



**28TH SUNDAY IN ORDINARY TIME  
9TH & 10TH OCTOBER 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  [www.facebook.com/stcolumbasleichhardt/](http://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....*

Jesus saw that the rich young man had great potential, so he invited him to enter the world of sharing.

**But he wasn't up to it**—riches got in the way. As he went away a sadness descended on him, the sadness that descends on us when we chose to live for ourselves.

Even though Jesus was sad to see him go, nevertheless, he let him go.

**There's no point in forcing people to make sacrifices.**

If you take things from people, they are impoverished; but if you can get them to give them up, they are enriched.

People are essentially good, but this goodness has to be awakened and call forth, if they are to enter the kingdom of love.

*No one has ever become poor by giving.*

**\*\*\*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: Psalm 129:3-4  
If you, O Lord, should mark iniquities,  
Lord, who could stand? But with you  
is found forgiveness, O God of Israel

1st Reading: Wisdom 7:7-11  
In comparison to wisdom,  
I held riches as nothing

Responsorial Psalm: Psalm 89:12-17  
Fill us with your love, O Lord,  
and we will sing for joy!

2nd Reading: Hebrews 4:12-13  
The word of God discerns the  
thoughts and intentions of the heart.

Gospel Acclamation Matthew 5:3  
Alleluia, alleluia  
Happy the poor in spirit;  
the kingdom of heaven is theirs!  
Alleluia!

Gospel Mark 10:17-30  
Go and sell what ever you have  
and come follow me.

Communion Antiphon: Cf. Psalm 33:11  
The rich suffer want and go hungry,  
but those who seek the Lord lack no blessing.

We pray for all those who are sick, including:

Silvana Cocilova, Emma Vassallo, 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 and Friends.....*

*Recently Deceased: Sr Margaret Keane*

*Anniversary: Wayne Barney, Kathleen Confortio, Bill Howlett,  
Warren Lennox*

## Charitable Works Fund Parish Appeal 2021

Dear Fellow Parishioner,  
History repeats itself.

Again we continue to find ourselves in lockdown.  
Parishes are closed. Access to the sacraments limited. In addition, many continue to suffer from COVID, whether it be loss of life, or loss of livelihood. These are unfortunate times.

However, the Church also has an opportunity to repeat history and shine in midst of crisis.

During the Spanish Flu pandemic, Catholics were at the forefront in supporting the sick and providing resources to those in need.

Today, we have an opportunity to do the same by supporting the parish Charitable Works Fund appeal. A special message from Archbishop Anthony Fisher OP (below) emphasises the importance of this appeal, and invites you to support our "Gospel message of love, and its fruits in ministries of mercy".



Please consider making a tax-deductible donation of \$50 to support our ministries. Your donation will assist those suffering with mental illness, mothers facing homelessness and members of our deaf and disabled community.

**DONATE TO CWF TODAY**

To donate, please click the donate button select the donation amount and enter your parish

On behalf of our ministries, thank you for your generous support. Together, let us repeat history, and continue the good works of mercy started in the Gospel.

God bless and stay safe,  
Michael Mendieta  
Director, Development and Fundraising Office, Catholic Archdiocese of Sydney - [Charitable Works Fund – Our Faith,](#)

With the recent changes announced by the Premier in relation to the easing of Covid restrictions. Firstly, along with other Faith Groups, we are very grateful that, in the Covid Roadmap announcement, the Premier recognised that for people of faith worship is more like an essential service than a recreation.

We now eagerly look forward to the opportunity to gather once more to celebrate our faith and give thanks to God.

The re-opening of places of worship will be staged in line with the NSW Government Roadmap.

Further updates will be communicated in the coming weeks.

Not everything is clear as yet!



## Social Justice - St Columba's

The next Social Justice Group meeting will be on Wednesday 3 November. (Via Zoom, or, face to face if permitted).

Please contact Fay Hair ([fayhair11@gmail.com](mailto:fayhair11@gmail.com)) if you would like to come. All welcome!

Supporting the Jesuit Refugee Service (JRS)  
JRS is now providing financial support to hundreds of families to help with paying for rent, utilities, medications, and food. Specialist case workers are also responding to mental and physical health emergencies, and domestic and family violence situations.

**DONATE**

If you're in a position to donate money to JRS, go to the JRS website ([aus.jrs.net](http://aus.jrs.net)), hit the Donate button on the home page, and follow the prompts.

### Online Social Justice Gathering

For those who missed the Zoom gathering focussing on the Australian Bishops 2021-2022 Social Justice Statement, *Cry of the Earth, Cry of the Poor*, a video of the evening is available here:

<https://bit.ly/JPOCryoftheEarthCryofthePoor>. If you would like to provide feedback, here is the [link](#).

