

Catholic Parish of Lindfield-Killara

Diocese of Broken Bay

FOURTEENTH SUNDAY IN ORDINARY TIME 5 - 7 - 20
ABORIGINAL AND TORRES STRAIT ISLANDER SUNDAY

*This week: Zech 9:9-10; Rom 8:9, 11-13; Mt 11:25-30
Next week: Is 55:10-11; Rom 8:18-23; Mt 13:1-23*

*Our society values strength and competence,
and of course each of them is a good thing in the proper place and time.*

*But they are not the only thing,
and the God revealed by the Gospel
is a God who also values their opposites.*

*The first reading today reminds us of the strength to be found in weakness,
and the Gospel extols the value of simplicity
.If we are really a Gospel people then the challenge is to really value,
not merely tolerate, those Gospel qualities – weakness and simplicity – when we find them
in others.*

And of course, to ensure that they find their place in our own heart as well.

Fr Colin



2021 ENROLMENTS

FOR OUR PARISH SCHOOL



Enrolments are
open for
Kindergarten
2021 at Holy
Family School.

To find out more please contact our
Parish School:

P. 9416 7200

E. info@holyfamily.nsw.edu.au

W. www.hfldbb.catholic.edu.au

Call for a personal guided tour (outside
of school hours).

Fusion Pizza Night
PURE HAPPINESS... FRIENDS AND PIZZA!!!
FUSION YOUTH MEET AFTER SUNDAY'S YOUTH MASS

NEXT EVENT:
2ND WEEK OF SCHOOL HOLIDAYS. 
MORE INFO NEXT WEEKEND - WATCH THIS SPACE!

WEBSITE: www.lindfieldkillarayouth.weebly.com
EMAIL: youth@lindfieldkillara.org.au

Instagram
youth.fusion

The joy of sharing our faith

Our very large group of travellers on the RCIA journey have had to wait a long time to become part of our family of faith due to the lockdown which prevented the public celebration of Easter, and indeed Mass in general. We are delighted that over these July weekends we will be celebrating the welcome of all our catechumens and candidates at various Masses celebrated in our two churches (public health restrictions prevent us having one combined celebration unfortunately).

This weekend we celebrate the baptism, confirmation and first sharing in the Eucharist of **Rita Chen**, and the reception into the Church, along with confirmation and first sharing in the Eucharist for **Andrew and Linda Hearne and their children Caleb, Olivia and Isabella**.



Sunday Mass!

Killara church (Celebrant: Fr Thomas)

4:00pm Vigil
5:30pm Vigil
9:00am
10:30am

Lindfield church (Celebrant: Fr Colin)

6:00pm Vigil
8:30am
10:15am
11:30am

Sunday evening Mass: due to very low attendance at the 5:30pm Sunday evening Mass at Killara we will revert to having just one Sunday evening Mass—at 6:00pm. **However we will alternate the venue between Killara and Lindfield churches.** This won't be hard to remember since when you book online it tells you the venue for each Mass you book for. The Sunday 6pm Mass this weekend 5th July will be at Lindfield and next weekend 12th July it will be at Killara (also 6pm).

BOOKING

The current public health restrictions require us to keep numbers to the limit imposed by the four square metre per person rule (50 people for Killara church and 45 for Lindfield.

So it's necessary to **make a booking** to attend Mass each week – however this is very simple, taking only a few seconds. You can book up to 1 hour before each Mass. Either go to the special hotlink box on the homepage of our parish website (www.lindfieldkillara.org.au) or click on this link: <https://www.bbcatholic.org.au/lindfield-killara/mass-and-prayer-times/the-return-of-sunday-and-weekday-mass-with-50-people>

Or call the Parish Office and we'll book for you.

You can book to come every week—there's no restriction at all on how often you can book to come to Mass.

"COLLECTIONS"

For health and safety we won't pass round the collection bowls – however there will be two boxes clearly labelled **FIRST COLLECTION AND SECOND COLLECTION** in a prominent position in the centre of each church. We hope that after the long period of church closure you can resume your weekly giving. There are also Tap and Go machines in Lindfield church (and soon at Killara also) and the homepage of our website gives details about online giving.

Of course, if you – or anyone at home in your household – has even the mildest sign of a cold or other respiratory infection
PLEASE DO NOT ATTEND MASS.

