



PARA HILLS MODBURY CATHOLIC PARISH

PARISH TEAM

FR MANU KUMBIDIYAMACKAL
MSFS

(PARISH PRIEST)

JEN SHERLOCK
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(PARISH ASSISTANT)

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PARISH ADMIN OFFICE

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EMAIL:

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OFFICE HOURS:

TUESDAY-FRIDAY: 9AM-2PM

HOLY TRINITY CHURCH

171 KESTERS ROAD,
PARA HILLS 5096

ST JOHN XXIII CHURCH

50 RESERVOIR RD,
HOPE VALLEY 5090

CHILDREN'S LITURGY

CELEBRATED AT
10AM MASS

BAPTISMS

BOOKINGS TO BE MADE
THROUGH THE PARISH OFFICE.

MARRIAGES

BY APPOINTMENT ONLY

REGIONAL CATHOLIC SCHOOLS

ST FRANCIS XAVIER'S

(PRIMARY) 8251 9500
CARIGNANE ST,
WYNN VALE 5127

GLEESON COLLEGE

(SECONDARY) 8282 6600
40-60 SURREY FARM DRIVE,
GOLDEN GROVE 5125

PARISH CHILD PROTECTION OFFICER

THERESE MEYERS: 0421 533 761
TASH SOUTER: 0422 270 655

5th July 2020

14th Sunday in Ordinary Time, Year A - Green

Bulletin Vol.17
Issue 24

We acknowledge the Kurna people as the custodians of this region.
Let us share and learn together for reconciliation and justice.

MASS TIMES

ST JOHN XXIII Hope Valley

Monday 9.15am
Tuesday 9.15am
Thursday 9.15am
Saturday 6pm
Sunday 8am



HOLY TRINITY Para Hills

Wednesday 7pm
Friday 9.15am
Saturday 9.15am
Sunday 10am

Updates on Masses

Apart from the Modbury Hospital Mass, all Masses are going ahead according to the usual schedule.

An extra Mass is being celebrated at St John XXIII on Thursdays at 9.15am while the Modbury Hospital Mass is suspended.

To enable COVID 19 tracking we are required to keep a register with the name and phone number of all attendees.

We ask that you continue to book for each Mass by ringing the parish office.

We do ask that you book only for those people who live in your household.

What are the current restrictions on numbers?

Due to space restrictions and the need to socially distance we are currently permitted to have 150 people attend Mass at St John XXIII and 120 at Holy Trinity.

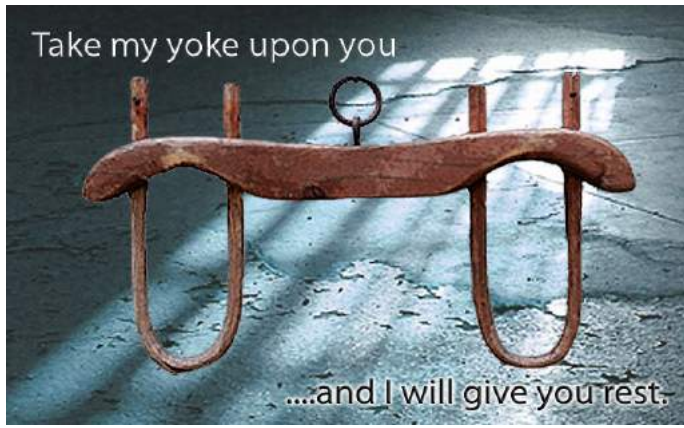
If you do not book a place, particularly for 10am Mass at Holy Trinity, you may risk being turned away due to a lack of space.

When attending Mass you will be required to

- Provide your full name and contact phone number to assist in contact tracing.
- Arrive 10 - 15minutes before Mass begins to give everyone time to have their names checked off and be seated so that Mass can begin on time.
- Follow the directions of ushers who are directing the movement of parishioners within the church.
- Practice social distancing, especially moving during Communion and when entering and leaving the Church
- Practice good hand and respiratory hygiene.
- Limit your movements within the Church as much as possible.

**We look forward to welcoming you back,
but please do not attend if you are unwell.**

“Come to Me...I will give you rest”



Dear brothers and sisters, you probably heard all or part of Emma Lazarus' poem inscribed on the base of the Statue of Liberty: "Give me your tired, your poor, your huddled masses yearning to breathe free.... Send these, the homeless tempest-tossed to me." Today's readings, especially the Gospel, give the same message in a more powerful way: "Take my yoke . . . and you will find rest." The Jews among whom Jesus lived were suffering a lot. Life imposed heavy and painful burdens upon them. Their religious leaders imposed even more, presenting them with an impossible set of laws, rules and regulations that could never be met while at the same time presenting them with an angry and vengeful God who could

seemingly never be satisfied. Jesus spoke of a different understanding of God in a loving father who cares.

