



## 21ST SUNDAY IN ORDINARY TIME 21ST & 22ND AUGUST 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/](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 Gospel Podcasts are uploaded weekly onto our website and Face Book page.

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



### *From Fr Peter's Desk....*

When many of his disciples were leaving him, Jesus turned to the apostles and said,

“Will you also leave me?”

These words are addressed to us too.

It's not the Lord who leaves us,  
but we who may leave him.

But why would we want to leave the Lord,  
who alone has the words of eternal life?

We need to make our own Peter's  
profession of faith.

Every Sunday we get a chance to do so.

We need the Lord to strengthen our faith.

We also need to confirm one another.

Lord, confirm our decision to stay with you.

Draw us closer to you in bonds of trust,

so that we may follow you in  
love and freedom.



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. Psalm 85:1-3  
Turn your ear, O Lord, and answer me;  
save the servant who trusts in you, my God.  
Have mercy on me, O Lord, for I cry to you  
all the day long.

1st Reading: Joshua 24:1-2, 15-18  
We will serve the Lord God,  
because he is our God.

Responsorial Psalm: Psalm 33:2-3, 16-23  
Taste and see the goodness of the Lord.

2nd Reading: Ephesians 5:21-32  
This is the great mystery, it applies  
to Christ and the Church.

Gospel Acclamation: Cf. John 6:63, 38  
Alleluia, alleluia  
Your words, Lord, are spirit and life:  
you have the words of everlasting life.  
Alleluia!

Gospel John 6:60-69  
Lord, whom shall we go to? You  
have the words of everlasting life.

Communion Antiphon: Cf. Psalm 103:13-15  
The earth is replete with the fruits  
of your work, O Lord;  
you bring forth bread from the earth  
and wine to cheer the heart.

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: Russell King June O'Connor,  
Ernest Matthew O'Connor, Walter D'Souza, Rose D'Lumba*

STAY SAFE &  
**STAY**  
CONNECTED



Scan here to find out about the  
St Columba's Phone Network

<https://forms.gle/xVTrujSNNTovhDm99>



SCAN ME

Following Lock down and stay at home orders for Sydney, St Columba's will remain closed until  
Further notice.

[Greater Sydney restrictions | NSW Government](#)

While churches are closed as part of the effort to contain Covid19, 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/>

\*\*\*Staying connected, Fr Peters Homily and Chat\*\*  
PARISH ZOOM EVERY SATURDAY @ 5pm

<https://sydneycatholic.zoom.us/j/64290337987?pwd=NVg0VUIlQ3pYU2dZOW4rekFYbGtBQT09>

PHONE: (02) 8015 2088

PASSWORD: 552486

Please keep safe, take care and God Bless.



## Social Justice - St Columba's

Now that the lockdown has been extended, we won't be having a face-to-face meeting until October at least. Maybe we'll think about meeting via Zoom before then. More on that later.

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. You're all welcome. We would love to meet you!

Supporting the Jesuit Refugee Service (JRS)

As we've been saying in recent Mass Bulletins, it's currently very difficult to collect and deliver groceries to the JRS clients. We suggest instead to donate 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. **For the moment that's the best way to continue to support refugees and people seeking asylum, whose situation has severely worsened with COVID lockdowns.**

The Situation in Afghanistan

On Tuesday we took part in a Zoom meeting about the situation in Afghanistan. It was heartbreaking to hear Zaki, Hava and Hayat, (three Hazara refugees), describing reports from family and friends about what's happening. They asked for our help to contact MPs to ask for urgent action. Some of you might remember Zaki and Hava. They have spoken at our parish and school in the past.

**We've been receiving many similar requests from various refugee and asylum seeker support organisations all asking much the same thing, that the Australian Government do something for Afghan refugees and asylum seekers, both those already here and those trying to escape from the Taliban. One of these came from the Edmund Rice Centre, part of which appears below:**

*Tonight, our hearts and prayers are with the people of Afghanistan.*

*With the Taliban now in control of Kabul, the situation is also increasingly desperate for the many Afghan refugees in Australia who are on Temporary Protection Visas or in immigration detention. It may never be safe again for them to return to Afghanistan and refugee advocacy organisations are urging a humanitarian response from the Australian government.*

**You can help by contacting your local Federal MP tonight or tomorrow, asking them to urge the Morrison Government to:**

- Grant permanent protection or citizenship to all Afghan people seeking asylum and refugee status currently living in Australia or in immigration detention
- Declare an intake of 20000 Afghan refugees (matching the Canadian commitment announced last night)
- Assist Afghan Australians with urgent family reunion applications for relatives who are in imminent danger



## WHOM TO CALL/EMAIL?

**Most of us live in Grayndler, with Anthony Albanese as our local member. It's important to contact him and ask for Labor to come out strongly in support of the above requests. The contact details for his electorate office are:**

