



SURFERS PARADISE CATHOLIC PARISH

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Sacred Heart

50 Fairway Drive,
Clear Island Waters

St Vincent's

40 Hamilton Avenue,
Surfers Paradise

Stella Maris

254 Hedges Avenue,
Broadbeach

PASTORAL STAFF

Fr Peter Dillon

Parish Priest

Fr Paul Kelly

Associate Pastor

PARISH STAFF

Sonya Slater

Parish Manager

Marylou Ayres

Parish Secretary

Pat Kelly

Parish Assistant

Cathy Anderson

Sacramental Coordinator

Auceli Blanchard

Atrium Coordinator

SCHOOLS

St Vincent's School

Clear Island Waters

Phone: 5572 1746

P: Kerry Rowlands

St Kevin's School

Benowa

Phone: 5539 4522

P: Peter Anderson

St Kevin's Kindergarten

Phone: 5564 5910

Director: Michelle Nelson

St Michael's College

Merrimac

Phone: 5530 2722

P: Anthony Elmore

2ND SUNDAY IN ORDINARY TIME - Year C **19th / 20th January 2019**

GOD KNOWS YOU'RE STRESSED

Let nothing upset you, let nothing frighten you, everything is changing:

God alone is changeless. Patience attains the goal.

Who has God lacks nothing. St. Theresa of Avila

Before the New Year gets too old, I thought it might be worthwhile to be forewarned about getting into the rut of pressure and anxiety that seems to grip us as school starts or the weather gets hotter or the relaxation of Christmas holidays seems to evaporate. What is this feeling that seems to get heavier as the year and its expectations unfold?

It used to be that we diagnosed ourselves as being exhausted, fatigued, angry or anxious. We now know that these are symptoms of what is known as "stress". While stress does not always cause illness, it is related to an enormous number of physical conditions that may be controlled, if only we can work out how to deal with stress. The difficulty is that the more stressed we get the less energy we have to name it and then deal with it.

It is part of daily life and can be caused by things as simple as a missed bus or a broken glass or more significant events like the loss of a job or loved one. In most cases, stress is situational and may require outside help or support. But the good news is it can be controlled and dealt with, and people who have a belief system or faith are better positioned than others to deal with stress. Even medical practitioners have acknowledged that an effective way to reduce stress in our lives is to pray. When we pray we quieten our minds and become still, wisdom comes to offer us insight, or as a Chinese adage offers, "when the pupil is ready, the teacher will come". Prayer helps us see that there are options and our perceptual world is broadened. Like humour, prayer relaxes us, giving our mind a chance to become aware that we always have choices. Prayer refreshes our spirits and frees us from the tensions we so often hold in our bodies.

At its roots, prayer simply means being aware of the presence of God and our response to that awareness. An old proverb reminds us: "The winds of grace are blowing perpetually; we only need to raise our sails"

We all pray differently. For some prayer is formal, for others prayer occurs spontaneously in response to the discovery of God in daily happenings. When we are scared, lonely or stressed, we pray the way that best suits our understanding of God. This kind of prayer recognises that we are not in control of the universe. No matter what the form, prayer opens us to the reality that we are part of something bigger than words can ever describe.

Prayer is not a passive behaviour, which allows us to make a request and expect that what we asked for will be done. Prayer is an active response or acknowledgement of the presence of the Spirit. It is a way of inviting a sacred friend into our life. It is that Spirit that can support and guide us through the tangled web of stress. It's worth a try and it certainly can't hurt.

Fr. Peter Dillon

READINGS THIS WEEK: Isaiah 62: 1-5; 1 Corinthians 12: 4-11; John 2: 1-11.

READINGS NEXT WEEK: Nehemiah 8: 2-6, 8-10; 1 Corinthians 12: 12-30; Luke 1: 1-4, 4: 14-21

FEAST DAYS: Mon 21 Jan: St Agnes, virgin, martyr; Thurs 24 Jan: St Francis de Sales, bishop, doctor; Fri 25 Jan: The Conversion of St Paul, apostle; Sat 26th Jan: Australia Day Mass 9am Sacred Heart.

PRAYING THE ROSARY: The statue of Our Lady will be at the home of **Aileen & Julio Camara of Nerang** for the week commencing **21st January**. If you would like to take part in the Rosary to Our Lady, please contact **Pat and Maxine Sela** on **5539 9539**.

DO WE HAVE YOUR CORRECT ADDRESS AND PHONE CONTACT?

Sometimes we try to phone you but we can't find you!! Have you updated your Parish contact details in the last couple of years? If not, can you please either give us a call or send us an email or you can complete the Parish Registration form you will find in the brochure holders in each Church. Your details are kept in a secure Database and we do not share your address or phone number without your permission.

