



17TH SUNDAY IN ORDINARY TIME 24TH & 25TH JULY 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/

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, pick up a form in the Church foyer or contact the office.



From Fr Peter's Desk....

I lived on the shady side of the road
and watched my neighbours'
gardens across the way revelling in the sunshine.
I felt I was poor and from door to
door went in my hunger.
The more they gave me from their
careless abundance the more I
became aware of my beggar's bowl.
Till one morning I woke from my sleep
at the sudden opening of my door and
you came and asked for alms.
In despair I broke open the lid of my chest and
was startled into finding my own wealth.

Rabindranath Tagore



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

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

Live Masses can be found on

www.sydneycatholic.org/live-masses/

Today's Liturgy

Entrance Antiphon Cf. Psalm 67:6-7, 36

God is in his holy place,
God who unites those who
dwell in his house;
he himself gives might and
strength to his people.

1st Reading: 2 Kings 4:42-44
They will eat and have some left over.

Responsorial Psalm: Psalm 144:10-11, 15-18
The hand of the Lord feeds us;
he answers all our needs.

2nd Reading: Ephesians 4:1-6
There is one body, one Lord,
one faith, one baptism.

Gospel Acclamation: Luke 7:16
Alleluia, alleluia
A great prophet has appeared among us;
God has visited his people.
Alleluia!

Gospel John 6:1-15
He distributed to those who were seated
as much as they wanted.

Communion Antiphon: Psalm 102:2
Bless the Lord, O my soul,
and never forget all his benefits.

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, Friends and.....*

*Anniversary: Melvina Hodges, John
Briggs, Bruno Viler, Kathleen Carter, Connie & Joseph
Pace*

**STAY SAFE &
STAY
CONNECTED**

Scan here to find out about the
St Columba's Phone Network
<https://forms.gle/xVTrujSNNTovhDm9g>

Following Lock down and stay at home orders for Sydney, St Columba's will remain closed until Further notice. While churches are closed as part of the effort to contain Covid, livestreaming of masses can occur and you can find more information on Livestreamed Masses on the Archdiocese of Sydney website <https://www.sydneycatholic.org/live-masses/>

*****PLEASE JOIN US FOR A PARISH ZOOM SATURDAY 24TH July @ 5pm, details further on*****

Essential reasons for leaving home include:

- *Essential food shopping only
- *Medical care or compassionate needs;
- *Exercise outdoors in groups of 2 only; (households can still exercise together)
- *Essential work, or education, where a person cannot work or study from home.

The government has advised to only leave your home if you have a reasonable excuse, please do not leave your local area, limit your physical contact with other households.

Please keep safe, take care and God Bless.



Social Justice - St Columba's

Assuming the Lockdown is over, the next meeting for 2021 of the St Columba's Social Justice Group will be on Wednesday, 4th August at 7:00pm in the Parish Hall. Please note that COVID guidelines for social distancing will be strictly observed. Please contact Fay Hair (fayhair11@gmail.com) if you are able to come. All welcome. We would love to meet you!

Supporting the Jesuit Refugee Service (JRS)
You have probably read that Lockdown is having a drastic affect on casual workers – cleaners, Uber drivers, labourers...all the types of work that people seeking asylum are doing. Their situation has become dire. Here is part of an email I received from one of our parishioners who volunteers with JRS to deliver hampers:

I am still delivering food parcels but to fewer households and lighter bags. I have been buying eggs and some vegies to add to the bags the families to whom I deliver. As we are not having Masses, and school is out still, there was only a bag of rice to pick up from the church.... Some routes are not receiving bags of essentials as there are not enough drivers or the location is problematic. any other income that these families have been able to glean through Uber, cleaning etc has disappeared and the government does not include them in any support they provide to workers or business.

Hearing this and, given that shopping is difficult, we think it might be more helpful for time being if, instead of groceries, we donated 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.

From the Justice and Peace Office:
While those in Greater Sydney face their fourth week in lockdown, we remember that the 19th of July 2021 marked eight years of being locked and imprisoned for so many people who have sought protection in Australia by boat. The [Australian Catholic Bishops](#) have joined with the [Catholic Bishops of Papua New Guinea and the Solomon Islands](#) in calling for an end to this policy and find a humane solution for everyone still in detention.

