



24TH SUNDAY IN ORDINARY TIME
11TH & 12TH SEPTEMBER 2021, YEAR B

We acknowledge the traditional owners and custodians of the land on which we stand. We walk on a land once occupied by the Gadigal People of the Eora Nation, who lived in this area for over 30,000 years. May we continue to love and respect the land as they have.



ST COLUMBA'S
 CATHOLIC CHURCH • LEICHHARDT NORTH

Parish Details:

📍 213 Elswick St, North Leichhardt 2040

☎ (02) 9569 2267

📠 (02) 9569 5381

✉ admin@stcolumba.org.au

🌐 www.stcolumba.org.au

📺 FOLLOW US ON facebook www.facebook.com/stcolumbasleichhardt/

Office Hours:

9:30am-2:30pm Tuesday and Friday

All bulletin notices to be in by 12pm Thursday

(Please email or leave under office door and write your message clearly).

Parish Priest:

Fr Peter Smith..... ✉ pp@stcolumba.org.au

Parish Office Administrator

Marcia Droguett..... ✉ admin@stcolumba.org.au

Pastoral Associate

Nicola Connors..... ✉ pa@stcolumba.org.au

Pastoral Council

Secretary..... ✉ secretary@stcolumba.org.au

St Columba's School

Principal: **Bernard Ryan.....** ☎ 9569 1270

Weekend Mass Times:

No Masses until further notice

Weekday Services:

No Masses until further notice

Reconciliation:

By appointment

Marriages:

By Appointment, please email Marcia, admin@stcolumba.org.au to arrange.

If you would like to contribute to the Parish Planned Giving please speak to Fr Peter, Or a form can be emailed to you. If you would like to arrange a one off direct deposit donation, please contact the office for banking details.



Fr Peter's weekly Podcasts of the Gospel are uploaded weekly onto our website and Face Book page.

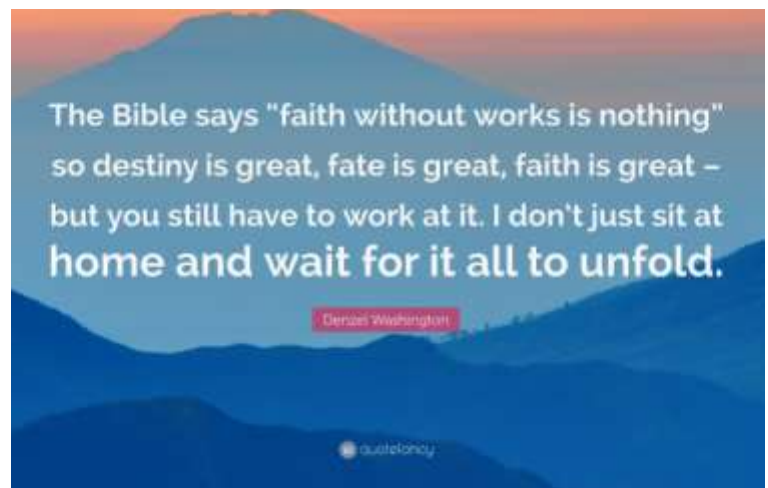
<https://scln1.podbean.com/>



From Fr Peter's Desk....

*A watch may have gold chain,
 But if it doesn't tell the time it is useless.
 A fruit tree may be teeming with
 blossoms, but if it doesn't produce
 fruit it is useless.*

*A lamp may be studded with diamonds, but if
 it doesn't give light it is worthless.
 And a faith that doesn't result in
 good works is dead.
 The fruit of prayer is faith.
 The fruit of love is service.
 And the fruit of service is peace.*



*****PLEASE JOIN US FOR A
 PARISH ZOOM
 EVERY SATURDAY @ 5pm
 more details in the bulletin*****

**Live Masses can be found on
www.sydneycatholic.org/live-masses/**

Today's Liturgy

Entrance Antiphon: Cf. Sirach 36:18

Give peace, O'Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel.

