



**22ND SUNDAY IN ORDINARY TIME
28TH & 29TH 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 facebook 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....



We celebrate Social Justice Sunday on the 29th of August. The Australian Bishops' Social Justice Statement, Cry of the Earth, Cry of the Poor, invites us to join in responding to Pope Francis' invitation to take a seven-year journey towards total ecological sustainability guided by seven Laudato Si' Goals.

The Statement provides theological foundations to ground and inspire our efforts to care for creation while responding to the needs of the disadvantaged and excluded.

More information:

ACBC Office for Justice, Ecology and Peace,

www.socialjustice.catholic.org.au or

Tel (02) 6201 9845

*****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/**

Today's Liturgy

Entrance Antiphon: Psalm 85:3, 5
Have mercy on me, O Lord,
for I cry to you all the day long.
O Lord, you are good and forgiving,
full of mercy to all who call to you.

1st Reading: Deuteronomy 4:1-2, 6-8
You may add nothing to the
word which I speak to you -
keep the commands of the Lord.

Responsorial Psalm: Psalm 14:2-5
The just will live in the presence of the Lord.

2nd Reading: James 1:17-18, 21-22, 27
Be doers of the word.

Gospel Acclamation: James 1:18
Alleluia, alleluia
The Father gave us birth by his
message of truth, that we might
be as the first fruits of his creation.
Alleluia!

Gospel Mark 7:1-8, 14-15, 21-23
You forget the commandments
of God and hold onto human tradition.

Communion Antiphon: Psalm 30:20
How great is the goodness, Lord,
that you keep for those who fear you.

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: Gelsomino Morson, Aldo Aventi,
George Pearson, Lil Cargill, Michael Brake*

**STAY SAFE &
STAY
CONNECTED**

Hi

Hello

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=NVG0VUIIO3pYU2dZOW4rekFYbGtBQT09>

PHONE: (02) 8015 2088
PASSWORD: 552486



Social Justice - St Columba's

Since we won't be having a face-to-face meeting until October at least, we're thinking about meeting via Zoom sometime in September. We'll give an update once something has been organised.

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.**

From the Justice and Peace Office Newsletter: Afghanistan

The dire situation in Afghanistan and the drastic humanitarian and refugee crisis continue. Those from Afghanistan who are dispersed around the world, including the 4300 Afghans in Australia on temporary protection visas, have no hope of returning to a safe country. Several Catholic Bishops including [Bishop Vincent Long](#) and [Archbishop Mark Coleridge](#) have called on the Australian government to offer 20,000 humanitarian places (17,000 more than the 3000 the Australian Government has currently pledged) to Afghans who are fleeing the Taliban. Over 300 organisations, faith groups (including the Justice and Peace Office) and businesses [wrote to the Prime Minister](#) and every MP last week with several asks, including:

- Evacuating everyone in grave risk of retaliation in Afghanistan
- Increasing the number of humanitarian places offered to those from Afghanistan, and
- Granting permanent protection to Afghans who are already here on temporary visas.

Social Justice Gathering - *Cry of the Earth, Cry of the Poor* – 8th September 2021 @ 6:00pm via Zoom
JPO is hosting this Social Justice Gathering to explore the themes and discuss ideas for action related to the Australian Catholic Bishops Conference 2021-22 Social Justice Statement *Cry of the Earth, Cry of the Poor*. The Statement is accompanied by this [video](#) featuring several Catholic Bishops committing to take action on the seven *Laudato Si'* Goals and urging people to take action to protect the environment. You can register for the Social Justice Gathering here: <https://bit.ly/JPOsocialjusticegathering>.

150 Days of Action for Refugees and People Seeking Asylum

This [video](#) put together by the students at Mary Mackillop College summarises the 150 Days of Action campaign and how you can be involved. It is a great way to spread the word. For more details about the campaign, please see this page: [150 Days of Action campaign](#). Please continue your practical support for



Social Justice - St Columba's

organisations like the [Jesuit Refugee Service](#) (see above) and the [House of Welcome](#) who continually support this vulnerable group of people or the [Sydney Alliance Refugee Leadership Fund](#) to resource people who have sought protection to organise and take action for the common good. We are also asked specifically to email Alex Hawke, the Minister for Immigration, Citizenship, Migrant Services and Multicultural Affairs with the asks for the campaign. You can email him through this [link](#).

Hope out of Horror – Seeking Refuge in Australia Webinar – Thursday 23rd September @ 7:00pm

The period of activism associated with the 150 Day Campaign will culminate on *Migrant and Refugee Sunday* (Sept. 26). One of the final events of this campaign is this webinar organised by *Social Justice Around the Bay, St. Vincent de Paul, Northern Sydney/Central Coast Regional Social Justice Committee*, and *Jesuit Refugee Service Australia (JRS)*. This event assumes a new and greater urgency in the face of the Horror currently being faced by the people of Afghanistan. For more details please see the attached [invitation](#) and to attend, please register [here](#).

