



# PYMBLE CATHOLIC PARISH

SACRED HEART & OUR LADY OF PERPETUAL SUCCOUR

*Building a Christ-centred community of Love and Mercy*



*Pymble Parish is under the Pastoral care of the Salvatorian Fathers.*



*Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.'*

## AT THIS TIME

Dear Lord,

At this time of pandemic,

Let us foster respect and solidarity with others, especially those who are weak or poor.

Let us remain calm and ignore unsubstantiated rumours.

Let us take advantage of living together as a family.

Let us attend to moments of prayer.

Let us cultivate responsibility, patience and hope.

Amen.



## COVID-19 Update

**All Public Masses are currently suspended in our Parish for the duration of the lockdown.**

**During this time, we invite you to join us online this Sunday for the celebration of the Holy Mass which will be celebrated by Fr Boguslaw and Fr Chris.**

***Find the link for the Mass on-demand anytime on Sunday on our Parish website:***

[www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au)

## Pope Francis' Prayer Intention for August

### The Church

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.



## Contact Us

Please inform the Parish Office if you have recently changed your address, phone number or email.

For Parishioners who give via credit card, please let us know if your credit card has expired or if you have changed your card.

Thank you!



## Prayer for the Intercession of Blessed Francis Jordan

Lord Jesus Christ, Saviour of the world, you called Francis Mary of the Cross Jordan to be your apostle, to make God known and loved by all people everywhere, using all the means your love inspires. You filled him with universal apostolic zeal, with a deep trust in God's loving providence, with a profound spirit of prayer, with a sincere devotion to Mary, Mother of the Saviour, and with the courage to follow you, even into the mystery of the Cross.

Grant also to me the grace to proclaim the Gospel in this spirit, and make me an effective apostle in today's world.

Through the intercession of Blessed Francis Jordan, I pray to you for my special needs (include your personal intention). I make this prayer through you, my Saviour, who lives and reigns with the Father and the Holy Spirit, forever and ever. Amen.

[www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au)

## Parish Team

### Pastoral care

#### Salvatorian Fathers

**Parish Priest:** Fr. Boguslaw Loska SDS

Email: [fr.boguslaw@pymblecatholicparish.org.au](mailto:fr.boguslaw@pymblecatholicparish.org.au)

**Assistant Priest:** Fr Christopher Kowalczyk SDS

Email: [fr.chris@pymblecatholicparish.org.au](mailto:fr.chris@pymblecatholicparish.org.au)

### Parish Staff

**Parish Secretary:** Daniela Foote

Email: [daniela@pymblecatholicparish.org.au](mailto:daniela@pymblecatholicparish.org.au)

**Assistant Secretary:** Claudia Chen

Email: [claudia@pymblecatholicparish.org.au](mailto:claudia@pymblecatholicparish.org.au)

**Youth Coordinator:** Melanie Benbow

Email: [melanie@pymblecatholicparish.org.au](mailto:melanie@pymblecatholicparish.org.au)

**Sacramental & CCD Coordinator:** Melanie Benbow

Email: [melanie@pymblecatholicparish.org.au](mailto:melanie@pymblecatholicparish.org.au)

## Parish Mass Times

**Due to the current COVID restrictions all parish masses are currently suspended.**

**Please visit our parish website for further details**

### Sacred Heart Church

2 Richard Porter Way, Pymble NSW 2073

#### Weekdays:

Tuesday to Friday 9:00am

**Rosary:** Tuesday to Friday after morning Mass

**Exposition of the Blessed Sacrament:** Friday after morning Mass

#### Weekend:

Saturday (Vigil Mass): 5:30pm

Sunday: 7:45am, 9:30am and 6:00pm

**Reconciliation:** Friday 8:30am, Saturday 5:00pm

Sunday 5:30pm

### Our Lady of Perpetual Succour

64 Kendall St, West Pymble, NSW, 2073

#### Weekdays:

Tuesday: 12pm

*During School Term as advertised in the Parish weekly calendar section*

#### Weekend:

Saturday: 9:00am and 5:00pm (Vigil Mass)