CELEBRATING AUSTRALIA DAY: There will be a **9am** Mass on **Saturday 26th January 2019** at **Sacred Heart Church** to



celebrate Australia Day. You are invited to join in the celebration after Mass by bringing a plate of Lamingtons, Iced VoVo's or Anzac Biscuits to share at morning tea!

On **Monday 28th January** (Public Holiday) there will be **7am** Mass celebrated at **St Vincent's Church**, 40 Hamilton Avenue, Surfers Paradise as per usual.

WORLD MARRIAGE DAY MASS 2019: Married couples from all Gold Coast Parishes are invited to a celebration of Eucharist at 11:00am, at **St Benedict's Church Wallaby Drive, Mudgeeraba**, on **Sunday 10 February**, to celebrate your marriage, whether married only last year or decades ago.

Padre Morgan Batt will be our Celebrant. (PP. Burleigh Heads) Invite the whole family to come along if 2019 is a significant mile-stone anniversary for you. A renewal of your Marriage Vows will be included during the Liturgy.

We invite couples to bring a plate and stay a while, to chat with other like-minded couples, over a BYO lunch on the verandah, Tea and coffee provided.

The World Marriage Day Mass is hosted by Burleigh Heads Parish, St Benedict's Community and 'Teams of Our Lady' Gold Coast. **Contact & RSVP: Sue and Bren on 5522 4880,**



CELEBRATIONS IN THE PARISH:

Wishing Griff Long a very happy and healthy **88th Birthday** which he celebrated this week.



WHAT DO YOU THINK GOD IS ASKING OF US IN AUSTRALIA?

In October 2020 the Catholic Church is gathering to make plans and decisions for the future. Your voice is needed to help create the agenda. What are your experiences of God in your life, your faith and the Church?



LIBRARY NEWS: Why not make 2019 the year in which you **pray with Pope Francis**. Pick up your copy of a month by month guide to the special intentions of the Holy Father, and information on YouTube resources.

In January the Pope has in mind - **Young People and the Example of Mary**.

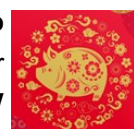
At our recent Plenary Council discussions "Youth" was a hot topic! Take a look at our display in the Library for books about how to engage with young people and how they can communicate the joy of the gospel to the world as Mary did. Recommended is a collection of writings by Carlo Maria Martini, '**The Gospel Way of Mary**', which shows how Marian devotions can lead to freedom from self-centeredness and lead to a generous response to Jesus' call. God's Plan for You is a guide for teens facing choices in a very secular world. Or try the practical approach to '**I Don't Want to Go to Church**' issue!

ART AND CRAFT GROUP: Our Group will return on **Wednesday 30th January** from 8.30am to 1.00pm.

We welcome old and new members to enjoy each other's company and a delightful morning tea.

Our activities are: Rosary Bead making; Sewing; Knitting; Crocheting and Art - Water and Oil Colours. New activities are welcome. Cost: \$3 per week.

BOLD AND THE BEAUTIFUL FRIENDSHIP GROUP Will Meet to Celebrate Chinese New Year at the **Kampung Malay Restaurant on Thursday 24th January, at 12noon.**



CHRISTIAN HEALING MINISTRIES LEVEL 1 PRAYER TRAINING 2019: CCR Brisbane Healing Prayer Centre will be offering training on Healing Prayer **Level 1** at **CCR Brisbane Centre, 688 Nudgee Road, Northgate (in the grounds of St. John's Catholic Church).**

This level 1 course will be completed over 3 full Saturdays and participants are expected to attend all 3 days - **Saturday 23 March 9.30am - 5.00pm; Saturday 27 April 9.30am - 5.00pm;**

Saturday 25 May 9.30am - 5.00pm. This Level 1 Course is open to all. For more details, fees and registration, go to : www.ccrbrisbane.org.au/News/PrayerTrainingLevel1_2019Notice.pdf or Phone **0432 968 892**

THE CATHOLIC LEADER \$2.00

CATHEDRAL GUIDES & WELCOMERS: Cathedral Guides & Welcomers invite you to an information session on **Thursday 7 February 2019 at 10.30am** to discover the delights of volunteering with the Cathedral Guides & Welcomers. A comprehensive training program is offered. If this ministry appeals to you, please contact the Cathedral on 3324 3030 or email deveryc@bne.catholic.net.au, by Friday 25 January 2019.

VOLUNTEER ROLES IN THE PARISH

CHILDREN'S LITURGY OF THE WORD: Do you have a young child and attend Sacred Heart Church for **9am Mass** on Sunday's? If yes, would you be interested in **becoming a volunteer on roster** to assist with the Children's Liturgy of the Word from 9am to 9.30am in the Parish Hospitality Centre. The children gather in the Church, just after the Entrance Hymn and are taken to the PHC to hear the Word of God broken open so they can understand. We always like to have two adults supervising the children, who return to Mass for the Prayer of the Faithful. Please call the Parish Office if you would like to assist. **5572 5433**.

