



**Parish of St Matthew
& St Vincent de Paul**
South Belconnen

**29th Sunday in Ordinary Time, Year B
Catholic Mission Sunday
10 October 2021**

Parish Pastoral Team

Fr Simon Falk PP (6254 1827)
Fr Thomas Jin APP (6254 1827)
Deacon Joe Blackwell
Parish Secretary: Kate Whitton
(6254 1827)

Youth Ministers:

Grace Braybon (grace.braybon@cg.org.au)
Maddie Greenwood
(maddie.greenwood@cg.org.au)

St Matthew's Church

12 Chewings Street, Page

St Vincent de Paul Church

7 Bindel Street, Aranda

Aranda Office: Tues - Thurs 9.00am-
3.30pm (6254 1827) - CLOSED DURING
LOCKDOWN

Email: BelconnenSouth@cg.org.au

Website:

cg.org.au/belconnensouth

Facebook & Twitter:

www.facebook.com/southbelconnen/
https://twitter.com/BelconnenP

Mailing Address:

PO Box 4266 Hawker ACT 2614

**Online Masses, reflections
and resources (during
lockdown):**

**South Belconnen Parish
Mass: Saturday Vigil (6pm)
will be streamed through
Zoom at :**

[https://us02web.zoom.us/
j/85203603848?
pwd=YTIpeXZYSm1vMUdn
UGFyRjhNNzNXUT09](https://us02web.zoom.us/j/85203603848?pwd=YTIpeXZYSm1vMUdnUGFyRjhNNzNXUT09)
Meeting ID: 852 0360 3848
Passcode: 886513

Options:

Mon-Fri 12.15pm & Sunday
11am: [https://
www.catholicvoice.org.au/
mass-online/](https://www.catholicvoice.org.au/mass-online/)

Mass for you at
Home [https://
massforyou.com.au/](https://massforyou.com.au/)

Mass On
Demand [https://www.youtu
be.com/user/cathnews](https://www.youtube.com/user/cathnews)

Fr Simon's suggestions:

Sacred Space
<https://www.sacredspace.ie/>

Rosary

Every Wednesday & Friday
at 4pm via Zoom

<https://bit.ly/3k3bXnB>

Meeting ID: 850 2245
8332 Passcode: 543675

This Week:

Is 53:10-11
Heb 4:14-16
Mk 10:35-45

Entrance Antiphon: *(as ministers
gather in courtyard—not said if hymn is
sung)*

To you I call; for you will surely heed
me, O God; turn your ear to me; hear
my words. Guard me as the apple of
your eye; in the shadow of your wings
protect me.

Responsorial Psalm

**R. Lord, let your mercy be on us,
as we place our trust in you.**

W. The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love. **R.**

M. The Lord looks on those who
revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine. **R.**

W. Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you. **R.**

Gospel Acclamation:

Alleluia, alleluia!

The Son of Man came to serve and to
give his life as a ransom for all.
Alleluia!

Communion Antiphon: *(not said if
hymn is sung)*

Behold, the eyes of the Lord are on
those who fear him, who hope in his
merciful love, to rescue their souls
from death, to keep them alive in
famine.



Next Week:

Jer 31:7-9
Heb 5:1-6
Mk 10:46-52

Prayer Requests

We pray for the sick:

Caroline Aldridge, Michelle Aldridge, Thirvinder Anand, Martin Baker, David Baker, Lisa Baulman, Sue Bartlett, Nancy Biviano, William Blackwell, Fr Laurie Blake, Ian Brown, Mary Bryan, George Bulbrook, Vince Burns, Di Carter, John Clerk, Les Collier, Mary Coman, Matthew Darwin, Elizabeth Davis, Jeanette Demetriou, Peter Donnan, June Donnelly, Frances Dyball, Joachim Exell, Ivka Ferinas, Grace Fluitsma, Amy Fogarty, Mick Hay, Wilf Hedley, Christine Hermely, Lorraine Higgins, Max Holmes, Paul Idilton, Graham Jackson, Berty Jacob, Cath Jane Keen, Judith Mahony, Michael Mathias, Jill McDonald, Tanya Mihajlovic, Monica Molloy, Glenn Mowbray, Peter Naughton, Cedric Netto, Me con Nguyen Thi No, Rita Notte, Geraldine O'Brien, Barry O'Leary, Louise Powell, Kathleen Preece, Dana Riminic, Peter Robbins, Paul Shanahan, John Shiels, Elizabeth Smith, Peter Stewart, Nicole Tavares, Richard Toombs, Lina Varmiento, Max Walsh, Jenny Webster, Mariette William, Angela Williams, Berenice Wright and Robert Wrightson. All the sick and suffering.