In the first reading, the prophet Zechariah consoles the Jews living in Palestine under Greek rule, promising them a "meek" Messianic King of peace riding on a donkey, who will give them rest and liberty. The Responsorial Psalm praises and thanks a kind and compassionate God Who "raises up those who are bowed down" under heavy yokes. In the second reading, Paul tells the first-century Christian community in Rome about two yokes, namely, the "flesh" and the "Spirit," and he challenges them to reject the heavy and fatal yoke of the flesh and accept the light yoke of the Spirit of Jesus. Christian spirituality, according to Paul, proceeds from the initiative of the Holy Spirit and means living in the realm of the "Spirit" as opposed to the "flesh." In the Gospel, Jesus offers rest to those "who labour and are burdened" if they will accept his "easy yoke and light burden." By declaring that his "yoke is light," Jesus means that whatever God sends us is made to fit our needs and our abilities exactly. In the first part of the Gospel, Jesus is condemning intellectual pride. He knows that ordinary people with large, sensitive hearts can accept the "Good News" he preaches, while proud intellectuals cannot. Even the learned rabbis of Jesus' time recognized that the simplest people were often nearer to God than the most learned.

Near the final section of today's Gospel, Jesus promises a worldwide dominion of peace, not as the world gives peace but as the Spirit gives it. Here, Jesus addresses people who are desperately trying to find God, who are exhausted by the search for truth, who are desperately trying to be good, and who find the task impossible. God gave His People basic guidelines for a holy life, but the Pharisees ended up making God's Law inaccessible and impossible to follow. For the orthodox Jew, religion was (and still is), a matter of burdens: 613 Mosaic laws and thousands of oral interpretations, which dictated every aspect of life. Jesus invites burdened Israel and us to take his yoke upon our shoulders. The yoke of Christ can be seen as the sum of our Christian responsibilities and duties. To take the yoke of Christ is to enter into a relationship with Christ as his loving servants and subjects and to conduct ourselves accordingly. The yoke of Christ is not just a yoke from Christ but also a yoke with him. We are yoked together with Christ to work with Him using His strength. By saying that his "yoke is easy", Jesus means that whatever God sends us is made to fit our needs and our abilities exactly.

We need to unload our burdens on the Lord. This "unloading" is the main purpose of our personal and family prayers and is one of the functions of Divine Worship in the Church. During our daily prayers, we ask God's forgiveness for the sins and failures of our day today life and receive the consoling assurance that we are reconciled with God and our fellow human beings. During the Holy Mass in our parish Church, we place our stress-filled lives on the altar and allow Jesus to cool down the overheated radiators of our hectic lives. We also unload the burdens of our sins and worries on the altar and offer them and ourselves to God during the Holy Mass.

We need to learn from Jesus and be freed from unnecessary burdens. Jesus lays the light burden of his commandment of love on us and yokes us with himself, giving us his strength through the Holy Spirit to fulfill that commandment. Jesus is also interested in lifting off our backs the burdens that suck the life out of us, so that he can place around our necks his own yoke that brings to us and to others through us, new life, new energy, and new joy. We are called, not only to find peace, refreshment and rest for ourselves, but also to live the kind of life through which others, too, may find God's peace, God's refreshing grace, and the joy of placing their lives in God's hands.

Janakumbudramalaka

RESPONSORIAL PSALM: I will praise your name for ever, my king and my God.

Readings for next Sunday, 12th July 2020

1st Reading Is 55:10-11
2nd Reading Rom 8:18-23
Gospel Mat 13:1-23

Saints/Feast Days Of the Week

6th July St Maria Goretti
7th July Bl Peter To Rot
9th July St Augustine Zhao Rong
& Companions
11th July St Benedict

Our Community's Prayer Petitions

PLEASE NOTE: THE NAMES ON THE SICK LIST WILL REMAIN FOR TWO MONTHS ONLY UNLESS OTHERWISE NOTIFIED.

BULLETIN PRAYER LIST: Please note that names can only be added to this list by immediate family, or the ill person themselves (for reasons of privacy).

Please Remember in your Prayers THOSE WHO ARE SICK, especially:

Robert Snell, Grace Tabone, Ursula Moore, Lil Buckley, Jason Mittiga, Pat Collins, Ruby Brokensha, Anne Van Der Arend, Gerry McConnell, Margaret Pitt, Patricia Kopf, Darcy Ridley, Paul Holmes, Father Peter Milburn, Maria Hand, Emma Gammon, Asher Caudle, David North, Elijah Neri, Wayne Collins, Marg Dolman, Sean Molloy, Antoinette Pascale, Charlotte Fussell, Phyllis Anthony, Reta Lockyer, John MacGrath, Ken Robinson, Graham Armstrong, Mary Redmond, Graham Speed, Marlen Piineda, David Truman, Bruce McAndie, Rosa Maria Santos, Betty Roper, Imperia De Ionno, Julie Reimann, Maddison Calleja, Janice Forrester, Jim Marlow, Gerry Canavan, Jayden Lee, Marie Boulton, Gary Lockyer, Yvonne Summers, Sr. Marleen Dewar OLSH, Kay Kennedy, Rita Robinson

Recently Deceased

Nora Kearney



DEVELOPMENT FUND 2020

Congratulations Carlo Anzellotti
No. 68
Drawn by Domenic Cavuoto

if you would like to be included in the draw
Please contact: Barbara Mathews 8258 8806

HAPPY BIRTHDAY JULY BABIES

6th July Anne Javier
7th July Paul Forrestall
8th July Paul Lumscen
10th July Matthew Marsland
11th July Grace Gavini



Parish Groups

With the easing of restrictions some of our parish groups are resuming their activities.

