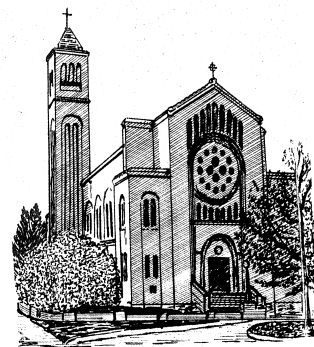


St Christopher's Cathedral Parish, Canberra

(including St Peter Chanel's Church, Yarralumla)

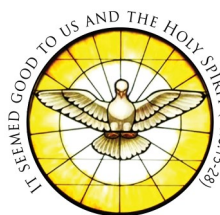


3rd Sunday in Ord.
Time, Year B
21 January 2024

Archdiocese of Canberra & Goulburn
Archbishop: Most Rev Christopher Prowse DD STD
Administrator: Fr Trenton van Reesch
Assistant Priest: Fr Alexander Osborne

PARISH OFFICE

55 Franklin Street, Forrest ACT 2603 (02) 6239 9846 (ph)
cathedral@cg.org.au www.cg.org.au/cathedral
Online Payments Link: www.bpoint.com.au/payments/sccp
Parish Secretary: Anita Piper — 8:30am-4:30pm Monday to Thursday. Office Closed Friday-Sunday
Accounts Officer: Karina Widjaja—8am-4pm Friday



YEAR OF THE
HOLY SPIRIT
August 2023– 2024

Sunday Mass

St Christopher's

Cnr Canberra Ave & Furneaux
Street, Forrest (Manuka) ACT

Sat. Vigil: 5.00pm

Sunday: 8.00am,
11.00am (livestreamed),
5.00pm

St Peter Chanel's

Cnr Weston & Loch Streets,
Yarralumla ACT

Sunday: 9.30am

Weekday Mass

St Christopher's

Monday to Friday: 7.30am &
12.15pm

Saturday & Public Holidays:
9.00am & 12.15pm

St Peter Chanel's

Tuesday: 5.30pm

Reconciliation

St Christopher's

Wednesday: 11.30am-12.00noon

Thursday: 6.00 - 6.30pm

Saturday: 11.00am - 12noon

St Peter Chanel's

Tuesday: 6.00 - 6.30pm

Adoration

St Christopher's

Monday to Friday: 5.00-6.00pm

Rosary at the Cathedral

Mon-Fri 8am, Sat 11:40am, Sun
4:45pm

Baptisms

St Christopher's:

2nd & 4th Sundays: 12.30pm

St Peter Chanel's:

3rd Sunday: 10:30am

Weddings

St Christopher's: Saturday

1.30pm & 3.00pm

St Peter Chanel's: By arrangement

REPENT... FORGIVE...

The call to repentance is clear in the readings of the Third Sunday in Ordinary Time. To turn away from what deprives us of life and joy, and turn to the One who is able to bestow it, Jesus. But where do we begin?

In the first reading we hear God's instruction to Jonah, to call Nineveh to repentance. Later, Jonah becomes upset with God's offering of mercy, wanting to see the people of Nineveh suffer for their transgressions. He becomes angry, for he has forgotten that the God he serves is a forgiving one willing to extend his mercy to those who seek it.

One of the first steps in the spiritual life, to prepare ourselves for Christ's coming again, is to learn to forgive those who have wronged us.

Forgiveness can be one of the hardest teachings of Christianity, yet, it is the most essential. To forgive, is to love. Saint Paul tells us: 'Love keeps no record of rights and wrongs' (1 Cor 13:5). But what does forgiveness really mean? Where does it leave us?

The ones Jesus called in the Gospel today, had to learn this lesson themselves; as do all who follow Jesus. In Matthew, Peter proposes seven times as a generous, reasonable number. Jesus' reply however challenges him with the incalculable number 'seventy times seven' (Matt 18: 21-22). But again...what does that even mean? Saint Paul writes: "Forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity (Col 3:13ff)."

Now all of this is well and good, yet often, many believe other things are harder than forgiveness. But pause and think deeply. If you have ever really been hurt, you will know that forgiveness is one of the most difficult, radical things one can offer another. And I say offer because forgiveness is not always something the other wants to receive. And that too is ok.