For those of you who feel called to take action against this enduring cruelty by the Australian Government, we ask that you write to and request a meeting with your Federal MP as part of our [150 Days of Action campaign](#), that you request friends and families to sign this [petition](#), donate to the [Sydney Alliance Refugee Leadership Fund](#) to resource people who have sought protection to organise and take action, and continue your practical support for organisations like the [Jesuit Refugee Service](#) and the [House of Welcome](#) who continually support this vulnerable group of people.

If you have any more creative ideas about how to get involved that you would like to share or you want to know what more you can do, please get in touch with JPO. Email: jpoinfo@sydneycatholic.org



From Vinnies: Homelessness Week (1-7 August)
At the last Census, more than 37,000 people experienced homelessness every day. Since then, the price of housing has skyrocketed, social housing investment has failed to keep pace with demand, and we continue to experience the economic impacts of the COVID-19 pandemic.

What has this meant for homelessness? Are our services coping with the increased demand? What can we do to turn this around?

This Homelessness Week, Vinnies is hosting a Wednesday Webinar for members and supporters to hear from Graham West, CEO of the End Street Sleeping Collaboration (and former CEO of Vinnies NSW and President of the National Council) together with Anna Scott, Manager of Pete's Place and Meghan Fisher, Manager of our Deniliquin Homelessness Service to gain a better understanding of the state of homelessness in NSW and what we can do to make a difference.

The webinar will take place on Wednesday 4 August from 12pm to 1.30pm. It is free to attend but places are limited. [Click here to register.](#)

Coming up:
Launch of the 2021-2022 Social Justice Statement – Cry of the Earth, Cry of the Poor – 5th August 2021 @ 5:30-6:30pm

The national launch of the Social Justice Statement 2021-22: Cry of the Earth, Cry of the Poor will take place online on 5 August. This is the only occasion during the year where all the Bishops of the Australian Catholic Bishops Conference (ACBC) release a joint reflection on a particular topic. This year it focuses on why it is so important that we as a community respond to the Cry of the Earth and the Cry of the Poor.

All are welcome to the launch of the statement which will take place online at 5:30pm-6:30pm 5th August AEST.

You will hear from guest speakers including Bishop Vincent Long Van Nguyen OFM Conv, Chair of the ACBC Bishops Commission for Social Justice, Mission and Service. He will respond to our launch speaker and you will have the opportunity to ask your own questions about the statement and the inputs provided at the launch.

The statement Cry of the Earth, Cry of the Poor focuses on building the theological foundations of caring for our common home and our human family. It will also serve as a **launch pad for the ACBC's 7-year journey towards the [Laudato Si' Goals](#)**, creating a wholly sustainable Australian church.

For more information, and to register for the online launch, contact the [Sydney Justice and Peace Office](#).



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.