For those who have health concerns - we have two special options for you :

- ◆ We have a Mass at 12 noon on Tuesday at our Killara church **for 10 people only** – so there is not a large number of people present and everyone can sit widely apart.
- ◆ In addition, at each Mass we can accommodate either one person or one couple who need a greater physical distancing **in the choir loft** at Lindfield for Sunday or weekday Mass. There will be nobody else in the choir loft with you. **Please contact the Parish Office to book a spot in the choir loft.**



Are you passionate about the Gospel?

Do you want to ensure that the precious gift of our faith is shared with the next generation?

As of last week, as you would have read, we were nearly \$25,000 behind on our Second Collection income. And at present we have no Coordinator of our Catechist ministry in the State Schools and it's unlikely that in the foreseeable future we will have the financial resources to employ one.

However all need not be lost. If we could form a team of two or three volunteers to share in that coordinating role we can continue to offer this vital ministry to nourish and guide the faith of young people. But without a Coordinating team we simply can't continue to send catechists into the schools. We're okay for Term 3 as the diocese is assisting us but after that it's up to us.

To be a member of the Coordinating Team :

- ◆ you don't need to be a Catechist and go into the schools—we will have a link catechist for each school to act as a liaison with the school.
- ◆ the role is to coordinate the roster to ensure classes are covered, assist catechists with their diocesan registration and State registration, advertise for new catechists when the need arises, ensure the Catechists have their resources, etc.

WE NEED YOU ! Sue-Anne Sherwood has built this ministry up in our parish to be a leader in its field in the diocese. We need to continue the great work Sue-Anne did and ensure our Catechist ministry can continue.

If you would be willing to be part of a team of two or three people to coordinate this ministry in our parish please contact me (9416 7195; colin@lindfieldkillara.org.au) as soon as possible.

Fr Colin

A LITTLE NOTE ABOUT

THE CHANGES TO RESTRICTIONS WHICH WERE INTRODUCED ON 1ST JULY

As you're no doubt aware, from 1st July the NSW Government increased the numbers who can attend church and funerals. However the caveat is that the requirement that there must be four square metres of space per person must still be observed.

Unfortunately this means there will be no increase to the permissible numbers for our two churches as the 4m² requirement means that our Killara church will still be limited to 50 people and our Lindfield church will still be limited to 45 people—both for Masses in general and for funerals.

PARISH BOOK CLUB

Meets ONLINE on the last Wednesday of the month:

Next meeting: Wed. 29th July 10:00-11:30am

Book: *The Spare Room* by Helen Garner

Want to take part? Please contact Catherine Willis (catherinewillis@gmail.com) or Elizabeth Reedy (elizabethreedy@msn.com)

PLEASE IGNORE the earlier instruction regarding booking to attend Mass where it was stated that you could only book once until everyone had had a turn. Now that we have increased numbers permitted at Mass you are welcome to book as often as you would like—daily for weekday Mass, and every week for Sunday Mass.

THE PARISH OFFICE is continuing to operate (Tues.—Fri.), though only one staff member is there at a time—the rest of the staff are working from home. For public health it's not possible to visit the office so please make contact by phone or email and the staff will assist you.

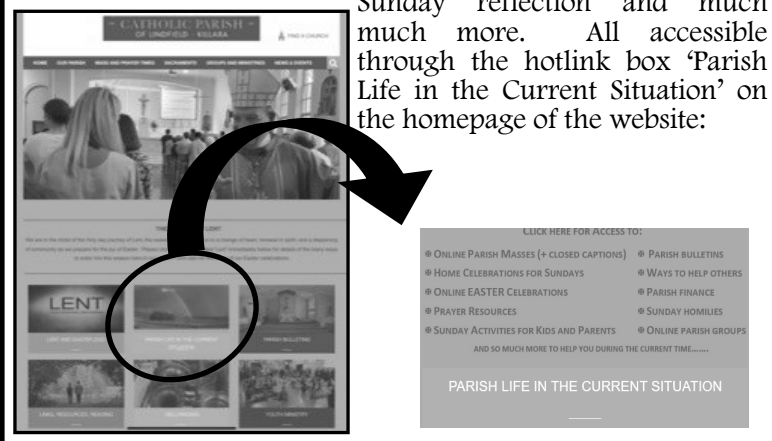
NEW SETS OF WEEKLY ENVELOPES for the new Financial Year are available at the rear of both our churches. Please collect your set. If they are not at the back of the church you attend this weekend they may be at our other church—just call Philita and we'll make sure they're where you want them to be next weekend.

