

OUR LADY STAR OF THE SEA - NAROOMA
ST MARY'S - COBARGO / BERMAGUI
Parish Priest: Fr Joseph Tran (away till June 30)
Acting Parish Priest: Fr Steve Astill SJ
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Secretaries: Suzanne Voytas/Therese Short
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ORDINARY TIME: Week 11
POPE'S MONTHLY INTENTION FOR JUNE - Social Networks That social networks may work towards that inclusiveness which respects others for their differences.

Masses	Narooma
next weekend	Tuesday 4:30pm
Saturday (Vigil)	Wednesday 9am
Cobargo: 5pm	Thursday 9am
Sunday	Friday 9am
Bermagui 7:30am	Cobargo
Narooma 9:30am	Every 2nd & 4th Wed
	9:30am Comm. Service

Reconciliation: Narooma Saturday 9.30am.
 Cobargo and Bermagui before Masses.
www.catholic.org.au

Sick: Linda Holland, Dillon Tindall, Shirley Dellamarta, Jan Jardine, Nola Sutherland, Cecilia Moore, Arthur Cotterill, Nora Thomson, Mary Ryan.

Anniversary: Lydia and Jacob Banik
www.catholic.org.au

THE PLenary COUNCIL OF 2020
Listen to what the Spirit is saying

DEVELOPMENTS: Lorraine Thompson and Phil Billington were both present for our South Coast Deanery meeting here at Narooma on Tuesday. It was a very fruitful meeting, thanks to our Chairperson, Fr Martins Alonge. We are mapping out our long term program, in co-ordination with the rest of the Archdiocese and indeed the rest of the country. There will be, in due course, meetings at the parish and deanery levels to present what has come from the people of this part of the Archdiocese.

There is a real desire to listen to what people reckon God wants of the church in this area at this time. Whatever is in your discernment is going to be welcome and you will have a variety of opportunities and ways to put in your perspective; please do not rule anything out. In these times, it is no longer, socially speaking, acceptable to know something and not say it. The organisers want to hear not only from the people in the pews but also those people who have been somehow 'de-pewed'! All voices and views can be expressed.

See website www.plenarycouncil.catholic.org.au for pray

<u>This week</u>	<u>NAROOMA</u>	<u>Next Week</u>
Welcomer	K Day	J Voytas
Commentator	R Towers	P Brice
Readers	F Bird	T Young
Offertory Proc.	F Bird/S Nash	K Day/W Wallens
Eucharistic Ministers	J Voytas/P Brice	F Bird/K Smith
Counters	T & M Young	P & F Bird
Collectors	H Schrooten/P Bird	H Schrooten/T Short
Pilgrim Statue	Mary Ryan	A & R Farrell
Flowers	Therese Short	Annie Ovington
COBARGO		
Eucharistic Minister & Server	T Devoy	A Cotterill
Reader	T McDonald	J Froud
Offertory Procession	Tarlintons	Collectors
Cleaning	Jenny/Trish	
Flowers	T McDonald	J O'Halloran
BERMAGUI		
Reader	G Marsh	N Cridland
Prayers of the Faithful	J Lazzaro	J Manns
Welcoming Committee	V Hummel	J Lazzaro

Collections of last week (Narooma)	
1st Collection	\$ 478.40
2nd Collection	\$ 655.00
Cobargo/Bermagui	
1st Collection	\$ 215.95
2nd collection	\$ 765.00

ers, Council hymn/music, etc. The official Plenary Council Prayer will be used in weekend Masses from now on. It will be said with the General Intercessions.

CHURCH NEEDS REIMAGINED FUTURE

The Church is being reborn in ways beyond the traditional structures, inviting us to reimagine the future and venture out into the unknown chaos that will bring new life..

The 2018 Marian Lecture, "A New Generation of Church" is an annual event for the Marist Association of St Marcellin Champagnat.

Bishop Vincent Long, Parramatta, invoked the rich imagery of Pope Francis in envisaging a Church that is like a field hospital after battle, with the ability to heal wounds and warm hearts through compassionate accompaniment. He called for the Church to reject the trappings of power and privilege and to engage simply and directly with the poor at the grassroots.

"We are into a time of crisis," he said. "But crisis allows us the precious opportunity to learn the power of vulnerable trust, to act more prophetically and to live more fully, more creatively, more boldly, more at the periphery.

"The church is being reborn in ways beyond the traditional structures. Like the river that has changed its course, we have a choice to make. It is not in yearning for or holding on to the known and the familiar, but in reimagining the future and venturing into the unknown chaos like the old Exodus that we shall find new life."

