



## 27TH SUNDAY IN ORDINARY TIME 2ND & 3RD OCTOBER 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



[www.facebook.com/stcolumbasleichhardt/](https://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....*

Youth is not a time of life, it is a state of mind.

Nobody grows old merely by living a number of years;

people grow old only by deserting their ideals.

Worry, doubt, self-distrust, fear and despair, these are the long, long years that bow the head and turn the growing spirit back to dust.

You are as young as your faith, as old as your doubt;

as young as your hope, as old as your despair. So long as young as your heart

receives messages of beauty, cheer, courage, grandeur and power from the earth, from man, from the infinite, so long are you young.

When the heart is covered with the snow of pessimism and the ice of cynicism, then I am grown old indeed, and may you, Lord have mercy on my soul.

General Douglas Mac Arthur



**\*\*\*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/](http://www.sydneycatholic.org/live-masses/)**

## Today's Liturgy

Entrance Antiphon: Cf. Esther 4:17  
Within your will, O Lord, all things are established, and there is none that can resist your will. For you have made all things, the heaven and the earth, and all that is held within the circle of heaven; you are the Lord of all.

1st Reading: Genesis 2:18-24  
They were two in one flesh.

Responsorial Psalm: Psalm 127  
May the Lord bless us all the days of our lives.

2nd Reading: Hebrews 2:9-11  
He who sanctifies, and those who are sanctified have one origin.

Gospel Acclamation 1 John 4:12  
Alleluia, alleluia  
If we love one another, God will live in us in perfect love.  
Alleluia!

Gospel Mark 10:2-16  
What God has joined together, no one must divide.

Communion Antiphon: Lamentations 3:25  
The Lord is good to those who hope in him, to the soul that seeks him.

With the recent changes announced by the Premier in relation to the easing of Covid restrictions. Firstly, along with other Faith Groups, we are very grateful that, in her Covid Roadmap announcement, the Premier recognised that for people of faith worship is more like an essential service than a recreation.

We now eagerly look forward to the opportunity to gather once more to celebrate our faith and give thanks to God.

The re-opening of places of worship will be staged in line with the NSW Government Roadmap.

Further updates will be communicated in the coming weeks.

Not everything is clear as yet!

We pray for all those who are sick, including:  
Emma Vassallo, 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: Helmut Wildenhain, Caterina Rotondo, Amadea Consiglio, Eris Roughan*

Charitable Works Fund Parish Appeal 2021  
Dear Fellow Parishioner,  
History repeats itself.  
Again we continue to find ourselves in lockdown. Parishes are closed. Access to the sacraments limited. In addition, many continue to suffer from COVID, whether it be loss of life, or loss of livelihood. These are unfortunate times.  
However, the Church also has an opportunity to repeat history and shine in midst of crisis.  
During the Spanish Flu pandemic, Catholics were at the forefront in supporting the sick and providing resources to those in need.  
Today, we have an opportunity to do the same by supporting the parish Charitable Works Fund appeal. A special message from Archbishop Anthony Fisher OP (below) emphasises the importance of this appeal, and invites you to support our "Gospel message of love, and its fruits in ministries of mercy".



Please consider making a tax-deductible donation of \$50 to support our ministries. Your donation will assist those suffering with mental illness, mothers facing homelessness and members of our deaf and disabled community.

To donate, please click the donate button select the donation amount and enter your parish

**DONATE TO CWF TODAY**

On behalf of our ministries, thank you for your generous support. Together, let us repeat history, and continue the good works of mercy started in the Gospel.

God bless and stay safe,  
Michael Mendieta  
Director, Development and Fundraising Office  
Catholic Archdiocese of Sydney  
[www.ourfaithourworks.org/e-cwf/](http://www.ourfaithourworks.org/e-cwf/)



## Social Justice - St Columba's

The next Social Justice Group meeting will be on Wednesday 3 November. (Via Zoom, or, face to face if permitted).

Please contact Fay Hair ([fayhair11@gmail.com](mailto:fayhair11@gmail.com)) if you would like to come. 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.

**DONATE**

If you're in a position to donate money to JRS, go to the JRS website ([aus.jrs.net](http://aus.jrs.net)), hit the Donate button on the home page, and follow the prompts.

### 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](#).

### 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=NVG0VUllOQ3pYU2dZOW4rekFYbGtBOT09>

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



### ABORIGINAL STATIONS OF THE CROSS

This set of Stations of the Cross was commissioned by the Aboriginal Catholic Ministry of Victoria in 2017 and are arranged along the main wall of their chapel in Thornbury, Melbourne. They were imagined, dreamed and painted by John Dunn, an Olkola/Djabaguy man from Far North Queensland.



Along the seven-metre length, four journey tracks interweave: two undulating aboriginal tracks which integrate the aboriginal story with Christ's own Way of the Cross and, along the top and bottom, tracks made of thorny branches which speak of colonisation and its impact on the Aboriginal community. The Passion of Christ resonates deeply with Aboriginal people who identify readily with his innocent suffering.

Artist John Dunn himself was caught up in the pain of the stolen generation. He did not find his family until he was in his 40s, after many years of searching. The process of painting this story was for him a personal discovery of



his Aboriginality and his own hurt and isolation; the journey led him to peace and a healing of his spirit. All Aboriginal people recognise themselves in his struggle and in his emergence at the end,

strengthened by a new hope.

