

Welcome

St Joan of Arc Parish Haberfield



SECOND SUNDAY OF EASTER/DIVINE MERCY YEAR C 27 APRIL 2025

Parish Office:

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2045

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Office hours:

Tuesday—Friday 9am-3pm

Parish Priest:

Fr Thomas Kurunthanam
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Parish Team:

Secretary: Paula Cheng

Parish Safeguarding Support Officer (PSSO):

Tony Mediati

M: 0413 481 039

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Eucharist:

Weekend:

Saturday (Vigil): 5.00pm

Sunday: 9.00am & 6.00pm

(Check for changes on special
Feast Days)

Weekdays:

Wednesday: 9.00am

Thursday: 9.00am

Friday: 9.15am

Reconciliation:

Saturday: 4:30pm - 4.50pm

SJOA Primary:

Principal: Amanda Gahan

P: 9798 9780

Domremy College:

Principal: Antoinette McGahan

P: 9712 2133

Marriage Relationship

Education

E: mre@catholiccare.org

P: 9509 1234

Healing Grief & Loss after Abortion

M: 0400 092 555

E: info@rachelsvineyard.org.au

Catholic Care Pregnancy Counselling Support

P: 13 18 19

From the Pastor

Pope Francis and Apostle Thomas: Crossing Boundaries with Faith



The octave of Easter concludes with the remembrance of the Apostle Thomas' transformative encounter with the Risen Lord. Often overshadowed by the term "Doubting Thomas," the apostle's story culminates not in doubt but in a profound profession of faith: "*My Lord and my God!*" (John 20:28). Interestingly, his life and mission find deep echoes in the ministry of Pope Francis. Despite centuries between them, both figures embody a spirit of daring outreach, a bold crossing of boundaries—geographical, cultural, and spiritual—driven by their encounter with the living Christ.

Apostle Thomas, unlike many of his fellow apostles who remained within the borders of the Roman Empire, ventured far beyond to the East, arriving in India by 50 AD. There he preached the Gospel and established Christian communities among people who had never heard of Christ. His journey was not merely geographic but symbolic—a witness to the universal relevance of Christ's resurrection. He assumed the role of a tradesman to make this mission possible, humbling himself in the service of a greater truth.

Pope Francis, too, has shown a remarkable commitment to reaching out beyond the boundaries of what is familiar or comfortable. His pastoral heart has led him to places not traditionally associated with papal visits, such as Abu Dhabi, where he met with Islamic leaders in a gesture of dialogue and fraternity. His ministry reflects the belief that the Church must be a field hospital, present where wounds are deepest. On his first Holy Thursday as pope, Francis chose not to wash the feet of bishops or clerics, but of prisoners—including women and Muslims—thereby challenging traditional expectations and imitating the boundary-breaking love of Christ.

The spiritual parallel between Thomas and Francis also lies in their response to human brokenness. In John's Gospel, Thomas' insistence on seeing Christ's wounds serves as a powerful theological affirmation that the resurrection does not erase suffering—it redeems it. Pope Francis has embodied this truth by publicly acknowledging the bruised and wounded Body of Christ in the Church, especially in his apology for clerical sexual abuse. He has continuously advocated for the marginalized—refugees, the poor, and victims of war—reminding the world that the Church must carry the wounds of Christ with compassion and courage.

Even in his reshaping of the College of Cardinals, Francis echoes Thomas' expansive vision. By appointing cardinals from often overlooked regions, he gives voice to the global peripheries, much like Thomas who brought the Gospel to lands distant from Jerusalem. This move decentralizes power and reflects a Church that is truly universal and inclusive.

In both Thomas and Pope Francis, we find disciples who go beyond—beyond doubt, beyond comfort, beyond borders. Their witness challenges every believer to embrace the Risen Lord not as an abstract idea, but as a living presence who sends us to the ends of the earth with a message of hope, justice, and peace.

SECOND SUNDAY OF EASTER YEAR C 27 APRIL 2025

First Reading Acts of the Apostles 5:12-16

The numbers of men and women who came to believe in the Lord increased steadily.

The faithful all used to meet by common consent in the Portico of Solomon. No one else ever dared to join them, but the people were loud in their praise and the numbers of men and women who came to believe in the Lord increased steadily. So many signs and wonders were worked among the people at the hands of the apostles that the sick were even taken out into the streets and laid on beds and sleeping-mats in the hope that at least the shadow of Peter might fall across some of them as he went past. People even came crowding in from the towns round about Jerusalem, bringing with them their sick and those tormented by unclean spirits, and all of them were cured.