THE SACRAMENT OF CONFIRMATION Unfortunately with the time lost this year due to the lockdown, and the on-going limitations imposed by the coronavirus, we will not be able to have the celebration of Confirmation this year in our diocese. In due course Bishop Anthony will let us know the arrangements for 2021.

OUR PARISH LIFE ONLINE

Please keep visiting the special part of our parish website (www.lindfieldkillara.org.au) where we keep expanding the resources for you online: Mass in our parish, helps for prayer, home Sunday liturgies, helps for leading the kids through a

Sunday reflection and much much more. All accessible through the hotlink box 'Parish Life in the Current Situation' on the homepage of the website:



CLICK HERE FOR ACCESS TO:

- ONLINE PARISH MASSES (+ CLOSED CAPTIONS)
- HOME CELEBRATIONS FOR SUNDAYS
- ONLINE EASTER CELEBRATIONS
- PRAYER RESOURCES
- SUNDAY ACTIVITIES FOR KIDS AND PARENTS
- PARISH BULLETINS
- WAYS TO HELP OTHERS
- PARISH FINANCE
- SUNDAY HOMILIES
- ONLINE PARISH GROUPS

AND SO MUCH MORE TO HELP YOU DURING THE CURRENT TIME.....

PARISH LIFE IN THE CURRENT SITUATION

DON'T FORGET THE ONLINE WAYS TO SHARE IN PARISH LIFE....

- ◇ **Christian Meditation Group** at 8am on Wednesdays
- ◇ **Daytime Scripture Study Group** with Fr Colin on 1st and 3rd Wednesdays at 11am
- ◇ **Evening Scripture Study Group** with Fr Colin on 2nd and 4th Wednesdays at 7:30pm.
- ◇ **Catholicism**—a vibrant audio visual exploration of our faith on 1st and 3rd Wednesdays at 7:30pm.
- ◇ **Parish Book Club** on the last Wednesday of the month at 10am
- ◇ **Fusion Youth** every couple of weeks on a Sunday night
- ◇ **Young Adults** every couple of weeks on a Sunday night.

If you'd like to join in any of these online activities just contact Fr Colin or the Parish Office. And if you're not used to using Zoom just contact Fr Colin (94167195; colin@lindfieldkillara.org.au) and he'll be happy to help you.

THIS WEEK'S LETTER FROM OUR BISHOP ANTHONY RANDAZZO



Bishop Anthony's letter for this week can be found via the link box on the special page for the current situation on our website.

BAPTISMS THIS WEEKEND IN OUR PARISH

Congratulations to Jason Miranda and Lenida Sequeira on the baptism of their son Rafael Oskar this weekend at Holy Family Church, Lindfield.



WEEKDAY MASS (it's necessary to book):

Monday and Tuesday: 10:00am at Killara
Wednesday - Friday: 10:00am at Lindfield

Also: 12 noon Mass on Tuesdays at Killara with a limit of 10 people for those who are aged over 70 or who have an underlying health condition.

OUR CHURCHES

ARE OPEN FOR PRAYER

	Killara	Lindfield
Mon.:	11am - 4pm	Closed
Tues.:	1pm - 4pm	9:30am - 4pm
Wed.:	Closed	11am - 4pm
Thur.:	10am - 4pm	11am - 4pm
Fri.:	9am - 4pm	11am - 4pm
Sat.:	10am - 4pm	1pm - 5pm
Sun.:	12:30-4:30pm	12:30-4:30pm

THE SACRAMENT OF RECONCILIATION

Killara Saturdays 4:45—5:15pm
Lindfield Saturdays 5:15—5:45pm

POPE FRANCIS ON THE PANDEMIC....

Cindy Wooden

During the darkest, most deadly days of the Covid-19 pandemic in northern Italy, medical professionals and volunteers were “silent artisans of a culture of closeness and tenderness”, a culture that cannot be allowed to disappear, Pope Francis said.

In one of his first large-group meetings since the pandemic struck Italy in late February, Pope Francis welcomed to the Vatican doctors, nurses, paramedics, civil protection volunteers, priests, bishops and civil officials from Italy's Lombardy region.