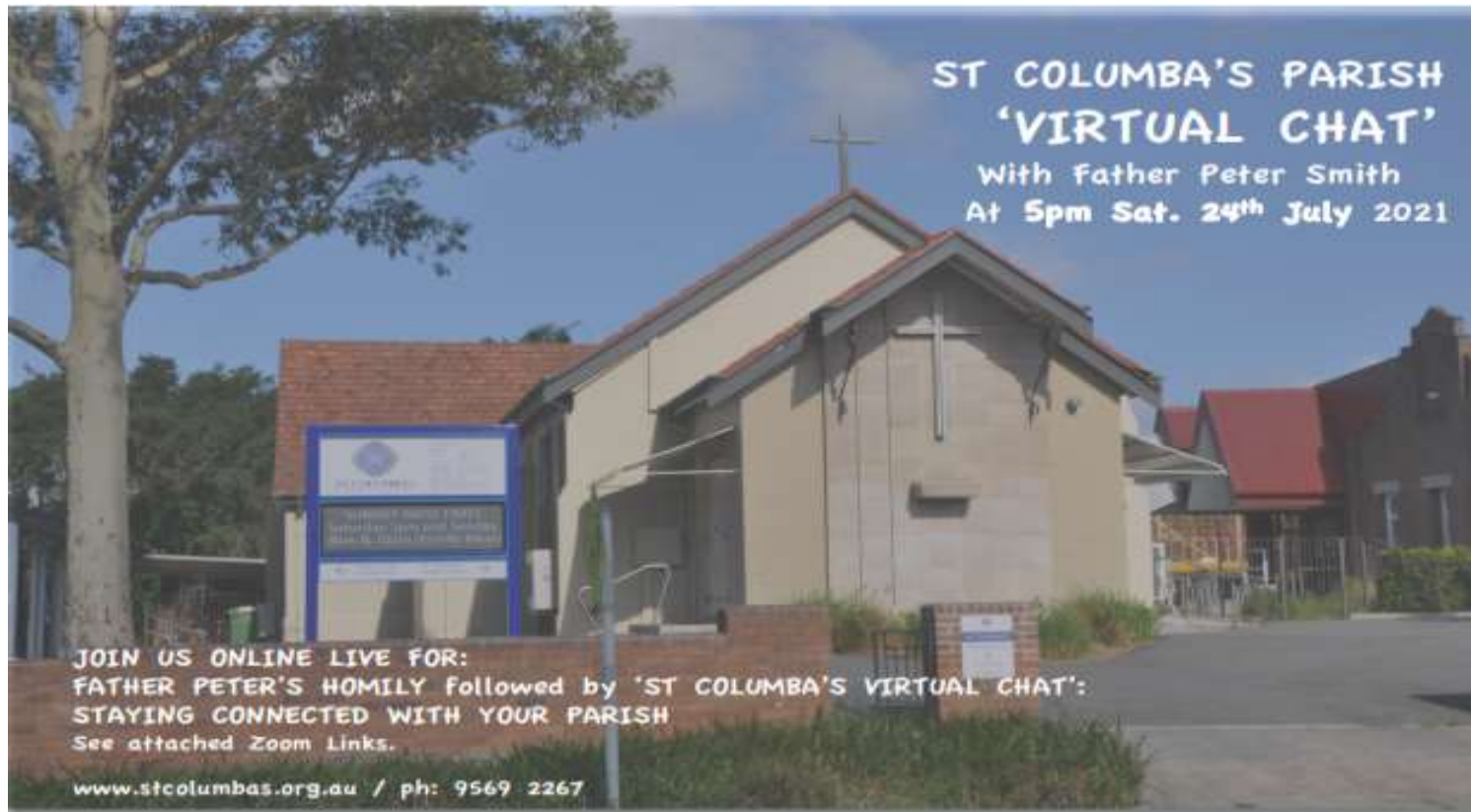
Members of the Pastoral Council are:

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.



JPO Info is inviting you to a scheduled Zoom meeting.

Topic: Fr Peter's Homily & "Chit Chat"

Time: Jul 24, 2021 05:00 PM Canberra, Melbourne, Sydney

https://sydneycatholic.zoom.us/join/u5AvfumrrTwjEtMr3cvDsVYfk1oGHolHWomx/ics?icsToken=98tyKu-srDIqGdeSuRGAR_MIAIr4c-nztmZEj7dwjkzmFQRAVDrwPbNNFZpwHPDn

*** Join from PC, Mac, Linux, iOS or Android:**

<https://sydneycatholic.zoom.us/j/64290337987?pwd=NVg0VUllQ3pYU2dZOW4rekFYbGtBQT09>

Password: 552486

*** Join from SIP/H.323 room system:**

SIP: 64290337987@zmau.us

H.323: 202.177.207.158 (meeting ID: 642 9033 7987)

Password: 552486

*** Join from telephone (meeting ID: 642 9033 7987):**

(02) 8015 2088 (Sydney)

(07) 3053 8570 (Brisbane)

(08) 7150 1149 (Adelaide)

(03) 8375 9112 (Melbourne)

Password: 552486

International numbers available: <https://sydneycatholic.zoom.us/j/exep8Jgwi>

*** Join from Skype for Business (Lync):**

<https://sydneycatholic.zoom.us/skype/64290337987>



ST COLUMBA'S
WINTER SLEEPOUT
AT HOME VIA ZOOM

Friday 30 July 2021 at 7pm



Scan to here R.S.V.P





Sunday 25 July 2021
John 6:1-15
17th Sunday in Ordinary Time

IN THE GOSPEL TODAY

My name is _____

JESUS IS GENEROUS!



