



# St Madeleine Sophie Barat Parish



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OFFICE HOURS: TUES - FRI, 9AM - 4PM

**31 January 2021**  
**4th Sunday in Ordinary**  
**Time, Year B**  
Dt 18: 15—20  
1 Cor 7: 32—35  
Mk 1: 21—28

## **“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.”**

Dear Sisters and Brothers,

May God’s grace be with you! You will notice, as you come onto the church premises, posters with the QR codes for ‘checking in’. Kindly check in prior to attending Mass or other services in our church. Steps on how to do this are indicated on the posters provided. If you do not possess a smart phone or have trouble signing in, registration sheets are available to sign in. I thank you for your ongoing cooperation during this time to keep everyone safe.

The entire humanity is still waging a war against this microscopic virus with the emergence of the new strain infecting thousands of people. The social restrictions, lockdowns, closure of domestic and international borders have a huge impact on the lives of the people in various ways. The constant barrage of negative language keeps us in the state of threat, fear, and anxiety, which we try to overcome through coping mechanisms. I am sure our connections with the divine and one another help us to stay positive in these challenging times. In the second reading of this Sunday, St Paul tells us “to be free of anxiety and worry.” St. Francis de Sales gives us some advice on how to cope with anxiety: There is a real temptation to become dissatisfied with the world and be distressed about it is necessary to be in it. We imagine we would feel better if we were on another ship. That may be, but only if we change ourselves! Solitude has its assaults; the world its busyness. In either place, we must be courageous since, in either place, divine help is available to those who trust in God and who humbly and gently beg for God’s caring assistance.

One of the sources of our anxieties is our self-centred love. Why are we surprised by our imperfections? We want nothing but consolation. When we experience our own misery and weaknesses, let us do three things and we will have peace. Let us have a pure intention of seeking in all things, the honour and glory of God. Let us do the little we can toward this end and leave to God the care of the rest.

These little attacks of anxiety and sadness, that are brought on by the multiplicity of our responsibilities, permit us to practice the dearest and best virtues that Jesus recommended to us: gentleness and trust in God. True virtue is not produced by outward idleness, any more than healthy fish are raised in the stagnant waters of swamps.

To protect ourselves from surprise attacks of anxiety, where we become resentful and ready to flare up if anyone crosses us, we must often arouse in our heart patience and courage. But when we do totter and fall, we must not be ashamed of being a little grimy and dusty. It is better to be covered with dust than with sores. If we place ourselves in God’s care and let the heavenly dew of God’s love heal us, all will be well. (Selesian Reflections)

*My anxiety struggle started shortly after college. I majored in English education, and after graduation I was hired to teach freshmen in high school. I could not have been more excited to embark on the journey ahead! But after the first day of school, something inside my mind snapped. I was completely overcome with anxiety. As the teacher, I was now in charge; all the students looked at me. I had to maintain control and always be expected to have the right answer. The pressure I felt proved overwhelming. I threw up every morning for two weeks and barely slept. After an extremely fervent prayer from my mom and family, I was able to stop vomiting and get myself together enough to function. However, I didn’t want to just function; I wanted to thrive. The months passed, and I was still plagued with anxious feelings. I began to wonder if I would have to quit the job, I knew I was called to do in order to have a “good,” anxiety-free life again. Divinely, I was invited to attend church with a college friend in Georgia. The pastor was teaching about the authority Christians have in Christ. He reminded us that through the Holy Spirit, we have the power within us to face any situation head-on and we have the God-given authority. I believed I could overcome my feelings. I thought, I have the power of God within me. Why am I afraid? I went to the altar and prayed that I could always walk in the authority I have as a child of God. The next day I went to work, took a deep breath, and began anew. The anxiety didn’t go away completely for a few months, but I knew that I was going to make it. When I felt anxiety creep up, I would say to myself that I had the authority from God wherever I went, and those anxious feelings would fade. The freedom you have in God is as real as the feelings of panic that may be so familiar for you. Galatians 5:1 says, “For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. Christ set us free so that we could live free. Yes, free from sin and punishment, but also free from the anxiety He commands us to cast upon Him. (Edited. Sarah Garrett. The author of “So, You Think You Are Ready to Date?” released in October 2017)*

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus (Phil. 4:6–7).

