



Parish of St Matthew & St Vincent de Paul South Belconnen

**30th Sunday in Ordinary Time
Year B
24 October 2021**

**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/83615246216?](https://us02web.zoom.us/j/83615246216?pwd=SXFnlzhoekZibU5MeDNmSE56UkE2dz09)
[pwd=SXFnlzhoekZibU5Me](https://us02web.zoom.us/j/83615246216?pwd=SXFnlzhoekZibU5MeDNmSE56UkE2dz09)
[DNmSE56UkE2dz09](https://us02web.zoom.us/j/83615246216?pwd=SXFnlzhoekZibU5MeDNmSE56UkE2dz09)

Meeting ID: 836 1524 6216

Passcode: 038409

Options:

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

[www.catholicvoice.org.au/](https://www.catholicvoice.org.au/mass-online/)
[mass-online/](https://www.catholicvoice.org.au/mass-online/)

Mass for you at

Home [https://](https://massforyou.com.au/)
massforyou.com.au/

Mass On

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

Jer 31:7-9

Heb 5:1-6

Mk 10:46-52

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

Let the hearts that seek the Lord
rejoice; turn to the Lord and his
strength; constantly seek his face.

Responsorial Psalm

**R. The Lord has done great things
for us: we are filled with joy.**

W. When the Lord delivered Zion
from bondage,
it seemed like a dream.
Then was our mouth filled with
laughter,
on our lips there were songs. **R.**

M. The heathens themselves said:
'What marvels
the Lord worked for them!'
What marvels the Lord worked for
us!
Indeed we were glad. **R.**

W. Deliver us, O Lord, from our
bondage
as streams in dry land.
Those who are sowing in tears
will sing when they reap. **R.**

Next Week:

Deut 6:2-6

Heb 7:23-28

Mk 12:28-34

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

M. They go out, they go out, full of
tears,
carrying seed for the sowing:
they come back, they come back,
full of song,
carrying their sheaves.

Gospel Acclamation:

Alleluia, alleluia!

Our Saviour Jesus Christ has done
away with death, and brought us life
through his gospel.

Alleluia!

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

We will ring out our joy at your saving
help and exult in the name of our God.



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, 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, Bert 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: Mary Walsh, 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.

Liturgy Line

Last weekend, those who attended the Vigil Mass in person, or on Zoom, were greeted by red vestments. Red is the colour of celebrating Christ's passion. It is also the colour of celebrations of the Holy Spirit. The Vigil Mass last weekend was a Votive Mass of the Holy Spirit. At times, when a significant occasion arises, a Votive Mass is used. The particular reason last weekend was to ask the Holy Spirit to be with all the Church (yes, that means us too!) as the Synod opened. We also had a brief ritual of the word of God. It was to acknowledge how the word of God has a prominent place in our minds, our hearts, our hands and our feet, as the Holy Spirit speaks to us in these Synod days. It is calling us to listen to our times and listen to them as we listen to God's word. We do this each time we are at Mass. The Holy Spirit, who inspired the writing of the Scriptures, inspires the person proclaiming the word and us hearing it too. Questions arise in us: "What is the word saying to us about service of God and others? To our families? To our culture?"



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.

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://laudatosiplatform.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.

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>

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

Thank you so much for your generous support of Church-run mission programs like the Mother and Babies Home in Thailand through last week's Catholic Mission Appeal.

Your gift helps to continue the work of Sister Chalaad and the Good Shepherd Sisters as they support vulnerable mothers and their babies, as well as many other mission programs around the world.

To learn more about the impact of your support, visit catholicmission.org.au/our-work, where you can also sign-up for our regular newsletter.



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.



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 Juszczak
- **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



Advent Prayer Reflection Resource

At times we order booklets and they go to waste. If many people wish to order the booklets then the Parish Office will make an order. Please contact the Parish Office if you wish to order a booklet. If not many people wish to order, you will be asked to order your own. Please see information below.

A new prayer reflection resource

FOR INDIVIDUALS & GROUPS

Dear Parish Priest and Parish Leaders,

We've developed a new 28-day reflection resource called "New Life in Christ". It's the first in a series of flexible resources for the coming liturgical year.

New Life in Christ can be used as an Advent resource by individuals and groups, but it has been deliberately written to be used any time during the 2021-2022 liturgical year.

Written for busy individuals but easily adapted for groups, each day will include a scripture reading and a reflection upon it, as well as some relevant remarks from Pope Francis and the Congregation for the Clergy.

So often we discover that individuals and groups would like to access these resources outside of the liturgical season for which they were written, but feel constrained by the resource theme. New Life in Christ has been written in response to this need. Use it once, use it again, and recommend it to others who would like to use it later. It is entirely flexible and up to you.

Beneficially, New Life in Christ has been written by a single author. This allows for continuity and development within the resource, taking the reader on a meaningful journey. The author of New Life in Christ, Shane Dwyer, is an experienced author, speaker, retreat leader and spiritual director. His recent faith formation resources include: Look to Jesus (a 2021 Lenten program), More with Jesus (a resource for those wanting to know more about their baptism), and the Going Deeper online adult formation experience (www.goingdeeper.org.au).

At the beginning of every liturgical year, we experience the mercy of God incarnate. That God so loves each of us that he is prepared to become one of us, and in so doing revealing the depth and breadth of his love and mercy, deserves our sustained reflection and prayer. This resource will offer the daily opportunity to do just that.

Pre-order now! Delivery expected early November. If you'd like a free copy to read before ordering in bulk for your parish, please contact us and it can be arranged.

For more information contact formation@bne.catholic.org.au.

In Christ,



Shane Dwyer
Associate Director, Adult Formation
Evangelisation Brisbane



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07 3324 3440 | www.evangelisationbrisbane.org.au



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OF BRISBANE