



SPRED Contacts:

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Our Location:

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Volunteer contact hours:

SPRED Centre:

Monday night:	6.30pm—8.30pm
Tuesday morning:	10am– 12noon
Tuesday night:	6.30pm—8.30pm
Wednesday morning:	10am—12noon
Thursday night:	6.30pm—8.30pm

Parish Based Groups:

Sacred Heart:	Monday night 6.30pm-8.30pm
St Thomas More's:	Tuesday night 6.30pm—8.30pm
Our Lady of Lourdes:	Wednesday night 6.30pm—8.30pm

*** Please note SPRED breaks for school holidays.**

Dear friends,

Recently I came across the poem 'Old Maps No Longer Work' by Joyce Rupp. It spoke to me on many levels but most particularly when reflecting on what is most dear to my heart ... our SPRED community. If we are to meet again face to face in our groups then we will need to reimagine and re-examine what it means to be a community, especially one where presence, affection and love are so often expressed through touch and nearness. As we reshape ourselves in the coming months what will it look like, sound like, feel like?

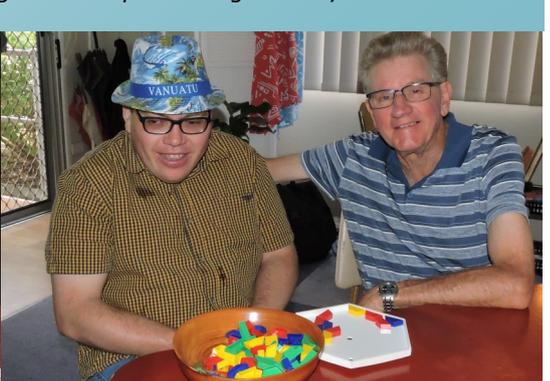
It is a dearly held truth among us that our relationships with each other give depth and meaning to our growth in faith and our relationship with God... no one believes alone, we recognise that we are not meant to walk this road one by one, but side by side. This current climate of distancing and isolation has challenged us to open ourselves to new and different maybe even unfamiliar ways of building and maintaining these relationships, and each group has been finding its own way with how to do this. Like many other organisations and businesses some of us are using the Zoom platform to stay connected, to pray together and to reassure our Friends of our ongoing love and fidelity. While it has certainly been wonderful to see our Friends smiling faces and experience their joy at seeing ours, I miss being with them.

And so we wait... a virtue often demonstrated by our Friends who, because of their 'dependence' on others for some of their needs to be met, must wait for so much... Over the years in their presence I have learnt much about the gift and virtue of 'waiting' and its companion 'patience'... I'm learning to be ok with the waiting and to trust that God is in this with us and will guide us in shaping our path forward in the coming months.

Loretta

https://www.instagram.com/tv/B_0ggn7IW_U/?utm_source=ig_web_button_share_sheet

(Click on link to listen to a reading of *Old Maps No Longer Work*)



The Sacrament of Waiting by Macrina Wiederkehr

Slowly
she celebrated the sacrament of letting go.
First she surrendered her green,
then the orange, yellow, and red
finally she let go of her brown.
Shedding her last leaf
she stood empty and silent, stripped bare.
Leaning against the winter sky
she began her vigil of trust.
Shedding her last leaf
she watched its journey to the ground.
She stood in silence
wearing the color of emptiness,
her branches wondering;
How do you give shade with so much gone?
And then,
the sacrament of waiting began.
The sunrise and sunset watched with tenderness.
Clothing her with silhouettes
they kept her hope alive.
They helped her understand that
her vulnerability,
her dependence and need,
her emptiness,
her readiness to receive
were giving her a new kind of beauty.
Every morning and every evening they stood in silence
and celebrated together
the sacrament of waiting.



Prayer:

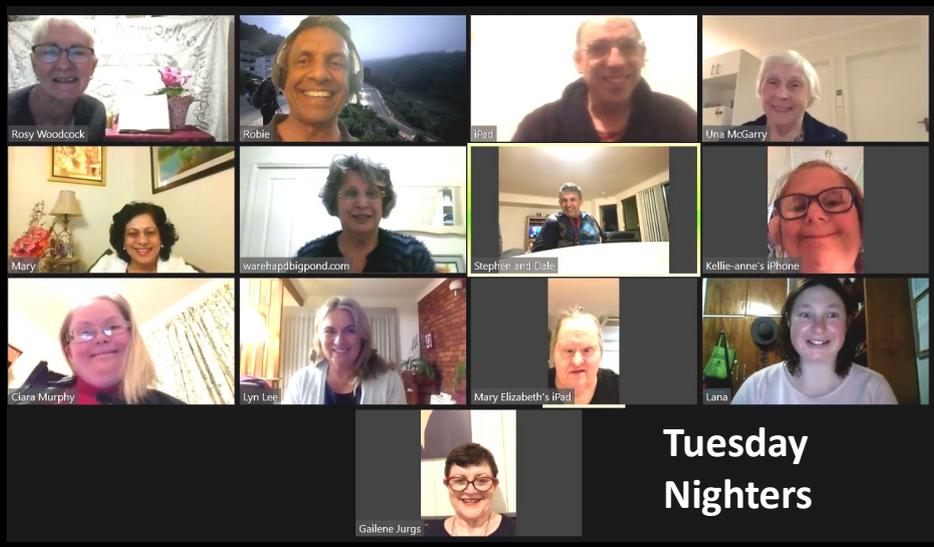
*Pilgrim God,
you travel with us into an
unknown future, strengthening
us by your love.
Be our strong companion,
a light for us to follow.
AMEN*