We pray for the deceased:

Recently: Marjory Langridge, Don Maund, Neryl Hogan, Joyce Firth, Ben Parker, Noel Noonan.

Anniversaries: Dorothy Hoysted.

Parish News

The Vigil Mass (6pm Saturday) is streamed through Zoom. Please see page one for link.

Our Lady of the Rosary, Feast Day 7 October

Tradition accords the initiation of the Rosary to Saint Dominic, in the early 13th Century. He was a canon at Osma Italy, but developed this devotion when in France to convert Catholic heretics of Albergensia and later Catherism. From that work he founded the Dominican Order of Preachers.

The Dominicans refined the Rosary format up to the 15th Century and Pope Leo X gave it his official blessing in 1520. The Rosary is prayed in five decades (ten Hail Marys, between the 'Our Father' and the 'Glory be ..') of which each meditates on a 'Mystery' in the life of Jesus or Mary and they are grouped in three themes - Joyful, Sorrowful and Glorious. Other prayers and intentions were added before and after the five decades and people used rosary beads to mark each prayer.

This Feast Day and Mass was established in 1573 to celebrate the Christian Victory of the battle of Lepanto. When Our Lady appeared to St Bernadette at Lourdes in 1858, she urged the wider praying of the Rosary by the church. The Family and Communal Praying of the Rosary probably reached its height in the 1950s and 60s. Since then, a Scripture Rosary has been developed with a brief reading of Scripture relevant to that Mystery, preceding each Hail Mary. As recently as 2002 Pope John Paul Second (now Saint, Feast Day 22 October) provided a new theme set of Luminous Mysteries (of Light) highlighting key events in Jesus' Ministry. The Rosary is the principal component of Marian Devotion and this Feast is early in October in what is usually known as the Month of the Rosary.

(Liturgy Committee)



With **ACT COVID 19 restrictions** easing on **Friday 15 October** we are able to commence celebrating Mass again in our Churches for a **maximum of 25 people**. For the next two weeks, attendance at Mass will be restricted to:

- **Weekend Masses** (Vigil, 8.30am & 10am) - 25 parishioners are being **contacted by the parish office** to attend these Masses for 16 & 17 October and 23 & 24 October. Please do not attend Mass unless contacted by the parish office before the Mass.
- **Weekday Masses starting Tuesday 19 October** (5.30pm Tue, 7am Wed, 9.30am Thu, 9.30am Fri) - **the first 25 people** in attendance will be allowed to enter and then the church doors will be closed. There will be **no Adoration** before Tuesday Mass and there will be **no midday Mass** on Saturday 16/10 & 23/10.

As per the ACT's COVID 19 Pathway Forward, from **Friday 29 October** restrictions will ease again and we will be allowed a **maximum of 100 people** in our Churches.

Please remember: Face Masks are mandatory, sanitise your hands & check in using CBR Check In app.

Face masks mandatory in the ACT when out in the community



covid19.act.gov.au



Vision for our Parish: Walking together in faith to share God's love with all

For we CANNOT KEEP FROM SPEAKING about what we have SEEN & HEARD

ACTS 4:20

This week Catholic Mission will share the story of Churai*, who having experienced much heartbreak in childhood, turned to the Mother and Babies Home run by the Good Shepherd Sisters in Bangkok when her partner cast she experienced rejection as an adult, abandoned by her partner and pregnant.

Without this program, many vulnerable mothers like Churai will have nowhere to turn when they need love and care the most.

Please give generously today to help continue this life-giving program by using the appeal envelope, going online at catholicmission.org.au/thailand or by texting 'GIVE' to 0488 854 436. Your gift will also help many other similar Church-run mission programs around the world.

**Name and images altered to protect identity*



Freecall: 1800 257 296
catholicmission.org.au/thailand



Donations to the Catholic Mission Appeal can also be made using the South Belconnen Parish Qkr! App. You will see the appeal on the main menu at the bottom 'ACG Collections Catholic Mission'. Email details can be provided for receipts.