Sunday: 9:00am

**Reconciliation:** Saturday 9:30am

## Contact details

**Address:** 2 Richard Porter Way, Pymble, NSW 2073

**Postal address:** PO BOX 231 Turramurra NSW 2074

**Telephone:** (02) 9144 2702

**Email:** [info@pymblecatholicparish.org.au](mailto:info@pymblecatholicparish.org.au)

**Website:** [www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au)

**Office hours:** Monday to Thursday 8.30am to 4.00pm

Friday 8.30am to 1.00pm

## Parish Primary Schools

### Sacred Heart

**Principal:** Mrs Mary Hor

(02) 94408056 - [www.shpddb.catholic.edu.au](http://www.shpddb.catholic.edu.au)

### Our Lady of Perpetual Succour

**Principal:** Mrs Sue Host

(02) 9498 6060 - [www.olpsddb.catholic.edu.au](http://www.olpsddb.catholic.edu.au)

## PARISH PRAYER ZONE

May the Father of our Lord Jesus enlighten the eyes of our heart that we may see how great is the hope to which we are called.

### Recently Deceased:

Joyce Spark, Christopher Drinkwater, Rudolf Ruhidin Arsyadi, Gwendoline Elizabeth Tregear, Flynn, Dunbaven, Juana Alicia Cortes, John McLeod, Kerry Bowe, Kevin Parsons, Patricia Lenthall, Thomas Vicente, Odette McLeod, Matteo Infante, Stanislaw Kowalczyk, John Ryan, Pamela Campbell, Francisca Macalma.

### Death Anniversaries:

Ron Chandler, Anne Hanna, Salvatore Marando, Ron Chandler, Antonio Celio, Natasha Adora Astono, Daniel Turalakey, Gwendolene Burt, Joseph Lin, Maria Lin, Rose Lin, Paul Pribila, Bernardino Castillo, Suresh Rodriguez, Thelma Lovery, Patricia Callachor, Ed Rickard, Nancy Marrinon, Margaret Harris, Laura Bowe, Ed Rickard, Joseph Francis Sprouster, Ann Cesare & Ida Sartor, Mary Clare Richardson, James O'Rourke, Angus Ross, Mark Correia, Jane Clare Sprouster, Margaretha Hetty, Ann Lilian Castillo, Anna Lobo and Lilian Castillo

### Prayers for the sick:

Pease Family, Fr Chris Riley, Joe Pulis, Margaret Day, Juliana Cho, Catherine Haydon, Vincent Tan, Monica Cavanagh, Marietta Tomoe, Kevin Parsons, Marianne MacRitchie, Anthony Hernandez, Steve Barrum, Colleen Hussin, Owen Thomas, Suzanne O'Sullivan, Mel Pegg Weir, Doreen Landers, Aaron Moll, Lloyd Victor, Richard Fillingham, Joanne Fernandes.

### Birthdays this month:

Daniel Dahdah (5th August)

### Weekly prayer intention:

We pray for all priests who are ordained to serve our Church, that their ministry may be fruitful and appreciated by the people whom they serve. Amen.

If you would like the names of your relatives to be included in the prayer list (anniversary of deaths, recently deceased, illnesses, wedding celebration or anniversaries, birthdays, etc.) please contact the Parish Office by midday each Wednesday.

Please note that your personal information will be treated in accordance with the Catholic Diocese of Broken Bay Privacy Policy.

A copy of the policy can be found on our Website:

[www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au)

### Baptisms at Pymble Parish

If you would like to know or if you have any questions about the Baptism process in our Parish, please contact the Parish Office on 9144 2702 or [office@pymblecatholicparish.org.au](mailto:office@pymblecatholicparish.org.au). Our next Baptism Formation Class will be held on **Wednesday 13th October 2021 at 7:30pm at the Sacred Heart Presbytery.** Bookings are essential.

### flocknote 400 members!

The Parish Flocknote has now 401 members! Thank you to all those Parishioners who have registered to be part of our "flock".

Remember that as a member of the Parish Flocknote you get free access to the "Word on Fire" content by Bishop Barron.

If you haven't signed up yet, it's quick & easy! Simply visit us online at:

[flocknote.com/pymblecatholicparish](http://flocknote.com/pymblecatholicparish)

## Pymble Parish Covid Update

As a result of the extended lockdown all Church services and events have been cancelled till further notice.