### 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=NVg0VUllO3pYU2dZOW4rekFYbGtBOT09>

PHONE: (02) 8015 2088 - if no internet  
Meeting ID : 64290337987 Password : 552846

**"The promise was that when the glass was full, it would overflow, benefitting the poor. But what happens instead, is that when the glass is full, it magically gets bigger -- nothing ever comes out for the poor."**  
*Pope Francis*



[mediamatters.org](http://mediamatters.org)

### Eation Windows

When you are in Cairns next, it is definitely worth a visit to St Monica's Cathedral. Home of the magnificent creation windows made in the second half of the 1990s by Gerry Cummins and Jill Stehn. There are twelve windows on each side of the nave, each one measuring 6.5 metres by 1.6 metres. They are a monumental presentation of the Genesis story of the creation of the world, and include many scientific elements in the design together with frequent visual references to the Cairns topography, flora and fauna. They create a dynamic context for liturgy which is both cosmic and local.

The first windows move from the void, the alien world of darkness, to the coming of light. The cross of light in the second panel is centred on a prism which casts rainbow beams of light when hit by the afternoon sunlight. Imagery from the Hubble Space Telescope is prominent: pillars of dust from the 'Eagle' nebula where the stars are born. The red band is the hydrogen 'Horsehead' nebula which lead, in the fourth panel, to our own galaxy, the 'Milky Way'.



Our galaxy spirals out from the sun in panel five, with the planets shown across panels six and seven (Earth can be seen towards the bottom of panel

six). In the great upward sweep of the universe, beginning at the very bottom of panel five and crossing panel six, the boundaries of the earth, sea and sky emerge, culminating in the great conical volcano in panel eight. Clouds and ash swirl as the land mass takes shape. Meanwhile, at the bottom of panels seven and eight, ribbons and ropes entwine like protein chains or umbilical cords until, at the bottom of eight, they come to a brilliant point of light. This refracting prism marks the creation of life. Springing from this point, a colourful helix calls forth a great proliferation of marine life. Read more [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://www.kidshelpline.com.au](https://www.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.

# LOOK

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

## IN THE GOSPEL TODAY

A rich young man asks Jesus how he can get to heaven. Jesus challenges the man to share what he has with other people. It's not always easy to share – but God will help us.

## SHARE WITH OTHERS

Colour

Here is the rich young man. He is very sad.

He doesn't think he can share all his money.



## Who needs what?

These people all need something.

Can you draw a line from each person to the thing they need?



## Share your wealth

The rich man was a very good man, but he loved his money very much.



Help the rich man give away his money so that each poor person has the same amount.

## Enter God's Kingdom

Jesus wants us all to enter God's kingdom but it might not be that easy. Can you follow the right path to get there?



## A PRAYER TO SAY

Thank you for loving me, Jesus, just like you loved the rich young man. Help me to rise to your challenge and share what I have with others. Amen.



Universal Prayer  
Sunday 10<sup>th</sup> October 2019  
Twenty-Eighth Sunday in Ordinary Time

Celebrant: The Holy Spirit gathered the Church together this past week for the First Assembly of the Plenary Council. With gratitude and hope for what has been, and for our future path, we make our humble petitions to the Lord.

**For Pope Francis and our Church:** that this Sunday's launch of the preparation phase of the 2023 Bishops' Synod on Synodality may enable widespread consultation with the People of God and bring forth a renewed impetus for a truly synodal and inclusive Church. Lord, hear us. Lord, hear our prayer.

For the Catholic Church in Australia: that the fruits of the Holy Spirit experienced in the First Assembly of the Plenary Council may deepen our faith, give us greater courage, as well as the ability to discern where the Holy Spirit is leading us. Lord, hear us. Lord, hear our prayer.

For the First Nations people of Australia: that we may be in partnership with them, and more deeply and respectfully walk the journey of reconciliation together to heal our nation. Lord, hear us. Lord, hear our prayer.

For those who are struggling with mental health issues, intensified during this pandemic: that this World Mental Health Day will encourage us to be more sensitive toward each other and show respect, patience and understanding. Lord, hear us. Lord, hear our prayer.

For a kinder world: that knowing the importance of good mental health for all people, that by researchers, psychiatrists, psychologists and mental health nurses, Governments and Health officials, families and communities cooperating together they will relieve distress, anxiety, and loneliness. Lord, hear us. Lord, hear our prayer.

For all those who have gone before us: may they rest in peace. We pray also for.. *Sr Margaret Keane, Wayne Barney, Kathleen Confortio, Bill Howlett, Warren Lennox* Lord, hear us. Lord, hear our prayer.

Celebrant: Holy God, Lord of light and love, you have poured out the abundance of your Spirit upon us. Keep the fire of your love ablaze in our hearts.  
Through Christ our Lord.  
Amen.