Email: [a.albanese.mp@aph.gov.au](mailto:a.albanese.mp@aph.gov.au)  
(02) 62774022 (Parliament Office)

**If you live in a Liberal electorate, contact your MP. You can easily go online to find his or her contact details. For the rest of us, the best people to contact on the Government side are the NSW Liberal senators. Their contact details are below:**

Senator Andrew James Bragg,  
[senator.bragg@aph.gov.au](mailto:senator.bragg@aph.gov.au) (02) 9159 9320

Senator Concetta Fierravanti-Wells,  
[senator.fierravanti-wells@aph.gov.au](mailto:senator.fierravanti-wells@aph.gov.au) (02) 4226 1700

Senator Hollie Hughes,  
[senator.hughes@aph.gov.au](mailto:senator.hughes@aph.gov.au) (02) 9159 9325

Senator Marise Payne,  
[Foreign.minister@dfat.gov.au](mailto:Foreign.minister@dfat.gov.au) (02) 9687 8755

*The urgency for us to act is underlined by the Prime Minister's reaction on last Wednesday. He said that Afghan refugees and asylum seekers on temporary visas cannot stay permanently in Australia, because that would start the boats again. But that will never happen. Any boats that attempt to get to Australian territory all fail. They are turned back before they can get here. There have been no boats for years and they're not magically going to start again. We need the PM to show compassion and not keep using this excuse to keep punishing innocent people.*

***There is a very small window of time for effective action. Please contact your MPs as soon as possible, and also share this request with your family and friends and others in your networks.***

From the Social Justice Calendar:

- \* August 26: Rescue of 433 asylum seekers by MV Tampa in 2001. The ramifications of the Australian Government's response to this incident are still being felt today.
- \* August 29: Social Justice Sunday
- \* September 1: World Day of Prayer for Care of Creation
- \* September 1: Beginning of National Biodiversity Month



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.



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

Sunday 22 August 2021  
John 6:60-69  
21st Sunday in Ordinary Time

## IN THE GOSPEL TODAY

Simon Peter tells Jesus that his close friends will never leave him. They have faith in him and know that he is the Holy One of God. What Jesus teaches his friends is true.

## JESUS IS MY FRIEND

d = f = h = n =   
e = g = l = o = y =

Crack the code and see who Jesus is.

Jesus is the \_\_\_\_\_

## Something special

Fill in the spaces with the first letter of each picture.












The disciples had \_\_\_\_\_ in Jesus

## True or false?

The disciples knew that what Jesus taught them was true. Are these statements true or false?

We need water to live.

All birds have wings.

Jesus teaches us about God.

Apples are vegetables.

Footballs are square.

✓ Tick the ones that are true.

All fish have legs.

## True friends

Jesus' friends loved him very much. True friends stay with you no matter what happens.

Friends are **FUN** and **KIND**. They **CARE**, **SHARE**, **UNDERSTAND**, **LISTEN** and **LOVE**. Fit these words into the grid. What word can you read down the red column?



## A PRAYER TO SAY

Dear Jesus, help us to always have faith in you and what you teach us about God our Father. May we be like the disciples and stay with you no matter what happens. Amen.

**Sunday 22<sup>nd</sup> August 201**  
**Twenty-First Sunday in Ordinary Time**

Celebrant: Sisters and brothers, today, across Australia, the Christians Churches share together a day called, 'Australia Prays' being drawn together to pray, given the current level of need and distances caused by Covid 19.

1. We seek healing of body and mind for all who have Covid 19, and peace for those who are dying. **Lord, hear us, Lord hear our prayer**
2. We seek courage for all who care for the sick, those who carry out the Covid testing, those administering the vaccine, and those deprived of a just distribution of the vaccine. **Lord, hear us, Lord hear our prayer**
3. We seek support for all who feel mental anxiety during the pandemic, and those in financial crisis because of it. **Lord, hear us, Lord hear our prayer**
4. We seek patience and confidence for those who are living in lockdowns and with other restrictions, impacting on families, neighbourhoods, faith communities and work places. **Lord, hear us, Lord hear our prayer**
5. We seek peace and justice, and freedom from further violence for the people of Afghanistan, and especially protection for all women and girls. **Lord, hear us, Lord hear our prayer**
6. We seek help for the people of Haiti following their earthquake, those homeless because of floods in Germany, the Netherlands, Nigeria, Japan, Somalia and Columbia, and those traumatised by wildfires in Greece. **Lord, hear us, Lord hear our prayer**
7. We seek eternal rest for all who have died. We remember *Russell King June O'Connor, Ernest Matthew O'Connor, Walter D'Souza, Rose D'Lunha*. **Lord, hear us, Lord hear our prayer**

Celebrant: Almighty God,  
our world cries out to you  
during this pandemic;  
calm our fears,  
strengthen our sense of fraternity,  
and sustain our hope.  
Through Christ our Lord.