The seriousness of forgiveness is so clear, that at the centre of the Our Father – of Jesus' own prayer – he has us pray: "forgive us our trespasses, as we forgive those... who trespass against us!" That is to say: "Father... do not forgive me... if I do not forgive those who hurt me." Extraordinary! Contemplating this, we see that the stakes are high when it comes to forgiveness.

Now a lot of time (don't ever think you're alone) we struggle to reconcile with others, we struggle to forgive. For this reason it is important to ask what Jesus has taught forgiveness really means. The first thing to see is what forgiveness is not. Forgiveness does not mean we are no longer hurt, nor that we necessarily need to have a relationship again with the one who has hurt us. Many people get trapped, thinking forgiveness means: "oh, its ok... I don't 'feel' bad anymore, I'm not angry anymore or, I 'feel' like I have forgiven them... but really we don't need to feel anything; because forgiveness is not a feeling. It's a decision. As is faith. Both can be accompanied by feelings and when they are, that's great but they can never be reduced to these. Secondly, forgiveness does not mean you need to trust the person again in order to forgive them. Quite often a person has demonstrated that you should not trust them! And in some cases, to do so could be more foolish than forgiving. And finally, we see from this that forgiveness is never a 'once off'. We are called to forgive daily, to choose to forgive the hurt, which always requires God's grace.

So, forgiveness does not mean that you are no long hurt, and we don't need to be 'past' that hurt in order to forgive – if this were the case, we'd all be stuck. We do not need to forget past hurts, nor in serious cases dismiss the need of justice. This too is important. However, here we begin to see how difficult the instruction from Christ can be – and yet he never asks us to do something which he does not give us the grace to achieve.

What makes us most like God? We cannot heal at the click of our fingers, nor create out of nothing, nor raise the dead! But what makes us most like God, is our ability to forgive. Just as God forgave us through the *decision* Jesus made in his humanity, though in great anguish (Lk 22:39-43), so too we are called to forgive, and love one another. Have a blessed week.

Fr Trenton

NOTICES

PARISH MINISTRIES

Director of Music
Ms Jaki Kane

RCIA
Miss Becky Langworthy
Contact Office

School of Religion
Miss Chiara Catanzariti

Youth Ministers
youth.cathedral@cg.org.au

Weekly Liturgical Calendar

Mon Jan 22 3rd Week in Ord. Time
Tues Jan 23 3rd Week in Ord. Time
Wed Jan 24 3rd Week in Ord. Time
St Francis de Sales
Thu. Jan 25 3rd Week in Ord. Time
The Conversion of St Paul the Apostle
Fri. Jan 26 3rd Week in Ord. Time
Australia Day
Sat. Jan 27 3rd Week in Ord. Time
Sun Jan 28 4th SUNDAY in Ord. Time
Yr, B

PARISH GROUPS

St Vincent de Paul

Good Shepherd Prayer Group
Wednesday at 7pm SPC
Parish Room (Feb-Dec)

Christian Meditation
Saturday at 4:30pm SPC

Other Communities

Spanish Community
First Sunday of the month at
11.30am SPC

African Community
Second Sunday of the month at
11.45am SPC begins Feb.

Filipino Community
First Sunday bi-monthly at
5.00pm SPC

For details of any of the above, contact the Parish Office.

Happy Australia Day – Friday, 26 January –

What a wonderful country we live in, with so much to give thanks for. May God who formed our southern land be for us a rock of strength. May God who rules our southern seas keep us safe in every storm. May God who made our southern skies turn our darkness into light. And May God bless us and our Country, this Great South Land of the Holy Spirit, this day and always. Our Lady Help of Christians and Patroness of Australia:

Pray for us. Happy Australia Day!

Fr Trenton

Please note– Mass is at 9am in St Christopher's and 12:15pm



2024 Columban Calendars \$10 each available in the Catholic Bookshop.

ST VINCENT DE PAUL: VOLUNTEERS NEEDED— Would you like to work with fellow parishioners to support people in need in our community in 2024? St Christopher's Parish has two St Vincent de Paul Society conferences, one for Manuka (including Forrest, Barton, Kingston and Griffith) and one for Yarralumla (including Red Hill and Deakin). The Yarralumla Conference is currently seeking new members to respond to people in need in our parish. The Conference meets fortnightly on a Monday evening, and members share in spiritual fellowship, respond to calls to the St Vincent de Paul Emergency Helpline, provide bread to approximately 20 households each Tuesday night, and regularly visit isolated individuals in our area. If you would like to learn more, please contact Siobhan Reeves on 0401 183 351.