The Public Health Order allows a priest to go to a house for pastoral care but only the residents of that house can be present.

Funerals can be held at both our Churches, with a maximum of 10 people. In addition to the 10 people attending the service there may also be the celebrant and other people who are necessary for the preparation and conduct of the service.

During this time, please refer to our Parish website for spiritual resources for our time at home: [www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au). We have included resources such as Online Mass links, collection of prayers and online resources for digital devotion.

Our Pymble Parish Sunday Mass will be presented as video on demand. We invite you to join in as we pray together.

We ask you to keep praying for this troubled world, and most importantly, know that our parish team is praying for you.

**May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.**

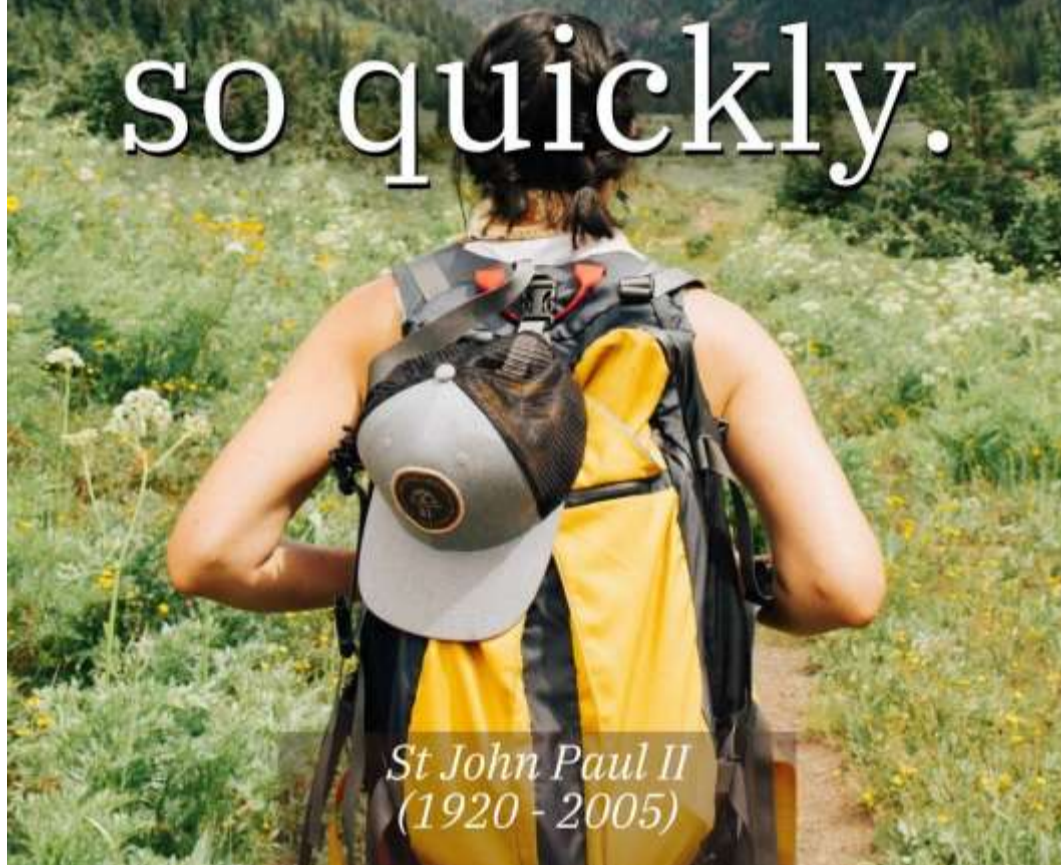
Romans 15:13

We thank you for your patience and support during this time. May God bless you all in this time of uncertainty.



PYMBLE CATHOLIC PARISH

# Become a saint, and do so quickly.



## JOIN US IN PRAYING The Rosary ONLINE

WEDNESDAYS @ 10AM  
PLEASE CONTACT THE PARISH OFFICE AT  
[info@pymblecatholicparish.org.au](mailto:info@pymblecatholicparish.org.au) FOR ZOOM DETAILS



PYMBLE CATHOLIC PARISH

## Pymble Parish needs your support...

We would like to thank all those parishioners who have made contact with us about their weekly donations to the parish.