The Word of the Lord.

Responsorial Psalm Ps 117:2-4. 22-27. R. v.1

(R) Give thanks to the Lord for he is good, his love is everlasting.

1. Let the sons of Israel say:
'His love has no end.'
Let the sons of Aaron say:
'His love has no end.'
Let those who fear the Lord say:
'His love has no end.' (R)
2. The stone which the builders rejected
has become the corner stone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad. (R)
3. O Lord, grant us salvation;
O Lord grant success.
Blessed in the name of the Lord is he who comes.
We bless you from the house of the Lord;
the true God is our light. (R)

Second Reading Revelation 1:9-13, 17-19

I was dead and now I am to live for ever and ever.

My name is John, and through our union in Jesus I am your brother and share your sufferings, your kingdom, and all you endure. I was on the island of Patmos for having preached God's word and witnessed for Jesus; it was the Lord's day and the Spirit possessed me, and I heard a voice behind me, shouting like a trumpet, 'Write down all that you see in a book.' I turned round to see who had spoken to me, and when I turned I saw seven golden lamp-stands and, surrounded by them, a figure like a Son of man, dressed in a long robe tied at the waist with a golden girdle.

When I saw him, I fell in a dead faint at his feet, but he touched me with his right hand and said, 'Do not be afraid; it is I, the First and the Last; I am the Living One. I was dead and now I am to live for ever and ever, and I hold the keys of death and of the underworld. Now write down all that you see of present happenings and things that are still to come.'

The Word of the Lord.

Gospel Acclamation John 20:29

Alleluia, alleluia!

You believe in me, Thomas, because you have seen me; happy those who have not seen me, but still believe! Alleluia!

Gospel John 20: 19-31

After eight days Jesus came in and stood among them.

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me,
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.
For those whose sins you forgive,
they are forgiven;
for those whose sins you retain,
they are retained.'

Thomas, called the Twin, who was one of the Twelve, was not with them when Jesus came. When the disciples said, 'We have seen the Lord', he answered, 'Unless I see the holes that the nails made in his hands and can put my finger into the holes they made, and unless I can put my hand into his side, I refuse to believe.' Eight days later the disciples were in the house again and Thomas was with them. The doors were closed, but Jesus came in and stood among them. 'Peace be with you' he said. Then he spoke to Thomas, 'Put your finger here; look, here are my hands. Give me your hand; put it into my side. Doubt no longer but believe.' Thomas replied, 'My Lord and my God!' Jesus said to him:

'You believe because you can see me.

Happy are those who have not seen and yet believe.'

There were many other signs that Jesus worked and the disciples saw, but they are not recorded in this book. These are recorded so that you may believe that Jesus is the Christ, the Son of God, and that believing this you may have life through his name.

The Gospel of the Lord.

PRIMA LETTURA *At 5,12-16*

Venivano aggiunti credenti al Signore, una moltitudine di uomini e di donne.

Molti segni e prodigi avvenivano fra il popolo per opera degli apostoli. Tutti erano soliti stare insieme nel portico di Salomone; nessuno degli altri osava associarsi a loro, ma il popolo li esaltava.

Sempre più, però, venivano aggiunti credenti al Signore, una moltitudine di uomini e di donne, tanto che portavano gli ammalati persino nelle piazze, ponendoli su lettucci e barelle, perché, quando Pietro passava, almeno la sua ombra coprisse qualcuno di loro. Anche la folla delle città vicine a Gerusalemme accorrevava, portando malati e persone tormentate da spiriti impuri, e tutti venivano guariti.

Parola di Dio

SALMO RESPONSORIALE *Sal 117*

Rendete grazie al Signore perché è buono: il suo amore è per sempre.

Dica Israele:

«Il suo amore è per sempre».

Dica la casa di Aronne:

«Il suo amore è per sempre».

Dicano quelli che temono il Signore:

«Il suo amore è per sempre».

La pietra scartata dai costruttori è divenuta la pietra d'angolo.

Questo è stato fatto dal Signore: una meraviglia ai nostri occhi.

Questo è il giorno che ha fatto il Signore: ralleghiamoci in esso ed esultiamo!

Ti preghiamo, Signore: Dona la salvezza!