Giving to 1st & 2nd Collections during lockdown

Please click on this link to find out your options for giving while in lockdown.

<https://bit.ly/2UKTLGJ>. If you wish to contribute by credit card (instead of Tap & Go in our churches) please go to <https://www.bpoint.com.au/pay/CATHOLICDEVELOPMENTFUNDARCHDIOCESEOFCANBERRA>

Synod of Bishops - On Sunday, October 17, dioceses around the world will launch local preparations for the Synod of Bishops, which has the theme: "For a Synodal Church: Communion, Participation and Mission". The Catholic Church in Australia will invite the People of God to make submissions via an online portal that will open on **October 17**. Those submissions will help the Bishops develop a national report to support the global process leading to an international gathering in 2023. Find out more at: <http://www.catholic.org.au/synodalchurch> and on YouTube <https://www.youtube.com/watch?v=QIH5dKiRGg>.

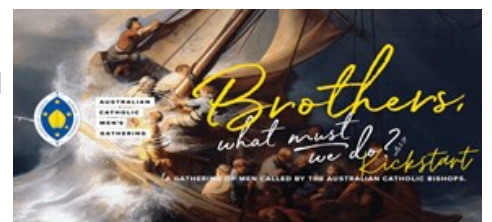
The Parish **Laudato Si circle** is seeking interest in parishioners joining them to reflect on the Vatican's Laudato Si action planning platform at <https://laudatosiactionplatform.org/about/>. The Australian Bishops conference statement *Cry of the Earth, Cry of the Poor* and the recent Plenary assembly strongly references these ways of Church mission. Expressions of interest to LaudatoSiACT@gmail.com or the Parish Office.

Australian Catholics Bishops Conference, with menALIVE announce Australian National Catholic Men's Gathering (ANCMG) **Kickstart**, facilitated by menALIVE for the Archdiocese of Canberra Goulburn, hosted online by Peter Gabauer and Colin Bennett and the menALIVE leaders from Canberra Goulburn.

Kickstart runs **Monday evenings 25 October and 1st, 8th, and 15th November from 7:30-8:30pm**. Sessions are short and sharp and a great way for men in lockdown to come together to engage with the theme 'Brothers, what must we do?' developed by the ACBC, hosted by Robert Falzon and Jude Hennesy of Wollongong with keynotes including:

- **Man of God:** Tomasz Juszcak
- **Man of Service:** Tim Davis
- **Man of Character:** Shayne Bennett
- **Missioning and Sending:** Archbishop Julian Porteous

Kickstart gives men access to these talks, with opportunities for prayer and reflection, with a core focus on the topic of Catholic manhood to renew and inspire men in the Year of St Joseph. Enquiries Frank Stanford fstanford200@gmail.com 0417664110.



Mental Health Month in the ACT - in the time of a pandemic

October is Mental Health Month across Australia, including in the ACT.

Especially during these times of the COVID pandemic, we can all experience feelings of anxiety, uncertainty, low mood or depression, and grief.

Everyone has felt the impact of enormous changes in our lives, even if the changes have been imposed for good reasons.

We need to actively look after ourselves, including our mental wellbeing, so we emerge from this time feeling able to continue with our lives.

There are some things we can do to help ourselves, such as:

- Celebrate the positive in our lives, the strengths that have helped us through challenging times before
- Connect with others, pay attention to our close relationships, keep in touch, reach out and make new friends
- Grow by expanding our horizons and try something new that creates meaning and purpose for ourselves, such as a new hobby
- Be as active as possible. Having a sense of belonging and committing to a purpose in life all contribute to happiness and good mental health.

If you feel like you are just not coping well, or are unable to do the things you usually enjoy doing, then it's best to have a chat with your doctor, who can offer some helpful advice, and refer you to appropriate support if needed.

Within our Parish, it is important we keep in touch, especially with people who may be on their own, so we can respond if need be. Please alert the Parish Office if you know of someone who may need extra support.

Within our Archdiocese, CatholicCare offers help and support on **02 - 6295 4300**.

If you would like to read more about Mental Health Month or check out some resources please follow this link: www.mentalhealthmonthact.org.

For general mental health information and support the following links may be useful: beyondblue.org.au or lifelinecanberra.org.au.

Or you can call **Lifeline on 13 11 14** and **Beyondblue on 1300 22 4636**.



Connect · Support · Empower