The coronavirus struck the region much harder than any other area of Italy. As of June 21, nearly 93,000 of the region's residents had contracted the virus and 16,570 of them had died. Italy as a whole has had some 238,500 cases of Covid-19 and 34,630 deaths.

Pope Francis told the group that most Italians had faced the pandemic with “generosity and commitment”, but medical personnel truly led the way, becoming “sure points of reference” for the sick and for their families who were not allowed to visit them.

The sick “found in you, health care workers, almost members of the family, able to unite professional competence with the kind of attention that includes concrete expressions of love,” the pope said. “The patients often felt like they had angels alongside them, helping them recover their health and, at the same time, consoling and supporting them and sometimes accompanying them to the threshold of their final encounter with the Lord.

“Now is the moment to treasure all of this positive energy that was invested,” the pope said. “It can and must bear fruit for the present and the future.”

To honour the sacrifices, the suffering and the death, he said, people must make a commitment to continuing the witness of “generous and gratuitous love, which have left an indelible mark on consciences and on the fabric of society, teaching how much need there is for closeness, care and sacrifice to increase fraternity and civil coexistence.”

He said: “We can come out of this crisis spiritually and morally stronger. That will depend on the conscience and responsibility of each one of us. Not alone, though; only together and with the grace of God.

“God created us for communion, for fraternity, and now more than ever it has been demonstrated how illusory is the claim of counting only on oneself – it's illusory – and of making individualism the guiding principle of society.”

People must be attentive as the pandemic slows because “it's easy to slide, it's easy to fall back into this illusion,” he said. It's easy to forget that all people need others.

Pope Francis said that although during the lockdown people weren't able to attend Mass in person, “they did not stop feeling part of a community. They prayed alone or with their families, including through social communication, spiritually united & perceiving the Lord's embrace.”

Many priests showed “pastoral zeal” in obeying the rules and regulations put in place by government officials “to safeguard the health of the people” while also finding ways to reach out to their parishioners, phone the sick and lonely, feed the poor and help those who could not leave their homes.

Their care defeated “some – few – adolescent expressions against the authorities' measures,” he said, apparently referring to priests who complained about or even publicly challenged the ban on Masses with the faithful present, which ended May 18, and measures such as requiring masks for those attending Mass once the lockdown eased.

The priests who did what they could while obeying safety precautions “were fathers, not adolescents”, he said.

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EVEN THE BIBLE IS FULL OF FLAWED CHARACTERS

The destruction of monuments only impoverishes our sense of history.

Timothy Dolan

“Years ago I was dedicating a new parish to St Peter. A woman wrote to protest: “Why would you name a Church after such a coward, a sinner who denied even knowing the Lord when Jesus needed him most, at the hour of His arrest and crucifixion?”

Knowing her and what parish she was from, I wrote back, “But you're a proud parishioner at St Mary Magdalene Church. She was sure not a paragon of virtue for a chunk of her life. Yet, by God's grace, she became a radiant, inspirational saint. If we can't name churches after sinners, the only titles we'd have left would be Jesus and His Mother!”

Isn't the same true of America's historical personalities? All of them had flaws, yet all of them still contributed a lot of good to our nation's progress.

Defacing, tearing down and hiding statutes and portraits is today's version of Puritan book-burning. Our children need to know their country's past, its normative figures and their virtues and vices. That's how we learn and pass on

our story. Is there any more effective way to comprehend America's history of racism than reading “Huckleberry Finn” or one of Flannery O'Connor's short stories, works of literature now ominously on the chopping block?

My own mom kept a photo of her parents hanging on the wall of our house. Her dad, my grandfather, was an abusive drunk who abandoned his family. I'm glad we got to know of him, the good and the bad.

The same is true of the church I love and am honoured to serve. Yes, there are scandalous parts of our history, and countless episodes when popes, bishops, priests and others—including some who are now saints—didn't act as they should have.

God forbid we'd go through a cultural revolution as China did five decades ago. Beware those who want to purify memories and present a tidy—and inaccurate—history. And who's to say which statues, portraits, books and dedications are spared? Remember when some objected to raising the

status of the Martin Luther King Jr.'s birthday to a national holiday, citing his self-admitted flaws?

If literature that depicts prejudice, or words or scenes that are today rightly abhorred, is to be banned, I don't know if even the Bible can survive. If we only honour perfect, saintly people of the past, I guess I'm left with only the cross. And some people would ban that.