John wrote: *Now all the name-calling I had endured seemed to make sense – bastard, half-cast, the list goes on. The constant abuse from my peers on many occasions ended eventually in my retaliating with force. I couldn't wait to get out of there. One day, I often reminded myself, you'll be free from all the name calling. I felt I had always been judged and sentenced as I was different from everyone else.*

Read the whole story here:

[ABORIGINAL STATIONS OF THE CROSS - Australian Catholic Liturgical Art](#)



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](mailto: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](mailto: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

My name is \_\_\_\_\_

## IN THE GOSPEL TODAY

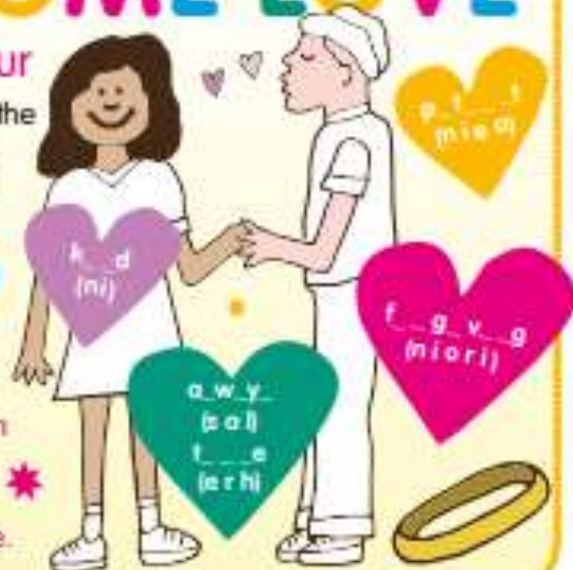
God has made people to love each other. Jesus wants us all to welcome God into our hearts, just as he welcomes the children who want to come to him.

## WELCOME LOVE

### A picture to colour

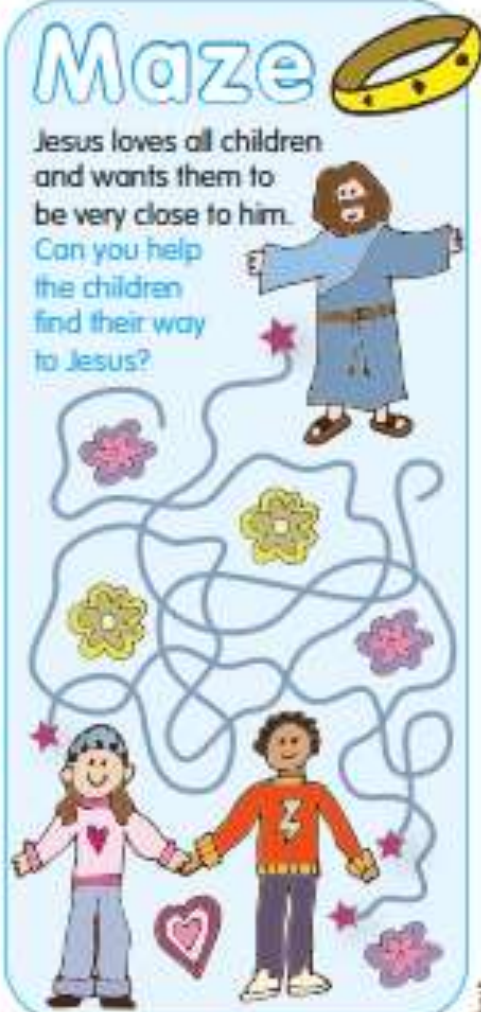
Fill the missing letters in the hearts to find out what God is like. **Joseph and Grace are married.**

They love each other very much and want to be together for ever. We can see by looking at them what love is like. They show us what God is like.



## Maze

Jesus loves all children and wants them to be very close to him. Can you help the children find their way to Jesus?



## Which does not belong?

Here are some pictures of Grace and Joseph showing how much they love each other.



Cross out any that do not belong.

## Spot the rings

People who are married wear a ring. A ring has no ending. It shows that love goes on forever. Can you find the 4 lost wedding rings on this page?

## A PRAYER TO SAY

Please, God, help all the people who are married to stay friends always. Sometimes people can't stay married. Please help them to know that God's love for them will never end. Amen.

**Sunday 3<sup>rd</sup> October 2021**  
**27<sup>th</sup> Sunday in Ordinary Time**

Celebrant Sisters and brothers,  
the Spirit brings new life to the church. Let us be open to  
the prompting of the Spirit as we pray for our needs  
and those of the Church.

For the Catholic Church in Australia as we begin the First Assembly of the Plenary Council; that the Holy Spirit may inflame the hearts and minds of all so that we may experience a new Pentecost in this Great South Land of the Holy Spirit. **Lord, hear us. Lord, hear our prayer.**

For the Plenary Council members who are assembling around Australia for the First Assembly: that their hearts and minds are opened to receive the Holy Spirit in all their conversations and prayer. **Lord, hear us. Lord, hear our prayer.**

For our Nation: that this journey of discernment and listening of the Plenary Council becomes a source of wisdom and courage as we move into the future. **Lord, hear us. Lord, hear our prayer.**

For those who are suffering: that they will know the compassion and kindness of Jesus by the outreach of all Christians. **Lord, hear us. Lord, hear our prayer.**

For all those who have gone before us: May their lived example as followers of Jesus Christ be an ever-present memory that fires our own commitment to the Gospel message. **Lord, hear us. Lord, hear our prayer.**

Celebrant Come, Holy Spirit, fill us with your loving presence.  
Make us strong and constant followers of Jesus with a desire to live and pro  
claim the Gospel message  
Through Christ our Lord.  
**Amen.**