

**Twenty – Ninth Sunday
in Ordinary Time
Year B**

SUNDAY October 21 2012

Health of Body and Soul

Having had my yearly share of the dreaded flu, my doctor suggested some antibiotics, a few days in bed and less worry and anxiety. Easy for him to say, but I have recently become interested in natural remedies and a little bit of “mind over matter” The doctors suggestion of less stress reminded me of an article I read on the internet which said that attitudes of forgiveness, optimism, happiness and perseverance can actually lower stress, reduce risk of heart disease, high blood pressure and infection. Equally a steady state of worry, hostility, hopelessness, grief and depression increases the risk of infection, inflammatory conditions, and can slow recovery from sickness. In other words, a positive mind-set is as important to good health as exercise and diet. Easy for me to say, but how do we stay positive when there are so many things to worry about? The following simple suggestions might help tip your mental scales toward the positive side of life and cut down on trips to the doctor.

Smile: Smiling is free- but its benefits are priceless. Apparently doing so lowers stress hormones in the brain, and may power up the body’s immune system.

Express Gratitude: People who express gratitude tend to live longer, healthier lives. Mentally rehearsing or writing a list of daily blessings is a powerful buffer against depression.

Forgive: Harboursing anger or grudges increases our blood pressure. An act may not be excusable, but it is forgivable. Forgiving allows you to let the injury go. The healing spirit of forgiveness is a gift that God bestows to all who ask.

Don’t Give Up: Successful people are not mistake-free, they just refuse to give up. Be inspired by the success of others and learn from criticism. Building a more resilient, wholesome attitude will put the oil of enthusiasm back into the mechanics of everyday life.

Help Others: Offer to help someone in some way. It takes less than a few seconds to open a door for someone, but the effects of this kindness last a lot longer for you and for them. Taking your mind off your problems for a while can be a pleasant distraction.

These are just a couple of non-medicinal suggestions which, although they make sense, are sometimes quite hard to administer. It is often just too convenient to take a pill or swallow a potion. As with all ailments, if symptoms persist see your doctor, but sometimes the spiritual remedy may be the best medicine.

Chronic worry, anxiety and fear are the opposite of trust. Trust in God is the most potent weapon against mental and physical problems. “Trust in God at all times, you people; pour out your heart before Him; God is a refuge for us” Psalm 26: 8

Father Peter Dillon PP

<p align="center">St Joseph the Worker Church</p> <p align="center">44 Imperial Parade, Labrador</p> <p align="center"><u>Sunday Mass</u></p> <p align="center">7.00 am 8:30 am</p> <p align="center"><u>Weekday Mass</u></p> <p align="center">Monday -7.00am Wednesday-7.00am</p>
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<p align="center">Guardian Angels’ Church</p> <p align="center">99 Scarborough St Southport</p> <p align="center"><u>Saturday</u></p> <p align="center">6.00pm</p> <p align="center"><u>Sunday Mass</u></p> <p align="center">7.00 am 10.00 am</p> <p align="center"><u>Weekday Mass</u></p> <p align="center">Friday - 12.30pm</p> <p align="center"><u>Reconciliation</u></p> <p align="center">Saturday - 4.30pm</p>
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<p align="center">Mary Immaculate Church</p> <p align="center">31 Edmund Rice Drive Ashmore</p> <p align="center"><u>Sunday Mass</u></p> <p align="center">8:30 am & 6.00pm</p> <p align="center"><u>Korean Mass</u></p> <p align="center">Sunday 3.00pm</p> <p align="center"><u>Weekday Mass</u></p> <p align="center">Tuesday - 9.00am Thursday - 5.30pm</p>

<p>Fr. Peter Dillon PP Dean: South Coast Deanery</p> <p>Fr Jason Middleton (Associate Pastor)</p> <p>Fr Jose Thekkemuriyil (Associate Pastor)</p> <p>Leanne Human (Parish Manager)</p> <p>Sr Helen White RSM (Sacramental Coordinator) 07 55 102 296</p> <p>Sr Elisabeth Keane IBVM (Pastoral Associate)</p> <p>Daloras Howes (Parish Secretary)</p> <p>Donna Stubbins (Admin Assistant)</p> <p>Aquinas College 07 55 102 888 Maryanne Finder (Principal)</p> <p>Guardian Angels’ School 07 55 100055 Terry Gimpel (Principal)</p> <p>De Paul Villa 07 55 827 250 Julie Madden (Director of Aged Care)</p> <p>De Paul Manor Estate 07 55 827 999 Bob Birrer (Village Manager)</p> <p>Parish email address info@scp.org.au</p> <p>Parish fax number 07 55 102 244</p> <p>Newsletter Editor Contact Parish Office 55102222 dalorash@scp.org.au</p>
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'Break Open The Word'.