As a historian by training, I want to remember the good and the bad, and recall with gratitude how even people who have an undeniable dark side can let light prevail and leave the world better. I want to keep bringing classes of schoolchildren to view such monuments, and to explain to them how even such giants in our history had crimes, unjust acts and plain poor judgment mixed in with the good we honour.”

Cardinal Dolan is Catholic Archbishop of New York.

(from the Wall Street Journal)

THE PRAYERS AND RESPONSES OF MASS

GLORIA:

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One, you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father.
Amen

THE PSALM PS 144:1-2. 8-11. 13-14. R. V.1

I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

At Masses at which the Psalm is sung the response is: I will praise your name for ever, my king and my God.

THE NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus
Christ,
the Only Begotten Son of God,
born of the Father before all
ages.

God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were
made.

For us men and for our salvation
he came down from heaven,
*(all bow at the following words in
bold)*

**and by the Holy Spirit was
incarnate of the Virgin Mary,
and became man.**

For our sake he was crucified
under Pontius Pilate,
he suffered death and was
buried,

and rose again on the third day
in accordance with the
Scriptures.
He ascended into heaven
and is seated at the right hand of
the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no
end.

I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father &
the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the
prophets.

I believe in one, holy,
catholic and apostolic Church.
I confess one Baptism
for the forgiveness of sins
and I look forward
to the resurrection of the dead
and the life of the world to
come. Amen

GOSPEL ACCLAMATION

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom. Alleluia!

MEMORIAL ACCLAMATION (said, not sung):

Save us, Sav-iour of the world, for by your
Cross and Res-ur-rec-tion you have set us free.

POPE FRANCIS EARLIER THIS WEEK AT MASS FOR THE FEAST OF SAINTS PETER AND PAUL.....



Complaints, like narcissism and pessimism, close the door to the Holy Spirit, he said. “Narcissism takes you to the mirror, to continually look at yourself; discouragement, complaints; pessimism, in the dark, in the dark. These three attitudes close the door to the Holy Spirit.”

..... “true prophecy: not of speeches which promise the impossible, but of testimonies that the Gospel *is* possible. No miraculous manifestations are needed.”

.....We need lives that manifest the miracle of God's love. Not power, but coherence. Not words, but prayer. Do not proclaim, but serve. Do you want a prophetic Church? Start serving, and shut up. Not theory, but testimony. We don't need to be rich, but to love the poor; not to earn for ourselves, but to spend for others.”

常年期第十四主日 5.7.2020

讀經一 (看, 你的君王到你這裡來; 他是謙遜的。)

恭讀厄加利亞先知書 9:9-10

上主這樣說:「熙雍女子, 你應盡量喜樂! 耶路撒冷女子, 你應該歡呼! 看, 你的君王來到你這裡; 他是正義的、勝利的、謙遜的, 騎在驢上, 騎在驢駒上。他要由厄弗辣因, 剷除戰車; 從耶路撒冷, 除掉戰馬; 作戰的弓箭, 也要被消除。他要向萬民宣布和平; 他的權柄, 由這海到那海, 從大河直達地極。」——上主的話。
(默想片刻)

答唱詠 詠145:1-2, 8-9, 10-11, 13-14

【答】: 我的天主, 我的君王, 我要世世代代頌揚你, 永遠歌頌你的名。(參閱詠145:1)

領: 我的天主, 我的君王, 我要世世代代頌揚你, 永遠歌頌你的名。上主, 我要每日讚美你, 不斷頌揚你的名。【答】

領: 上主慈悲為懷, 寬宏大方; 他常緩於發怒, 仁愛無量。上主對待萬有, 溫和善良; 對他的受造物, 仁愛慈祥。【答】

領: 上主, 願你的一切受造物稱謝你; 上主, 願你的一切聖徒讚美你, 宣傳你王國的光榮, 講述你的威力大能。【答】

領: 上主對自己的一切諾言, 信實不欺; 上主對自己的一切受造物, 聖善無比。凡跌倒的, 上主必要扶持; 凡被壓抑的, 上主必使他們站起來。【答】

讀經二 (如果你們依賴聖神, 去致死肉性的妄動, 必能生活。)

恭讀聖保祿宗徒致羅馬人書 8:9,11-13

弟兄姊妹們:

你們已不屬於肉性, 而是屬於聖神, 只要天主的聖神, 住在你們內。誰若沒有基督的聖神, 誰就不屬於基督。再者, 如果那使耶穌從死者中復活者的聖神, 住在你們內, 那麼, 那使基督從死者中復活的, 也必要藉那住在你們內的聖神, 使你們有死的身體復活。

弟兄們! 這樣看來, 我們並不欠肉性的債, 以致該隨從肉性生活。如果你們隨從肉性生活, 必要死亡; 然而, 如果你們依賴聖神, 去致死肉性的妄動, 必能生活。——上主的話。
(默想片刻)

福音前歡呼

領: 亞肋路亞。

眾: 亞肋路亞。

領: 父啊! 天地的主宰! 你將這些事, 瞞住了智慧和明達的人, 而啟示給小孩子。(參閱瑪11:25)

眾: 亞肋路亞。

福音 (我是良善心謙的。)

恭讀聖瑪竇福音 11:25-30

那時候, 耶穌發言說:「父啊! 天地的主宰! 我稱謝你, 因為你將這些事, 瞞住了智慧和明達的人, 而啟示給小孩子。是的, 父啊! 你原來喜歡這樣。我父將一切交给了我; 除了父之外, 沒有人認識子; 除了子, 和子所願意啟示的人外, 也沒有人認識父。

「凡勞苦和負重擔的, 你們都到我面前來; 我要使你們安息。你們背起我的軛, 跟我學習吧! 因為我是良善心謙的。這樣, 你們必要找得你們靈魂的安息, 因為我的軛是柔和的, 我的擔子是輕鬆的。」——上主的話。
(講道後默想片刻)

華人天主教會 北區中心主日彌撒暫定每月第二及第四主日。一個月


7月份彌撒時間: 7月12日及7月26日正午12時
地點改為: Immaculate Heart of Mary Church Killara
Cnr Charles St and Fiddens Wharf Rd. Killara.
歡迎各教友參加

牧職修女 司徒金美修女 0419- 426899

中心聯絡 Gloria Cheung ☎ 0416-118089

FOR THE KIDZ

Unscramble the words below to find out what Jesus said to his followers.



COME TO , ALL AND

THAT ARE AND

HEAVY AND

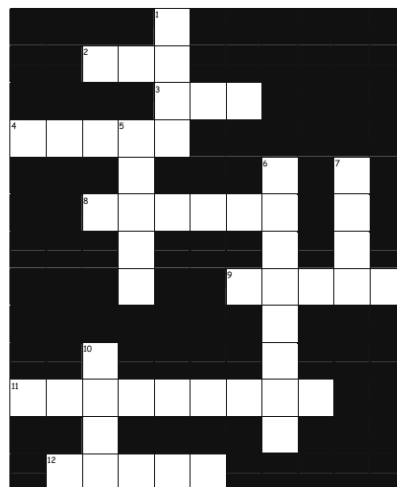
I WILL GIVE YOU

REST YOU BURDENS ME WEARY CARRYING

CROSSWORD

If you are burdened, I will give you rest

Mt 11:25-30



Across

- 2: the first number
- 3: a mother and father's male offspring
- 4: something that is not heavy
- 8: Jesus said, "the only one who truly knows the _____ is the Son"
- 9: you go to sleep when you feel like this
- 11: Jesus said "Take the yoke I give you. Put it on your _____"
- 12: what you do when someone is teaching you

Down

- 1: to take a break and relax
- 5: something that weighs a lot
- 6: plain, nothing special
- 7: someone who has wisdom is this
- 10: a harness worn by two animals

What's happening in our online parish?

JULY

Sunday 5th	On demand	Parish Mass online
Wednesday 8th	8:00am	Meditation Group
	7:30pm	Evening Scripture Study Group
Sunday 12th	On demand	Parish Mass online
Wednesday 15th	8:00am	Meditation Group
	11:00am	Daytime Scripture Study Group
	7:30pm	Catholicism .

FR RICHARD ROHR OFM'S REFLECTION...

INNER AND OUTER FREEDOM: THE TRUTH WILL SET YOU FREE

Authentic spirituality is always on some level or in some way about letting go. In a consumer society, however, we have little training in how to let go of anything. Rather, more is usually considered better. Jesus said, "the truth will set you free" (Jn 8:32). Once we truly see what traps us and keeps us from freedom, we should see the need to let it go. As Meister Eckhart said, "the spiritual life is more about subtraction than it is addition." [1] But capitalist societies make everything into addition.