Ti preghiamo, Signore: Dona la vittoria!

Benedetto colui che viene nel nome del Signore.

Vi benediciamo dalla casa del Signore.

Il Signore è Dio, egli ci illumina.

SECONDA LETTURA *Ap 1,9-11.12-13.17-19*

Ero morto, ma ora vivo per sempre.

Io, Giovanni, vostro fratello e compagno nella tribolazione, nel regno e nella perseveranza in Gesù, mi trovavo nell'isola chiamata Patmos a causa della parola di Dio e della testimonianza di Gesù.

Fui preso dallo Spirito nel giorno del Signore e udii dietro di me una voce potente, come di tromba, che diceva: «Quello che vedi, scrivilo in un libro e mandalo alle sette Chiese».

Mi voltai per vedere la voce che parlava con me, e appena voltato vidi sette candelabri d'oro e, in mezzo ai candelabri, uno simile a un Figlio d'uomo, con un abito lungo fino ai piedi e cinto al petto con una fascia d'oro.

Appena lo vidi, caddi ai suoi piedi come morto. Ma

egli, posando su di me la sua destra, disse: «Non temere! Io sono il Primo e l'Ultimo, e il Vivente. Ero morto, ma ora vivo per sempre e ho le chiavi della morte e degli inferi. Scrivi dunque le cose che hai visto, quelle presenti e quelle che devono accadere in seguito».

Parola di Dio

Canto al Vangelo *Gv 20,29*

Alleluia, alleluia.

Perché mi hai veduto, Tommaso, tu hai creduto; beati quelli che non hanno visto e hanno creduto!

Alleluia.

VANGELO *Gv 20,19-31*

Otto giorni dopo venne Gesù.

La sera di quel giorno, il primo della settimana, mentre erano chiuse le porte del luogo dove si trovavano i discepoli per timore dei Giudei, venne Gesù, stette in mezzo e disse loro: «Pace a voi!». Detto questo, mostrò loro le mani e il fianco. E i discepoli gioirono al vedere il Signore.

Gesù disse loro di nuovo: «Pace a voi! Come il Padre ha mandato me, anche io mando voi». Detto questo, soffiò e disse loro: «Ricevete lo Spirito Santo. A coloro a cui perdonerete i peccati, saranno perdonati; a coloro a cui non perdonerete, non saranno perdonati». Tommaso, uno dei Dodici, chiamato Didimo, non era con loro quando venne Gesù. Gli dicevano gli altri discepoli: «Abbiamo visto il Signore!». Ma egli disse loro: «Se non vedo nelle sue mani il segno dei chiodi e non metto il mio dito nel segno dei chiodi e non metto la mia mano nel suo fianco, io non credo».

Otto giorni dopo i discepoli erano di nuovo in casa e c'era con loro anche Tommaso. Venne Gesù, a porte chiuse, stette in mezzo e disse: «Pace a voi!». Poi disse a Tommaso: «Metti qui il tuo dito e guarda le mie mani; tendi la tua mano e mettila nel mio fianco; e non essere incredulo, ma credente!». Gli rispose Tommaso: «Mio Signore e mio Dio!». Gesù gli disse: «Perché mi hai veduto, tu hai creduto; beati quelli che non hanno visto e hanno creduto!».

Gesù, in presenza dei suoi discepoli, fece molti altri segni che non sono stati scritti in questo libro. Ma questi sono stati scritti perché crediate che Gesù è il Cristo, il Figlio di Dio, e perché, credendo, abbiate la vita nel suo nome.

Parola del Signore

Please take a copy of the Parish Bulletin especially to non active parishioners.

REFLECTION by Fr Michael Tate

The disciples did not purge their group of ‘doubting Thomas’. They remained his companions, waiting for something or Someone to be revealed to him with them.

Doubt and questioning are a normal and proper part of being human. We should allow for this within the community of the Church. A point may come where a person may no longer remain in the Church with any integrity. But a dismissive, excluding Church is not the Church of this gospel story.

Within the companionship of the Church a doubter may hear the words: ‘Peace be with you.’ What sort of peace? It is that inner assurance that, in the midst of all the tribulations and the turmoil and the myriad precursor deaths which we suffer on all sorts of levels, the Conqueror of Death wants to be with us.

How can the Risen Lord be with us? In Holy Communion, and in those counted as least in the world. According to Matthew 25, He *is* those without the necessities of life: food, shelter, medical care, comfort in distress.