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you (1 Peter 5:6–7).

Lord, today I pray that You would help me exchange my attempts at escape and relief for Your perfect peace. I pray that You would give me wisdom in my decisions, and use them to bring harvest of righteousness in my life. Today, Lord, I choose to trust You and Your peace as my guard. Teach me to cast all my anxiety on You, because I know You care for me. In Jesus’ Name, Amen. (Grace Mills)

God’s blessings,

Fr. Vince

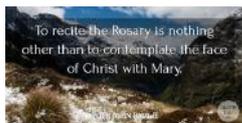


# PARISH NEWS

## Social Justice @ St Mads

Reflecting on the origins of Catholic Social Teaching: The first great social teaching came in 1891 from Pope Leo XIII. *Rerum Novarum* or 'Capital and Labour' raises issues such as the dignity of the human being and the importance of work being at the service of people and not the other way around. Pope Leo also presented the decidedly Catholic principle of preferential option for the poor. We have since had many other teachings right up to Pope Francis's 2015 encyclical 'Laudato Si', 'On the Care of our Common Home'. Collectively, the Church has developed these teachings into a rich body of doctrine called Catholic Social Teaching.

JUSTICE  PEACE OFFICE



Come and pray the rosary after Morning Mass on Thursdays!  
Time: 9.45am  
Contact: Kay - 0429965858  
Lydia Ceccato - 0400372561



Beginning 2 February, come join us via Zoom on Tuesday mornings at 10.30am for an hour to pray and discuss the coming Sunday's gospel. If you would like to know more about the gospels, what it can mean to your life, pray with others, or just make new friends, we would love you to join us. For more info and Zoom details, contact Careyanne at careyannemoylan@hotmail.com or 0438 791 813



Book Club is continuing via zoom. We are reading a best seller, *The Purpose Driven Life* by Dr Rick Warren. It is a book of 42 short chapters, with ideally one chapter read daily. Leading us through to find God's purpose for us, we discover a deeper meaning of love, of communion, of reconciliation, of truth.

If you would like to join our Zoom group on Tuesday 23 February at 7.30pm, send me an email to register — careyannemoylan@hotmail.com

On behalf of St Vincent's De Paul - Vinnies Christmas Appeal, thank you very much for your kind donations and giving during this season. We collected \$2860.95. The parish generosity during such a difficult year is much appreciated and funds raised have gone to assist those needing that extra support in ensuring their Christmas and start to 2021 was a little easier.

Many thanks again,  
Mark Easton



## 3 Bedroom Granny Flat for Rent

Fully Furnished

Contact John Sorbello on 0488 965 424 for details



Congratulations to Sue Martin, Social Justice Coordinator of our parish, who was named Environmental Citizen of the Year for 2020. She also serves as the Chair of the Cattai Hills Environment Network.

See article at [https://hillstohawkesbury.com.au/hills-australia-day-winners/?](https://hillstohawkesbury.com.au/hills-australia-day-winners/)



## LAST WEEK'S COLLECTIONS:

1st Collection (for Diocese) = \$512.45

2nd Collection (for Parish)

Envelopes = \$1006.00

Loose = \$610.85

Credit cards/Direct Debit avg weekly = \$2000

**TOTAL OF 2ND COLLECTION = \$3616.85**

If you would like to donate to the parish or have recently changed your credit card, please phone the parish office on 9654 2260.

