



Canberra Inner North Catholic Community

Under the Care of Congregation of the Blessed Sacrament (SSS)

Fr Anthony (Thonn) Riosa SSS Moderator - anthony.riosaa@cg.org.au

Fr Renoir Oliver Jr SSS - renoir.oliver@cg.org.au

Fr Sebastian Luistro SSS - sebastian.luistro@cg.org.au

Parish Secretary: Kathie Guillester | **Parish Manager:** Julie Barnes

Telephone: 0416 823 447 | Email: innernorth@cg.org.au | Mail: PO Box 900, Dickson ACT 2602

Baptisms, Marriages & Funerals: by Appointment contact the Parish Office

Acknowledgement of Country

We Acknowledge the Ngunnawal people, as Traditional Owners of the land where we gather today and pay our respects to Elders past, present and emerging.

Issue 10– 28th January 2024 - Year B

FOURTH SUNDAY IN ORDINARY TIME



CANBERRA CENTRAL inc:
ST BRIGID'S 2 Bancroft St
Dickson ACT 2602

ST PATRICK'S 1 Donaldson St
Braddon ACT 2612

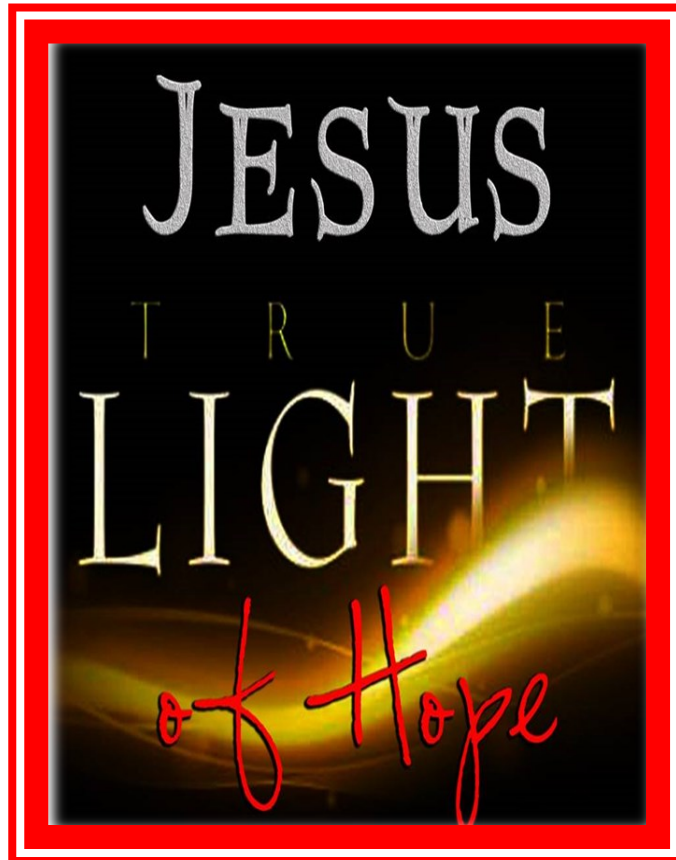
Fr Sebastian Luistro SSS
<http://cg.org.au/canberracentral>



ST THOMAS MORE PARISH
30 White Crescent
Campbell ACT 2612

Fr Anthony Riosa SSS

Website:
www.stthomasmore.org.au
Facebook:
[facebook.com/
st.thomasmore.campbell](https://facebook.com/st.thomasmore.campbell)



BLACKFRIARS PARISH
Cnr Phillip Avenue &
Antill Street,
Watson ACT
2602

Fr Renoir Oliver Jr SSS
Website:

www.cg.org.au/watson
Facebook:
[www.facebook.com/Holy-
Rosary-Parish-Watson](https://www.facebook.com/Holy-Rosary-Parish-Watson)



ST JOSEPH'S PARISH
61 Boronia Drive,
O'Connor ACT 2602

Fr Anthony Riosa SSS
Website:

[https://cgatholic.org.au/
parishes/oconnor/](https://cgatholic.org.au/parishes/oconnor/)
Facebook:
[www.facebook.com/
stjosephsoconnor](https://www.facebook.com/stjosephsoconnor)

Parish Safeguarding Commitment

Our Parishes are committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the centre of all of our thinking and action. This approach is to follow Jesus' command in Matthew 18:1-3.

Enquiries or concerns please contact:

- Fr Anthony Riosa SSS
anthony.riosaa@cg.org.au
- Maria Hicks (Manager)
Phone 02 6239 9806
- Institute of Professional Standards & Safeguarding (IPSS) ipss@cg.org.au





Entrance Antiphon - Ps 105: 47

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

First reading - Deuteronomy 18:15-20

Moses said to the people: 'The Lord your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die.'"

