

## PARISH OFFICE:

Next to the church

165 Serpentine Rd, Terrigal

PO Box 4, Terrigal, NSW, 2260

**Phone:** (02)43674610

**Email:** [starsea@bigpond.net.au](mailto:starsea@bigpond.net.au)

**Website:**

[www.bbcatholic.org.au/terrigan](http://www.bbcatholic.org.au/terrigan)

[www.facebook.com](http://www.facebook.com)

### Office Hours:

Monday - Friday

9.00am - 5.00pm

### Administrator

Fr John Puli

[John.Puliparambil@bbcatholic.org.au](mailto:John.Puliparambil@bbcatholic.org.au)

### Pastoral Associate /

### Parish Secretary:

Mrs Janette Merrotsky

0421 416 555

### Parish Secretary:

Mrs Nellie Sheridan

### Our Lady Star of the Sea

### Primary School Principal:

Maria Kennedy

Ph (20) 72562119

Email: [olss@dbb.catholic.edu.au](mailto:olss@dbb.catholic.edu.au)

Early Learning Centre

Co-ordinator:

Bronwyn Maley

Ph: (02) 4365 3222

### Prayer to St Michael

St Michael the Archangel,  
defend us in battle; be our  
safeguard against the  
wickedness and snares of the  
devil. May God rebuke him we  
humbly pray; and you, O Prince  
of the Heavenly Hosts, by the  
power of God, cast into hell  
Satan and all the evil spirits who  
prowl about the world seeking the  
ruin of souls.  
Amen



# OUR LADY STAR OF THE SEA TERRIGAL

*We love one another so that all may have a  
sense of belonging; desire a relationship with God;  
and want to share the Good News with others.*

**2<sup>nd</sup> August 2026**

**18th Sunday in Ordinary Time  
Year A**

**Entrance Antiphon:** O God, come to my assistance; O Lord, make  
haste to help me! You are my rescuer, my  
help; O Lord, do not delay.

**1st Reading:** Isaiah 55 :1-3

**Psalm:** The hand of the Lord feeds us; he answers  
He answers all our needs.

**2nd Reading:** Romans 8: 35, 37-39

**Gospel Acclamation:** Alleluia, alleluia!  
No one lives on bread alone,  
but on every word that comes from the mouth  
of God. Alleluia!

**Gospel:** Matthew 14: 13-21

**Communion Antiphon:** You have given us, O Lord, bread from  
heaven, endowed with all delights and  
sweetness in every taste.

### Next Week's Readings: 19<sup>th</sup> Sunday in Ordinary Time - Year A

1st Reading: 1 Kings 19:9, 11-13

Psalm: Lord, show us your mercy and love,  
and grant us your salvation.

2nd Reading: Romans 9:1-5

Gospel: Matthew 14:22-33

### WEEKDAY SERVICES

|           |    |              |
|-----------|----|--------------|
| Tuesday   | 04 | 7.30 am Mass |
| Wednesday | 05 | 7.30 am Mass |
| Thursday  | 06 | 7.30 am Mass |
| Friday    | 07 | 9.00 am Mass |
| Saturday  | 08 | 9.00 am Mass |

### WEEKEND MASSES - Next Weekend

|                 |    |                        |
|-----------------|----|------------------------|
| Saturday Vigil: | 08 | 5.00 pm Mass           |
| Sunday:         | 09 | 7.30 am & 9.30 am Mass |

**Our website:** [www.bbcatholic.org.au/terrigan](http://www.bbcatholic.org.au/terrigan)



*Welcome to all our visitors!  
May you feel at home in our Parish.*

### PARISH INFORMATION:

#### Baptisms:

Sunday Mornings at 11.30am by appointment.  
Enquiries to our Parish Office to enroll.

#### Anointing of the Sick:

With 9am Mass on the last Friday of the month.  
Please ring the Parish Office if you have a loved one who is ill or dying.

#### Reconciliation:

Before and after Saturday  
9am Mass (8.30 -10am) or phone  
the Parish Office for an  
appointment.



#### Weddings and Funerals:

Enquiries to the Parish Office.