It is time to order 'Break Open the Word' for Year B, 2013. I strongly advise Readers to obtain a copy of this excellent book as a preparation for your Reading of the Word.

I will be placing our order on FRIDAY, 16TH NOVEMBER in time to have them for the 1st Sunday of Advent. If you order through the Parish, the cost will be \$15. If you miss the ordering date, you will need to purchase your own copy at a cost of \$20!

So, please give your name to Sr Elisabeth (5510 2222 or lis@scp.org.au) as soon as possible. There is no need to pay until the books arrive at the parish.

Relocating

Please let the Parish Office know of your change of personal details, telephone number, email, address.

Manor Open Day

Saturday October 27 from 9.00 am to 1.00 pm: With over 50% of apartments sold, potential residents can still take advantage of the \$50,000 the list price of selected 2 and 2.5 bedroom apartments. This offer gives the interested buyer an opportunity to buy a prestige apartment at affordable prices. Priced from just \$382,000, purchasers can choose from a range of floor plans to suit individual requirements. The price discounting has attracted a steady stream of enquiries over the last six months with 29 groups on the last Open Day in September.

The independent living apartments have been designed for low maintenance and feature high ceilings, a private balcony, quality appointments and fitting such as split system air conditioning, stone bench-tops glass splash backs, 24-hour emergency alert service and quality carpeting as standard features.

We look forward to seeing any parishioner and their friends at the Manor on the next Open Day on October 27.

CWL

Melbourne Cup tickets will be on sale at all Masses next weekend for two weeks- 28th October and the 4th November Tickets \$2 each

Lift needed

A resident from Southport Lodge Aged Care, 37 Jimmieson Ave Southport, would like a lift to the 10am Mass at Guardian Angels Church. Please call Kerry on 55916722.

Adult Faith Formation

9.30-Noon Hospitality Centre Clear Island Waters Mon Oct 22 Achievements & Tensions After Vatican II II Ross Keane

What has been achieved in the Church's mission in 50 years? How can we understand divisions and differing interpretations of the Council? What have theologians said about these questions?

Mon Oct 29 Plans for Adult Faith Education – Going Forward 2013 & Beyond

How can we offer relevant faith education for the Year of Faith in 2013? A wide range of approaches will be viewed and considered. Open to any one in the parish and Deanery.

Year of Grace

Recently, Archbishop Mark Coleridge presented a seminar on ***A Year of Grace – Starting Afresh from Christ***. This was an invitation to all Australian Catholics to join with the Australian Catholic Bishops in a year of being on retreat:

...a call to conversion more than education, to prayer more than study, though we never enter upon a spiritual path which is not also intellectually challenging and satisfying. It needs to be a call more to a retreat, in the broadest sense, than to a discussion program in the narrower sense

Just arrived and available in our piety stalls is an excellent resource to help each one of us with this endeavour. The booklet is titled ***Prayers and Reflections*** – a time of grace, the cost is \$1 per booklet.

I encourage you to make use of this resource.

C.W.L. Parish Bus Trip.

The Bus Trip to Eltham Valley was a most enjoyable one. The overcast day turned into a bright sunny one. We stopped for morning tea at Pt. Danger – saw three whales frolicking around not far out on the horizon. At Eltham Valley Pantry Kitchen we were met by James who took us on a tour of the Pecan Nut Plantation and the Factory. We saw how the nuts were graded – peeled and finally coming off the conveyor belt for consumption. We sampled quite a few – particularly the chocolate coated ones. Lunch was served, roast chicken and vegetables followed by their very own Pecan Nut Pie - simply delicious. Next stop was the Eltham Valley Art Gallery. Beautiful shop filled with Christmas decorations, ceramics, wooden bowls and boxes, knitted scarves and toys. Some travellers did their Christmas shopping as there were quite a few bargains. All agreed it was a wonderful day.

The Raffle Results were:

First Prize: Tile Wall Plaque **won by** Elsie Ballard

Second Prize: a Set of Bowls **won by** Shirley Hayes

Third Prize :a Box of Fruit **won by** Ken Cook

Many thanks to the donors of the prizes.

Preparation for Reconciliation in our Parish

On Sunday 21st October, families with children preparing for Reconciliation will be presented to the parish community at 8.30am Mass in Mary Immaculate church. During the 50 years since the Second Vatican Council, the sacrament of reconciliation has undergone significant changes. Reconciliation was named as a sacrament of healing which re-affirms the constant truth of God's love for us and of God's forgiveness for the ways we fail and need forgiveness.

Please remember in your prayer the children and their families who are preparing to celebrate Reconciliation, or Penance or Confession as it was previously called. What they will celebrate is God's love and delight in us, even when we make poor choices.

Care and Concern

A reminder to all members that the October meeting will be held on the LAST Monday (29th) this month at Mary Immaculate.

