



**23RD SUNDAY IN ORDINARY TIME
4TH & 5TH SEPTEMBER 2021, YEAR B**



ST COLUMBA'S
CATHOLIC CHURCH • LEICHHARDT NORTH

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.

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....

The gift of hearing is a precious gift. But it is only with the heart that we can hear rightly. The cry of a needy person may reach our ears, but unless it reaches our heart we **will not feel the person's pain, and it is unlikely that we will respond.** And the gift of speech is a precious gift. But again it is only with the heart that we can speak rightly. Four our words to ring true, they must come from the heart.

If they come only from the lips, they will have a hollow sound and we will have a little effect.

They will be like a wind that ruffles the surface of the water, but leave the depths untouched.

But words that come from the heart, enter the heart.



*****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 118:137, 124
You are just, O'Lord,
and your judgement is right;
treat your servant in accord
with your merciful love.

1st Reading: Isaiah 35:4-7
Then the ears of the deaf shall
be opened and the tongues of the dumb speak.

Responsorial Psalm: Psalm 145:7-10
Praise the Lord, my soul!

2nd Reading: James 2:1-5
Has not God chosen the poor of
the world to inherit the kingdom?

Gospel Acclamation Matthew 4:23
Alleluia, alleluia
Jesus preached the Good News
of the kingdom and healed all who were sick.
Alleluia!

Gospel Mark 7:31-37
He makes the deaf hear
and the dumb speak.

Communion Antiphon: Cf. Psalm 41:2-3
Like the deer that yearns for running streams,
so my soul is yearning for you, my God;
my soul is thirsting for God, the living God.



Sacrament of First Holy Communion
St Columba's Parish will commence the
Holy Communion preparation program on
Tuesday 7 September 2021 via Zoom. Stu-
dents and families will participate in four
sessions concluding in mid October.

We ask the community to keep the children and families
in your prayers over the coming weeks.



Humanitarian crises unfolding in Afghanistan and Lebanon
As the situations in Afghanistan and Lebanon deteriorate, you
can help to support families caught up in the crises.

In Afghanistan, people have been forced from their homes, with half of the
population in urgent need of food, water, shelter and protection.

In Lebanon, the country is running out of power, water, fuel, medicine and
food. Even hospitals are facing massive fuel shortages and will soon have to turn
off the lights.

Please donate to Caritas Australia so that we are able to respond to crises
like these and others across the world.

Visit caritas.org.au/lebanon or www.caritas.org.au/afghanistan or call 1800 024
413 toll free to provide much needed support.

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
Fathers, Relatives and Friends.....*

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

Virtual Chat

Hi everyone, You are invited to join St Columba's Virtual
Catch Up every Saturday at 5 pm via Zoom.



The weekly gathering includes Fr Peter proclaiming the
Gospel and delivering the homily. Then, we pray and
have a social catch up.

The link to the weekly Zoom is

[https://sydneycatholic.zoom.us/j/64290337987?
pwd=NVq0VUllQ3pYU2dZOW4rekFYbGtBQT09](https://sydneycatholic.zoom.us/j/64290337987?pwd=NVq0VUllQ3pYU2dZOW4rekFYbGtBQT09)

**PHONE: (02) 8015 2088 - you can phone in if no internet
PASSWORD: 552486**

PROTECT SPIRITUAL LEADER
HAPPY INSPIRE MENTOR
MOTIVATE
Father's DAY
LOVE TO A SPECIAL DAD HERO
FAITH-FILLED FRIEND GUIDE
NURTURE SUPPORT RESPECTFUL
BLESSING



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.

September 6. Season of Creation begins

Spring is here! It's my favourite time of the year. Spring-time is a time to fall in love with our natural world again. Seeing flowers bursting into bloom, watching birds busily nesting such a gift! It's the perfect Lockdown antidote. As well as being a time of heightened appreciation, the Season of Creation is a time to reflect on our personal responsibility to care and nurture our world, a time when we might offer prayers and thanksgiving for the beauty around us, as well as a time to reflect on our own effects on the natural environment, in particular our carbon footprints.

The Australian Bishops 2021-2022 Social Justice Statement, *Cry of the Earth, Cry of the Poor*, provides us with the theological framework to explain what it means to care for creation and the most vulnerable people in our worldwide family, and it encourages and asks each one of us to commit to *Laudato Si* goals. The Sydney Archdiocesan Justice and Peace Office is hosting a ZOOM Social Justice Gathering to explore and unpack the Statement and offer us ideas for action. It's on this coming Wednesday, 8 September, from 6.00 – 7.00pm. Can you join us there?