Given the circumstances we are living in at the moment, we encourage you to donate through the Parish Planned Giving Program - Direct Debit. Alternatively, you can make an online transaction to the Parish.

Online donations or payments may be made to the Parish using BPoint. BPoint is a service of the Commonwealth Bank, ABN 48 123 123 124.

The BPoint service provides a simple way for you to make individual online payments directly to the Pymble Catholic Parish. Payment may be made via any VISA or Mastercard debit or credit card or by any MasterPass digital wallet.

The BPoint facility for our Parish can be found on our website [www.pymblecatholicparish.org.au](http://www.pymblecatholicparish.org.au) under > Our Parish > Payments > Online Payment.

**God bless your generosity and continuous support.  
The Parish team.**



Our Broken Bay Diocese presents a new program of online events known as "Bay Connect". The program provides a continuing weekly series of regular online activities to converse, reflect and connect spiritually in these difficult times.

The Bay Connect program commences on Monday, 30 August 2021, and includes the following weekly events:

### The Chosen Monday

**Mondays, 7:30-8:45pm:** Join in as we go through the first season of The Chosen TV Series. We will view one episode every Monday, breaking open associated themes and building our knowledge of Jesus in a fresh new way.

### Tuesday Night Lights

**Tuesdays, 7:00-7:30pm:** A place to come together for prayer and to praise God from the setting of our home. All youth, young adults, singles and families, parishioners and clergy are invited.

### Humpday Hangout With Br Bernard

**Wednesdays, 7:00-7:30pm:** Our jolly friar Br Bernard Mary will host a session with time for prayer, "Banger" of the week, casual chat and an entertaining selection of activities. (Banger, an exemplary song.)

### Formation Fridays

**Fridays, 7:00-8:00pm:** An opportunity to get straightforward Catholic information on various aspects of the faith, from the basics to the hot topics, featuring a different guest speaker each week, followed by time for questions and discussion.

We encourage your participation and hope that this program can help, in a new and fresh way, those in our community who are seeking opportunities to come closer to Christ. For further information including an event calendar and to register, please visit Bay Connect via [www.bbcatholic.org.au/news/covid-19-updates/prayer-resources/bay-connect](http://www.bbcatholic.org.au/news/covid-19-updates/prayer-resources/bay-connect)



## ARE YOU HOME SCHOOLING AT THE MOMENT?

The Catholic Diocese of Broken Bay has available on-line resources for ongoing faith formation of students partaking home learning. These lessons are designed for specific age groups and cover a vast number of Catholic and Christian topics.

Have a look at these resources and engage with your child; continuing to nurture their faith formation.

*"We are inspired by the Holy Spirit and connected in Jesus Christ who is the way, the truth and at the centre of our lives and ministry."*

Check out:

<https://www.cress.org.au/learning-from-home-sre-lessons>

# MAKE TIME FOR GOD



[WWW.CRESS.ORG.AU/LEARNING-FROM-HOME-SRE-LESSONS/](http://WWW.CRESS.ORG.AU/LEARNING-FROM-HOME-SRE-LESSONS/)



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## ZOOM BIBLE STUDY

EVERY FRIDAY AT 10:00AM

If you would like to join us, please send us your email address to [office@pymblecatholicparish.org.au](mailto:office@pymblecatholicparish.org.au) and we will get in contact

## CatholicCare supports are available now

As we enter another week of lockdown you may need some extra support. We are here to help and offer many services for people in need including emergency relief financial supports, homelessness and housing assistance, domestic violence support, counselling including financial counselling, disability and seniors supports and more.



SUPPORTING PARISHIONERS ACROSS OUR DIOCESE



## Rite of Christian Initiation of Adults 2021/2022

Pymble Parish would like to invite you to this year's RCIA program. It is an opportunity for everyone, Catholic and Non-Catholic, to review the formation of the Catholic Faith in the 21st Century. Ever wondered what is the value in being a practising Catholic in today's Church?