### Donations to the Parish

Donations can be made by:

- putting **cash** in the collection bag at Mass; or
- using the **Tap'n'Go** machines at the door of the church; or
- giving **directly** to our parish bank account:

**Terrigal Parish**

**BSB:062 784**

**Acc:100001660** or

- using planned giving **envelopes**, available at the back of the church; or
- **regular (monthly) credit card donations**, arranged through the Parish Office; or
- using the parish QR Code:



*Thank-you for your continued generosity.*

### Baptisms

This weekend we welcome **Cooper Black, Marley Black, Hudson Black, Riley Clark, Goldie Harman & Nash Taylor.**

Congratulations and God's blessing to each of you and your families.



### Reconciliation and Eucharist 2026 Year 4 and older



**Parent/Child Support Class**  
**THIS Saturday 1<sup>st</sup> August at 3.30pm**

#### Presentation

**5pm Mass on 1<sup>st</sup> August or 7.30am or 9.30am Masses on 2nd August**

#### First Reconciliation

**Tuesday 11<sup>th</sup>, Wednesday 12<sup>th</sup>, or Thursday 13<sup>th</sup> August by appointment**

**Communion Input for Parents**  
**Wednesday 19<sup>th</sup> August at 7pm**

**Parent/Child Support Class**  
**Saturday 29<sup>th</sup> August at 3.30pm**

#### Presentation

**5pm Mass on 29<sup>th</sup> August or 7.30am or 9.30am Masses on Sunday 30<sup>th</sup> August**

#### First Holy Communion

**Saturday 12<sup>th</sup> September at 5pm Mass or Sunday 13<sup>th</sup> September 7.30am, 9.30am or 2pm Masses.**

Enquiries to Janette 0421 416 555



Join us for a free seminar with legal expert Cecilia Castle, Principal of Castle Lawyers, who will cover essential estate topics like:

- Writing a Will
- Power of Attorney
- Enduring Guardianship

**Attendees may be eligible for a complimentary will\***

**CECILIA CASTLE**  
PRINCIPAL OF CASTLE LAWYERS

**Parish Hall at Our Lady Star of the Sea**  
**Terrigal Catholic Parish, 165 Serpentine Road Terrigal NSW 2260**

**11 August, 2026**

**10:30AM-12:30 PM**

**BOOK NOW**

Scan to register by 7<sup>th</sup> August or visit  
[www.trybooking.com/DNNXF](http://www.trybooking.com/DNNXF)

For enquiries, please contact Terrigal Parish Office on (02) 4367 4610



\* Terms and conditions apply.

## Bible Study and Discussion

When: Every Thursday.  
Time: 1pm to 2pm. In the boardroom.  
Study: The Acts of the Apostles



We watch ½ an hour DVD teaching by a theologian, then discuss what we learned for ½ an hour. We limit each session to one hour. Written notes are provided for each session, a couple of days in advance.



**All Welcome.**

**For more information  
Call Elias 0459 220208**

**Praise and Worship and Bible Study**  
Book of Romans.

## Our Lady Star of the Sea Playgroup

Looking for connection, friendship and fun?  
Join us at Playgroup each week for a relaxed morning of play, conversation and community.

Parents, carers and children ages 3+ are all welcome!

**OLSOS Parish Hall**

**9-10am Wednesday (School Term Only)**

Please register your interest to the Parish Office via telephone or email.

Sarah  
Please contact via the  
Parish Office



## Young Adults - Meet

When: Friday 7<sup>th</sup> August 2026 at 6pm  
Where: Parish Meeting Room  
Who: All young adults are welcome.  
Enquiries: Mauro 0494 184 144

## Grandparents Morning Tea

### Thank you

Thanks goes to the Grandparents team for providing a wonderful morning tea last weekend. If you are interested in joining one of their meetings you will be welcomed. The group exists for mutual encouragement and sharing initiatives, ideas and prayer for passing on the faith to future generations.

We meet on the last Wednesday of each month & discuss a new topic, hope to see you there.



## Scripture Reflection Hour

You are invited to enjoy an hour of peace to reflect on the following Sunday's Gospel reading.



We meet at 10.30am to 11.30am **Thursday** in the Parish Rooms. A gentle experience.

You are welcome to attend whenever you can. Bibles provided. If you are interested and would like to know more call **Robyn Wild** on 0410 454 650.

## Marian Shrine update

As you can see the grass has taken well at the back of the Shrine. Thank you to the small team who came last Saturday and cleaned, weeded, straightened pavers and placed bark.

Currently we are ordering plants. If anyone has a stone / concrete seat or setting they wish to donate or sell please see Janette.

## Love & Support Prayer Group

All are warmly invited to join our "The Love and Support" Prayer Group as we gather in faith, unity and fellowship. In the midst of our busy lives this is a special time to pause, reflect, and seek God together.

