ's Blood tells us that no sin is too great to be forgiven, no person is beyond redemption, and no suffering is without meaning when united with His sacrifice.

In every celebration of the Holy Eucharist Christ's saving sacrifice is made present among us. At every Mass, we do not simply remember Calvary; we are invited to participate in it. Receiving the Body and Blood of Christ is not only a privilege, it is a calling. We become one with Christ so that His life, His mercy, and His compassion may become visible in our own lives.

Christ's Blood calls us to gratitude. We belong to God because we have been redeemed by Christ. Every new day becomes an opportunity to thank God, not only with our prayers but also through our lives that reflect God's goodness, compassion, and mercy.

Secondly, Christ's Blood calls us to reconciliation. We cannot receive the Blood that was shed for the forgiveness of sins while refusing to forgive those who have wounded us. Every Eucharist challenges us to become instruments of peace within our families, our workplaces, our community, and our parish. The Blood that unites us with Christ also unites us with one another.

Thirdly, Christ's Blood teaches us the quiet strength of sacrificial love. Our world admires success, influence, and recognition. Jesus reveals another way, the way of humble service. Every sacrifice made out of love, every act of patience, every hidden service, every word of encouragement, and every forgiveness freely offered becomes a participation in Christ's own self-giving love. Victories are often won by generous hearts that quietly choose to love.

As a Marist priest, let me share with you how this spirituality is expressed in a Marist way. Father Jean-Claude Colin dreamed of a Society that would live the spirit of Mary. He desired that Marists would "think as Mary thought, judge as Mary judged, feel as Mary felt, and act as Mary acted." To belong to Mary is never to stop with Mary herself. Rather, she leads us more deeply into the redeeming love of her Son. Like Mary, Marists are called to be present without seeking prominence, to serve without demanding recognition, and to bring Christ into the world through humility, simplicity, and charity.

Beneath the Cross, Mary witnessed the Blood of her Son poured out for the salvation of the world. She teaches us that genuine love does not run away from the face of suffering but remains faithful in the darkest moments. She neither sought attention nor drew people to herself. Her entire life pointed to Christ. Marists are always reminded to remain "hidden and unknown" in the world. These words are perhaps more relevant today than ever. In an age fascinated by publicity, influence, and personal success, Mary's spirit reminds us that God's greatest works are often accomplished quietly. A listening ear offered to someone in pain, a compassionate heart, an unnoticed act of kindness, a faithful prayer whispered in silence, or an anonymous sacrifice made out of love may appear insignificant in the eyes of the world. Yet these are the very places where the Christ's sacrifice continues its saving work.

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

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Perhaps that is the lesson our wounded world most needs today. While headlines speak of wars, disasters, political tensions, and even the excitement of international sporting events, God continues His work quietly through ordinary people who choose to love as Christ loved. God's Kingdom rarely arrives with spectacle. More often, it grows silently within generous hearts transformed by grace.

Like Mary, may we live quietly, humbly, and faithfully, remaining hidden and unknown if only Christ may become better known and loved. Then, wherever life takes us, others will encounter not ourselves but the healing, mercy, and hope that continue to flow from the love of Christ.

For the greater glory of God and the honor of the Mother of God.

-Fr. Lauro Arcede sm

### Members attended "Stand Up" Charis Conference on June 11-13, 2026.



### Members visiting the sick and the elderly – June 19, 2026.



## **From the Core Group**

*The last Core Group meeting was held on 19 June 2026. The next meeting will be on 17 July 2026.*

**Apostolate Ministry** – There are 2 more visitations by Bible Cell Facilitators to other Bible Cells before the end of the year. The ministry is planning a retreat on November 7 at Mt Carmel Retreat Centre. The Bible Cell Facilitators will meet on August 2 at Fr Byrne Centre to give feedback on Meet and Greet.

**Growth Ministry** – The Growth in the Spirit Seminar will be held on September 19 at Fr Byrne Centre. Teaching / sharing on learnings from the Charis conference was conducted on June 27.

**Music Ministry** – continues to provide music service during mass and praise and worship meetings and support parish music service requests. Representatives attended the Music Committee meeting was on 18 June 2026. A video inviting more singers and musicians will be produced by YouthWorks. HJM Music Ministry will participate in the video.

**Praise and Worship Ministry** – The 2026 prayer leader roster and schedules for Teaching, Sharing and Healing is now complete. The Ministry is looking for a backup prayer leader for July 25.