Register here: <https://bit.ly/JPOsocialjusticegathering>

Some good websites: Laudato Si Movement (laudatosimovement.org). Catholic Earthcare Australia (catholicearthcare.org.au)

ADVOCACY NEEDED

Right now, it seems that we as a nation are at crossroads. The Covid pandemic has highlighted injustices and inequalities in our society. In particular I'm thinking of rising homelessness, effects of climate change and our treatment of people seeking asylum. When we join together, we



can be the vehicles for change. Justice, equality and fairness are part and parcel of our faith. Let's contact Federal MPs, especially the Prime Minister, and let them know that these issues are important to us and ask them to commit to fairer policies. Our politicians need to hear from us!

What to ask for:

On homelessness:
More social housing

Climate change:

Immediate action to stop emissions from the use of fossil fuels

People seeking asylum:

Permanent protection for temporary visa holders, and in particular,

Increasing humanitarian intake of Afghanistan refugees to 20,000.

We've been told that there's no need to go into detail, so just keep your requests simple.

Coming up

World Literacy Day: September 8

This Wednesday is World Literacy Day, and so it seems appropriate to offer a few suggestions for reading on the topic of caring for creation:

Laudato Si, Pope Francis' Encyclical on caring for creation

Let Us Dream, the path to a better future. Co-authored by Pope Francis

An Astonishing Secret, the love story of Creation and the Wonder of You, by Daniel O'Leary

Phosphorescence, on awe, wonder and things that sustain you when the world gets dark, by Julia Baird

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](#).



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.



Sunday 5 September 2021
Mark 7:31-37
23rd Sunday in Ordinary Time

IN THE GOSPEL TODAY

My name is _____

A deaf man who has difficulty speaking is brought to Jesus. Jesus lays his hand on the man, touching his ears and his tongue. The man's ears are opened and he can speak clearly!

LISTEN AND HELP!

Maze

Jesus travelled a long way healing people and telling them how much God loved them. Help Jesus make his way through Sidon to Lake Galilee.

It is a long journey over hills and down valleys!



Helping hands



Sign language

People who are deaf are often better listeners than those of us who can hear. They use sign language or lip-read and have to pay close attention to what is being signed or spoken.



Perhaps you already know some sign language. Add the letters to see what these signs mean.

Jesus touched the deaf man when he healed him. I can use my hands to help people too. Draw or write your ideas in this hand.

Who does God love?

Starting with e write down every 2nd letter.



God does not have any favourites. God loves each one of us the same.



Make this face look happy with the good news!

A PRAYER TO SAY

Open my ears, Jesus, and help me to hear your message of love. Help me to use my tongue to speak kindly to everyone I meet today.

Twenty-Third Sunday in Ordinary Time Fathers Day

Celebrant: My sisters and brothers,
as we mark this Fathers' Day during the Year of St Joseph,
we draw inspiration from his new titles given by Pope Francis and now in-
cluded in the Litany of St Joseph.

St Joseph is the Servant of Christ.

May the Church in Australia, preparing for the National Plenary Council
hold at its core that it is first of all the servant of Christ, and let every discussion
and decision honour that truth. Lord, hear us. **Lord, hear our prayer**

St Joseph is the Guardian of the Redeemer.

May all fathers honour their vocation as the guardians of their children, and love,
respect and protect them all through their lives. Lord, hear us. **Lord, hear our pray-
er**

St Joseph is the Support in Difficulties.

May fathers who live in complex situations because of poor health, unemployment,
or relationship difficulties, find in Joseph a model and inspiration to live with hope.
Lord, hear us. **Lord, hear our prayer**

St Joseph is the Patron of Refugees.

May those who are refugees today within their own countries, in refugee camps
and in detention centres, along with those resettling in a new country, know that
Joseph and his wife Mary, and the Child Jesus share their lives as refugees.
Lord, hear us. **Lord, hear our prayer**

St Joseph is the Patron of the Afflicted.

May the people of Afghanistan, living in fearful chaos and facing an uncertain fu-
ture, feel protective of one another, have their human rights honoured, and grow in
trust and respect of minority groups. Lord, hear us. **Lord, hear our prayer**

St Joseph is Patron of the Poor.

May those who live with poverty because of the impact
of the Pandemic and the rolling lockdowns, the people of Haiti after the recent
earthquake, and of Louisiana after hurricane Ida, receive support
which will relieve their suffering. Lord, hear us. **Lord, hear our prayer**

St Joseph is the Minister of Salvation.

May St Joseph intercede for our departed fathers, along with our other relatives,
and bring them to that Salvation won for us by Jesus through his Cross.
(We also remember...) Lord, hear us. **Lord, hear our prayer**

Celebrant: Heavenly Father
receive our thanksgiving for the gifts of fathers and watch over them
with your protection. Through Christ our Lord.