1st Reading: Isaiah 50:5-9
I gave my body to those who struck me.

Responsorial Psalm: Psalm 114:1-6, 8-9
I will walk in the presence of the Lord, in the land of the living.

2nd Reading: James 2:14-18
Faith with out good works is dead.

Gospel Acclamation Galatians 6:14
Alleluia, alleluia
My only glory is the cross of our Lord Jesus Christ, which crucifies the world to me and me to the world!
Alleluia!

Gospel Mark 8:27-35
You are the Christ....the Son of man was destined to suffer much.

Communion Antiphon: Cf. Psalm 35:8
How precious is your mercy, O God!
The children of men seek shelter in the shadow of your wings.

We pray for all those who are sick, including:
Lois Cassidy, Kim Rowles, Marica Popovic, Elizabeth Sedgwick, Silvana Cocilova, Bill Leis, Mabel Winter, Sylvia Gallagher, Dorothy New and Patricia O'Toole, Roisin Smith and Family, Suzanne Campbell, Dan O'Brien, Sharon Weetman, and all those at The Marion Aged Care and Lewisham Nursing Home



We remember and pray for all our deceased Relatives and Friends.....

Anniversary: Stephanie Stenhouse, Joshua Saunders, Catherine Delnawaz, Bruno Viler

Virtual Chat

Hi everyone, You are invited to join St Columba's Virtual Catch Up every Saturday at 5 pm via Zoom.



The weekly gathering includes Fr Peter proclaiming the Gospel and delivering the homily. Then, we pray and have a social catch up.

The link to the weekly Zoom is

<https://sydneycatholic.zoom.us/j/64290337987?pwd=NVq0VUllQ3pYU2dZOW4rekFYbGtBQT09>

PHONE: (02) 8015 2088 - you can phone in if no internet
Meeting ID : 64290337987 Password : 552846

Humanitarian crises unfolding in Afghanistan and Lebanon As the situations in Afghanistan and Lebanon deteriorate, you can help to support families caught up in the crises.

In Afghanistan, people have been forced from their homes, with half of the population in urgent need of food, water, shelter and protection.

In Lebanon, the country is running out of power, water, fuel, medicine and food. Even hospitals are facing massive fuel shortages and will soon have to turn off the lights.

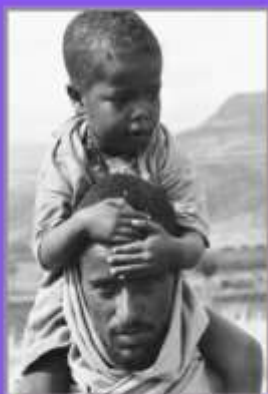
Please donate to Caritas Australia so that we are able to respond to crises like these and others across the world.

Visit caritas.org.au/lebanon or www.caritas.org.au/afghanistan or call 1800 024 413 toll free to provide much needed



Call to Lamentation and Commitment

Sunday 26th September 2021 @ 7:00-7:30pm



Join us for a candlelit prayer vigil over Zoom as we remember all those who have died in Australian immigration detention on the World Day of Migrants and Refugees

Please Register here:
<https://bit.ly/Calltolamentation>

This lamentation concludes the 150 Days of Action for Refugees and Asylum Seekers under the patronage of St. Joseph the Refugee.

Any queries please contact Julie Macken or Jan Barnett.
Julie.Macken@sydneycatholic.org or Jan.Barnett@sosj.org.au



Social Justice - St Columba's

Since we won't be having a face-to-face meeting until November probably, we'll try and have a couple of Zoom meetings instead. We'll give an update once something has been organised.

Please contact Fay Hair (fayhair11@gmail.com) if you would like to come to our meetings, whether they're by Zoom or face-to-face. You're all welcome. We would love to meet you!