We could pause for a moment to savour that Peace which comes from faith in the Conqueror of Death and in his Real Presence in Holy Communion and in those in dire need.

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UNDERSTANDING THE GOSPEL

Historical Context – My Lord and my God

By the time the Gospel of John was written – in the last decade of the 1st Century – there were already diverse beliefs about Jesus. As is recorded in the gospels, there were those who regarded Jesus as one of the prophets of Israel; others recognised him as the promised Messiah; others still had come to believe in Jesus the Christ as the incarnation of God. That is certainly the theology expressed in the Gospel of John. Perhaps as a means to further his community’s theology and correct other ideas, the gospel writer has Thomas declare, ‘My Lord and my God!’

Scriptural context – Holy Spirit

In the Gospel of John, during the Last Supper discourse, Jesus repeatedly assures his disciples that the Father will provide them with another Advocate to guide them. This advocate (or paraclete) is to be the Holy Spirit. Although ‘advocate’ carries a certain legal meaning, the gospel writer uses it to mean one who represents the continued presence of Jesus, just as Jesus was the advocate or paraclete of God. In the Holy Spirit that Jesus breathes on the disciples we see the final element of the Trinitarian experience of God: Father, Son and Holy Spirit.

Have you thought? – Does he mean us?

When Thomas made his declaration of faith, Jesus said, ‘You believe because you can see me. Happy (or Blessed) are those who have not seen and yet believe.’ (v29) Because this gospel was written 60 years or so after the time of Jesus, there were indeed many who believed but had not ever seen him. The blessing is on all those who believe without the benefit of a physical encounter of Jesus. Whilst the gospel was written as an acknowledgement of those at the end of the 1st Century, it is also a blessing and encouragement for believers of today!

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Holy Father’s Prayer Intention

April

For the use of new technologies

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

May

For working conditions

Let us pray that through work, each person might find fulfillment, families might be sustained in dignity, and that society might be humanized.

Bible Reflection

in July

Bible Study

in August

Watch this space for details

Recently Deceased: Salvatore Nastasi, Amelia Ottavi, Vittorio Marino, Ellen Forrester
Please note: Names of **Recently Deceased** will remain for **1 month** period before being removed.

Anniversary: Cesare Maresso, Santo Talarico

Rest in Peace: Cosimo Caccamo, Antonio Scundi, Pasquale Scundi

Please note: Names of **Anniversary and Rest in Peace** will remain for **2 weeks** period before being removed.

In your love and concern please pray for the following ill members of our community:

Lucy Denley, Lucy Tudehope, Silvana Cocilova, Vittoria Colantuono, Enrico Cuomo, Neville Hill, John Kcoury, Mary Finios, Glen Dixon, Roberto Tramarin, Vittoria Lavecchia, Rosa Santos, Elisha Lau, Liz Smith, Pat Rankine, Jerry Andre, Donna Neeley, Adeline Ashing, Annelise Buda, Giovanni Luci, Stephan Ferenc, Giancarlo Buda, Mario Bianco.

Weekly Diary 28 April - 4 May 2025

| Date | Time | To note |
|-------------------|------------------|-------------------------------------|
| Wednesday, 30 Apr | 9:00 am | Mass |
| | 7:00 pm | Confirmation - Parents' meeting |
| Thursday, 1 May | 9:00 am | Mass |
| | 2:00 pm | Charismatic Prayer Group |
| Friday, 2 May | 9:15 am | Mass |
| Saturday, 3 May | 4:15 pm - 4:45pm | Confession |
| | 5:00 pm | Vigil Mass, Confirmation Commitment |
| Sunday, 4 May | 9:00 am | Mass, Confirmation Commitment |
| | 6:00 pm | Mass |

Want to Join Catholic Church? RCIA

There are a number of non-Catholic persons in the parish who may be interested in joining the Church. It could be a spouse who is either baptised in another denomination of Christian faith or a non-baptised person. It also could be someone without any Christian connections so far. But the good news is, we are commencing a specially designed program, RCIA 2025, to help those people. Sr Ruth Davis will be leading the program, and it will commence in June. For more information, please contact Fr Thomas or the parish office.