Jesus made sure everyone had more than enough to eat.

Jesus wants to make sure all the people who have come to see him have something to eat. Only one boy has brought some food with him. He has five barley loaves and two fish. Jesus blesses this food and shares it between five thousand people! There are even twelve baskets of food left after everyone is full.



Dad is making Sky a jam sandwich.

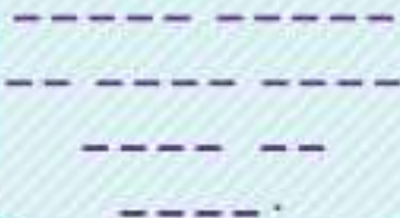
Can you put these pictures in the right order?



Hidden message

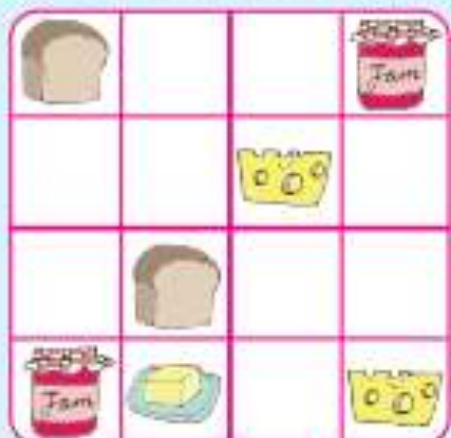
Cross out the letters X Y and Z to reveal the words.

JXKEYSZUS
GZIYVZES YUXS
ZEVYEN MXOZRZE
XTHYAZN ZWZE
XYNEZEXD.



Sandwich sudoku

Can you complete the grid so that every row, column and mini grid each has **one sandwich ingredient?**



How many?

The apostles are collecting baskets of left-overs. Add together all the baskets. How many can you count?



One boy has some food to share.

How many fish does he have?



How many barley loaves?



A PRAYER TO SAY

Dear Jesus, thank you for being generous with your love. Help me to be generous too. Amen.

Sunday 25th July 2021
World Day for Grandparents and the Elderly
17th Sunday in Ordinary Time

Celebrant: Sisters and brothers, we share in this first Day for Grandparents and the Elderly instituted by Pope Francis, with the theme, *I am with you always.*

That Pope Francis, in his gift of this day to us, will himself be richly blessed, as he shares with the Church his great wisdom, the fruit of his years and experiences. Lord, hear us. **Lord, hear our prayer.**

That this day will help us to appreciate the mission of the elderly, who, as Pope Francis has said, "are needed in order to help build, in fraternity and social friendship, the world of tomorrow." Lord, hear us. **Lord, hear our prayer.**

That grandparents and the elderly will treasure their vocation which Pope Francis says is "to preserve our roots, to pass on the faith to the young, and to care for the little ones" so that all can learn from their wisdom. Lord, hear us. **Lord, hear our prayer.**

That the generations in our families will learn from each other, with the wisdom of elders, the dreams of the young, the commitment of parents, and the generosity of single adults, interacting to create respect, compassion and peace. Lord, hear us. **Lord, hear our prayer.**

That those suffering from the floods in Europe, the riots in South Africa, the escalation of the virus, the crisis in Afghanistan, and the catastrophic hunger in Ethiopia, will ease to open the way to hope and peace. Lord, hear us. **Lord, hear our prayer.**

That the Tokyo Olympics, now taking place, will advance a spirit of fraternity among nations and promote the physical and emotional benefits of sport, praying protection from the virus for Olympians and all who live in Tokyo. Lord, hear us. **Lord, hear our prayer.**

That the elderly who have died during the pandemic, often alone and without their families present, will come to the heavenly home of the Father. We also remember... *Melvina Hodges, John Briggs, Bruno Viler, Kathleen Carter, Connie & Joseph Pace*

Celebrant: Lord, we give you thanks
for the gift of our grandparents,
and other elderly women and men
of our Church and society,
that their courage, wisdom and devotion
will grace us all with unity.
Through Christ our Lord.