



~ East Lake Macquarie ~

♦ St Francis Xavier's Belmont ♦ St Patrick's Swansea ♦ St Pius X Windale ♦

· FOURTH SUNDAY IN ORDINARY TIME · YEAR B · 28 JANUARY 2024 ·

Parish Presbytery

Parish Priest: Fr Gerard Mackie PP
Parish Deacon: Dcn Solomon Okovido
Postal Address: PO Box 277
 BELMONT NSW 2280
Presbytery Phone: 02 4945 1244

Parish Office

Accounts and Administration Officer: Mrs Liza Ruitenbach
Street Address: 40 Ernest Street
 BELMONT NSW 2280
Postal Address: PO Box 277
 BELMONT NSW 2280
Office Phone: 02 4945 4402
Email: elmparish@mn.catholic.org.au
Facebook: [Jesus the Good Shepherd Parish-East Lake Macquarie](https://www.facebook.com/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie)

Parish Webpage: Please use QR Code to access parish webpage at <https://www.mn.catholic.org.au>
 All enquiries via Parish Office



Columbarium:

Office Hours

Monday: 8:00AM to 3:30PM
Wednesday: 8:00AM to 4:30PM
Thursday: 11:30AM to 4:30PM

Schools

St Francis Xavier's Catholic Primary School Belmont

Principal: Mrs Sonya Boslem
Street Address: 42 Ernest Street
 BELMONT NSW 2280
Postal Address: PO Box 206
 BELMONT NSW 2280
Phone: 02 4945 2404
Email: admin@belmont.catholic.edu.au
Website: www.belmont.catholic.edu.au
OOSH: <https://stnicholasoosh.org.au/belmont>

St Patrick's Catholic Primary School Swansea

Principal: Ms Lucy Harvey
Street Address: 213 Northcote Avenue
 SWANSEA NSW 2281
Postal Address: PO Box 141
 SWANSEA NSW 2281
Phone: 02 4971 1560
Email: admin@swansea.catholic.edu.au
Website: www.swansea.catholic.edu.au

St Pius X Catholic Primary School Windale

Principal: Mr Stephen Pryde
Street Address: 2 Lake Street
 WINDALE NSW 2306
Postal Address: As above
Phone: 02 4948 8467
Email: admin@windale.catholic.edu.au
Website: www.windale.catholic.edu.au

Diocese of Maitland-Newcastle

Bishop: Bishop Michael Kennedy
Street Address: 841 Hunter Street
 NEWCASTLE WEST NSW 2302
Postal Address: PO Box 780
 NEWCASTLE NSW 2300
Phone Number: 02 4979 1200
Email: chancery@mn.catholic.org.au
Website: www.mn.catholic.org.au

Liturgical Celebrations

Weekday Masses

Monday: 8:30AM Belmont
Tuesday: 8:30AM Windale
Wednesday: 8:30AM Swansea
Thursday: 8:30AM Belmont
Friday: 8:30AM Swansea
Saturday: 8:30AM Belmont

Sunday Masses

Saturday: 6:00PM Swansea
Sunday: 7:30AM Windale
 9:00AM Belmont

Rosary

We invite everyone to join in and pray the Rosary daily after the 8:30AM weekday Mass from Monday to Saturday.

Feast Days

2 Feb The Presentation of the Lord
 14 Feb Ash Wednesday
 22 Feb The Chair of Saint Peter the Apostle
 18 Mar Saint Patrick, Bishop
 19 Mar Saint Joseph, Spouse of the Blessed Virgin Mary

Mass at Jesus the Good Shepherd

The parish continues to follow relevant health advice. The following information is provided so that parishioners and visitors may know what to expect while attending Mass.

- ✓ NSW Health still recommends **physical distancing**.
- ✓ **Hand sanitiser** is recommended and provided.
- ✓ The wearing of a face **mask** can help protect you and those around you. Masks are available at the church entrance.
- ✓ Pick up your **bulletin** and take it home with you afterwards. We are no longer re-use bulletins.
- ✓ **Holy Water** is available and changed regularly.
- ✓ Select your **seat** and allow space between families / households.
- ✓ **Singing** is permissible.
- ✓ Parishes can now use liturgical ministers - **readers, servers, etc.**
- ✓ **Procession of Gifts** may take place as directed by our Priest.
- ✓ The **Sign of Peace** remains contactless except between those residing in the same household.
- ✓ The distribution of **Communion** during Mass continues to present a risk. Please maintain a single line. In general, two (2) ministers (including the Priest) are adequate to distribute the Lord's Body.
 - The **Communion host** can be received in the hand, and on the tongue with care. Since the latter is deemed high risk, please proceed to the Priest only and at the end of the line.
 - The **Precious Blood** is restricted to Priests only.
- ✓ The **collection plate** has resumed during Mass. Thank you for your continued support.
 - First Collection supports all our Diocesan Priests.
 - Second Collection supports our parish operating costs.
- ✓ **Exit** whilst maintaining physical distancing.

