

14th September, 2025, The Exaltation of the Holy Cross/ C

## TEMORA MISSION AREA

### Our Lady Help of Christians Parish Ardlethan/Sacred Heart Ariaiah Park

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### Sacred Heart Temora

Parish Priest Fr Alex Osborne

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### St Therese Barellan

**In our Prayers:** Katie Doyle, Lee Jackson, Robyn Richards, Neville Caldwell.

**For our Deceased:** Barry Carroll, Mervyn Smith, Terri O'Hare, Deceased Family, Friends, Victims of war, violence, accidents & natural disasters.

Sept 20-21

Ariah Park 6.00 p.m. *Liturgy Sat*

Mass

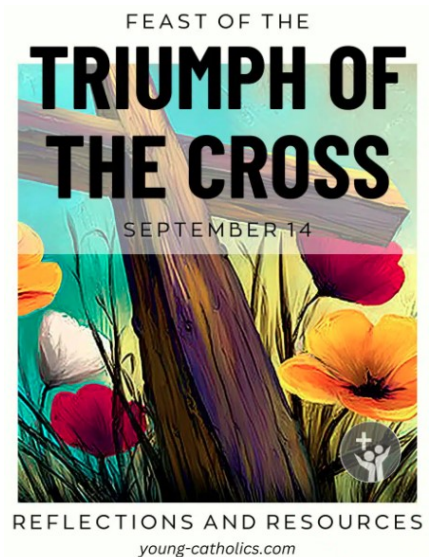
Temora 6pm. Saturday 5pm. Sunday

Mass

Ardlethan **8am** Barellan 10am Sunday

**Reflection** The Feast of the Exaltation of the Holy Cross celebrates the Cross as the sign of Jesus' love and victory. It honors the sacrifice Jesus made to save us from sin. The Cross, once a symbol of suffering and death, became a sign of hope and new life because of His resurrection. It shows that God can bring good even from pain.

This feast also calls us to live with faith and trust. The Cross teaches us to face our struggles with courage, offering them to God as Jesus did. It is not only a symbol to look at but a way of life. Carrying our own crosses means accepting hardships with love and hope. The Exaltation of the Holy Cross invites us to place our trust in Christ and believe that His victory over death can guide us through our own trials.



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Everything is a reminder of the Cross. We ourselves are made in the shape of a cross.

St. John Vianney

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## Safeguarding Sunday, 14 September

Today we are gathered on Safeguarding Sunday, a day when we pause to focus on our responsibility to protect and care for those who are vulnerable. In the Bible, we find a clear and strong message about justice, compassion, and speaking up for those who cannot speak for themselves. We are called to be a safe, welcoming and hope-filled church. In our everyday lives, let's be mindful of those around us who are vulnerable or marginalised. Who are the "silent" ones in our society, the ones without a voice? Today, God may be calling you to stand up for them. Whether it's through prayer, support, or direct action, we are invited to participate in God's work of justice.

### PRAYER FOR SAFEGUARDING SUNDAY



You guard us, Lord God, beneath the shelter of your wings till the storms of destruction pass by (Psalm 57:1).

The storms of abuse have struck and have not yet passed by. We see the damage done and we seek shelter in you.

Beneath your wings we gather the survivors and their loved ones, all the victims, living and dead.

We gather those who work to bring healing and to make the Church a safe place for all.

We gather all the faithful, the Body of Christ, bearing the wounds of the Cross.

May the Church grow more like you, wings spread wide to provide shelter for all, till the storms of destruction pass by and peace without end has come.

Through Christ our Lord.

Amen.

Archbishop Mark Coleridge.



Roster Sept 21st

Leader:

Reader: Linda Griffin

Ex. Minister :

**Acknowledgement of Country** - With respect, we acknowledge the country, the skies, the waterways and spiritual systems of the Wiradjuri people on whose land we gather. We acknowledge the elders for the passing on of knowledge, language and spiritual connections to country.

**Parish Safeguarding Commitment** — Our Lady Help of Christians Parish Ardlethan/Sacred Heart Arian Park is committed to safeguarding and upholding the rights of all our children and vulnerable people. We seek to empower children, their families and carers and vulnerable people, to have a say, to be listened to and to be protected. Parishioners are encouraged to raise any concerns they may have by emailing Fr Alex Osborne at alex.osborne@cg.org.au. Parishioners are also welcome to contact Maria Hicks, manager for the Archdiocesan Institute for Professional Standards & Safeguarding (IPSS) at ipss@cg.org.au or phone 02-62399806.