**Thank you for your generosity!**

## BAPTISM PREPARATIONS

The next baptism preparation session will be on **Saturday, 6 February at 4:30pm** in the function centre. Please ring or email the office to book in: 9654 2260 (Tue-Fri, 10am-4pm) [stmads@yahoo.com.au](mailto:stmads@yahoo.com.au)

Families who completed their preparations are welcome to get in touch with the office to schedule their child's baptism.



## PARISH PRAYER REQUESTS:

### For recently deceased

Eileen Conti Zammit, Olive Burns, Tom, June Hanson and James Wilson



### For the dearly departed

Frank Sorbello, Mary Sorbello, Giuseppina Scarpin, Michele Vaccarella, Domenico Teresa Papandrea, Grazia Sorbello, Salvatore Sorbello, Louis Sammut, Jayde Donnelly, Antonio Votano, Esther Theuma, Rita Doyle, Mulvihill & Culligan Family, Pablito Corpuz, Antonio Ceroli, Portelli Family, Buttigieg Family, Feliciana Sabellano, Alf Barbagallo

### For healing of the sick

Justin Ryan, Anne Lingham, Jasminka Medak, David Parslow, Maureen Burke, Murphy Family, Kerry Rogers, Michael O'Conner, Aureen Dunn, Nancy Anne Kazzi, Aura Krakowski, June Brennen, John Spencer, Keith Dawson, Joe Fuda, India, Vince Luca, Kylie Baker, Lara Sawaya, Sheila Cañabano, Candida Irugalbandra, Florence Smith, Gregory Borg, Maria Peach, Paul Byrne, Andy, Patrick Breen, Jacqueline Kelly, Tricia, Michael Foley, Samuel Abella, Harper Grace, Margaret Collison, Margaret Gaudry, Anis Nicholas, Dorothy Green, Pat D, Neil Rogers, Karen Bligh, Desmond Grogan, Louise, Vanessa, Ben Johnson, Cathy Voss, Mary Madden, John Donnelly, Louise Lambert, Charlie, Frank Tabone, John Lippman, Giuseppe Grasso, Sarah Bilford Beattie, Faye Willing, Patrick, Ben Eberand, Callum Goracz, Patrick Griffiths, Catherine Bourke, Tina, Marie, Joe, and Charles Vencyel

### Special intentions

Irene Haughey

*\*If you would like someone to be included among these requests, please let us know by email, phone call, or by dropping a note in the locked box outside the parish office.*

## PARISH VOLUNTEER COORDINATORS

**Music Coordinators:** Alexandra Mifsud, Selina Calleia & Joan Sattler

**Junior Ministers Coordinator:** Maree McNeil

**Children's Liturgy Coordinator:** Deb Rankin

**Baptism Preparation:** Angelique Easton

**RCIA Coordinator:** Steve Fry

**Playgroup Coordinator:**

**SRE Coordinator:** Maureen Jones

**Friendship Group:** Jenny Puleo

**Ministry to the Nursing Homes Coordinator:** Suzanne Kingston-Hunt

**Adult Faith Formation:** Careyanne Moylan

**Property Maintenance Manager:** Rick Jones

**Piety Stall:** Sandra Tabone

**Altar Linen Coordinator:** Catherine Diekman

**Parish Council Chair:** Patrick Tuttle

**Finance Committee Chair:** Aaron Cauchi

**Welcomers Coordinator:**

## PARISH TEAM

### Parish Priest:

Rev Vincent Savarimuthu

### Parish Secretaries:

Jay-Ann Gutierrez  
Susie Lee

### Sacramental Coordinator

Sandra De Nardi

### St Madeleine's Primary School

Phone: 9654 6751

Principal: Mrs Jeanette Black

### Marian College

Phone: 9654 6700

Principal: Mrs Jayne Campbell

## PARISH SERVICES

### Weekend Masses:

Saturday 5.30pm

Sunday 8:00am, 10:00 am, 5.30pm

### Children's Liturgy

TBA

### Weekday Masses

9:15 - Tuesdays to Fridays

9:45—10:15 Fridays - Adoration

**Prayer Group:** Wednesdays after the  
9.15 am Mass

**Reconciliation:** Saturday 5.00pm

**Baptisms:** Every Sunday at 11:20  
(Must make a booking)

**Weddings:** By appointment

## How to Prepare for Reconciliation

We should begin with prayer, placing ourselves in the presence of our loving God.