It is with some sadness that we have accepted the resignation from our Transport Service of Paul and Judith Millgate. They are both keen to continue as members but have found the driving too taxing due to ill health. They are volunteering for home and care centre visits, for which we are most grateful. Paul and Judith are valuable members of our group, and we thank them for the many years they have diligently attended to this ministry.

We have also welcomed several new members in the past few months, increasing our numbers to over 20. A big thank you to these generous people for giving of their time to aid the less fortunate.



Today we welcome into our Parish Family

Jasmine Renae Baird daughter of Andrew Baird & Stephanie D'Agostino
Hudson Brian Murphy son of Scott & Gina Murphy
Makenzie Mae Murphy daughter of Scott & Gina Murphy
Poppy Mae Whitton daughter of Daniel & Rebecca Whitton

YOUR PRAYERS ARE REQUESTED FOR THOSE WHO HAVE JOURNEYED TO THE FATHER.

RECENTLY DECEASED: Ron Sirl, Gai Williams, Lyn Kelso, Linda Elmer, Juan Horton, Valerie Gilders, Reynaldo Raymundo, Jim Raleigh, Neil Kay.

ANNIVERSARY: Brien Harris, Denis Scanlan

ALL PARISHIONERS AND FRIENDS WHO ARE SICK AND IN NEED: Marc Ramirez, Elena Sercombe, Julie Watkins, Anne Watkins, Gail Dineen, Neil Cormick, Eddy Jackman, Chris Strasznski, Patricia Gledhill, Martin Cafferty, Judy Crane, Brian Smith, Phillip Jones, Teddy Greenhalgh, Joe Salas, Matthew Davidson, Patricia Davitt, Garry O'Connell, Belinda Boucher-Smith, Bob Amos, Monica Donaghy, Alice Ferrero, Pamela May, Graham Patterson, Paul Millgate, Christine Wheldon, George Owens, Jacob Redman, Isla Dodge, Ken Knowles, Jacinta Crohan, Margaret Young, Sheila Grieve, Ray Jarrett, Carmel Donnelly, Anne Volp, Bill Farmer, Pricilla Bussac, Andrew McCurdy, Nicole Elliott, Lisa Magill, Marie Hancock, Michael Hammond, Brent Pratt, Carol Little, Joan Martin, Vickie Hall, Teresa Taylor, Angela Taylor, Gie Ubaldo, Mary Ng, Frank Bosmans, Tim Howard, Brian Kerwin, Bernadette Towson, Terry Buggy, Tracy Howard.

Lord Grant your people your protection and grace. Give them health of mind and body. Amen.

Baptism in our Parish in 2012

Our parish celebrates Baptism every Sunday in a communal celebration at 10am in Mary Immaculate church.

Usually four families gather with relatives and friends to show their common faith and the shared joy with which the newly baptised are received into our faith community. As there are only eight places remaining for Baptism in 2012 please remind parents of newly born babies to contact me (helenw@scp.org.au) to arrange a Baptism this year. Sister Helen

PARISH DATE CLAIMERS FOR—2012

- 1st-3rd** Thursday each month Lectio Divina
Cenacles 6pm in the Mary Immaculate Library.
- First Sunday of each Month:** Morning Tea at the "Annex" St Joseph the Worker, Labrador after 8.30am Mass
- Each First and Third Sunday of the Month:** Charismatic Prayer Meeting, Guardian Angels Church, 11.30am
- November 18, Sunday:** Fr Keith Turnbull's 60th anniversary of ordination Mass, Mary Immaculate 8.30am
- November 25, Sunday:** Catholic Women's League Christmas Trading Table after 8.30am Mass at Ashmore
- November 29, Thursday:** Mass of Remembrance, 5.30pm Mary Immaculate.
- December 7, Friday:** Parish Xmas Barbeque, Guardian Angels School at 5.30pm

Rosters

The rosters for Dec, Jan, Feb are about to be made up. Please email the parish office dalorash@scp.org.au if you have any changes for this period. If you have been away and were not on the last roster please let the office know, if you would like to be on it again. Also if you have an email address or a new one please let us know, by the **4th November.**

'To maintain a joyful family, requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others.'

Census Data 2011

If you have thought that our parish seems to be getting more crowded in recent times then the 2011 National Census agrees with you.

The following details of our the South Coast Deanery shows us to be the second largest parish in the Deanery after Burleigh Heads Parish, which is the largest parish (by population) in Australia. Of note is the substantial increase in the newest parish in the Deanery, Coomera Parish. While it is encouraging to see an increase in the local catholic population the decrease in Sunday Mass attendance and priest numbers means some careful pastoral planning for the near future.