“Let nothing disturb you, nothing frighten you, all things are passing, God is unchanging.

Patience gains all; nothing is lacking to those who have God: God alone suffices”

St. Teresa of Avila

SPRED ZOOM SESSIONS

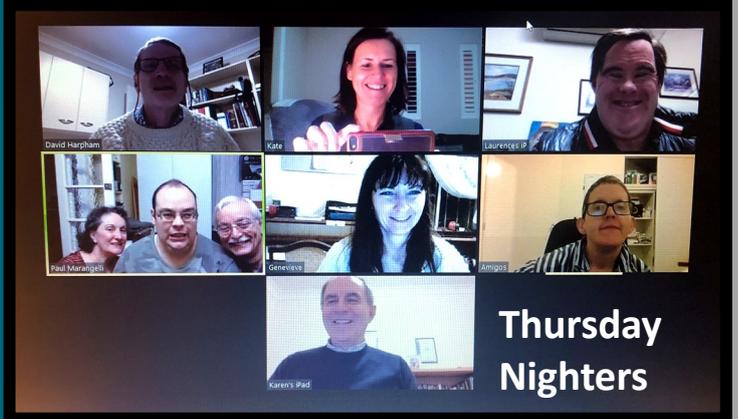


Tuesday Nighters

Big thanks to all of you who made this happen!

"Friendship is one of the greatest gifts a human being can receive. It is a bond beyond common goals, common interests or common histories... Friendship makes all of life shine brightly."

Henri Nouwen



Thursday Nighters



Tuesday AM Group

"The seeds of friendship must be nurtured and tended if they are to grow and blossom into something transforming. These friendships are gifts from God, proof of the Spirit at work in our lives."

Mary Deturris Poust

"To love one another we must be in the presence of our friends."

Henri Nouwen

Wednesday AM Group



FOR YOUR NOTICEBOARD July– November 2020

Monday, 20th—Thursday, 23rd July	Zoom Meetings <i>will continue until</i> <i>further notice</i>	Volunteer Session 8
Monday, 27th – Thursday, 30th July		Integrated Session 8
Monday, 3rd – Thursday, 6th August		Volunteer Session 9
Monday, 10th — Thursday, 13th August		Integrated Session 9
Monday, 17th — Thursday, 20th August		Volunteer Session 10
Monday, 24th — Thursday, 27th August		Integrated Session 10
Monday, 12th —Thursday, 15th October		Volunteer Session 11
Monday, 19th —Thursday, 22nd October		Integrated Session 11
Monday, 26th —Thursday, 29th October		Volunteer Session 12
Monday, 2nd — Thursday, 5th November		Integrated Session 12
Monday, 9th — Thursday, 12th November		Volunteer Session 13
Monday, 16th —Thursday, 19th November		Integrated Session 13
Sunday, 22nd November, 8.30am Feast of Christ the King		SPRED THANKSGIVING MASS St Anthony's Parish
Monday, 23rd —Thursday, 26th November		Group Christmas Celebrations

*Just a reminder that the SPRED Express is available to you electronically.
If you would like to avail yourself of this, please let us know either by phoning the Office on 4632 8427 or by email to spred@twb.catholic.org.au*

Cooking in 'iso'...



Something deliciously moreish and a little bit naughty...

EASY CARAMEL FUDGE

INGREDIENTS

- 125 g of butter
- 390 g tin of condensed milk
- 2 tablespoons of golden syrup
- 220 g of brown sugar
- 200 g of white chocolate - broken into pieces

METHOD

1. Line a 28cm x 18cm slice tin with baking paper - make sure you leave some hanging over the edges to help you remove the fudge from the tin once it's set.
2. Break the white chocolate into pieces and set aside until needed.
3. Place the butter, golden syrup, condensed milk and brown sugar into a medium saucepan and cook over low heat for 10 minutes until fudge thickens and turns golden brown.
4. Remove from heat and quickly add and combine chocolate pieces.
5. Pour into tin and gently smooth.
6. Refrigerate for at least 6 hours before cutting into even squares. ENJOY!