



25TH SUNDAY IN ORDINARY TIME
18TH & 19TH 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  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....

God's inspiration is at work in everyone. However, there are people in whom divine inspiration seems to have no effect; people who commit crimes cold-bloodedly, and who never rejoice at the sight of the true and the beautiful. Even though they may seem to prosper, their punishment is assured even in this world. The anxieties and fears that assail them make their prosperity a bitterness to them. As for the just, even though their passage through life is often dogged by misfortune, in the inward satisfaction of obeying divine inspiration gives them great strength, and is sufficient reward for them.



*****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:

I am the salvation of the people, says the Lord. Should they cry to me in any distress, I will hear them, and I will be their Lord for ever.

1st Reading: Wisdom 2:12, 17-20

Let us condemn him to a most shameful death.

Responsorial Psalm: Psalm 53:3-6,8

The Lord upholds my life.

2nd Reading: James 3:16-4:3

Justice is the harvest of peacemakers
form seeks sown in a spirit of peace.

Gospel Acclamation Cf.2 Thessalonians 2:14

Alleluia, alleluia

God has called us with the gospel
to share in the glory of our Lord Jesus Christ.

Alleluia!

Gospel Mark 9:30-37

The son of Man will be delivered
into the hands of humanity....

All who wish to be first must make themselves the
servants of all.

Communion Antiphon: Psalm 118:4-5

You have laid down your precepts
to be carefully kept; may my was be
firm in keeping your statutes.

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: Silvestro and Francesca Tiano,
Tate Bargwanna, Les McIntosh, Gaetano Savoca*

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](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, shel-
ter 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. 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. All welcome!

Supporting the Jesuit Refugee Service (JRS)
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. If you're in a position to donate money to JRS, go to the JRS website (aus.jrs.net), 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

For some months now, we've highlighted the 150 Days of Action campaign. The campaign will conclude on Migrant and Refugee Sunday with a candlelit prayer vigil, *Call to Lamentation and Commitment*.

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. 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. Please see the attached (on the left) and link [here](https://bit.ly/Calltolamentation)
To register: <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](#).

Also coming up:

Hope out of Horror – Seeking Refuge in Australia Webinar – Thursday 23rd September @ 7:00pm.
This is one of the last events of the 150 Day Campaign. For more details please see the event page on the Catholics for Refugees [website](#) and register [here](#).

Diocesan Conversation with Refugees and People Seeking Protection – Sunday 26th September 2021 @ 3:00-4:15pm
The Diocese of Parramatta and partner organisations



invite you to an online Diocesan Conversation with Refugees and People Seeking Protection. Please register [Here](#) and the Zoom details will be sent out shortly before the event.

And, don't forget the [Archbishop's Afghan Refugee Appeal](#) for Afghan refugees in need!

DONATE NOW

Online Social Justice Gathering

For those who missed the Zoom gathering focussing on the Australian Bishops 2021-2022 Social Justice Statement, *Cry of the Earth, Cry of the Poor*, a video of the evening is available here: <https://bit.ly/JPOCryoftheEarthCryofthePoor>. If you would like to provide feedback, here is the [link](#).

Raise Your Hands for Afghanistan

On Friday, 10 September 2021 at 7 pm, Fr Peter was a guest speaker and panellist for a special event titled 'Raise Your Hands for Afghanistan.'

In case you missed it, we have attached a link to a recording of the event and a feature article in the Catholic Weekly. <https://youtu.be/r2IGFaPO7nk>

Catholicweekly.com.au

A member of the Taliban forces blocks the roads around



Kabul airport as a woman wearing a burqa walks past Aug. 27, 2021. Religious minorities and women are concerned about their treatment at the hands of the Taliban and

other religious extremists. Photo: CNS photo/Stringer ...

Sacrament of First Holy Communion

The 2021 St Columba's Parish Holy Communion preparation program is in full swing via Zoom. A big thank you to the families and children for their participation and support of the program, especially during the extended lockdown.





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.



Sunday 19 September 2021
Mark 9:30-37
25th Sunday in Ordinary Time

My name is _____

IN THE GOSPEL TODAY

Jesus' friends are arguing about who is the most important. Jesus explains that if they want to be important, they must put other people first. Following Jesus means helping and serving others. When we do, we will be happy and full of Jesus' love.

WHO IS JESUS?

Maze

Jesus travelled through Galilee to Capernaum. Can you help him find his way to the house there?



Word search

FIRST CARE
BEST HELP
LAST SERVE

F	I	R	S	T
L	B	E	S	T
A	C	A	R	E
S	E	R	V	E
T	H	E	L	P

Jesus shows us love

Jesus shows us how to love. He shows us how to put other people first. When we put others first we are being like Jesus. Here is a rosette for the winner of a first prize. Colour it red.



How do you think you could win this rosette? Draw a picture to show how you are going to help someone today. You could draw Jesus giving you the rosette.

Welcome mat

Design a doormat to show everyone that they are welcome in your home.



Unscramble the letters to see who else you welcome when you welcome someone to your home.

SSUJE

A PRAYER TO SAY

Jesus, I want to be like you. Help me to be happy by serving other people, just like you did. Amen.

Sunday 19th September 2021
Twenty-Fifth Sunday in Ordinary Time

Celebrant: Sisters and brothers,
Jesus has invited us to work with him
as a servant of those in need,
and to welcome the lowly in his name.

For Pope Francis, servant of the servants of God, that he will continue to guide the Church, and with humility and tenderness ,show us how to be servants. Lord, hear us. **Lord, hear our prayer.**

For wisdom for world leaders, a wisdom that is pure, makes for peace, is kindly and considerate, full of compassion and intent on doing good. Lord, hear us. **Lord, hear our prayer.**

For those places around the world enduring drought and poor soil conditions, that in this Season of Creation, those with skills and experience will share their knowledge, and make the lands sustainable. Lord, hear us. **Lord, hear our prayer.**

For married couples, during this year of reflection on Pope Francis' encyclical 'The Joy of Love', that 'they will value that they are for one another and for their children, witnesses of the salvation which they share through the sacrament of marriage'. Lord, hear us. **Lord, hear our prayer.**

For those who have died of Covid 19, especially alone without family or friends, that they will find joy in the heavenly home. We also remember. Silvestro and Francesca Tiano, Tate Bargwanna , Les McIntosh, Gaetano Savoca **Lord, hear us. Lord, hear our prayer.**

Celebrant: O God, save us by your name,
hear our prayer,
listen to our words,
uphold our lives,
and receive our praise.
Through Christ our Lord