**When: First Friday of the month**  
**Time: 6.30pm to 7.30pm**  
**Where: Parish Conference Room**



Come and share in the grace and peace of praying together as a parish family in a small group.

For more information please contact: Amanda on 0439 229 438

## Piety Stall

**Gifts and new items ready for Reconciliation  
& First Holy Communion . Also a table in the  
Parish Office. Come and take a look.**

Your paragraph text

## Catholic Women's League

Delegates Meeting 10am 12<sup>th</sup> August  
at Terrigal.

Coffee morning 10.30am at Breakers.

New members always welcome.

Colleen Addison - 0425 368 431



## CatholicCare Homelessness Appeal

9<sup>th</sup> August Envelopes at the back of the church.



## MGL Sisters: Homecoming Silent Retreat 28-30<sup>th</sup> August, Carmel House, Varroville

"His father saw him, ran to his son,  
threw his arms around him and kissed him."

Lk 15: 20

Your heavenly Father waits for you to come away with him for a weekend of silently soaking in his great love for you. Embrace this opportunity for encountering deep peace and serenity. This retreat is for men and women aged 18+. Hosted by the MGL Sisters.

Choose from a weekend retreat or extend your time with a 5 day retreat option.

w/e: <https://www.trybooking.com/DIDBK>

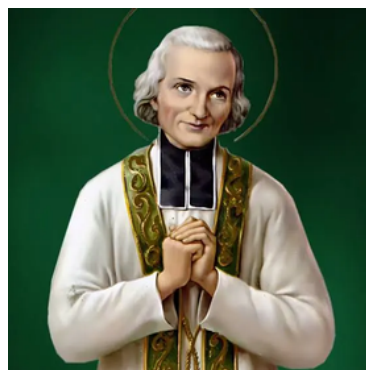
extended: <https://www.trybooking.com/DIDBU>



## St John Vianney Feast day 4<sup>th</sup> August Patron Saint of Parish Priests

Saint John Vianney (1786–1859) was a poor French farm boy who struggled hard to learn Latin and almost failed to become a priest. He went to a tiny, quiet village called Ars, spent up to 16 hours a day listening to people tell their sins in confession, and changed thousands of hearts through his deep love and simple life.

We pray for all Parish Priests and remember those who have ministered to us over the years at Terrigal. We especially pray now for Father John and his priestly ministry as we work and worship with him at Our Lady Star of the Sea.



## Daily Reflections by Fr. Sam Samuel VC

Join us each day as we reflect on God's Word and grow deeper in our relationship with Him.

Watch Online:

Facebook – Follow us: [Click Here](#)

YouTube – Subscribe: [Divine Retreat Centre Somersby](#)

## Pope's Prayer Intention – August 2026

For evangelisation in the city: Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



*Saint Mary  
of the  
Cross MacKillop*

Do not be afraid.  
Love one another,  
bear with one another,  
and let charity guide  
you in all your life.

*Sister Mary MacKillop*  
12.1.1909



## We Are Looking for New Catechists

Catechists share their Catholic faith, The Good News, with students in our State Schools

### Where

We teach in 6 different state schools: Avoca, Erina Heights, Holgate, Terrigal, Wamberal & Woodport

### When

Tuesday, Wednesday & Thursdays

### Times

All classes are only ½ hour each. Times varies. Earliest start: 8.50am | Latest finish: 3.20pm

### What Does a Catechist Do?

- \* Teach the authorised Catholic Program with step-by-step lesson plans designed for Catholic children in state schools
- \* Training and lesson materials provided
- \* No experience necessary – only an hour or two per week including the ½ hour at the school
- \* Grow your own faith as you teach a positive message about our loving God

## The Children Need You and Me!

Phone: Elias Bastoli, Catechist Coordinator – 0459220408  
Email: eliasbastoli1@gmail.com

## Men's Bushwalking Group



After a rather chilly start, six of us had a very pleasant walk in the Strickland State Forest on Tuesday. The track starts at the Banksia Picnic car park and descends along an easy path down through the rainforest. The suspension bridge is across the upper reaches of the Narara creek. Very enjoyable lunch at the ever reliable The Tall Timbers Hotel in Ourimbah.