The freedom Jesus promises involves letting go of our small self, our cultural biases, and even our fear of loss and death. Freedom is letting go of wanting more and better things; it is letting go of our need to control and manipulate God and others. It is even letting go of our need to know and our need to be right—which we only discover with maturity. We become ever more free as we let go of our three primary motivations: our need for power and control, our need for safety and security, and our need for affection and esteem. [2]

Healthy spirituality leads us to true liberation by naming what's real, what's true, and what works—now and in the long run. This Ultimate Reality, the way things really work, is quite simply described as love. The wise ones recognize that without a certain degree of inner freedom, we cannot and will not truly love. Spirituality is about finding that freedom. Jesus even commanded it

(John 13:34)—though I'm not sure that we really can order or demand love—to show us how central it is.

Most of us didn't grow up thinking of religion as a path of freedom. Instead, we were taught a set of prescriptions, dos and don'ts, musts, oughts, and shoulds—against which we pushed back, like children always do. When we're young, we think rebellion is the only path to freedom! Some amount of structure is important, but it is first-level growth. Far too much religion stays right there, "milk instead of meat," as Paul puts it (1 Corinthians 3:2).

Authentic spirituality, as opposed to mere rebellion, is about finding true freedom. It offers us freedom from our smaller selves as a reference point for everything or anything. This is the necessary Copernican Revolution wherein we change reference points. We discover that we are not the center of the universe any more than the Earth is. We no longer feel the need to place our own thoughts and feelings in the center of every conversation or difficulty.

Although we have to start with self at the centre to build a necessary "ego structure" we must then move beyond it. The big & full world doesn't circle around any one of us. Yet so many refuse to undergo this foundational enlightenment, which leaves them much less free than they want to be.

[1] Meister Eckhart, *Sermon on Romans 8:18, for the Fourth Sunday after Trinity Sunday*. [2] This simple tri-part distinction has been affirmed by many psychologists in many different ways and was also used by Fr. Thomas Keating (1923–2018) in his understanding of the entrapment of the human person.

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Email: info@holyfamily.nsw.edu.au

School Website: www.hfldbb.catholic.edu.au

Lord, in Jesus your Son, you restored to us the gift of everlasting life. Grant that life to:

Please pray for the gift of eternal life for Vincent Pelosi of our parish who died during the week.

Recently deceased: Noeleen Smith (sister of Bishop David Walker), Sister Sophie McGrath rsm, Michael O'Rourke, Roger McGrath, Anne Moss, Annabel Kelleher, Chris Pülle, Marj Steffel, John Yun, Jack Biviano, Joyce Antelman. **Anniversary:** Edgar and Berta Montano. **And for:** Marion Grace Blayney.

PLEASE PRAY FOR THOSE WHO ARE SICK:

Nicholas Sutherland, Jesse Langford, Anthony Ellison, Ron Burke, Nena Umali, Wolfgang Liers, Cyril Ferriere, Alex Noble, William Wise, Lise Therese Ferriere, Ian Coffey, Maureen Hobbs, Russell Adams.

And for all those affected by COVID-19.

Homelessness: the imperative for a public health response

Dr Lisa Wood

Lisa Wood is Associate Professor, Faculty of Health and Medical Sciences, School of Population and Global Health, The University of Western Australia. This is an excerpt of her Douglas Gordon Oration at the Preventive Health Conference 2020.

On nearly every measure of health inequality, people experiencing homelessness are vastly over-represented. This is grimly seen in an average life expectancy of less than 48 years.

Among people experiencing homelessness, and particularly those sleeping rough, we see the most extreme examples of poor health driven by adverse social, economic and often traumatic circumstances. That many of our public health and prevention success stories in Australia have left behind this often invisible group is confronting. The majority still smoke, mental health and AOD issues are pervasive, and accessibility to preventive screening and oral healthcare is sparse.

Even COVID-19 has starkly shown the heightened vulnerability of people who are homeless, not only due to the high prevalence of the chronic disease conditions associated with COVID severity and death, but also because this is a vulnerable group unable to follow the precautions the rest of us can take to 'stay home' and social distance.