Supporting the Jesuit Refugee Service (JRS)
According to the JRS newsletter, JRS is now providing financial support to hundreds of families to help with paying for rent, utilities, medications, and food. Specialist case workers are also responding to mental and physical health emergencies, and domestic and family violence situations. **Since Sydney's lockdown began there has been a 43% increase in weekly referrals to JRS.**

As we've been saying in recent Mass Bulletins, it's currently very difficult to collect and deliver groceries to the JRS clients. We suggest instead to donate money directly to JRS. If you're in a position to do this, go to the JRS website, hit the Donate button on the home page, and follow the prompts.

DONATE

The 150 Day Days of Action for Refugees and Asylum Seekers: Call to Lamentation and Commitment – Sunday 26th September 2021 @ 7:00-7:30pm
Since May 1, *Catholics for Refugees*, in partnership with thousands of concerned individuals, have been urging the Government to abandon its harsh treatment of refugees. Indeed the response from parishes, schools and individuals has been outstanding!

As we watched the Kabul airport fill with fear, bombs and those desperately seeking safety, we knew we were watching the beginning of life on the road for thousands of people... Will we live up to our obligations when they reach our shores? More than ever, it is vital that we stay with our prayers and thoughts and political action to change the hearts and minds in our country, Australia.

The happenings in Afghanistan have strengthened our resolve to advocate even more strongly for justice and respect for all people seeking asylum. *The Call to Lamentation* is a call to act in solidarity with all those on temporary visas and all those who have been forced to flee their homeland, Afghanistan. It will be a time to remember all those who have died in Australia's detention camps, a time for each of us to pause and reflect, and it will be a time to make a commitment to support people seeking asylum. The ceremony will be recorded and the video will be sent to every Senator and MP in the Federal Parliament. We will call all our elected representatives to respond to the three demands of government.

This lamentation concludes the *150 Days of Action for Refugees and Asylum Seekers Campaign* under the patronage of St. Joseph the Refugee. Please see the attached poster. *

Please Register here: <https://bit.ly/Calltolamentation>



People seeking asylum need us to take action! **Australia's treatment of those seeking safety and protection on our shores needs to change! It's vital that government MPs know that there are LOTS of us who want policies to change.** You can show your support for people seeking asylum by: joining the Call to Lamentation, signing the petition and/or writing to your MP with this letter.

Online Social Justice Gathering

Last Wednesday the Sydney Archdiocese presented hosted a Zoom gathering focussing on the Australian Bishops 2021-2022 Social Justice Statement, *Cry of the Earth, Cry of the Poor*.

The intention was to explore and unpack the Statement and offer us ideas for action. Speakers were Dr Tim Nelson, Felicity Wade and Sr Brigid Arthur. Each brought their own perspective to the issue of caring for the earth and the poor through combatting climate change.

Tim mainly spoke about the social justice issues of how we deal with climate change. For instance, at one level, many workers will lose employment as we transition from reliance on fossil fuels for energy production and transport. At the micro level, that is, within our communities, many can't access solar power because they're not home owners, and so bear extra costs for their energy use.

Felicity spoke in particular about the politics of transitioning from use of fossil fuels, and that we need to build consensus within our institutions and within our communities in order to make this transition as quickly and as fairly as possible. She made the point that the best politician to contact about fighting climate change is the actual decision maker, eg, the Minister for Energy.

Sr Brigid, from her experience as a litigation guardian for young people bringing class actions in the courts, spoke of the importance of, and necessity for, legal action against fossil fuel mining. She emphasised, however, that **this wasn't enough. It is also necessary to educate the community in the importance of transitioning from fossil fuels.**

This was a very worthwhile webinar, which raised many good points, but especially about social justice issues and **climate change. We were left with a challenge... what commitments can we make to lessen our own carbon footprint?**



Engage in your wellbeing strategies during lockdown.