From the Social Justice Calendar:

August 29: Social Justice Sunday

September 1: World Day of Prayer for Care of Creation

September 1: Beginning of National Biodiversity Month

Care for Creation

One issue we could all consider in caring for creation is divesting our superannuation from fossil fuel companies.

Many superannuation funds have already divested or promised to divest from fossil fuels, and reinvest in renewable energies, but others are moving much more slowly or have not yet begun the journey to net-zero.

In this changing economic climate, it is important to send a clear message that we would like our super funds to make the transition sooner rather than later.

The Australian Religious Response to Climate Change (ARRCC) is launching campaigns to help super fund members align their finances with their faith and send a clear message to these funds.

There will be an information session held via zoom on September 9 at 7:30 - 9:00pm AEST.

The focus will be on UniSuper, ACSRF, NGS and Catholic Super. Members of all funds will, however, find this session useful.

To register please go to: <https://www.trybooking.com/BTMLM>

Please also find here a link to the Facebook event to share:

<https://www.facebook.com/events/251538193453409>



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.

Sydney Catholic Archbishop, Anthony Fisher OP, has launched the Archbishop's Afghan Refugee Appeal in conjunction with the Justice and Peace Office. The appeal will raise desperately needed funds and commit the Archdiocese resources of education, health and welfare to Afghan families and individuals fleeing their homeland in the wake of the Taliban takeover of Afghanistan.

Archbishop's Afghan Refugee Appeal



Archbishop Fisher OP has launched an appeal to support the Afghan people seeking asylum who have been forced to flee their homeland.

PLEASE CLICK [HERE](#) TO DONATE

All funds and resources will go to Afghan asylum seekers and refugees in Australia





Sunday 29 August 2021
 Mark 7:1-8, 14-15, 21-23
 22nd Sunday in Ordinary Time

IN THE GOSPEL TODAY

Some Pharisees complain that some of Jesus' disciples are eating without washing their hands in the traditional way. Jesus says that people should do things because they love God and not just because it is what usually happens.

My name is _____

LOVE GOD

We know that washing our hands is important to stay healthy. Help Albie find his way to the sink through the maze.



Even more important...

Jesus says that something is even more important than clean hands! Move each letter to its empty circle to see what it is.



Odd one out

Circle the word describing a body part that doesn't belong in the hand.



Using our hands

We use our hands to do so many things.

Find some of them by matching the beginnings and ends of these hands.



A PRAYER TO SAY

Dear Jesus, thank you for our good hearts and our wonderful hands which do so many things. Help us to use them wisely and help other people whenever we can. Amen.

Answer: Odd one out: toe. Using our hands: wash, touch, clap, wave, help, pray. Even more important: good heart

Twenty-Second Sunday in Ordinary Time

Social Justice Sunday

29th August 2021

Celebrant: Sisters and brothers,

today in Australia we mark Social Justice Sunday
with its theme, *Cry of the Earth, Cry of the Poor*,
as we enter the ecumenical Season of Creation which
will culminate on the feast of St Francis on October.

For Pope Francis and the leaders of Christian Churches and Communities who show us a way to
appreciate God's gift of creation, that together we to care for this, our common home. Lord,
hear us. Lord, hear our prayer.

For an appreciation of the way in which indigenous peoples have respected and cared for the
earth, the rivers, lakes, reefs and oceans, that we may learn from them how to develop a new
world outlook toward creation. Lord, hear us. Lord, hear our prayer.

For an understanding of the connection between the needs of creation and the needs of the poor,
so that can see how the suffering of the poor increases when creation is neglected or abused.
Lord, hear us. Lord, hear our prayer.

For the nation of Afghanistan thrown into greater suffering, for Haiti devastated by earthquake,
and for Lebanon falling apart spiritually, economically and politically, that God will hear their
cries as we pray with them. Lord, hear us. Lord, hear our prayer.

For the thirst for peace and safety across the globe as we mark this International Day against Nu-
clear Tests, that political leaders will accept and respond to their responsibilities to eliminate
such evil weapons. Lord, hear us. Lord, hear our prayer.

For all who have died though natural disasters brought about by climate change, and that their
home will be in the New Heaven with God, also remembering *Gelsomino Morson, Aldo Aventi,*
George Pearson, Lil Cargill, Michael Brake. Lord, hear us. Lord, hear our prayer.

Celebrant Merciful and loving God,

listen to our prayers
see the needs of our world,
and grant us a spirit of tranquillity.
Through Christ our Lord.