Grace & Truth
An evening of prayer, formation, and fellowship
St Mary's Cathedral, 5-9PM
WEDNESDAY, 30 APRIL 2025

Sr Elena Marie, OP
 Virtue, vocation and self-gift as keys to human flourishing:
 Insights from theology, philosophy, and psychology

Fr James Baxter, OP
 The virtue of charity as human and divine friendship

Register now:
<https://www.trybooking.com/CZZFZ>

Upcoming events

* **St Vincent De Paul Clothing Drive — 24 May**

If you would like to donate clothing, please leave your details on the list outside the Piety Store this weekend

* **Jubilee of Justice — 25 May**

* **Cancer Council Big Morning Tea — 25 May**



A message from the Archdiocese of Sydney

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5813 or safeguardingenquiries@sydneycatholic.org. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

KEEPING CONNECTED TO GOD

FALESIU

Falesiu is a Catechist, member of the Ministers of the Liturgical Environment, Singer, Flower arranger for St Joan of Arc church and has volunteered for the Children's Liturgy.

Christianity became a central part of Tongan identity when King George Tupou declared Christianity the state religion in 1839. Christian religious practices are deeply woven into Tongan traditions and customs. My paternal three times great-grandfather, Lavaka, Chief of the village in Pea, accepted the Catholic missionaries in the late 1830s. His granddaughter, Vika Popua (my great) was a devout Catholic.



Falesiu at the Melbourne flower show

My parents left Tonga for a better life. My mother was Catholic but my father was not. I was christened in the Tongan Christian Maamafo'ou church.

When my parents divorced, my mother came back to her spiritual roots - the Catholic Church. She had me and my younger sister baptized at St. Joan of Arc church in 1987, when I was eight years old. I attended St Joan of Arc school for a short time.

After my parents' separation, I spent nearly three years living with my paternal grandfather in Hawaii. Being separated from my parents was very difficult for me. In these years, my sister and I attended the Maamafo'ou church in Maui and were part of the Sunday school, known as the Namoa.

We learnt bible verses, sang gospel songs and performed at different church events. *(Ko hoku tauhi a Sihova e ikai teu masiva... – The Lord is my shepherd there is nothing I shall want... – Psalm 23)*

One constant support throughout those difficult years was my connection to God. I remember learning about Jesus as a very young child. Jesus was a good and kind man and I found it easy to believe in Him. I loved the bible stories and how God always helped His people through their difficulties, those who were faithful to Him, especially the stories from the Old Testament. Being connected to God as a child helped me during those difficult times.

Returning back to live in Sydney, my step-father was the choirmaster at the time for the Tongan Catholic community at St Thomas, Lewisham. I sang in the Tongan choir. Singing has been a big part of my life, it is the constant prayer from my heart, offered up in perfect harmony, and it remains special to me. I sing (alto) at the 6pm Mass at St Joan of Arc and at other special church events.

At 18, I converted to Mormonism and found their strong emphasis on family appealing and their church activities wholesome and uplifting. I discovered song writing at 17 and hence wrote songs that we used to sing at Fire sides (church gatherings) and at Baptisms at Summer Hill and it was a happy, joyful time.

I thought my path would lead me to remain in the Mormon church but I met and married my Italian husband in 2005. Through my marriage I came back to St Joan of Arc Church. Our children, aged 12 and 17, have been raised in the Catholic faith. They know that when they are 16 they can choose how to express their faith. It is my hope, that my example will be imprinted in their minds and in their hearts and they will find and carve out their own faith journeys.

I have been a Catechist for seven years and currently teach Year 3/4 at Leichhardt Public School. I felt that 'nudge' from God when they were asking for volunteers. Both my kids attended Dobroyd Point Public School and were taught by amazing Catechists and I knew it was time to give back and do the same for someone else's child. I started as an assistant to Greg Hill, Mary McInerney, Loredana Bianco and Vicky Smith in Haberfield, so I wasn't thrown in the deep end and had amazing teachers to learn from. I was later called to Leichhardt, St Fiacres when they needed a Catechist.

In the middle of being a Catechist and working part time, Loredana asked if I would be interested to do the flower arranging for the parish. Parish secretary Sue advised me how to go about starting a business, and that's how I started my little flower business. I studied floristry at Tafe and completed all my studies.

I think if you see beauty in God's creation, in the very simple and smallest of things, you will eventually come to see the beauty in the bigger things and get an amazing sense of the bigger picture. It is a pleasure to see the delight on anyone's face, when you have crafted something beautiful, where one can appreciate the beauty of God's creation. My dream is to have a flower cart in Haberfield, similar to what they have in Sicily, where



Strelitzias arranged by Falesiu

my husband's family comes from, and be able to share my love of flowers with the community.