Parish Office

When visiting the Parish Office:

- ✓ For your safety, please use the footpath and **do not** walk through the garden.
- ✓ All on-site visitors are required to sign-in.
- ✓ NSW Health still recommends physical distancing be maintained if entering a building.
- ✓ Please use hand sanitizer. Face masks are available if needed.

Please do not visit if you are unwell. We can assist you by post, phone, or email during normal office hours.

Sacraments

Anointing of the Sick

Masses with the Anointing of the Sick is available. See Fr Gerard 1514 The Anointing of the Sick "is not a sacrament for those only who are at the point of death. Hence, as soon as anyone of the faithful begins to be in danger of death from sickness or old age, the fitting time for him to receive this sacrament has certainly already arrived."

From the Catechism of the Catholic Church.

Baptism

The Sacrament of Baptism can be celebrated: however, in the current circumstances Baptism can only be celebrated by the pouring of water and not by immersion. Baptism enquiries may be made via the Presbytery or Parish Office.

Baptism Preparation: The program is held every first Saturday of the month, except January, at 11:15AM in the Parish Hall at Belmont. Enrolment forms are available at each church or from the Parish Office. Our next meeting is on Saturday 3 February 2024. Bookings are essential.

Funerals

To organize a funeral please contact the Funeral Directors who will then contact the Parish Priest.

Columbarium

For an information contact the Parish Office.

Marriage

For all wedding enquiries or bookings, contact Fr Gerard.

Penance

The celebration of the Sacrament of Penance is available.

Penance Times:

- Belmont: Saturday morning after Mass
- Swansea: Saturday evening before Mass

Prayer Requests

Please pray for

Sick: Sr Catherine Grant, John and Joan Swift, Baby Carter McGie, Elaine Toohey.

(Once the person is no longer in need of prayer, would you kindly inform the Parish Office)



Recently Deceased:

Anniversaries: Neville Unicomb.

Eternal rest grant to them, O Lord, and may light perpetual shine upon them. ✠ May their souls and the souls of all the faithful departed rest in peace. Amen

Mass Intentions for publication may be submitted on an envelope on the collection plate, or to the Parish Office by email, or by phone; by 9:00AM Wednesday each week ahead. Envelopes are available at the church entrance. Please write details clearly to avoid errors. A reminder that you need the permission of the person, or their family, to enable us to publish names.

Intentions

Pope Francis' Prayer

You are invited to answer the Holy Father's request and to join with many people worldwide in praying for this intention each month. <https://www.popesprayer.va/>

January Intention is for the Gift of Diversity in the Church

We pray that the Holy Spirit may help us to recognise the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

Safeguarding in Our Parish

Our Children and Vulnerable Adults

The Parish of Jesus, the Good Shepherd is committed to the safety, welfare and wellbeing of children and vulnerable adults. Information brochures are available at the entrance to the Church. Our **Parish Promoters of Safeguarding** are all the members of the Parish Pastoral Council.

Reflection

by Fr Chris Hope

We've all had to put up with boring speeches or sermons from time to time, whether it be from politicians, preachers, at school speech nights or the local service or sports club. Every now and then though we come across someone who really arrests our attention. It mightn't be only that he or she puts words together well; it's often a combination of that and something in the content that strikes a chord. Maybe we are even envious of the obvious gift that person has. This is surely how Jesus came across to those people in the synagogue. This was someone quite different; they had had their share of the run-of-the-mill scribes with their tired old platitudes. Here was someone who really meant what he said and was able to back it up with fearless engagement with a power from which they shrank in ignorance and doubt.

It is not without importance that this is the first public appearance of Jesus in the Gospel of Mark. Over the next few weeks we will witness the popular acceptance of Jesus as he battles with a force that takes various forms – physical sickness, opposition from entrenched mindsets, the accusation of collusion with the enemy itself. This is the 'gospel', the good news that Jesus invites the people to accept readily by changing their lives.