CATHOLICS IN HONOURS LIST OAM: Bernie Fehon (founder of the Vinnies CEO Sleepout), Sr Patricia Powell rsm (Rahamin Ecology Centre, etc), Fr Joe Caddy (CEO, Catholic Care Melbourne). Other awards: Sr Joan Evans PYMB AO, Ms Rebecca Davies AO, Deacon Gregory Kerr OAM, Mr William Lovering OAM, Mrs Carmel Nash OAM, the late Mr John O'Brien OAM, Dr Meegodage Senake Perera OAM, Mr Francis Sheehan OAM, Mr Ross Tarlinton OAM, Dr Mark Turkington OAM, Sr Mary D'Apice RSCJ AM, Mrs Margaret MacMillan OAM, and Dr Catherine Day OAM.

THE ANATOMY OF A SUCCESSFUL APOLOGY

Like most languages, English has a scale of subtly different terms it uses for repair work (compare, for instance, the values at play in 'I'm sorry' against 'I apologise'). Using these terms correctly requires a special competence. But vocabulary is only part of it.

Can a speaker select the appropriate intensity of regret in their apology? Can they do this while matching the formality of a given situation, and taking the needs of the hearer into account?

To measure all this, researchers scored apologies in the following ways: An expression of apology; An expression of regret ("I'm sorry"); An offer of apology ("I apologise"); A request for forgiveness ("Excuse me" or "Forgive me"); An expression of excuse.

Considerations other than a base apology may include: An acknowledgement of responsibility; An offer of repair; A promise of forbearance (ie, that it won't happen again). Successful apologies often contain a high frequency of expressions of apology, and included the other components. Though linguists necessarily focus on everyday speech, the same rubric can be applied to apologies given in the public sphere. When Richard Nixon announced his resignation in August of 1974, the tone of his speech was more hopeful than contrite.

Only three days before, the White House had released the so-called "Smoking Gun" tape, and support for Nixon's presidency had plummeted. Of the above schema, Nixon's resignation speech contains only an expression of regret, and even that is heavily qualified ("I regret deeply any injuries that may have been done").

Bill Clinton, by contrast, met most of the above criteria in his apologies over the Monica Lewinsky affair. "I'm profoundly sorry for all I have done wrong," he said in 1998, expressing apology, regret, and acknowledging responsibility in one fell swoop. There was an offer of repair in there, too, when Clinton said he would continue to reclaim the trust of the American people.

When apologies go wrong Remorse expressed must be genuine, an understanding of the offending act must be shown, responsibility must be accepted. Failure to do so creates what the author Aaron Lazare called "pseudo-apologies" — which only serve to exacerbate the original harm or loss of face.

It's worth remembering, too, that apologies have to be willingly offered to be positively received. When the Department of Agriculture forced a biosecurity-related *mea culpa* from film stars Johnny Depp and Amber Heard, it was globally mocked for its perceived insincerity. Well, that, and the growing feeling that it wasn't exactly what the world really wanted Depp to apologise for.

-Tiger Webb is a researcher with ABC Language.

WORDS TO USE REGARDING SUICIDE:

With two high-profile deaths by suicide in the US, it is a topic that's often avoided, judged or only whispered about and is now on the tips of people's tongues.

What we say or don't say, and how we say it, makes a difference. Our words matter to those struggling with thoughts of ending their own lives and to those reeling from loss owing to suicide. And in a world where silence or insensitivity often makes matters worse, it's time to talk about our language.

Stop using the phrase 'committed suicide' It implies sin or crime – we "commit" sins and crimes – and pathologizes those affected. We suggest more objective phrasing, like 'died by/from suicide,' 'ended their life' or 'took their life'. If we're using the right language, if we're pulling negative connotations from the language, talking about suicide may be easier."

Don't treat suicide like a taboo topic It now ranks as the US' 10th leading cause of death. We may think of how cancer was for so long referred to as "the C word," how people were terrified to even mention it. Now that people speak openly about cancer, funding, research and avenues of support have grown exponentially.

Asking for help The goal is to make a connection, engage in conversation, validate feelings and give the person a moment to breathe.

Dr Jodi Gold, a psychiatrist: "Talking about suicide does not cause people to kill themselves. Not talking about suicide might." If the person you're worried about answers "yes" when asked if they're thinking about hurting or killing themselves, Gold suggested that's when you reach out to a therapist, a doctor, a family member -- not necessarily an emergency room -- because preventing isolation and fostering human connections are key.

Don't rattle off the list of people for whom a person must live. "That often makes them feel worse if you're doing it for them. They're thinking, 'I'm a terrible person, and all these people would be better off without me.'"

Don't cast blame or search for details.
Please discuss