The word of the Lord.

Thanks be to God.

Responsorial Psalm - 94:1-2,6-9:

If today you hear his voice, harden not your hearts.

Come ring out your joy to the Lord;
Hail the rock who saves us.
Let us come before him, giving thanks,
With songs hail the Lord.

If today you hear his voice, harden not your hearts.

Come in, let us and bend low;
Let us kneel before the God who made us
For he is and God and we
The people who belong to his pasture,
The flock who is led by his hand.

If today you hear his voice, harden not your hearts.

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
As on that day in Messah in the desert
When your fathers put me to the test;
When they tried me, though they saw my work.'

If today you hear his voice, harden not your hearts.

Second reading - 1 Corinthians 7:32-35

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit.

Cont...The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

Thanks be to God.

Gospel Acclamation - Mt 4:16

Alleluia, alleluia!

A people in darkness have seen a great light: a radiant dawn shines on those lost in death.

Alleluia!

Gospel - Mark 1:21-28

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority. In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of

Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Communion Antiphon is Not recited when hymns are sung.

Communion Antiphon - Ps 30: 17-18

Let your face shine on your servant.
Save me in your merciful love.

O Lord, let me never be put to shame, for I call on you.

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REFLECTION

LET US NOT AGAIN HEAR THE VOICE OF GOD

A thunder storm among mountains sounds very different from one in flat terrain. It echoes from peak to peak. This intensifies the volume of the tempest. The Hebrews had grown up in the region of the desert around the Nile valley. When Moses led them to the Sinai, they were awe-struck by the new surroundings. The prophet was inspired by a storm reverberating from the summit. The Hebrews become frightened and plead with Moses to protect them from the blasts. He agrees to act as a mediator and spokesman with the Lord. He also predicts that God will send others--prophets--to fulfill this same function. Today's Gospel reminds of the power of God's voice. Jesus speaks in a loud tone to drive out a demon. He is the ultimate prophet.

ALL ABOUT LISTENING

Our readings today are all about listening. Moses tells the people that God will raise up a prophet from among them, who will speak in God's name and with authority, and that it's to him they'll need to listen. Our responsorial psalm urges us to open our hearts to God's voice. Paul encourages the people of Corinth to free themselves from worry and to listen to God— he promotes the single life as a way to be fully focused on the Lord's affairs. And our Gospel reading describes an encounter in the synagogue in Capernaum, where we find Jesus teaching with authority and driving out unclean spirits. While the onlookers aren't sure what it all means, they recognise Jesus brings authority and a teaching they have never heard before. Today, let's reflect: what do I hear God saying to me today? How well do I listen?

Peace

Peace is not the product of terror or fear.

Peace is not the silence of cemeteries.

Peace is not the silent revolt of violent repression.

Peace is the generous, tranquil contribution of all to the good of all.

Peace is dynamism.

Peace is generosity.

It is right and it is duty.

Bishop Oscar Romero (1917-1980)

Thomas Merton struck a chord with millions, by not just noting that "Man was made for the highest activity, which is, in fact, his rest," but by also acting on it, and stepping out of the rat race and into a Cistercian cloister. ... The central paradox of the machines that have made our lives so much brighter, quicker, longer and healthier is that they cannot teach us how to make the best use of them; the information revolution came without an instruction manual.

VOCATIONS DINNER AT ARCHBISHOP'S HOUSE.

Thursday 8 February at 6pm.

For men interested in discerning a call to the Priesthood. A hearty meal provided with insightful discussions & prayer. To rsvp please contact vocations director Fr Emil emil.milat@cg.org.au 0414 523 036.

PARISH OFFICES OPENING HOURS

Watson Blackfriars 9am-12.30pm Thursdays & Fridays

Campbell St Thomas More 9am – 12.30pm Tuesdays

Dickson St Brigid's 9am-12.30pm Mondays

O'Connor St Joseph's 9am – 12.30pm Wednesdays

WATSON BLACKFRIARS MEDITATION GROUP

Meets on Thursday evenings at 7.30pm in the Watson Parish Centre. For all enquiries call John Jarvis 6296 2001 or email jjjarvis1@bigpond.net.au

SAVE THE DATE

ST THOMAS MORE PARISH

Fr Emil's Farewell 25 Feb 10am Mass
And morning tea after Mass— All welcome

ST JOSEPH'S PARISH

FRIDAY 2 February from 5pm to 10pm

Vigil, Holy Adoration and
Reparation prayers and Hymns
All Parishioners Welcome

PARENTS GROUP AT ST JOSEPH'S

Commencing in March

For new parents if you are interested, please contact
David Gereis on 0415 286 080

VINNIES CHRISTMAS APPEAL @ ST JOSEPHS:

Through the generosity of St Joseph's parishioners plus four local businesses, Rotary Belconnen & St Joseph's Primary school community we raised nearly \$4000 and delivered about 60 Christmas hampers to individuals and families in Lyneham and O'Connor, as well as assistance to Mackillop House. New volunteers are always needed and Warmly Welcomed
warwick.mcdonald@vinnies.org.au



Thank you, God bless you

A CELEBRATION OF RESILIENCE

Happy New Year!