Art Exhibition John XXIII College— Works of well-regarded Dominican Korean Artist Fr Kim En Joong OP. Cocktail opening reception: Friday 2nd of February. 5.30 – 8.30PM. **Saturday 3 February 10AM – 12.30PM.** Tickets at <https://bit.ly/3HqcR9H>

INTRODUCTORY CPE COURSE— Are you interested in growing your capacity to be fully present to others by learning how to offer effective pastoral and spiritual care? An Introductory Clinical Pastoral Education (CPE) course is being offered online using Zoom in January/February 2024. This short 40-hour course will comprise of 6 sessions and run from 9am to 3.30pm, commencing Mon 29, then Tues 30, Wed 31 January, then Mon 5, Tues 6 and Mon 12 Feb. Applications close on Thursday January 25, 2024. For more information please contact Barbara Hall at barbarahall1909@gmail.com or phone: **0418 413 731**

CATHOLIC BOOKSHOP— Books to develop your faith and a wide range of gift ideas. Open Monday to Friday 9:30am-5pm and Saturday 9am-1pm. Located in Manuka behind the Cathedral on the ground floor of the Archdiocese Office building.



NOTICES

Giving and Receiving— Direct debit and QKR options are available, as well as TapnGo machines Thank you sincerely for your generosity. If you are able, perhaps consider donating to 1st and 2nd collection via direct debit .
The First collection: contributes to clergy of the Archdiocese. If you make an offering through direct debit, please include that you are a parishioner of the Cathedral Parish.

BSB: 062-786 Account Name: CATHEDRAL
Bank Account: 000029248 Reference: FORREST & SURNAME

The Second collection: contributes to parish mission and maintenance. If you would like to give and are not currently registered for Planned Giving, please deposit into the following bank account:

BSB: 062786 Account Name: St Christopher's Cathedral
Bank Account: 000015080 Reference: Planned Giving # and Surname (only current Planned Givers);
or Donation (parishioners not registered Planned Givers).

For more information or to set up monthly payments via direct debit, please contact the Parish Office. For step by step Qkr! instructions, visit cgcatholic.org.au/2016/10/something-beautiful-god/

Thank you for your generosity

LIVING WORD - ARCHDIOCESAN DAILY GOSPEL REFLECTIONS –

Want to stay connected to Christ and his Gospel every day? Sign up for FREE AT cgcatholic.org.au/LivingWord/

CARETAXI: SAFE CHURCH TRANSPORT— Mass, Medical/GP appointments, shopping trips, recreational trips, and more; qualified and caring drivers. Visit caretaxi.com.au, or 0451 734 334.

Caritas Australia's Gaza Crisis Appeal— The sudden escalation of hostilities in Israel and Gaza has seen unimaginable impacts for the people affected by this conflict. Around 1.5 million people have been displaced in Gaza with immediate food, shelter, health, and psychosocial needs. With your compassionate generosity, we can provide emergency support to people displaced and affected by the hostilities to meet basic needs and cope with trauma. **Please donate to Caritas Australia's Gaza Crisis Appeal.** You can donate online www.caritas.org.au/gaza or phone 1800 024 413

Loreto Ex Students' Reunion— in Canberra Saturday, 16 March 2024
For further details: loreto.canberra@gmail.com

SEEKING ACCOMODATION—A young catholic professional woman is moving to Canberra for work and is looking for a flatshare/granny flat to reside. A room in Barton, Kingston, Griffith, Forrest or Campbell is preferable with a flexible budget of approximately \$280-\$340 (open to consideration). Contact Jacinta on 0468 496 033.



Year of the Holy Spirit

PRAYER TO THE HOLY SPIRIT FOR THE ARCHDIOCESE

O God, who by the light
Of the Holy Spirit,
Did instruct the hearts
Of the faithful,
Grant that by the same
Holy Spirit we may be
truly wise and ever rejoice in His
consolations.
Through the same
Christ our Lord

Amen.

AUGUST 2023—AUGUST 2024

We pray for...