During lockdown, prioritising your wellbeing will ensure that you are in the best position to ride-out the uncertainty and come out with your mental health

intact. This is often the time that we often let our wellbeing fall to the wayside, so here are some recommendations for how to maintain your wellbeing throughout this changing world:

1. Maintain a good sleep routine. Your brain needs to regenerate after periods of stress, and it does this while you sleep! Aim to go to bed at the same time every night and get 7-8 hours of sleep each night. Developing good sleep hygiene will ensure that you get the best quality sleep possible.

2. Remember to breathe. Did you know 70% of cortisol can be removed from our bodies by simple breathing? If you notice your breathing starts to shallow during times of stress, practice a breathing exercise such as Box Breathing, to practice and get into the habit of deep breathing.

3. Take time out to exercise. **Exercise is the body's natural anti-depressant!** Find what works for you and keeps you motivated to get active. Start small and work your way up. Hate running? Why not try pilates. Make the most of the sunshine and go for a walk during lunchtime, or before work.

4. Stay connected. While you may not be able to socialise face-to-face right now, stay connected via phone or video-calls. **If you're feeling stressed, talk it out with a friend or colleague.** Debriefing with someone releases the stress hormone oxytocin.

5. Practice gratitude. Reflect on and engage in activities that **give you purpose and meaning.** Enjoy the "small moments" each day. Wellbeing is balanced when the positive to negative emotion ratio is 3:1. Be active to get hits of positive emotion.

6. Plan your weekend. Give yourself something to look forward to, even if it is just a small around the house. Plan a movie night, cook something exotic, finish that DIY home project that fell by the wayside. A fun video chat with family OR friends or even just organise for a family walk if the sun is out!

7. Manage your news feeds. The average smartphone user checks their device 221 times a day 95% of people use their tech in bed. If you are finding yourself becoming anxious every **time your phone "dings", turn off the notifications for news or why not do a social media detox?**

8. Practice creativity and mindfulness. **Mindfulness matters...** whether you try yoga, meditation, colouring-in, creating something, or just reading... **staying present in changing times helps rest and repair.**

9. Speak with an expert. Sometimes getting expert advice is what we need to get through this next period. Ask your GP for a referral to speak with a professional and encourage your family to do so too if needed.

[Lifeline | www.lifeline.org.au](http://www.lifeline.org.au) | 13 11 14

[Kids Helpline | https://kidshelpline.com.au](https://kidshelpline.com.au) | 1800 55 1800



Parish Pastoral Council

Contact: secretary@stcolumba.org.au

Vision statement

To witness to the Gospel, through the power of the Holy Spirit, to the eternal love of Christ; by building and sustaining an open, welcoming and friendly community in which people grow in their relationships with God, each other and the wider community.

Mission statement

The mission of St Columba's Parish Pastoral Council is to:

- welcome and embrace new parishioners;
- support and direct the work of the Parish Priest, Pastoral Associate, and parish groups;
- support and encourage the people of St Columba's parish;
- provide vision and direction to the people of St Columba's parish;
- collaborate with the parish school;
- give members of our parish community a voice; and
- empower people to lead and make positive contributions to our parish and the wider community.

To achieve this, we:

- see;
- judge;
- act; and
- review.

We, as a group, are fundamentally committed to:

- prayer and reflection;
- our shared Catholic faith;
- bringing Christ's love and grace to Leichhardt and the broader community;
- acting co-operatively as a group based on participation and consensus, not factions or parties; and
- facilitating the spiritual growth of all under the guidance of the Holy Spirit.

Members of the Pastoral Council are:

Fr Peter Smith *Parish Priest*
Bernard Ryan *Principal*
Nicola Connors *Family Ed.*
Renata Popovic-Tomac
Chairperson

Ann Coffey
David Hair
Jennifer Cheal
Therese Pacey
Tino Mian

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 5810 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.