WE ARE ALSO LOOKING FOR A VOLUNTEER to help set-up the Parish Hospitality Centre twice a month; once on the **1st Monday evening** in preparation for the Anointing Mass Morning Tea and once on the **3rd Wednesday evening** in preparation for the Friendship Day gathering. This would suit a young person looking for some extra pocket money!! We could also consider a very early set-up on the day of each gathering. Please call the Parish Office on **5572 5433**.

MINISTERS OF COMMUNION TO NURSING HOMES: We need a few people to assist in the distribution of Communion to the six Nursing Homes in our Parish. Communion is distributed at the Nursing Homes on Tuesdays, Wednesdays, Thursdays, Fridays and Sundays. The average time for a visit is between two to three hours. While giving out communion you do speak to the residents and for some of them it is their only communication in the week with someone other than the nursing staff.

Can you find three hours a month to assist in this Ministry? We find it a most satisfying experience taking communion and speaking to the elderly. If you can assist us we will be most grateful. Please call **Pat & Maxine 55399539 or 0412519404** alternatively contact Marylou at the Parish office 5572 5433.

SACRAMENTAL PROGRAM: Our Parish Children's Sacramental Team provide workshops to assist in the preparation of children who, with the support of their parents, have discerned that they are ready to receive the sacraments of Confirmation, Holy Communion and Reconciliation (Penance). **Please note that in the Archdiocese of Brisbane Confirmation is celebrated before Holy Communion and that candidates must be 8 years of age or older (in Year 3 or greater) and have previously received the Sacrament of Baptism.**

The journey begins with an introductory parent information session. Preparation for each sacrament includes a number of compulsory and combined, child and parent sessions. It is also expected that children and their families attend weekly mass during the preparation program. The dates for the preparation sessions will be included in our parish newsletters (and our schools' newsletters) in the coming weeks or they can be accessed by contacting our parish office.

2018-2019 Sacramental Program:

(For children who were confirmed in 2018 or earlier)

Sacrament of Holy Communion: Celebration of First Communion: (venue: Sacred Heart Church – special Mass times for First Communicants and their families)

Either: Sunday 26th May 2019 at 11am Or Sunday 2nd June 2019 at 11am.

Sacrament of Penance: Celebration First Rite of Reconciliation (venue: Sacred Heart Church) Thursday, **October 24th 2019, 6:30pm.**

2019 - 2020 Sacramental Program:

(For children who have been baptised)

Compulsory Introductory Parent Information Session

Either: Monday July 22nd 2019, 7pm Or: Tuesday July 23rd 2019, 6pm (venue: Sacred Heart Church)

Celebration of Confirmation (venue: Sacred Heart Church)

Either Friday 23rd August 2019 at 5pm OR Friday 23rd August 2019 at 7pm.

ARE YOU PLANNING A TRIP TO SYDNEY IN JANUARY?

Why not stay at **Mary MacKillop Place**, in the heart of North Sydney! 30 minutes from the Airport, close to Ferries, Trains, Sydney Harbour foreshore, Opera House and more!

*for Accommodation Enquiries please call **02 89124800**.*

RECENTLY DECEASED: Christine Harding, Christine Carberry, Rex Joseph McShane, Carmeline Yvette Forbes OAM, Maurice McGree, Neil Davey Lawrence, Rae Porter, Margaret Wotherspoon.

ANNIVERSARIES: Paul Zappa, Carmen Callus, Joe Borg, Mary Duvnjak, Ted Llewellyn, Luciano Freda, Thomas Lloyd Muggleton.

THOSE WHO ARE SICK: Terry King, Kurt & Betty-Anne Hilleshein, Brian McGettigan, Joanne Mooney, Frank Lyons, Michelle MacDonald, Julianne Conway, Carl Serafini, John Stowers, Desmond John L'Huillier, Frank Lyons (Syd), Clive Wright, Gareth Aucock, Grazyna Palac, Gus Reeves, James Goodwin, Maria Trosic, Paul Kiely, Savannah Mary Ayoub, Mark Miller, Cherie Parsons, John & Molly Robinson, Brian Pinard, Claire Keefe, Yvonne Lofthouse, Eileen McCarthy, Mary Kerr.

We ask that you review all names on our Sick List and advise us if we can remove any names.

This list will be reduced by half on a monthly basis.

If you wish to remain on the list please advise the Parish Office.