As you know the Canberra and Goulburn Catholic Women's Taskforce hosts a Breakfast for International Women's Day each year. We have outgrown our previous venues so this year we will move to the Ainslie Football Club. Our guest speaker is Ms Selina Walker, who has been named ACT Local Hero for 2024, recognising her work in the community to improve outcomes for First Nations people.

I hope you can join us on Thursday 7 March from 7.30am at Ainslie Football Club, 52 Wakefield Ave, Ainslie. Link to purchase tickets is on our website (flyer also available there) or you can go straight to the booking site here.

Once again we would appreciate your help in promoting this event which is a celebration of resilience and a testament to the power of unity. If you can't come, can you host an event where you are? Bringing women together is powerful and empowering!

If you would like more information about our plans for the year please email cgwomen@outlook.com.

We don't have venues for some events yet. If you would like to nominate your parish or other location please get in touch. Remember you are welcome to connect with the Taskforce at any point.

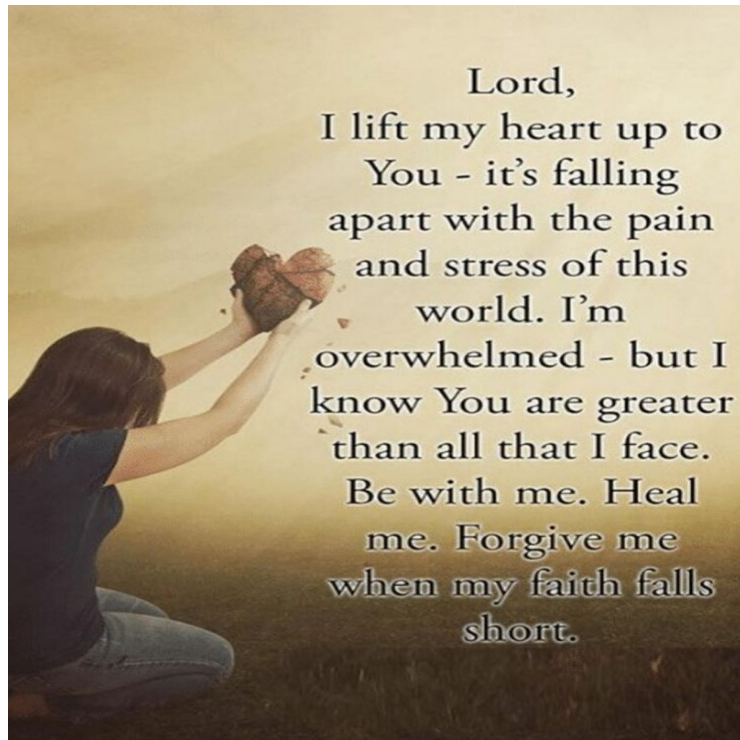
We are experimenting with a more flexible model of involvement. You can help out for one event or in one particular way or dive into everything. You will receive a great welcome!

Blessings
Andrea Dean
cgwomen@outlook.com

Without Dreams - we reach nothing.

Without Love - we feel nothing.

Without God - we are nothing.



Lord,
I lift my heart up to
You - it's falling
apart with the pain
and stress of this
world. I'm
overwhelmed - but I
know You are greater
than all that I face.
Be with me. Heal
me. Forgive me
when my faith falls
short.

OUR RECENTLY DECEASED

Our recently Deceased: May they find peace and comfort in the embrace of the Lord.
Shirley Dunn, Geraldine Conlon, Brian Mahoney, Margaret Byrne

IN LOVING MEMORY

Romeo Cabardo, Heather Pook,
John Collett, Jack O'Brien, Alice McDonald

CONTRIBUTIONS TO PRIEST & PARISH

Contribute to the First Collection.

Account Name: Central Presbytery Fund
BSB: 062-786 - Bank Account: 000029248
Reference: Use your Parish Location to assist in correct allocation & Your Name (e.g. Campbell Smith)

Planned Giving: Planned Giving is a weekly, fortnightly or monthly contribution to the first and/or second collection via cash, direct Debit or credit card. By contributing set amounts regularly you help the parish to forecast and budget its ongoing expenses. If you are new to Planned Giving and would like more information, please contact the Parish Office.