Deanery : South Coast
Population of Deanery

Parish	Population 2011	Population 2006	Catholics 2011	Catholics 2006
Burleigh Heads	133,894	116,623	32,575	28,000
Coolangatta Tugun	25,886	24,224	6,285	5,800
Nerang	49,959	41,149	11,363	9,300
Runaway Bay	42,218	36,285	10,032	8,200
Southport	81,065	74,390	18,369	16,000
Surfers Paradise	66,356	71,028	16,457	16,000
Coomera	72,574	54,676	15,678	11,000
Total	471,952	418,375	110,759	97,000
			23.5%	23.5%

HYMNS

THIS DAY GOD GIVES ME

This day God gives me strength
of high heaven,
Sun and moon shining,
Flame in my hearth,
Flashing of lightning, wind in its swiftness
Deep of the ocean, Firmness of earth.

This day God sends me strength
to sustain me,
Might to uphold me, Wisdom as guide
Your eyes are watchful,
Your ears are list'ning,
Your lips are speaking, Friend at my side.

God's way is my way,
God's shield is round me,
God's host defends me, Saving from ill.
Angels of heaven, Drive from me always
All that would harm me, Stand by me still.

GLORY TO GOD (Mass of St Francis)

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
We give you thanks for your great glory.
Lord God, heavenly King, O God,
almighty Father.
Lord Jesus Christ, only Begotten Son
Lord God, Lamb of God, Son of the Father,
You take away the sins of the world,
have mercy on us;
You take away the sins of the world,
receive our prayer;
You are seated at the right hand
of the Father, have mercy on us.
For You alone are the Holy One,
You alone are the Lord,
You alone are the Most High, Jesus
Christ,
With the Holy Spirit, in the glory of God
the Father. **R Amen Amen**

RESPONSORIAL PSALM

Lord, let your mercy be on us as we place
our trust in you.

GOSPEL ACCLAMATION

Alleluia, alleluia! Alleluia!

**THE WORD OF THE LORD FOR
NEXT SUNDAY
Jeremiah 31:7-9
Hebrews 5:1-6
Mark 10:46-52**

Em Bm/D Cmaj7 G/B C Am7 D C D Em

Lord, let your mer - cy be on us, as we place our trust in you.

GIFTS PROCESSION

BREAD OF LIFE

(music only)

HOLY HOLY HOLY

Holy, holy, holy Lord God of hosts,
Heaven and earth are full of your
glory.
Hosanna in the highest.
Bless'd is he who comes in the name
of the Lord.
Hosanna in the highest.

MEMORIAL ACCLAMATION:

We proclaim your death, O Lord
and profess your Resurrection
until you come again.

AMEN

Amen, Amen, Amen

LAMB OF GOD

Lamb of God, you take away the sins
of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, have mercy on us.
Lamb of God, you take away the sins
of the world, grant us peace.

COMMUNION PROCESSION THE SUMMONS

Will you come and follow me
if I but call your name?
Will you go where you don't know
and never be the same?
Will you let my love be shown,
will you let my name be known?
Will you let my life be grown in you
and you in me?

Will you leave yourself behind
if I but call your name?
Will you care for cruel and kind
and never be the same?
Will you risk the hostile stare
should your life attract or scare?
Will you let me answer pray'r in you
and you in me?

Will you let the blinded see
if I but call your name?
Will you set the pris'ners free
and never be the same?
Will you kiss the leper clean,
and do such as this unseen,
And admit to what I mean in you
and you in me?

Will you love the 'you' you hide
if I but call your name?
Will you quell the fear inside
and never be the same?
Will you use the faith you've found
to reshape the world around,
Through my sight and touch
and sound in you and you in me?

Lord, your summons echoes true
when you but call my name.
Let me turn and follow you
and never be the same.
In your company I'll go
where your love and footsteps show.
Thus I'll move and live and grow in you
and you in me.

EAT THIS BREAD

Refrain:

***Eat this bread, drink this cup,
Come to me and never be hungry.
Eat this bread, drink this cup,
Trust in me and you will not thirst.***

I am the bread of life, the true bread
sent from the Father. **R**

Your ancestors ate manna in the desert but
this is the bread come down from heaven. **R**

Eat my flesh and drink my blood,
and I will raise you up on the last day. **R**

Anyone who eats this bread,
will live forever. **R**

If you believe and eat this bread,
you will have eternal life. **R**

RECESSIONAL WE ARE CALLED TO SERVE

Refrain:

***We are called to serve,
We are called by grace
to cherish Christ
In every face.
We are called to serve,
We are called by name,
And in all we are,
God's love proclaim.***

Called beyond our human understanding,
Called before the world came into view.
Within your mother's womb,
Your name was known to me,
For you did not choose me,
No, I chose you. **R**

Called to be a light amid the darkness,
Called to help a doubting world believe,
Empowered by my Spirit,
Anointed with my love,
You are called to give and share
What you believe. **R**

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