

THE GOULBURN MISSION

Goulburn Crookwell Taralga

Office hours: Mon-Fri 8.30-12.30pm Ph 62399863

Crookwell: Tues & Thurs 8.30-1.30 Ph 4832 1633

Parish Priest: Fr Joshy Kurien Ast. Priest: Fr Alex Osborne

1 Sunday Advent

Yr A

30 Nov/1 Dec 2019

Entrance Antiphon: To you, I lift up my soul, O my God. In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.

Prophets Candle:

P Lord Jesus, your coming was proclaimed by the prophets of old. The prophet Isaiah called the Chosen People and today calls all people to 'walk in the light of the Lord'

R *Come, Lord Jesus*

P Lord Jesus, we believe you come among us now. St Paul urges us to be people of the light and to let our armour to be the Lord Jesus Christ.

R. *Come, Lord Jesus*

P Lord Jesus, you will come again in glory. You ask us to 'stand ready, because the Son of Man is coming at an hour we do not expect.'

R *Come, Lord Jesus*

Sprinkling of Holy Water:

Let us pray, May the sprinkling of this water
Remind all of us gathered here
Of our first sharing in the grace of baptism.
During this time of Advent
May we prepare for the Lord's coming
With open hearts and minds.
May this wreath be a symbol to us of this time of
prayerful watching and waiting
For the coming of the Lord.

Response:

Let us go rejoicing to the house of the Lord.

Alleluia, Alleluia!

Lord, show us your mercy and love,
and grant us your salvation. **Alleluia!**

Communion Antiphon: The Lord will bestow his bounty, and our earth shall yield its increase.

Commissioning Prayer: Take Christ to his people who cannot be here with us today. Be blessed by the giving of the greatest of gifts.

Prayer for the Blessing of Rain

Lord God, bless Australia – our Great South Land of the Holy Spirit. Grant, that as the Cross shines in our southern skies, so may Christ bring light to our nation, to its peoples old and new.

May we receive the blessing of abundant rain so that the "desert blooms with the life that lies in wait." We ask this through Christ, Our Lord. **Amen.**

MISSION MASS TIMES:

Ss Peter & Paul's:	Sat. 6.00pm (Sept-April) 5.00pm (May- Aug.)
Our Lady of Fatima:	7.00am Sunday
Ss Peter & Paul's:	10.00am Sunday
Taralga:	Sat. 6.00pm (Sept-May) 5.00pm (June-Aug.)
Crookwell:	Sun. 9.am
Binda (1,2,3)	Sun 10.30am
Tuena (5)	Sun 11.30am
St Patrick's, Marulan:	8.00am (2/4 Sun. month)
St Joseph's, Tarago:	8.00am (3 Sun. Month)
Confessions:	
	9.30 - 10 am Saturday (Our Lady of Fatima)
	5.30-5.45pm Saturdays (Ss Peter & Paul's)
	5.30 - 5.45pm Saturday (Ss Peter and Paul)

Recently Deceased: Eileen Edwards, Kit McCabe, Helen Arnall, Johanna Adameitis, Jake Apps, Bill Watson, Connie Snare, Max Hogan, Betty Quinn, Rogelio Gimay
Anniversaries: Mary Walsh, Jack Walsh, Brian Webb, Leonard Smith, Natasha Gill, Wendell & James Rosewarne, Percy & Mary Rosewarne, Dermott O'Neill, Paul Marcelino,
Prayer List: Elsie McLoughlin, Terry Druett, Pat Keough, Marianne Barling, Sr Bernadette Mary Walsh rsj,
Mas intentions: Ellen Ryan, Gail Warton, Gillian McAuliffe

SVdP Conference Goulburn update: We have held over 600 interviews, provided for individuals and families with almost 300 children benefitting. Over 330 hampers distributed, and assistance given for electricity, gas bills, clothing & scripts and other essentials. With Christmas approaching we welcome the donations of food items. Hampers are restricted to non-perishable items that are within the specified "use by date. Donations can be left at OLOF, SPP or 27 Verner St. SVdP thanks all parishioners for their ongoing support.

