



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

**31st Sunday in Ordinary Time
Year B
31 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)

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

Masses:

Saturday Vigil St Vincent's 6.00pm

Online Mass: <https://us02web.zoom.us/j/87114780930?pwd=dUxFY3U3alNwaGVFcjhMT2p3YXlkzQT09> Meeting ID: 871 1478
0930, Passcode: 355559

Sunday St Matthew's 8.30am

St Vincent's 10.00am

Samoan St Matthew's 1.00pm

(4th Sun)

Korean St Vincent's 3.00pm

Tuesday St Vincent's 5.30pm

Wednesday St Matthew's 7.00am

Thursday St Vincent's 9.30am

Friday St Matthew's 9.30am

Saturday St Matthew's 12.00pm

Mass of Anointing:

1st Friday in Mar &

Sept St Matthew's 9.30am

1st Thursday in Jun &

Dec St Vincent's 9.30am

Confessions:

Saturday

St Matthew's 11.00am-11.50am

St Vincent's 5.00pm - 5.30pm

Liturgy of the Word

with Holy Communion:

Monday St Matthew's 7.00am

Adoration & Exposition of the Blessed Sacrament

Tuesdays St Vincent's 4.20pm

Cenacle

Thursdays St Vincent's after

9.30am Mass

Prayers only

Mondays St Vincent's 10.00am

Legion of Mary

Saturday Aranda 10.15am

Baptisms:

2nd Sunday St Matthew's 11.30am

4th Sunday St Vincent's 11.30am

Weddings: By appointment

This Week:

Deut 6:2-6

Heb 7:23-28

Mk 12:28-34

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

Forsake me not, O Lord, my God; be not far from me! Make haste and come to my help, O Lord, my strong salvation.

Responsorial Psalm

R. I love you, Lord, my strength.

V. I love you, Lord, my strength, my rock, my fortress, my saviour. My God is the rock where I take refuge; my shield, my mighty help, my stronghold.

The Lord is worthy of all praise: when I call I am saved from my foes. **R.**

M. Long life to the Lord, my rock! Praised be the God who saves me. He has given great victories to his king and shown his love for his anointed. R.

Gospel Acclamation:

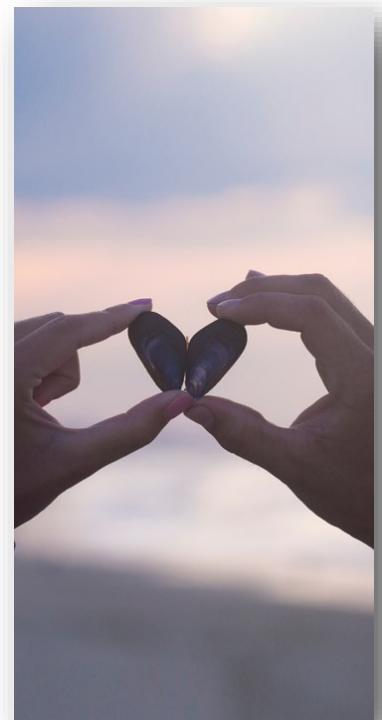
Alleluia, alleluia!

All who love me will keep my words, and my Father will love them, and we will come to them.

Alleluia!

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

You will show me the path of life, the fullness of joy in your presence, O Lord.



Next Week:

1Kg 17:10-16

Heb 9:24-28

Mk 12:38-44:

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, Walter Davis, Jeanette Demetriou, Peter Donnan, June Donnelly, Frances Dyball, Joachim Exell, Giovanni Falco, 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: Marilena Grieci, Mary Walsh, Marjory Langridge, Don Maund.

Parish News

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

Liturgy Line

This week we celebrate All Saints and All Souls' Day.

Pastoral Notes for All Souls' Day:

November is a special time to pray for the dead. A plenary indulgence may be gained for the dead, once only by visiting a church on 2 November and praying the Lord's Prayer and the Creed. Three conditions are required for gaining the indulgence: sacramental confession, eucharistic communion, and prayer for the pope's intentions. (Norms 15,7). (Ordo 2021)

All November we remember those gone before us at Mass.

As per the ACT's COVID 19 Pathway Forward, from **Friday 29 October** restrictions have eased 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.

All Saints Day - Mass will be held at 5.30pm on 1 November 2021 at St Matthew's Church.

All Souls' Day - will be celebrated at the usual 5.30pm Mass on 2 November 2021 at St Vincent's Church.

Memorial Service

The month of November is a special time the Church sets to pray for those who have died.

Parishioners are invited to come along to pray particularly for those members of our family and friends who have died.

A Liturgy of the Word with a ritual of Remembrance will be held at **6.00pm on Friday 12 November at St Vincent's Church.**

Face masks
mandatory in
the ACT when
out in the
community



covid19.act.gov.au



Parishes and individuals can now register their interest for the family-themed *Walking Together* Advent program produced by the local Archdiocese at:

bit.ly/WalkingTogether_Advent

The short videos and discussion questions will be available for download week by week starting Sunday 21st November to be used in small discussion groups.

Enquiries: lara.kirk@cg.org.au 0429 192 869

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

Part Time Parish Secretary – South Belconnen Parish

People are invited to apply for the position Parish Secretary for South Belconnen Parish. This is a part-time permanent position 18 hours per week (Tuesday to Thursday).

Essential Requirements:

- Strong organisational skills
- Strong communication and liaison skills
- Experience in an office environment
- Ability to work on your own, and as part of a wider team and take direction
- Understanding and respect for the Catholic Church and its teaching
- Experience with financial & database packages (an advantage but not essential).

Salary will be subject to Clerk Award Level 4/5 rates. Please email belconnensouth@cg.org.au for a copy of the duty statement. Applications addressing the Selection Criteria above to the Parish Priest, South Belconnen Parish must be received by **12 November 2021**.

Invitation from the Women's Task force of the Archdiocese of Canberra Goulburn

Our next event for women of the archdiocese is a [reflection afternoon on 6 November](#) from 3.00-4.30 pm. Once again, we are using Zoom to enable wider participation. The session, [Widening our Gaze: fostering compassion and courage](#) is an interactive session exploring how times of crisis shape us individually and as community and how we might contribute respond with compassion.

Registration: <https://BIT.LY/WIDENGAZE>



Inviting all **Catechists** and those involved in any **Children's Ministry** to **A Morning Retreat** with Archbishop Christopher Prowse. The retreat will be held **9.00am to 12.30pm on Saturday 20 November 2021** at Haydon Hall, St Christopher's Pastoral Centre. It will begin with Mass in the Cathedral. This event is free and all are welcome. More information: catechists@cg.org.au or 6239 9826. Please RSVP at <https://bit.ly/3mhvVgC>.

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**.



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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