PARISH MASSES and RECONCILIATION TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21ST JANUARY	22ND JANUARY	23RD JANUARY	24TH JANUARY	25TH JANUARY	26TH JANUARY
7.00am ST VINCENT'S	9.00am SACRED HEART Next Anointing Mass Tues 5th February	9.00am STELLA MARIS	9.00am STELLA MARIS	7.00am ST VINCENT'S SACRED HEART 9:00am	RECONCILIATION 4.15-4.45pm STELLA MARIS 5.15-5.45pm ST VINCENT'S 5.00-5.40pm SACRED HEART PLEASE ADHERE TO THESE TIMES TO ALLOW THE PRIEST TO PREPARE FOR MASS.
NORMAL SUNDAY MASS TIMES	STELLA MARIS CHURCH SACRED HEART CHURCH ST VINCENT'S CHURCH		Saturday Evening 5.00pm Saturday Evening 6.00pm Saturday Evening 6.00pm	AND AND AND	Sunday 7.00am & 8.30am Sunday 9.00am & 6.00pm Sunday 8.00am & 10.00am

MIGRANT COMMUNITIES MASS TIMES & CHAPLAINS :

Polish: Sunday 12 noon Sacred Heart Church

Fr Bernard Bednarz C/- 3252 2200

Italian: Sunday 4:00pm Sacred Heart Church

Fr Angelo Cagna CS 0423 648 736

Pastoral Support and General Information - Connie 5575 8882

Filipino: Next Mass, 2nd February 2019, 12noon at Guardian

Angels Church, Scarborough St, Southport. Will continue at

Southport each 1st Sunday. MaryAnn Boehme 0416331233

Hispanic: 1st & 3rd Sundays 5—7pm St Vincent's Church

Fr Ignacio Gutierrez 0481118521 e: paterignacio@yahoo.com

Maronite Rite: Saturday 7:15pm Sacred Heart 3394 4994

St Maroun's Church, Brisbane.

ART & CRAFT: Wednesdays 9am-12.30pm in the Parish
Hospitality Centre (PHC) **In Recess till 30 January '19.**

BOOK CLUB: PHC Third Tuesday 12 noon.

BRIDGE: Monday 12 noon & Wednesday 1pm

CHOIR PRACTICE: Saturdays 8:30am SH Church

FRIENDSHIP DAY: Next 21st February 2019

SPCL: Next 5th February 2019

SENIORS EXERCISE TO MUSIC: 9am Tuesday Casey Hall

with Rochelle 0438 333 308 \$7 per session. **Returns 22/1**

YOGA: Each Tues 10:45am \$10/Per Session. **Returns 29/1**

divinaQ YOGA: Thursdays 6am PHC Mob 0435 721 258

ZUMBA GOLD: Fridays 9:15am Casey Hall. Beginners and
Intermediate. Susana Mobile: 0421 607 397

FOR MORE PARISH GROUPS, PLEASE REFER TO OUR WEBSITE

Baptisms: Contact Parish Office 5572 5433 to register your interest.

Marriages: (Min 6mths notice required) Phone 5572 5433

Benediction: 1st Friday 7:30am St Vincent's Church

Care & Concern: Parish Transport to Medical Appts:
0474 211 908

Children's Liturgy: Sacred Heart Church:

Christian Meditation: Tuesdays 10am in Recess till 5/2/2019

& 6pm (Youth Room) Pam Egtberts 0428 090 703

Couples For Christ Foundation for Family and Life:

Please phone Butch 0424 583 169 or Mini 0424 583 168

Carmelite Spirituality: 3rd Sunday of each month 10:30am PHC
Contact: Norm Harding 0421 125 575. **Next 17 February 2019.**

Exposition:

St Vincent's Church: **Monday & Friday 6am; Thursday 9:00am**

Sacred Heart Church: Tuesdays 9:00am; Fridays 7pm-9pm;

1st Fridays 8pm; **Friday 7pm 1st February to 7am Sat 2nd Feb.**

menALIVE Scripture Journaling Groups: Monday 7-8am or
Thursday 7-9am. Contact Chris Kennedy (M) 0412 270 828 or
christopher.kennedy@menalive.org.au

Rosary: St Vincent's Church: Sundays 7:15am and

Mondays & Fridays 6:25am

Sacred Heart Church: Tuesdays & Fridays 8:25am before Mass

Stella Maris Church: Wednesdays 8:25am before Mass

Veniré Youth Mass:

CONTACT FORM FOR ALL PARISH MINISTRIES

FAMILY NAME: _____ OTHER NAMES: _____

ADDRESS: _____

HOME PH: _____ MOBILE: _____ EMAIL: _____

WHAT ARE YOU INTERESTED IN RIGHT NOW?

Registering in parish Sacrament enquiry Youth Prayer request

Roster availability Other: _____ To commence parish planned giving program

**PLEASE PLACE THIS COMPLETED FORM ON THE COLLECTION PLATE, OR CONTACT THE PARISH OFFICE
ON 55 725 433 FOR FURTHER INFORMATION.**