Readings Next Week: 2 Week Advent

1/ Is 11:1-10 2/ Rom 15:4-9 Gosp: Mt 3:1-12

Taralga Parish: CHRISTMAS CAROL SERVICE

This year the combined churches carol service will be held at Christ the King Church Taralga. Sunday 15th Dec. 6pm. Supper will be served in the convent following the service. A plate appreciated.

Sunday Dec. 15th 12 for 12.30 \$35 banquet lunch Southern Star, Goulburn. All parishioners (Glb, Taralga, C'well) are invited to welcome Fr Joshy & Fr Alex to our Mission, and celebrate Christmas. Tickets available Glbn & C'well offices & Prue in Taralga. No's finalised 6/12

Grief and Bereavement Team

Calling for volunteers!

Dealing with loss and grief is overwhelming and it can be hard just to keep going let alone make the necessary decisions and plans. **Fr Joshy would like to have a Grief and Bereavement Team that would step in and help families at this difficult time.** The main objective of this ministry is to provide support the bereaved family who are experiencing grief and loss especially assisting them with the planning and selection of reading and hymns for the funeral service. This is not a counselling service, but a support for families at this difficult time. Fr would like volunteers will step forward to join this team. Information and training sessions will be held. Please contact parish office for further details.

Crookwell Parish:

Thurs. 5/12: 9.30am Liturgy / Rosary

VIEWHAVEN VISIT: St. Mary's Social Group to meet at Viewhaven at 10am Friday 6th December to visit residents. Luncheon to follow at Crookwell RSL. Please contact Sue Reedy 0408488434 or Sr Rosemary 0402545172.

SVdP News: Christmas cards and Columban Calendars available at the piety stand – Back of Church and the St. Vincent de Paul Centre Shop

Goulburn Parish

Mon. 2/12 help needed! Brass cleaning 10am SPP
Tues. 3/12 7.30am Mass Convent Chapel
11am Nursing Home Mass. Waminda
12n Craft group & Catechists luncheon
Wed. 4/12 7.30am Mass Convent Chapel
11am Exploring The Sunday Gospel.
2pm Legion of Mary Gather. Mtg Rm
Thurs. 5/12 7.30am Mass Convent Chapel
7pm Rosary Bungonia Church
Fri. 6/12 12n Mass SPP
3pm Eucharistic Adoration STJ Chapel
Sat 7/12 9am Mass- followed by morning tea.

Roster info: Christmas Masses are on the board, if you can write your name where you can help out please.

Rosters for Jan/ Feb/March are being compiled now. **Final copy will be emailed out 16 Dec. ANY changes or availability after this date – you will have to find your own replacements. Please email or ph Eileen 0418458159 bevaleen7@bigpond.com

Emmaus Gathering Parishioners are invited to attend a parish prayer service to remember those who have passed away. For more information please contact Loretta on 4821 9496 or Wendy on 4821 7492.

2020 Columban & Josephite Calendars plus Christmas Cards are available at the SVDP Kiosk at OLOF Church, open 9.30am-10am Sat. or 7am Mass Sun.

ADVENT SPECIAL - MANTRA MEDITATION

A mantra is a single word or short phrase that the person repeats throughout the meditation period. Mantra is a Sanskrit word, now a recognised English word; it means 'that which clears the mind.' The mantra helps us clear our mind of distractions. The result is increased focus and attention on God within. You can choose any mantra for your meditation, for example Abba, Jesus. The ancient Christian prayer word 'Maranatha' (Come Lord) is ideally suited as a mantra. It is recommended to choose one mantra only and not change it. In this way the mantra can become rooted in the heart; it eventually becomes spiritually part of us.

Steps...

1. Adjust your seat height and angle so that your back is relatively straight, and also relaxed, very comfortably. Just let the breath flow naturally in and out of the body, and let your gut move freely with the breathing. Let your spine move with your breathing, so that you can be sure you're not holding yourself rigidly.
2. Make sure that your hands are supported so that there's no strain in your shoulders or between the shoulder-blades. Relax your shoulders, letting them roll back to open your chest. Let your shoulders move with your breathing.
3. Take a few deep breaths. Adjust the angle of your head, so that the back of your neck is relaxed.
4. Close your eyes gently and relax your jaw, your tongue, your eyes, and your brow.
5. Let go all kinds of thoughts, good or bad, and all the distractions.
6. Begin to recite your mantra inside
7. Listen to your mantra in the depth of your heart.