In previous years, almost everyone who has attended the sessions has thoroughly enjoyed the interactive lecture experience and the discussion between members. The sessions, run for about 1 to 1.5 hours each week, finishing with tea or coffee and an open discussion. There are about 25 sessions in all and we are hoping to start in September. We take breaks during Christmas and school holidays. The whole course is scheduled to be completed before Easter 2022.

If you are interested, please contact the Parish Office via email [office@pymblecatholicparish.org.au](mailto:office@pymblecatholicparish.org.au) or phone (02) 9144 2702.

We will respond with dates, agenda and possible session times.

**There are no costs involved.**



As we celebrate Social Justice Sunday on 29 August, the Australian Catholic Bishops Conferences' Social Justice Statement 2021-22: Cry of the Earth, Cry of the Poor, affirms that "we human beings need a change of heart, mind, and behaviour".

It invites us to join in responding to Pope Francis' invitation to take a journey towards total ecological sustainability guided by seven Laudato Si' Goals. It draws from Scripture, from the theological tradition, from Catholic Social Teaching, and from the wisdom of the world, including the insights of the First Nations. The Statement provides theological foundations to ground and inspire our efforts to care for creation while responding to the needs of the disadvantaged and excluded.

You can access a copy of Cry of the Earth, Cry of the Poor at: <https://socialjustice.catholic.org.au/2021/06/24/social-justice->

## Major earthquake hits Haiti



Caritas Australia's thoughts and prayers are with the people of the Haiti who have been devastated by a 7.2 magnitude earthquake.

Over 1,400 people have died, and thousands more left injured. Homes, churches and schools have been damaged in the quake, and reports indicate that more than 30,000 families have been left homeless.

The country also continues to grapple with COVID-19, poverty, and ongoing political instability and violence.

There is immediate and urgent need for food, water, shelter, hygiene kits and first aid on the ground.

To provide support, you can donate to Caritas Australia's Emergency Response Appeal.

Donate today at [www.caritas.org.au](http://www.caritas.org.au) or by calling 1800 024 413 toll free.

# Teachings Pymble Parish Online

In this four part series, Bishop Robert Barron unpacks some of the important parables and teachings of Jesus. We will discover how to apply the words of Jesus to our lives today.

- ▶ 7:30pm-8:30pm  
Wednesday  
1 September 2021
- ▶ Pymble Parish Digital Word on Fire event, **Teachings: Are you a sheep or a goat?**
- ▶ Join in for discussion, reflection and questions via Zoom.
- ▶ This series is weekly on Wednesday.
- ▶ Share this gift of faith with friends and family - invite them to participate.
- ▶ This is a no-cost event from the Pymble Parish.
- ▶ Please use the QR code below for further information and to access this online event.



## POSITION VACANT School Chaplain in the Newport Area

The School Chaplain role is a 2 days per week paid position and is open for applications.

### What is a School Chaplain?

School chaplains support the wellbeing of students by providing pastoral care services and strategies that support the wellbeing of the broader school community. Pastoral care is defined in the Project Agreement with the Commonwealth Government as the practice of looking after the personal needs of students, not just their academic needs, through the provision of general spiritual and personal advice.

### What does a School Chaplain do?

Chaplains provide a safe place for students to talk through life challenges and provide necessary referrals when additional support is required (Chaplains can also assist with wellbeing programs, breakfast clubs, mentoring and community or social justice projects. Chaplains can also provide support to families and staff who are needing wellbeing support.

### Applicants should have a –

Endorsement letter from a Local Church they attend, Certificate IV in chaplaincy, youth work, community services, or ministry or equivalent. (Equivalent study contain these two units: CHCCS016 Respond to client needs & CHCMHS001 Work with people with mental health issues) Please also note that degrees such as teaching, social working, nursing, counselling, and psychology cover those particular units.

### Applicant should also be able to obtain -

Current working with children check

We would love to hear from anyone that would be interested in more information or if you have any questions, please let me know by email or contact our office on 1300 792 856.