Our next walk is planned for 11 August. Any gentleman interested in participating in the walks, please contact Stim Robinson on 0401 058 329 or email [stimrobinson@hotmail.com](mailto:stimrobinson@hotmail.com) to get further details including where to meet for the walk. Our walks usually take an hour and half or so and then we head off for lunch nearby.

*He gives strength to the weary and increases the power of the weak.*

Isaiah 40:29



Bat Kol International presents

## Prof. Amy-Jill Levine

Online education series for homilists & teachers  
**"Ancient Texts for our Troubled Times"**

Antisemitism:  
Why does it persist in  
Catholic Teaching and Preaching  
60 Years after *Nostra Aetate* #4?

4 August 2026

For details and free registration, use QR code or go to [www.batkolinternational.org](http://www.batkolinternational.org)



Duration: approx 1 hour. 8.30am Nashville | 4.30pm Jerusalem | 11.30pm Sydney  
A link to the video recording will be sent to all registrants after the live event



Amy-Jill Levine is Rabbi Stanley M. Kessler Distinguished Professor of New Testament and Jewish Studies at Hartford International University for Religion and Peace, and University Professor of New Testament and Jewish Studies Emerita and Mary Jane Werthan Professor of Jewish Studies Emerita, at Vanderbilt University.

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## St Mary of the Cross MacKillop Australia's First Saint

Feast Day Saturday 8 August

Mass 9am at Our Lady Star of the Sea

Quotes from St Mary include

*"Never see a need without doing something about it"*

*"We must teach more by example than by word."*

*"Believe in the whisperings of God to your own heart."*

## The Transfiguration of Jesus is one of the key events of the Gospels.

**Feast day Thursday 6 August Mass 7.30am**

Jesus, accompanied by Peter, James and John, go to Mt Tabor to pray and while there, Jesus begins to shine with bright rays of light. Then the Old Testament figures Moses (representing the law) and Elijah (representing the prophets) appear, and Jesus speaks with them, revealing himself in Glory.

Saint Thomas Aquinas considered it the "greatest miracle" of Christ's life, complementing His baptism and showing the perfection of life in Heaven.



## Bookclub

Our book club in August will be reading C S Lewis' "**Surprised by Joy**". It is an account of Lewis' conversion and his encounter with the hidden divine. The title of the book comes from a poem by Wordsworth: Surprised by Joy-Impatient as the Wind / I turned to share the transport-Oh! with whom / But Thee, deep buried in the silent tomb. Like many of his era he was influenced by G K Chesterton. Having read Chesterton's "**The Everlasting Man**" he saw for the first time "the whole Christian outline of history set out in a form that seemed to make sense." His final conversion came in the side-car of his brother's motorcycle while on the way to the zoo. "When we set out, I did not believe that Jesus Christ is the son of God, and when we reached the zoo I did. This book is one of the great conversion stories.

In September our group will be focussing on Pope Leo's encyclical **Magnifica Humanitas** - a reflection on the role of AI in our lives. Join us if you can.

[Gazboantonius@gmail.com](mailto:Gazboantonius@gmail.com)

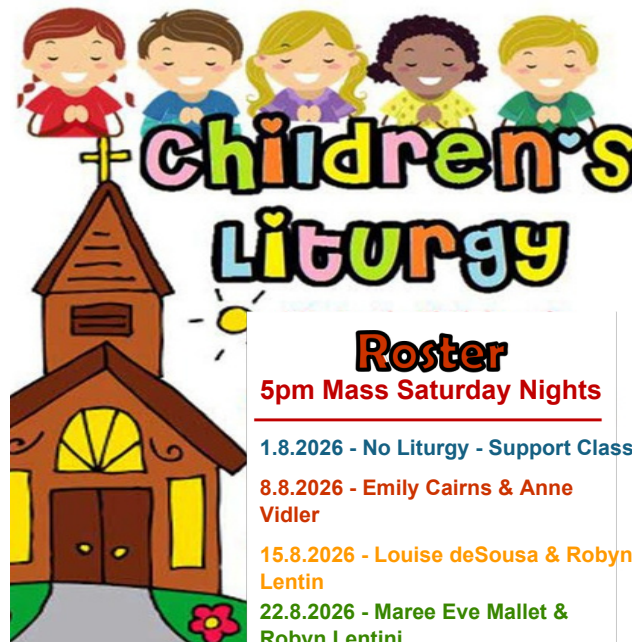
## What is spiritual direction?

*In spiritual direction you reflect deeply on the experiences of your daily life, your loves, hurts, dreams, joys and fears.*

Gradually, as you contemplate, you may begin to discover how God's spirit is moving in your life and that God has been waiting for you to see this closer relationship.