**Prayers and Intercessory Ministry** – continues the nightly prayers on Mondays through Thursdays. Members of PIM attended the Power of Pentecost celebration at Our Lady Queen of Peace in Greystanes.

**Service Ministry** – maintains roster on church cleaning after the 1<sup>st</sup> Friday mass of each month and manage fellowship after prayer meetings and at morning tea on every 5<sup>th</sup> Sunday of the month. Additional fellowship cutleries need to be purchased.

**Pastoral Team** – continues to give updates on forthcoming FBC redevelopment and on the establishment of the new Parish Pastoral Council. Pentecost evaluation notes have been compiled and submitted to Fr Lauro. Pentecost celebration was a success. Two members of the Pastoral Team attended the “Stand Up” Charis Conference on June 11-13, 2026.

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



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

**Message:** Trust in God and be joyful.

**Action:** Share an experience when you joyfully place your trust in God.

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

**Message:** Don't be afraid for God's Love and presence are with us always; trust in Him, live with Him, joy and sing to the Lord, acknowledge Him with a thankful heart.

**Action:** Share an experience on how do you show your courage in your Ministry.

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

**Message:** Go and proclaim that the kingdom of Heaven is near.

**Action:** How did you proclaim the message that the kingdom of Heaven is near?

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

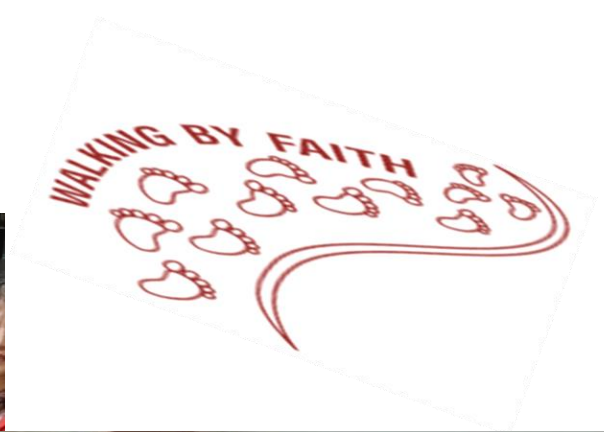
**Message:** Do not be afraid. Trust in Me with all your heart and with all your mind.

**Action:** Share an experience when you dealt with a very difficult situation, and how you rose above it by trusting the Lord.

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

**Message:** Do not be afraid, the Lord is at our side.

**Action:** Share an experience when you let go of your fear.



## OUR LADY OF FATIMA BIBLE CELL

OLOF was organised about 15 years ago by Sis Josie Durante, Tet Caddac, Dolette Enriquez and Marilyn Villa to accommodate the new LSS class.

As the Bible says, “many are called but few are chosen”, one of the original members stayed on and is now an active member of the prayer group and heads the Praise & Worship Ministry now.

OLOF says “We praise and thank the Lord for using us as instruments to shepherd individuals who long to “belong” to stay with the flock and serve the Lord. We thank the intercession of our Lady of Fatima who guides and protects us always. May we continue the mission with the help of her grace.

Facilitators are: Josie & Romy Durante. Members are: Mila & Merlin Alforque (inactive due to illness), Merlie & Nori Domingo, Dolette & Ike Enriquez, Gloria Gabriela, Jeannie & Edgar Reyes, Marilou van Austen, Rita & Joe Vela, Marilyn & Tony Villa.



## 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.

## Upcoming Events:

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

PLACE: FR BYRNE CENTRE  
TIME: 6.30PM to 8.00PM  
LEADER: OUR LADY OF FATIMA BIBLE CELL

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

PLACE: MS TEAMS  
TIME: 7.30PM to 8.30PM

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

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

### 1<sup>st</sup> FRIDAY MASS, 7 AUGUST 2026

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

## Birthdays & Anniversaries

### JULY

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

Socorro Amos July 3  
Lucy Fernando July 6  
Nestor Policarpio July 11  
Elsa Cruz July 13  
Lita Basco July 15  
Doris Ursua July 25  
Jun Gabriela July 26  
Ryan Barbadillo July 28

### *Anniversaries*

Sam and Siony Singh July 6

### AUGUST

Dolette Enriquez Aug 10  
David Bustamante Aug 10  
Remy Aquino Aug 15  
Shonee Attwood Aug 15  
Colin Attwood Aug 17  
Agnes Rupac Aug 20  
Ding Rivera Aug 20  
Mirza Alata Aug 29  
Linda Aguas Aug 30  
Merlin Alforque Aug 30  
Josefina Durante Aug 31

Please send feedback to the  
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