**Samantha Or** Your Dream School Programs Administration

Email: [samantha.or@yourdream.org.au](mailto:samantha.or@yourdream.org.au)

PO Box 7600, Penrith South NSW 2750

[yourdream.org.au](http://yourdream.org.au)

<https://education.nsw.gov.au/student-wellbeing/whole-school-approach/wellbeing-support/nscp>



**PASTORAL  
WORKS** Broken Bay

Donate to help families and parish communities in Broken Bay.

I have called you to renew and rebuild.

## Pastoral Works Broken Bay

We are delighted to announce the Charitable Works Fund (CWF) is rebranding to Pastoral Works Broken Bay from July 2021. The purpose of the new name is to better reflect the authentic, life-giving pastoral work you are helping to support, and provide a name that uniquely connects it to our Diocese of Broken Bay. Pastoral Works Broken Bay will play a vital role in building on the six Pastoral priorities for the Diocese, including giving vital support to life-changing ministries, nurturing families, and parish communities. Each year, about 20,000 families and friends - those in hospitals, schools, parishes, and the wider community - will be assisted through the generous support of parish communities to Pastoral Works Broken Bay. Thank you for your support of this important and historic initiative for the Diocese of Broken Bay. My prayer is the change from CWF to Pastoral Works Broken Bay enables us to reach further and wider in helping our local community, and more deeply connects us to the mission of Jesus.

*Most Rev Anthony Randazzo DD JCL, Bishop of Broken Bay*

**August Appeal** At this time, we appreciate support that can be given, no matter how big or small. Our ministries continue to operate and provide vital services. We encourage donations at your parish website or [www.bbcatholic.org.au/pastoralworks](http://www.bbcatholic.org.au/pastoralworks). All donations over \$2 are tax-deductible. Collection envelopes for Masses will be available when parishes re-open.

**Thank you for helping to renew and rebuild lives. Every gift makes a difference to someone in hospital, school, a parish or the wider community.**

## How can we help you?

Our Parish is prepared to assist those parishioners that might need some extra help and support during these difficult times. We are here for you!

Here are some of the things that we could do for you:

- Post letters or small parcels.
- Pick up some groceries and/or medicines.
- Cook a plate for you and drop it at your home.
- Other... please let us know how else we might be able to help you.

**Please contact the Parish office at**

**office@pymblecatholicparish.org.au or on (02) 9144 2702**



**Safeguarding Month September 2021**

**Participation of Children and Young People in Catholic Communities**



# Liturgy at home In the absence of Mass

PYMBLE CATHOLIC PARISH

## 1. Introductory Rites

Find lyrics to a hymn online, or on YouTube

**Leader:** In the name of the Father and of the Son and of the Holy Spirit.

**All:** Amen

**Leader:** We place ourselves before the Lord, beginning with an act of contrition.

**All:** My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

## 2. Gloria

*The Gloria is recited on Sundays outside of the Season of Lent and Advent*

**All:** 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.

## 3. Liturgy Of The Word

### Readings

Readings are found in a Sunday missal. Or on this parish bulletin on the following pages.

### Homily

Spend some time in silence, receiving the word of God. If you are in a group you may like to invite others to share the fruits of their reflection.

## 4. Profession Of Faith

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.  
Amen.

## 5. Prayers Of The Faithful

Pray for the Church, the world, our leaders, families, those suffering, the sick, the lonely special needs.

<State prayer intention>... Lord, hear us.

**All:** Lord, hear our prayer.

**All:** Merciful God, hear our fervent prayer for all who suffer from the coronavirus. May those who are infected receive the proper treatment and the comfort of your healing presence. May their caregivers, families and neighbours be shielded from the onslaught of the virus. Give solace to those who grieve the loss of loved ones. Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health. Help us to rise above fear. Amen.

## 6. Our Father

**Leader:** At the Saviour's command and formed by divine teaching, we dare to say:

**All:** Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

## 7. Spiritual Communion

Find Prayer below

## 8. Concluding Rites

**Leader:** May the Lord bless us, keep us from all evil and bring us to everlasting life.

**All:** Amen.

Finish with a final hymn or pray together a Hail Mary seeking the Blessed Virgin's intercession during this time.

### An Act of Spiritual Communion

My Jesus,  
I believe that You  
are present in the Most Holy  
Sacrament.  
I love You above all things,  
and I desire to receive You  
into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into  
my heart. I embrace You as  
if You were already there and  
unite myself wholly to You.  
Never permit me to be separated  
from You.  
Amen.