Spiritual direction is really not about being directed, nor is it therapy, or counselling. Rather, it is very much about being encouraged to draw closer to God whether that be in your prayer life, relationships, in nature, or in the events of your life. The privilege and responsibility of a spiritual director is to journey with you, in one-on-one conversations, as you deepen your relationship with God. What is shared is held in confidence. A meeting time is agreed upon, usually once a month, for an hour.

**If you are interested in participating in spiritual direction please call Robyn Wild on 0410 454 650**



**Children's Liturgy**

**Roster**

**5pm Mass Saturday Nights**

1.8.2026 - No Liturgy - Support Class

8.8.2026 - Emily Cairns & Anne Vidler

15.8.2026 - Louise deSousa & Robyn Lentini

22.8.2026 - Maree Eve Mallet & Robyn Lentini

Visitors Welcome

## OLSOS Craft Group

The craft group meets fortnightly on a Wednesday, from 12:30 to 2:00 pm in the Parish Office.

**Next meeting is the 5<sup>th</sup> August.**

Communication via text and email.  
Group: Cath - 0432 982 622  
Office: 4367 4610  
Email: [starsea@bigpond.net.au](mailto:starsea@bigpond.net.au)



## The Seasons Growth for Adults Program

is an education program designed to support and equip adults in their knowledge, skills and understanding of experiences of change, loss and grief. Mission Broken Bay is planning to host a three-hour seminar, Understanding Change, Loss and Grief, on the Central Coast in September in two locations. This seminar is designed for individuals and groups seeking to deepen their understanding of the experiences of change, loss and grief, while exploring the ways we can compassionately support ourselves and others through times of transition and sorrow. Online Information Session for Understanding Change, Loss and Grief Seminar 7pm Wednesday 19<sup>th</sup> August. Enquiries or to register: [mission@bbcatholic.org.au](mailto:mission@bbcatholic.org.au)

## ROSTERS FOR SERVERS & EM



### Saturday - 5.00pm

|            |                    |                                                   |
|------------|--------------------|---------------------------------------------------|
| 01/08/26   | Server D Southwell | (EM) A Vidler, L'O'Donnell, J Costello & P Ross   |
| 08/08/26   | Server P Proust    | (EM) J Costello, G Catanzariti, R Zadro & M Perry |
| 15/08/2026 | Server V Duverge   | (EM) A Vilder, T Gorman, P Ross & O'Donnell       |
| 22/08/2026 |                    |                                                   |

### Saturday - 7.30am

|            |                   |                                               |
|------------|-------------------|-----------------------------------------------|
| 02/078/26  | Server M Slattery | (EM) S Petith, N Barcha, J Sheenhan & B Brwon |
| 09/08/26   | Server P Maniska  | (EM) S Petith, N Barcha, J Rogers & B Reid    |
| 16/08/26   | Server M Slattery | (EM) J Rogers, B Brown, N Barcha & B Reid     |
| 23/08/2026 |                   |                                               |

### Sunday - 9.30am

|            |                  |                                             |
|------------|------------------|---------------------------------------------|
| 02/08/26   | Server J Tarrant | (EM) M Sproats, C Addison, R Ayers & B Lobo |
| 09/08/26   | Server B Lobo    | (EM) J Merrotsky, K Curtis A Bone & R Ayers |
| 16/08/26   | Server J Tarrant | (EM) R Ayers, A Bone, K Curtis & C Addison  |
| 23/08/2026 |                  |                                             |

**EM =Eucharistic Minister or correctly Extraordinary Minister of Holy Communion**

## Prayer Requests:

### Recently Deceased

|                    |               |                 |
|--------------------|---------------|-----------------|
| Helena Lechowski   | Boni Matz     | Joe Fabri       |
| Angus Hextell      | Barry Shanley | Paul Quinn      |
| Patricia Alexander | Mark Smith    | Miranda Coffano |
| Geoff Macnamara    | Emily Rudd    |                 |

### Anniversaries & Remembrance

|                   |              |            |
|-------------------|--------------|------------|
| Maria de Brincatt | John Lentini | Ralph Goss |
| Romulo Baldera    | James Dodds  | John Nolan |
| Selina Orton      |              |            |