Those to be married: Michael Seselja & Mary von Marburg

Those who are ill: Nicoletta Ricciuti, Sonja Vocisano, Archie Ferris, Tony Dickins, Marilena Damiano Fr Greg Beath, Sophy Jacob, Alla Skorokhodova, Tony Kelly, Susie Menadue, Geraldene Ford, Kevin Conlan, Maja Marija Olip, McKenzie Killian, Fr Bill, Leung Man Kon, Beryl Johnson, Florencio Fariña, Alejandra Martinez, Colliss Parrett, Arianna Vignale, Stella Lazar, Rod Duncan, Paul Mychailuk, Kalum, Nicholas Dyne.

Anniversaries of death: Julian Borg, Georgia Hurley, Mary Walshe, Silvio Cadona, Sylvia Crossin, Eleanora Gaider, Sheila Semecky, Reginald Gallagher, Des Black, Kathleen Kelly, Margaret Lyons, Vernon Davies, Margaret Mumford, Allen Blundell, John Stephens, Elizabeth, Bill, Hannah & Phoebe Allan, Arthur Burt, Helen Burt, Margaret Burnell, Josef Charles Stefaniak, Rhys Summergreene, Margaret Riley, Julian Radjam, Katarina Imsirovic, David, Bernard & Patricia Shepherd, Peg, Kevin, Bede Guthrie, Desiree Parker

Recently Deceased: Ray Finnegan, Margaret "Peggy" Byrnes, Giysetino Ricciuti, Rathesh Fernando (brother of Fr Rembert Fernando) Geraldine Conlan, Neville Reece, Zander Balmaceda, Kevin Wellspring (Father of Fr Julian Wellspring), Cathy Cleary, Jeanette Marie Evans, Frank Fulop

3rd Sunday in Ordinary Time —Year B — 20/21 January



Cathedral QR code

Entrance Antiphon: O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place

Responsorial: Teach me your ways, O Lord.

Gospel Acclamation: Alleluia, alleluia! The kingdom of God is near: believe the Good News! Alleluia!

Communion Antiphon: Look toward the Lord and be radiant; let your faces not be abashed.

First Reading

Jonah 3:1-5.10

The word of the Lord was addressed to Jonah: ‘Up!’ he said ‘Go to Nineveh, the great city, and preach to them as I told you to.’ Jonah set out and went to Nineveh in obedience to the word of the Lord. Now Nineveh was a city great beyond compare: it took three days to cross it. Jonah went on into the city, making a day’s journey. He preached in these words, ‘Only forty days more and Nineveh is going to be destroyed.’ And the people of Nineveh believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least. God saw their efforts to renounce their evil behaviour. And God relent-ed: he did not inflict on them the disaster which he had threatened.

Second Reading

1 Corinthians 7:29-31

Brothers, our time is growing short. Those who have wives should live as though they had none, and those who mourn should live as though they had nothing to mourn for; those who are enjoying life should live as though there were nothing to laugh about; those whose life is buying things should live as though they had nothing of their own; and those who have to deal with the world should not become engrossed in it. I say this because the world as we know it is passing away.

Gospel

Mark 1:14-20

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. ‘The time has come’ he said ‘and the kingdom of God is close at hand. Repent, and believe the Good News.’ As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, ‘Follow me and I will make you into fishers of men.’ And at once they left their nets and followed him. Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

READERS ROSTER JANUARY

		Lectors		Eucharistic Ministers	
Mass	20/21 Jan	27/28 Jan	20/21 Jan	27/28 Jan	
5.00pm (SCC)	Becky Langworthy Jacob Madden	Samantha Hazlett Ruth Meadows			
8.00am (SCC)	Marcus Smith Phil Pocock	Joe Zavone Louise Zavone			
9.30am (SPC)	Raphael Molu Irene Maranan	Damian Balachandran Irene Maranan			
11.00am (SCC)	Bronwen Grey Bianca Goh	Les Buszynski Cecilia Flores	Edwina Hyman Bronwen Grey		Edwina Hyman Leeann Galloway
5.00pm (SCC)	Samuel Thatcher Sarah Miron	Anthony Brierley Solange Pereira			

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**St Christopher’s Cathedral Parish encompasses the areas of Barton, Causeway, Deakin, Forrest, Fyshwick,
Griffith, Kingston, Manuka, Parkes, Red Hill, Yarralumla**