The same 'gospel' is offered to us for we are dealing with a power that can change our lives, not merely a set of nice, pious sayings. Too often we reduce the gospels to that and so remain relatively unmoved by the dynamic challenge they contain.

As we know, in that society possession by 'unclean spirits' was a general term that covered all kinds of conditions for which we today have medical or social explanations and sophisticated labels. We can therefore approach these stories with a type of superiority as if they either don't occur anymore or are best left to experts to deal with. Yet isn't it true that all of us are 'possessed' in different ways by forces over which we have to admit to having little or no control? Some people are enslaved by addictions to drugs, alcohol, food, gambling and so on. Many of us suffer from more subtle addictions so that we don't even want to admit to ourselves, let alone to anyone else, that we are virtually powerless to control them. All of us know deep down that many of our habits and ways of dealing with others are so much a part of our make-up that we can do little to change them.

The people who acclaimed Jesus realised that he had something special that could influence them to change their lives. The authority and healing power of Jesus is present today in his body, the Church, through the Sacraments, but also in the love, care and compassion of every community of faith. We only have to look around us when we are gathered for the Eucharist to name it and accept it. It is when the Church is able to back up teaching and doctrine with the same concern for the troubled lives of ordinary people that it is most effective in continuing the mission of Jesus. That is why in the Gospels he is always accompanied by followers learning how to be genuine 'fishers of men'.



If you have any concerns for a child or vulnerable adult, contact the Office of Safeguarding via P 02 4979 1390 or E childprotection@mn.catholic.org.au.

For further information visit:

Website: www.officeofsafeguarding.org.au

Facebook: <https://officeofsafeguarding.org.au/>

Complaints: <https://officeofsafeguarding.org.au/making-a-complaint/>

Parish News

Welcome Back

This week we welcome back to our OOSH team and school students, teachers, and staff, especially anyone who is new to our parish family. We pray the year ahead is a joyous and faith filled learning journey for all.

Farewell to Deacon Solomon

A Mass followed by supper will be held on Friday 16 February, beginning at 6:00PM to formally farewell and thank Deacon Solomon Okovido for his ministry among us. Please keep this date free.

Bulletin Notices

All items for the parish bulletin need to be received at the Parish Office by 9:00AM Wednesday.

Rosters

Now that our church life has somewhat returned to pre-lockdown times, ministry coordinators are reminded that a copy of all rosters need to be sent to the Parish Office for our records. Thank you to our coordinators and our volunteers for your continued commitment to our parish and ministry.

Social Justice

St Vincent de Paul from Maitland-Newcastle have expressed thanks to our parishioners for our support in 2023 and they wish our Parish a wonderful year ahead.

Books for purchase

LAST CHANCE - can be purchased from the office:

✓YOUCAT for Kids - cost is \$35.00.

✓God's Word Daily Reflections 2024 - cost is \$20.00.

Parish Groups and Committees

Choir

A choir has been formed to sing Latin Gregorian chant occasionally at the 9:00AM Mass at St Francis Xavier's Church, Belmont. If anyone has an interest in joining the choir, contact Andrew on M 0405 772 779.

Family Group Movement

Enquiries John and Pauline via P 02 4946 7460 or E mcgraths_12@hotmail.com.

Friendship Group

The next Friendship Group for singles will be held on Sunday 4 February 2024 at 12:00PM at Pelican RSL, Piriwal Street Pelican. RSVP before 5:00PM Thursday 1 February by contacting Mary on M 0408 498 898. Newcomers are welcome.

Social Justice Committee

Our Social Justice Committee is calling for new members. We meet three to four times a year. If you'd like to join or learn more, contact Paul via M 0418 240 604.

St Patricks Craft Group

Our parish Craft Group gathers weekly in the Swansea Church Hall at 9:30AM on Mondays, except January. Resumes Monday 5 February 2024. For more contact Gay M 0419 211 573.

St Vincent de Paul

To join one of our Parish Conferences, contact one of the parish presidents.