We then review our lives since our last confession, searching our thoughts, words and actions for that which did not conform to God's command to love God and one another. This is called an examination of conscience. Some guided questions which may assist are below, based on the Ten Commandments.

Following the examination of conscience, tell God how truly sorry you are for your sins, and make a firm resolution not to sin again.

### Examination of Conscience

#### My Relationship with God

Have I taken steps to help me grow closer to God?

Have I made myself present to God at Mass and in my daily activities?

Is there a place in my life for prayer and for getting to know Jesus by reading the Good News in the Bible?

Do I turn to God, Mary, and the Saints with love and reverence?

#### Myself

Have I shown love and respect for myself as God's good creation?

#### My Relationship with Family, Friends, and Neighbours

Have I set a good example through my words or actions? Do I treat others fairly? Do I speak of others with kindness and generosity? Am I judgemental or compassionate?

Do I show love, respect, and fidelity to those I love? How have I reached out to those around me - my family, neighbours, friends, the poor and the marginalised?

Do I insist in getting my own way or am I open to listening to and working with others, even those who do not think like me? Do I see they have equal dignity to me?

How have I uplifted others and affirmed they are God's good creation?

Is there room for forgiveness, repentance, and reconciliation in my life?

Do I show care and respect for all of creation including animals, their habitats, and the ecosystems of our world? What can I do to promote sustainable living?

Have I taken or damaged anything that did not belong to me? Was I envious of someone else? Have I cheated or lied?

Do I promote and support life in all its stages?

*To be continued...*



(Source: Diocese of Broken Bay)

## St John Bosco

**Feast Day:**  
31st January



John Bosco's theory of education could well be used in today's schools. It was a preventive system, rejecting corporal punishment and placing students in surroundings removed from the likelihood of committing sin. He advocated frequent reception of the sacraments of Penance and Holy Communion. He combined catechetical training and fatherly guidance, seeking to unite the spiritual life with one's work, study and play.

Encouraged during his youth in Turin to become a priest so he could work with young boys, John was ordained in 1841. His service to young people started when he met a poor orphan in Turin, and instructed him in preparation for receiving Holy Communion. He then gathered young apprentices and taught them catechism.

After serving as chaplain in a hospice for working girls, Don Bosco opened the Oratory of St. Francis de Sales for boys. Several wealthy and powerful patrons contributed money, enabling him to provide two workshops for the boys, shoemaking and tailoring.

By 1856, the institution had grown to 150 boys and had added a printing press for publication of religious and catechetical pamphlets. John's interest in vocational education and publishing justify him as patron of young apprentices and Catholic publishers. John's preaching fame spread and by 1850 he had trained his own helpers because of difficulties in retaining young priests. In 1854, he and his followers informally banded together, inspired by Saint Francis de Sales.

With Pope Pius IX's encouragement, John gathered 17 men and founded the Salesians in 1859. Their activity concentrated on education and mission work. Later, he organized a group of Salesian Sisters to assist girls.