LOOK

Sunday 12 September 2021
Mark 8:27-35
24th Sunday in Ordinary Time

IN THE GOSPEL TODAY

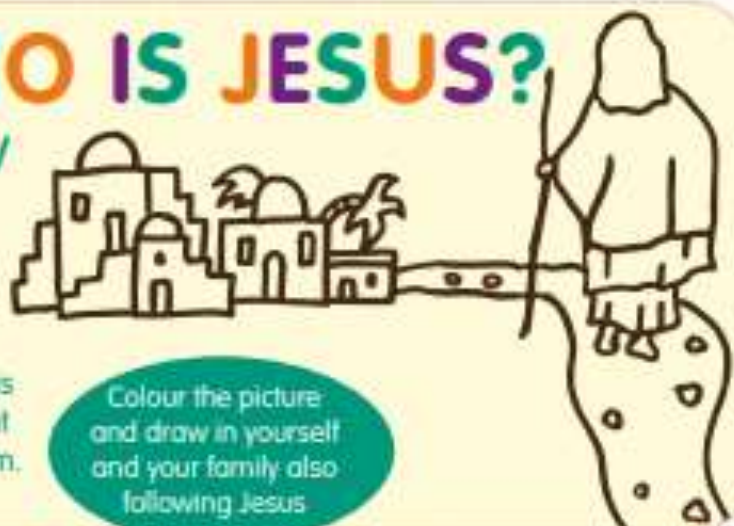
My name is _____

Jesus asks his friends, "who do you say I am?". Peter knows that Jesus has been sent by God, but doesn't understand yet just what that means. Jesus has come to show us how to put other people first. It may be a difficult journey but Jesus will lead his friends to new life and happiness.

WHO IS JESUS?

Follow God!

Jesus has gone on ahead on the road. His friends want to follow him.



Colour the picture and draw in yourself and your family also following Jesus

Who says what?

Add the vowels **a** or **o**, to find out what Jesus asks Peter.

Add the consonants, **M**, **s** or **h** to find out what Peter replied.



Who am I?

Write in each circle the first letter of the word describing the object. You will find the name of someone very special.



Following Jesus isn't always easy! See if you can follow Jesus through this maze to reach the girl on the bench.

Maze

What does Jesus notice as he walks through the playground?



A PRAYER TO SAY

Jesus, I believe you are the Christ, sent to save us. Help me to follow your example and put other people first, even when it is hard. Help me to spread your love and life all around me. Amen.

"Who do you say I am?" - The Messiah - Jesus

Sunday 12th September 2021
24th Sunday in Ordinary Time

Celebrant: This Sunday in Budapest, Hungary, Pope Francis will celebrate the closing Eucharist of the International Eucharistic Congress while in Australia we observe Safeguarding Sunday.

For Pope Francis, that in the Eucharist today he will affirm our faith in Sacrifice and Sacrament of Jesus, so that the Church will grow in holiness.
Lord, hear us. Lord, hear our prayer.

For the Church in Australia preparing for the Plenary Council, that the Eucharist will be understood as the place above all others where we acclaim the faith of Peter, that Jesus is the Christ.
Lord, hear us. Lord, hear our prayer.

For the Church in every parish, ethnic community, school and agency, that this Safeguarding Sunday will refresh our commitment to care for all children, teenagers and vulnerable persons with profound respect. **Lord, hear us. Lord, hear our prayer.**

For children and young people in situations of danger in their homes and neighbourhoods, in Afghanistan and in refugee camps, from the possibility of being kidnapped or trapped in human trafficking, that we will hold them in prayer this day. **Lord, hear us. Lord, hear our prayer.**

For our world on this 20th anniversary of the terrorist attacks in the United States, that God will soften hearts, hardened by hatred, and help all peoples to work for peace and reconciliation. **Lord, hear us. Lord, hear our prayer.**

For our departed who placed their hopes in Jesus, the Christ, that eternal life will be theirs. We remember also *Stephanie Stenhouse, Joshua Saunders, Catherine Delnawaz, Bruno Viler* **Lord, hear us. Lord, hear our prayer.**

Celebrant: How gracious are you, O Lord,
for you turn your ear to our cries,
so now we ask that with compassion,
you will protect our simple hearts.
Through Christ our Lord.