All groups, whether your activities are for prayer, meetings or socialising, are required to contact the parish office before you resume your activities.

The organiser of the group will be required to provide a written plan detailing the steps that will be taken to help keep your members safe from COVID-19.

Some things which you will need to consider when preparing to restart your groups activities include

- The number of people in the group.
- Whether your members will be able to comply with the social distancing guidelines during their activities.

Please note that

- for the purpose of contact tracing everyone entering the Parish buildings must provide their full name and either a contact phone number or email.
- there are still some restrictions on the serving of tea, coffee, food or drinks.
- after the activity/meeting each group will be responsible for sanitising any chairs, pews and tables used during the activity along with other frequently touched surfaces such as door handles.

If you have any questions or would like to discuss restarting your group's activities please call the parish office.

Masses Online & On Television

As we have been able to resume Masses this weekend is the last time we will stream weekend Mass on our YouTube channel.

Please visit our parish website for the link or go to [youtube.com](https://www.youtube.com) and search for Para Hills Modbury Catholic Parish

Please visit the Archdiocesan website for links to information, prayers and other streamed Masses.

Sunday Mass is still screened on Free-To-Air TV Channel 10 at 6am Sunday morning. Channel 44 at 4pm Sunday afternoon.



Attention all Visitors of the Sick and Housebound

If you currently have a Pyx please return it to either of the Mass centres or the Parish Office when not in use, as it may be needed by other Eucharistic Ministers who are visiting people within our community.

GOSPEL ACCLAMATION: Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, you have revealed to little ones the mysteries of the kingdom. Alleluia!



St Vincent de Paul Modbury Conference

Four calls this week including an overseas student who has no claim on JobSeeker or JobKeeper.
There was a very generous donation of food from the St Francis Xavier Winter Appeal.
It's great to see the resumption of food donations in the basket, as well as cash donations to the Winter Appeal.
Our immediate needs in the pantry are Margarine, Small Vegemite, and Tea Bags.
It will greatly help if any or all of these items could be placed in the Vinnies' collection basket.

Winter Appeal

Vinnies is again conducting a Winter Appeal, and this year more than ever, the funds are vital to Conference and Society finances.
Until the Vinnies shops re-open, the main income stream for the Society is dry.
There are donation envelopes at the Parish Office if you are able to contribute – receipts can be provided.

Collections

We would like to once again thank all of our parishioners who have continued to financially support us during the last couple of months as this has greatly helped our finances.

With the resumption of Masses contributions can be dropped off at any of the Masses or at the Parish Office using the mail slot next to the office door. Please mark envelopes left at the office clearly as 1st or 2nd collection.

If you would like to contribute online please visit our Website paramodcath.com.au and use the link to make your contributions to both the presbytery fund (1st collection) and to the parish (2nd collection).



THE SOUTHERN CROSS

The July edition of The Southern Cross is available from both Mass Centres and the Parish Office at a cost of \$2 or online at www.thesoutherncross.org.au

SAFETY FIRST

As we start to return to Mass please remember the carparks are shared zones and for safety the speed limit is 10kph (walking pace).



Parish Prayer

To pray is to talk to God about whatever it is that is in our hearts: the things that bring us joy or sorrow; our hopes and dreams; our gifts and talents; our worries or weaknesses.
In prayer we can talk to God about whatever it is that is in our hearts.

The Parish Pastoral Council would like you to work with us on developing a parish prayer.
A prayer that speaks to God of our parish, our community our needs.
A prayer that we can pray during the Mass, on special occasions, at parish meetings or in our own homes.

We would like to invite you to submit your ideas for inclusion in our parish prayer.
In your preparation you might like to think about our parish, our community, and our Mission & Vision which is available on our web site at <https://paramodcath.com.au/our-vision/> and on the noticeboard at the back of each Church.

You might also like to reflect on our patrons: The Holy Trinity – forever one – Father, Son and Holy Spirit; and St John XXIII.

We eagerly await your ideas.
They can be submitted to the parish office in time for the PPC Meeting in August.



We welcome to our community, those families who are preparing for their children's baptism during July.
Please show your support by making them feel welcome and remembering them in your prayers.

CHILDREN'S PRAYER

O Lord Jesus Christ,
open my mind to understand your words,
open my eyes to see the beauty you have made in this world,
my ears so I can hear your words in my heart.
Help me to come closer to you in the way I live my life.
Amen

Help us to Keep In Contact

If you have changed address, phone number or email address, please help us to keep our records up to date by contacting the parish office.