From flower arranging I joined the Ministers of the Liturgical Environment. We clean the altar and surrounding areas, the sacristy, the alcoves and any flower arrangements that need to be thrown out or refreshed. When I am not arranging flowers for special occasions, I am tidying up and mopping the floors where the altar is, in the side alcoves and in the sacristy. Mopping the floors is one of my favorite jobs, there is no thinking or planning required, I am not nervous or stressed. I can simply clean the floors and speak with God, share my thoughts with him and it's a calming experience each time. I feel it's like a badge of honor to clean God's house, a small act of appreciation, for each and every time He guards my home and we are blessed with safety each night.

I have recently volunteered to help with the Children's Liturgy. My mind always comes back to that quote: "See a need, fill a need" but most importantly, this is my way of staying connected to God, sharing my talents, giving of my time, engaging in His church, in His work, only strengthens that bond.

I am amazed, when I look back and see how far I have come, to have come full circle and end up at St Joan of Arc. God truly has a way of guiding us on our faith journeys. I strongly believe that if you have that strong connection with God, you will always find your way.



Jubilee of Justice

Jubilee years are celebrated every twenty five years, and are an occasion of grace, an opportunity to renew our own commitment to Christ and to renew society, to make it more just, more in conformity to God's vision for humanity.

Mass at St Joan of Arc has been confirmed for Sunday 25 May, our day of the Jubilee for Justice. This will be a wonderful opportunity to celebrate the work for justice in Australia and the world.

All those involved in the world of the law and secular, canonical and ecclesiastical justice (judges, public prosecutors, magistrates, lawyers, legal practitioners, etc.) are especially invited to this jubilee event, together with their families.



St Joan of Arc Parish will be offering **Mental Health First Aid Training** on **Saturdays 24 and 31 May 2025** at the St Joan of Arc School, 88 Dalhousie Street, Haberfield.

Most people are familiar with physical first aid courses that teach skills and knowledge to recognise and respond to different situations. Mental Health First Aid training adopts a similar approach.

Using a practical, skills-based action plan, participants learn to recognise and respond to someone experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves. They are equipped with the skills to listen, connect, and offer to those experiencing mental health problems in our workplaces, communities, parishes.

This course is led by accredited Mental Health First Aid trainer, Sr Ruth Davis, from our local Marist Sisters congregation. The course will run from 9:30 am to 4:00 pm with lunch provided. This course costs \$30.00 which covers the cost of the books and freight. Sr Ruth is offering her services for free.

Standard Mental Health First Aid

The Standard Mental Health First Aid® (MHFA®) course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health problems in other adults.



Offer support

Learn the skills to speak openly and accurately about mental health.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

Adults who complete a Standard MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

The Standard Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

Please rsvp to join this course by emailing Paula, St Joan of Arc Parish Secretary on admin@stjoanofarc.org.au

Everyone is welcome.

Mary McKillop Outreach Easter Egg Hunt 2 May 2025

Mary McKillop Outreach (MMO) is a project supported by the St Vincent de Paul Society for people with disabilities and provides an extensive range of education, living skills and recreation programs for clients. Last year parishioners generously supported the MMO Christmas Giving Tree. This year we are expanding our connection with MMO and supporting a barbeque and easter egg hunt for the 45 MMO clients.

MMO will be having their barbeque and easter egg hunt during the season of Easter on **Friday, 2 May 2025**. If you would like to contribute easter eggs there will be baskets in the church foyer on the weekends of 19/20 April and 26/27 April.

Thank you for your support

Haberfield Conference of St Vincent de Paul



IGNITE THAT FIRE! Be a Man worth following



CLICK TO REGISTER

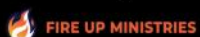
Thursday 29th May

St Joan of Arc Haberfield - 88 Dalhousie St, Haberfield

5pm: BBQ for men 16yr's+ & their children (if any).

6pm: Parents sign 5-12yo into school hall for 'G.Y.M' Youth group.

6:05 - 7:30: Men enter parish for talks lead by Simon Carington & Adam Doueih.



\$15 PER ADULT



Pictures on Blessing of food on Easter Saturday



Photos provided by Rita Raco