PLEASE NOTE: Existing Planned Giving arrangements have not changed. If you have established a regular deduction, that will continue. For information, Planned Giving account details for each Parish follow. These can be used to set up new regular deductions.

Canberra Central : A/C Name Canberra Central Parish
BSB: 062786 **A/C:** 000013150 **Ref:** Name & Giving Number

Blackfriars: A/C Name: Blackfriars Parish Watson
BSB: 062786 **A/C:** 000013341 **Ref:** Name & Giving Number

St Joseph's: A/C Name: St Joseph's Parish
BSB: 062 786 **A/C:** 000012798 **Reference:** Parish & Name

St Thomas More: A/C Name: St Thomas More Parish
BSB: 062786 **A/C:** 000014869 **Ref:** Campbell/Surname

PARISH BULLETIN - DEADLINE for notices is 4 pm TUESDAY
Ph: 0416 823 447 **email:** innernorth@cg.org.au

In Your Prayers please remember those in our community who are ill:

In Your Prayers please remember those in our community who are ill:

Sabina –Mary Coles, Mary Pavey, Anne Corver, Sue King, Barbara Wilson, Una Bell, Philip Bailey, Peter Catlin, Veronica Cornelly, Rosa Maria Santos, Gloria Sibley, Beth Delos Santos, Fr Ellis Clifford, June Pollard, Philip Cruz, Maureen Blood, Awny El-Ghitany, Pamela Sandy, Una Ford, Robin Lees, Elizabeth Webster, Ann Moran, Colleen Brackett (& friend Jackie), Brenda Curren, Joan Goodwin, Nadine Hartley, Gabriel Hengkiarto Indra, Mary O'Hanlon, Baby Remi Elliott, Tony Bandle, Clare Packer, Paul Thorpe, Joycelyn Maclean, & Kahren (daughter of Joycelyn), Mahsa Raoofian, Christopher Douglas, Kahren, Lyn Mowbray Lily Copeland, Neville Caulfield, Maggie McKeon, Alphonsa & Maria Bankovsky, Carmel Slammon, Carol - Jayne McManus

WEEKDAY MASSES

	Mon	Tue	Wed	Thu	Fri	Sat
St Patrick's (Braddon)		12:30pm	12:30pm	12:30pm	12:30pm	
St Thomas More's (Campbell)					10:00am*	
St Brigid's (Dickson)			9:00am	9:00am		9:00am
St Joseph's (O'Connor)		9:15am	8:00am	9:15am	9:15am	8:30am
Holy Rosary (Watson)		5:30pm	5:30pm	5:30pm	5:30pm	
ACU-Signadou (Watson)			12:00noon**			

* During school term, as advised when Classes attend.

** First Wednesday of month during University Terms

SATURDAY VIGIL & SUNDAY MASSES

	Saturday Vigil Mass	Sunday Morning & Evening Masses				
		8:00am	8:30am	9:30am	10:00am	5:00pm
St Patrick's (Braddon)		8:00am			10:00am *	
St Thomas More's (Campbell)					10:00am	
St Brigid's (Dickson)	6:00pm			9:30am		5:00pm**
St Joseph's (O'Connor)	6:00pm		8:30am			
Holy Rosary (Watson)	5:00pm				10:00am	5:00pm
ACU-Signadou (Watson)						

* German Mass

** Vietnamese Mass (1st & 3rd Sundays)

ADORATION & SACRAMENTS

	Reconciliation
St Patrick's (Braddon)	12:00 noon Friday
St Brigid's (Dickson)	9:30am - 10:00am Saturday 5:30pm - 5:50pm Saturday
St Joseph's (O'Connor)	5:30pm - Saturday (during Holy Hour)
Holy Rosary (Watson)	4:00pm - 4:30pm Saturday
Adoration of the Eucharist	
St Brigid's (Dickson)	9:30am - 8:00pm Wednesday
St Joseph's (O'Connor)	8:15am - 9:15am Tuesday, Thursday & Friday
Holy Rosary (Watson)	6:00pm - 7:00pm Friday
Pray the Rosary	
St Brigid's (Dickson)	8:30am Tuesday to Saturday
St Joseph's (O'Connor)	After morning Mass Tuesday, Wed (Cenacle), Thursday, Friday
Holy Rosary (Watson)	Before 10:00am Mass, 1 st & 3 rd Sundays
Anointing of the Sick	
St Joseph's (O'Connor)	8:30am First Saturday of the month
St Thomas More (Campbell)	11:15am First Sunday of the month