# Liturgy of the Word

## Twenty-second Sunday in Ordinary Time

Year B

### Entrance Antiphon

Have mercy on me, O Lord, for I cry to you all the day long.  
O Lord, you are good and forgiving, full of mercy to all who call to you.

### First Reading

**Dt 4:4:1-2, 6-8**

#### A reading from the book of Deuteronomy

Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?'

### Responsorial Psalm

**(R.) The just will live in the presence of the Lord.**

1. Lord, who shall dwell on your holy mountain?  
He who walks without fault;  
he who acts with justice  
and speaks the truth from his heart. (R.)
2. He who does no wrong to his brother,  
who casts no slur on his neighbour,  
who holds the godless in disdain,  
but honours those who fear the Lord. (R.)
3. He who keeps his pledge, come what may;  
who takes no interest on a loan  
and accepts no bribes against the innocent.  
Such a man will stand firm for ever. (R.)

### Second Reading

**Jas 1:17-18, 21-22, 27**

#### A reading from the letter of St James

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

### Gospel Acclamation

*Alleluia, alleluia!*

*The Father gave us birth by his message of truth,  
that we might be as the first fruits of his creation.*

*Alleluia!*

### Gospel

**Mk 7:1-8, 14-15, 21-23**

#### A reading from the holy Gospel according to Mark

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me.

The worship they offer me is worthless, the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.'

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these

evil things come from within and make a man unclean.'

### Gospel Reflection

***Allow God's word to shape your heart and intentions, and change your way of thinking***

Secondly, he accuses them of abandoning God's word by substituting their own arguments and ingenious interpretations for what God requires. They devised clever arguments based on their own thoughts rather than on God's word. Jesus refers them to the prophecy of Isaiah (29:31) where the prophet accuses the people of his day for honouring God with their lips while their hearts were far away from choosing and doing what God asked of them.

***Uproot wrong thoughts and attitudes before they grow***

Where does evil spring from and what's the solution for eliminating it from our lives? Sin does not happen. It first springs from the innermost recesses of our thoughts and intentions, from the secret desires which only the individual soul can conceive.

***Only Jesus can free us from sin and guilt***

God in his mercy sent his Son Jesus Christ to free us from our sinful cravings and burden of guilt, and to restore us to wholeness of life and goodness. But to receive his mercy and healing, we must admit our faults and ask for his forgiveness. *"If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness"* (1 John 1:8-9).

***Let Jesus be the master of your heart and desires***

When Cain was jealous of his brother, Abel, God warned him to guard his heart: *"Sin is couching at the door; it's desire is for you, but you must master it"*. We do not need to entertain or give in to sinful desires or thoughts, but instead, through the grace of God, we can choose to put them to death rather than allow them to be the master who controls our way of thinking, feeling, and acting.