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|---------|-------|--------------|
| Belmont | Paul | 0418 240 604 |
| Swansea | Anne | 0439 814 874 |
| Windale | Brian | 0407 125 338 |

Social Justice Committee Update

The Parish's Social Justice Committee (SJC), on your behalf and with your donations, supports The Mother and Baby Home (Baan Sukruthai) in Bangkok, Thailand. The home is run by the Good Shepherd Sisters. It offers a temporary refuge for women from all parts of Thailand who are expectant mothers, or have recently given birth, but have no support systems in place or come from disadvantaged backgrounds. This project supports these women as they participate in a program tailored to helping them overcome their personal experiences and develop a new, positive outlook on life.

All people staying at the home receive three (3) nutritious meals a day. They are also provided with other supplies they may need including milk powder for children, toys, nappies, burp cloths, bed sheets, cleaning supplies, shampoo, soap, and other household supplies. The sisters have ordered additional delivery beds to ensure mothers-to-be are comfortable.

Your support has also helped to ensure the home can cover basic running costs such as electricity and water bills, petrol for cars for the sisters to attend home visits, as well as staff salaries and basic maintenance. Recently a water pipe broke and was quickly repaired thanks to the funds available from your donation. Additionally, the bathrooms have had repairs for those who stay at the centre.

The sisters have conducted regular check ins with mothers who have left the home to see how their lives are going and if they need any additional support. Those who have chosen to leave are provided with transport to wherever they need it. The home provides a variety of services to those who need them including mental health consultations, transport to hospitals and assistance with hospital fees, and day and/or night visits as needed. Mothers who came to the home seeking emergency support were also provided with the care they needed.

Up to 7 January 2024 we have forwarded \$9,525 (from a promised \$10,000) to the home to meet its needs. The Parish Social Justice Committee will continue to support it until 30 June 2024 when a new international project, in conjunction with Catholic Mission, will be announced.

Diocesan News

Ireland Pilgrimage – The Way of Mercy

In 2024, the Catholic Diocese of Maitland-Newcastle will be journeying to Ireland to explore "The Way of Mercy".

Embark on a soulful 15-day Irish spiritual journey, drawing inspiration from Catherine McAuley, the founder of the Sisters of Mercy in 1831. Traverse Dublin's sacred sites and the serene landscapes of Glendalough and the Ring of Kerry, immersing yourself in Ireland's rich religious legacy. Marvel at the majestic Cliffs of Moher, pilgrimage to the Holy Shrine of Knock. This pilgrimage covers seven captivating cities of Ireland, instrumental in building the foundations of our Christian faith.

As we journey together we will take time, to pray, reflect and care for one another. The spirit of Mercy, compassion, respect, justice, reconciliation, hospitality service and courage will be reflected upon each day in our journeying together.

Date: Thursday 26 September – Saturday 12 October 2024
Contact: Erin McCort (Pilgrimage Coordinator) via E erin.mccort@mn.catholic.edu.au

Fourth Sunday in Ordinary Time Year B

Entrance Antiphon

Psalm 105:47

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

First Reading

Deuteronomy 18:15-20

A reading from the book of Deuteronomy

I will put my words into the prophet's mouth, and he will tell them all I command.

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The Word of the Lord.

Responsorial Psalm

Ps 94:1-2. 6-9. R. v.9

**(R.) If today, you hear his voice,
harden not your hearts.**

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.

2. Come in; let us bow and bend low;
let us kneel before the God who made us.
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.'

Second Reading

1 Corinthians 7:32-35

A reading from the first letter of St Paul to the Corinthians

The unmarried woman dedicates herself to the things of the Lord, that she might be holy.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an

unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The Word of the Lord.

Gospel Acclamation

Matthew 4:16

Alleluia, alleluia, alleluia.

A people in darkness have seen a great light:
a radiant dawn shines on those lost in death.

Alleluia, alleluia, alleluia.

Gospel

Mark 1:21-28

A reading from the holy Gospel according to Mark

This is a new kind of teaching that speaks with authority.

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

*He taught them
- as one having
authority.*

The Gospel of the Lord.

Communion Antiphon

Cf Psalm 30:17-18

Let your face shine on your servant.

Save me in your merciful love.

O Lord, let me never be put to shame, for I call on you.

OR Matthew 5:3-4

Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.

Blessed are the meek, for they shall possess the land.

Next Sunday's Readings

Fifth Sunday in Ordinary Time Year B

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| First Reading | Job 7:1-4. 6-7 |
| Responsorial Psalm | Ps 146:1-6. R. v.3 |
| Second Reading | 1 Corinthians 9:16-19. 22-23 |
| Gospel Acclamation | Matthew 8:17 |
| Gospel | Mark 1:29-39 |