Douglas Gordon, in his seminal 1975 text *Health, Sickness and Society*, stressed that if we believe that social change prevents disease and promotes health, then we are compelled to be advocates for change. He went on to say that "some fire in the belly is a necessity", but importantly noted also, that emotional drives to advocate for the health and welfare of society need

to be supported by data and evidence. This is timeless advice, and sums up the way in which over the years I have sought to bring a public health lens to social justice issues.

In this oration, my focus is not on convincing the audience that homelessness is and should be seen as a public health issue per se. This speaks for itself in the enormous burden of preventable disease, and the raft of social, economic and political factors that compound this.

Rather I want to focus on how ending homelessness and its health inequalities in Australia is already benefiting in practice from a public health way of thinking, of building evidence, of framing advocacy, and of working across sectors and silos.

This will be illustrated by some of reflections from the past four years of leading a growing body of work that encapsulates the intersection of homelessness and public health, and how policy-relevant research and evidence driven advocacy can help to reduce health inequalities among people experiencing homelessness.

Homelessness is both a driver and consequence of poor health and exposes deep fault lines in our healthcare system, our housing, justice and welfare systems.

But, one of the things I love about being part of the public health fraternity is that we do not shy away from 'wicked problems'. Along with the moral and humanitarian urgency to end homelessness, there is a compelling public health imperative, and scope for us all to make an enormous and real difference to the health disparities they face. •

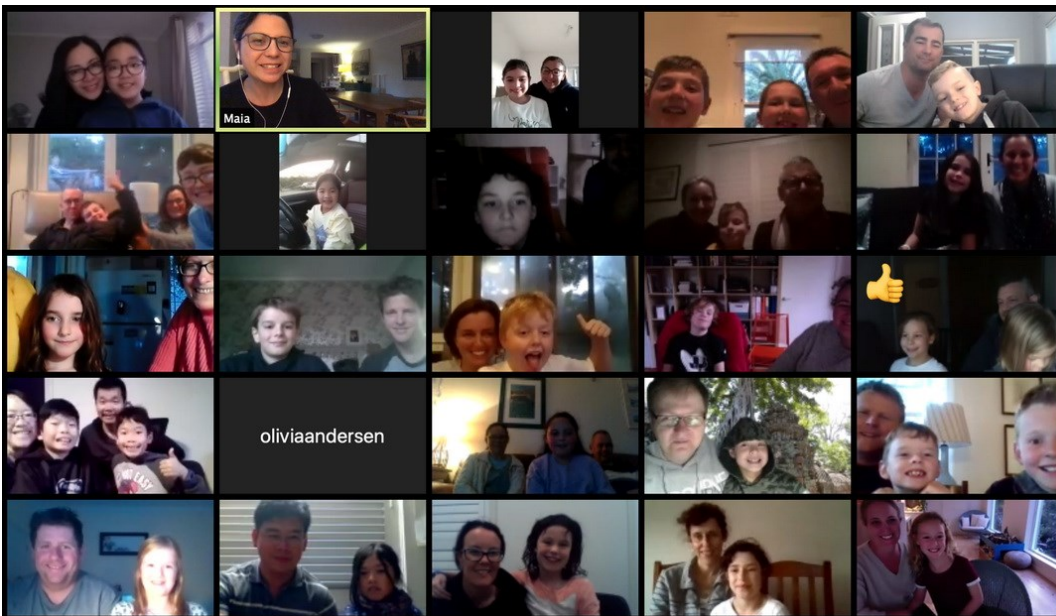
[Note: Preventive Health Conference 2020 participants can hear the full address through the conference webpage.]

The above article, highlighting another cost of the COVID pandemic, is from the June 2020 issue of the newsletter of the Public Health Association of Australia

Below: The 55 children and their families who have been preparing for their First Holy Communion gathered online for a Mass celebrated by Fr Colin in which he explained the various parts of the Eucharistic celebration. This is the second of three photos which capture the whole group. We'll print the final photo next week.



Please keep the children and their families in your prayers as they await their First Holy Communion. They still have a little while to wait as we catch up on all our missed sacramental celebrations. They first have to each celebrate their First Reconciliation (which was also postponed due to the lockdown. And we also have to have separate celebrations to welcome all our RCIA candidates who have been patiently waiting since Easter to be welcomed in the Church.



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