### Sick

|                   |                                       |                |
|-------------------|---------------------------------------|----------------|
| Jaques Miniassan  | Barbara Russ                          | Fred Whyte     |
| Sandra Jackson    | Lucy & Pia Favetta                    | Kate Terry     |
| Julio Marquez     | Donald, Xi, Susie, Vladimir & Charles |                |
| Stephanie Empson  | Suzanne Russo                         | Sylvia Mann    |
| Margaret Dwyer    | Baby Rosie                            | Baby Levi      |
| Kye Mc Intosh     | Michael Hallett                       | Eileen Clayton |
| Denis Smith       | Noelene Sherwood                      | XenieStar      |
| JoanKearney       | Maeve McDonald (4yrs)                 |                |
| Jose Patino       | Jane Smith                            | Greg C         |
| Tracey Homan      | Bernadette Kennedy                    | Joyce Hone     |
| Elizabeth D'Souza | Kathleen Martin                       | RonMcGuinness  |
| Jackson Howard    | Matthew Cooper                        | VeronicaBishop |
| Marie Campbell    | Mary Smith                            | DebbieBell     |

## ROSTERS FOR READERS OF THE WORD



### Saturday - 5.00pm

|            |                       |                      |
|------------|-----------------------|----------------------|
| 01/08/2026 | (1) Connie Attard     | (2) Julie McManus    |
| 08/08/2026 | (1) Cutris Stephenson | (2) Maureen Reynolds |
| 15/08/2026 | (1) Coral Foo         | (2) McCuddens        |
| 22/08/2026 | (1) Julie McManus     | (2) Helen Grady      |

### Sunday - 7.30am

|            |                    |                     |
|------------|--------------------|---------------------|
| 02/08/2026 | (1) Anne Strong    | (2) Chris Hartcher  |
| 09/08/2026 | (1) Ron McCarthy   | (2) Ivy Holly       |
| 16/08/2026 | (1) Sandrea Petith | (2) Betty Brown     |
| 23/08/2026 | (1) Ivy Holly      | (2) Jeanette Rogers |

### Sunday - 9.30am

|            |                               |                       |
|------------|-------------------------------|-----------------------|
| 02/08/2026 | (1) Colleen Addison           | (2) Vic Wilmot        |
| 09/08/2026 | (1) Susan de Brincatt-Moffatt | (2) Janette Merrotsky |
| 16/08/2026 | (1) Anna Mackson              | (2) Colleen Addison   |
| 23/08/2026 | (1) Graham Sproats            | (2) Jane Watts        |

## MORNING TEA ROSTER



**Please stay and join us  
After 9.30am Mass**

|         |                                                                                   |
|---------|-----------------------------------------------------------------------------------|
| Group 6 | Chris Whalan, Viv Ball, Pat & Alison Bone<br>- 2.08.2026                          |
| Group 7 | Ian & Pat Rimes, Bernadette Wright, Linda & Isabel Lee - 9.08.2026                |
| Group 1 | Wanita Lynch, Mary Howes, Robyn Lentini & Julie Tarrant - 16.8.2026               |
| Group 2 | Robyn Lentini, & Robyn Wilmot<br>- 23.8.2026 (More helpers needed for this group) |
| Group 3 | Barbara Clarke, Sue O'Connor & Eileen Dodds - 30.8.2026                           |
| Group 4 | Anne Strong, Eileen Dodds, Mary Portelli & Mary Jones - 6.09.2026                 |
| Group 5 | Robyn Ayers, Juliet Mathew & Kate Curtis<br>- 13.09.2026                          |

**Everyone is welcome, and we also invite you to bring along something to share together to eat. It may be a packet of biscuits, but more interesting is something to share that you have cooked.**

## Weekly Cleaning Angels Roster



### 3<sup>rd</sup> August 2026

Nigel Carter, Pina Maisano, Robyn Lentini & Chris Hartcher

### 10<sup>th</sup> August 2026

Jenny Cooper, Carol Clayton, Vicki & Graham McGuinness

## Bus to Mass

**The Parish bus collects parishioners for 9.30am Mass.**



If you would like to be picked up, please contact Stephen Coyle via the Parish Office.

Thank you to the people who volunteered to drive the Parish bus.



**RayWhite**  
Saratoga  
Avoca Beach

**Chris Roumanous 0406 500 913**  
chris.roumanous@raywhite.com

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**Rest in Peace Paul**

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Email | estates@lawteam.com.au  
Website | lawteam.com.au

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Web: www.lsbuildingsolutions.com.au

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