Source: <https://www.franciscanmedia.org/saint-of-the-day/saint-john-bosco>



Stay in touch through our parish Facebook page:

<https://www.facebook.com/St-Madeleine-Sophie-Barat-Parish>

Join us for live-stream Masses on  
Sunday at 10 am on

**ON AIR**

<https://www.facebook.com/St-Madeleines-Masses>



**DIOCESE of  
PARRAMATTA**

### Positions Vacant:

Parish Secretary – St Mary of the Cross MacKillop Parish, Upper Blue Mountains and Sacred Heart Parish, Blackheath – Applications close 12 February 2021

### Diocese of Parramatta COVID-19 update

Parishes across Western Sydney and the Blue Mountains have COVID-Safety plans in place requiring social distancing, maximum attendance figures and other safety measures. It is currently mandatory that masks be worn to Mass and other services. You are encouraged to check with your parish on what measures they have in place before attending. For more information, please visit the Diocesan website [www.parracatholic.org/covid19](http://www.parracatholic.org/covid19)

### Life, Marriage and Family Office Marriage Preparation Courses

Dates for the Diocesan Life, Marriage and Family Office's in-person marriage preparation weekend courses in 2021 are now available, with the SmartLoving Engaged Online course another option to prepare for your marriage. For more information, or to book your course, visit [www.parracatholic.org/pmp](http://www.parracatholic.org/pmp) or call (02) 8838 3460.

### Office For Worship 2021 Liturgical Ministry Formation Course

The Office for Worship's Liturgical Ministry Formation Courses will be held again in 2021 in early February.

This is formation for anyone interested in serving in the Liturgical Ministries of Readers, Extraordinary Ministers of Communion, Communion to the Sick and Dying and Ministers at the Altar at your parish. If you are interested or would like more information please contact the Office for Worship on (02) 8838 3456 or [anne.alimangohan@parracatholic.org](mailto:anne.alimangohan@parracatholic.org).

### Annual Legal Red Mass: 4 February

The Annual Red Mass, which gives thanks for the work of those who serve the law, will be held on Thursday 4 February at St Patrick's Cathedral at 7pm, followed by a light supper. It is also an opportunity to reaffirm a commitment to justice and faith. For catering purposes, please confirm your attendance by emailing [events@stpatscathedral.com.au](mailto:events@stpatscathedral.com.au) or by phone to (02) 8839 8411 by Friday 29 January.



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<b>30/31 JAN</b>	<b>WELCOMERS</b>	5:30PM VIGIL Trish Keating Belinda Da Ruos	8AM SUNDAY Maureen & Rick Jones	10AM SUNDAY Teresa Capaldi	5:30PM SUNDAY Joseph Spina
	<b>MINISTERS OF THE ALTAR</b>	Peter Balnaves	Steve Fry	Phyllis Hannah	
	<b>READERS</b>	Mary Sammut Paul Cashman	Anthony Hooper Gerry McArdle	Annmarie Duncan Marietta Nesci	Joanna O'Neil Lidia Ceccato
	<b>JNR MINISTERS</b>	Monica & Dom Bruggeling	Bailey & Casey Gambrell	Christopher Kang	Thomas & James Barker
	<b>MUSICIANS</b>		Joan Sattler		
	<b>COUNTERS</b>	Parish Team		<b>CHILDREN'S LITURGY</b>	To be announced
	<b>FLOWERS</b>	Donated and arranged by Linda Pellizer		<b>ALTAR LINEN</b>	Vicky Hooper

<b>6/7 FEB</b>	<b>WELCOMERS</b>	Trish Keating	Fran & Rocco Scardino	Jenny & Steve Mayhew	Joseph Spina
	<b>MINISTERS OF THE ALTAR</b>	Peter Balnaves	Darren McNeil	Phyllis Hannah	
	<b>READERS</b>	Paul Cashman Mary Sammut	Tony Hooper Belinda Da Ruos	David Hall-O'Dwyer Adriana Kennedy	Simmy Cesamolo Frederick Kyngdon
	<b>JNR MINISTERS</b>	Tara & Sam Coddington		Christopher Kang	
	<b>MUSICIANS</b>	Joan Sattler		Mark Huxley	
	<b>COUNTERS</b>	Sandra Tabone & Zakia Touma		<b>CHILDREN'S LITURGY</b>	To be announced
	<b>FLOWERS</b>	Donated and arranged by Linda Pellizer		<b>ALTAR LINEN</b>	Vicky Hooper