***The Holy Spirit helps us in our weakness***

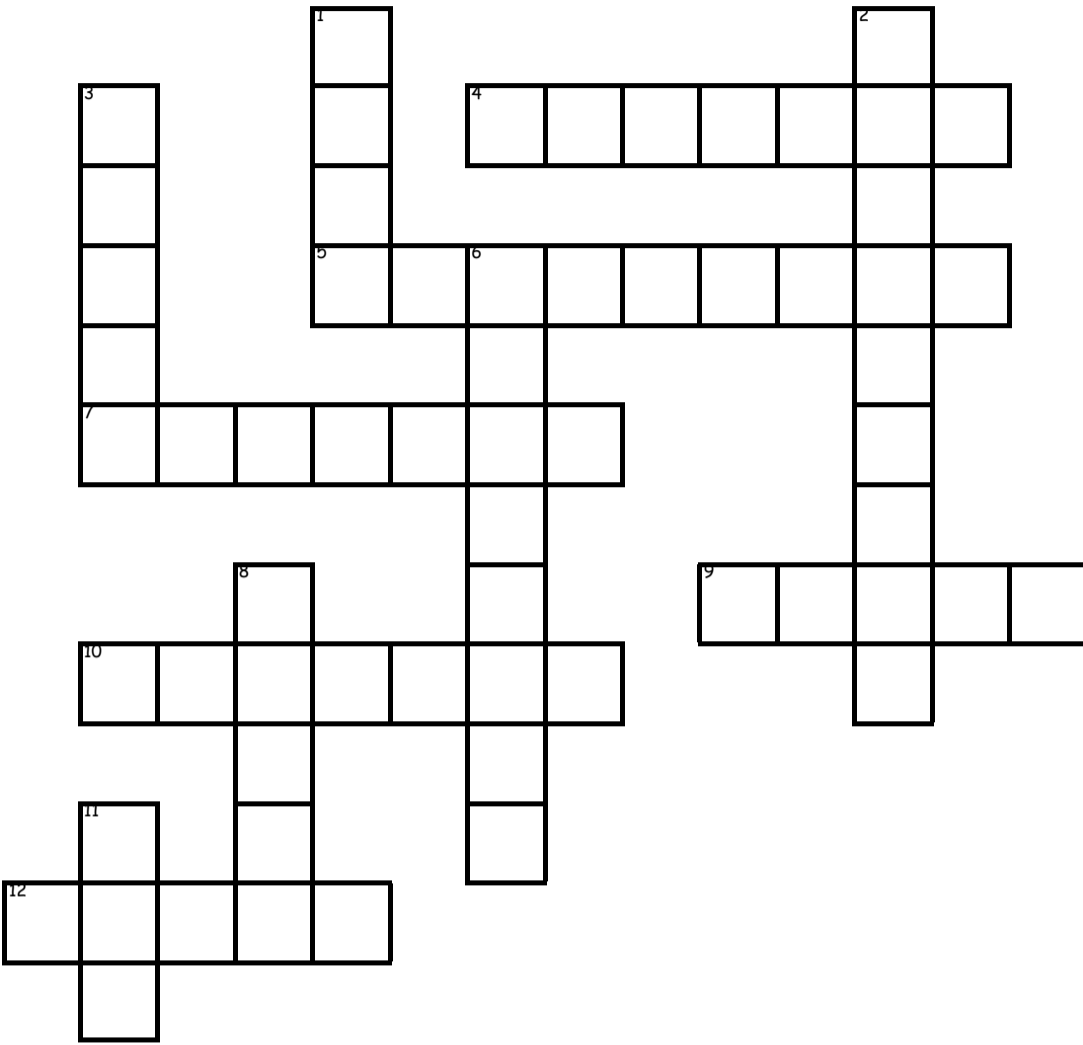
Only God can change our hearts and make them clean and whole through the power of the Holy Spirit. The Lord is ever ready to change and purify our hearts through his Holy Spirit who dwells within us. His power and grace enables us to choose what is good and to reject what is evil.

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# CHILDREN'S WORKSHEET

## Good hearts and kind words allow you to worship God



### Across

- 4: the Pharisees wanted to know why the disciples ate without doing this to their hands first
- 5: these people ate without washing their hands first
- 7: someone who teaches
- 9: Jesus said, 'The bad \_\_\_\_\_ that come out of your mouth are what make you unclean'
- 10: Jesus told the crowd that it is not food that makes you unfit to \_\_\_\_\_ God
- 12: the Pharisees and all other Jewish people always washed these before eating

### Down

- 1: the Pharisees always washed their hands before they ate their \_\_\_\_\_
- 2: the Pharisees obeyed the teachings of their \_\_\_\_\_
- 3: evil thoughts and foolishness come from your \_\_\_\_\_
- 6: to take something that is not yours is called \_\_\_\_\_
- 8: a large group of people
- 11: you do this when you are hungry



The way to Jesus is by trying to be a good person and keep a clean heart. Help the children find their way past the obstacles to Jesus.



In each heart draw a picture of someone you know who has a good and clean heart.



While it's good to keep ourselves clean and healthy, Jesus says it's more important to keep our hearts clean by being good people. For example - it is better to be kind than to be nasty. Try and match the opposites in the two lists below.



Those with clean hearts are....

- wise
- kind
- sharing
- polite
- honest

Those with unclean hearts are....

- untruthful
- greedy
- foolish
- nasty
- rude



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