Before enrolling in a Community Health Program young midwife Sreymom lacked experience. Now, she is a trusted midwife, helping to improve the health of indigenous women and children in her region in Cambodia.

Please donate to Project Compassion 2016 and help healthcare workers in isolated areas of Cambodia gain vital training to improve the health and wellbeing of the region’s indigenous women and children.

www.caritas.org.au/projectcompassion   1800 024 413

**MASS TIMES**

**ST THERESA’S**
Drummartin St, Albion
9.00 am Friday
10.30am Sunday

**MOTHER OF GOD**
Blanche St, Ardeer
10.00am Wednesday (Pol)
9.00am Thursday
6.00pm Friday (Polish)
6.00pm Saturday
10.30am Sunday (Polish)

**QUEEN OF HEAVEN**
Holt St, Ardeer
9.15am Wednesday
9.00am Sunday
4.30pm Sunday
(Syro-Malabar).

**RECONCILIATION**
Saturday 19th March (Individual)
9.00am - Queen of Heaven
10.00am - St Theresa’s
11.00am - Mother of God

**EVENING PRAYER GROUP**
Thursdays, 7.00pm at Queen of Heaven. All welcome.

**CLEANERS**
Saturday 19th March (MG) No Cleaning
(SIT) No cleaning
(QH) P Farrugia, F Setford

**THANKSGIVING**
Weekly TG Pledge: $1620
Last Week’s Giving: $1088
Presbytery Collection: $492

**COUNTERS**
20th March
Team 4: J Camilleri, M Buhagiar, J Zammit

**READINGS**
Today
Isaiah 43:16-21
Psalm 126:1-2a, 2b-3, 4-5, 6
Philippians 3:8-14
John 8:1-11

Next Week
Isaiah 50:4-7
Ps 22:7-8, 16-17, 18-19, 22-23
Philippians 2:6-11

**WESTERN HIGHWAY DEANERY**

**JUBILEE YEAR OF MERCY**
Celebration of the 2nd Rite of Reconciliation (Sacrament of Penance) St. Catherine of Siena Parish Church, 28 College St, Caroline Springs on Wednesday 16th March, 7.30pm - 8.30pm. Plenty of parking available! (6 priests from the deanity will be available for confessions)

**EZERCIZZI BIL-MALTI (MALTESE MISSION)**
Mit-Tnejn sal-Gimgha 14 – 18 ta’ Marzu. Fis-6.30pm jibda ir-Ruzarju, Fis 7.00pm Quddiesa, Priedka u Barka. Predikatur: Fr Lonnie Borg MSSP. Il Gimgha - Il Festa tad-Duluri. St Bernadette’s Church, Westmoreland Rd., North Sunshine.

**WALK FOR JUSTICE FOR REFUGEES.**
Palm Sunday, 20th March, 2.00pm, Sate Library, Swanston St., Melbourne. It is suggested that parishioners go as a parish group. Meet at Sunshine Station to catch the 1.00pm train to the City. Show you care!

**EASTER CEREMONIES**

Holy Thursday, 24th March
7.00pm - Mother of God (Polish) Mass of the Lord’s Supper
7.00pm - Queen of Heaven Mass of the Lord’s Supper
9.30pm - Queen of Heaven (Syro-Malabar) Mass of the Lord’s Supper

Good Friday, 25th March
10.30am - Queen of Heaven to Mother of God Stations of the Cross
3.00pm - Mother of God Solemn Ceremonies
6.00pm - Mother of God (Polish) Solemn Ceremonies

Saturday, 26th March
12.00noon - Mother of God (Polish) Blessing of Food
5.00pm - Mother of God (Polish) Vigil Mass
8.00pm - St Theresa’s Vigil Mass
10.00pm Queen of Heaven (Syro-Malabar) Vigil Mass
FIFTH SUNDAY OF LENT Year C 12 & 13 March 2016

Sreymom’s story - Learning more, helping many

‘Everyone...should be able to make a personal contribution to putting an end to so many injustices’ Pope Francis.

Education and training have helped Sreymom transform from an inexperienced young midwife into a confident healthcare worker. Now she has the skills to provide vital healthcare, support and information to indigenous mothers and children in remote Northeast Cambodia.

In the beautiful, remote Mondulkiri province of Northeast Cambodia the majority of the population is made up of indigenous people, who are a minority group in the rest of the country.

Due to extreme poverty, indigenous people in the region face many complex health issues that stem from a lack of clean drinking water, inconsistent food supplies, poor sanitation and limited access to health services.

When Sreymom, now 26, started work at the Health Centre in Mondulkiri province, she was eager to put her three years of training as a midwife into action, and help care for indigenous mothers and children in the surrounding villages.

But while Sreymom had the qualification to be a midwife, she soon realised she lacked practical experience. It made her very nervous. “When I had to assist a delivery,” Sreymom recalls, “my body and knees were trembling. I was sweating and losing confidence.”

Seeing Sreymom’s difficulties— and her true potential— a local healthcare worker helped Sreymom to enrol in the Mondulkiri Community Health Program.

The program was established by Caritas Cambodia (supported by Caritas Australia) to improve the health of indigenous people living in five of the most vulnerable communities in the Mondulkiri region, and to help train, support and empower local health centre staff.

When she was introduced to the program, Sreymom jumped at the chance to build her skills and get the practical experience she needed to help her work better in her local communities. “I was very interested to participate in this good opportunity,” says Sreymom. “I wanted to increase my skill and knowledge with support from the other health staff.”

During the intensive training course Sreymom learned new techniques to help improve the health of mothers and babies during pregnancy, childbirth and infancy. She also received coaching from an experienced midwife to gain practical experience delivering babies.

The course not only improved Sreymom’s skills, but also gave her information on community health and hygiene issues that she could take back to the indigenous women in her communities. “It is very important to share knowledge with others,” she says. “It is useful to the community and this sharing will increase the villagers’ knowledge on children’s health care…I am happy when a villager applies what they have learned.”

These days, with her new training Sreymom delivers one or two babies each month, and has gained the trust of the indigenous mothers in the community. “Sreymom took care of my health before and during delivery,” says Peub, a mother of five. “She provided medication, injections and advice. My baby was safely delivered with her and afterwards, she made me aware of how to take care of my baby and provided vaccinations.”

Today, guided by the Catholic Social Teaching principle of the Common Good, the Mondulkiri Community Health program is continuing to train healthcare workers like Sreymom, and empowering local indigenous communities to improve their health and wellbeing. “If we did not have the program, more pregnant women would face death,” Sreymom says. “I hope Australian people will support my communities more in building awareness in healthcare, hygiene, nutrition and sanitation.”