

Sunday 28 December 2025
Feast of the Holy Family

Welcome!



看，一位貞女，將懷孕生子，人將稱他的名字為厄瑪奴耳，意思是：天主與我們同在。 瑪竇福音1:23
Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel," which means
"GOD IS WITH US". Matthew 1:23



Bringing the Light of Christ to the City: We Love; We Grow; We Serve

Come and See!

PO Box 1446
Chatswood
NSW 2057

Office Hours
Monday to Friday
9.00am—5.00pm

Office Phone: 9410 9000
Emergency Calls: 0473 643317
Instagram: ourladyofdolourschatswood

Parish Priest: Very Rev Dr David Ranson VG

david.ranson@bbcatholic.org.au

Personal blog: davidranson.com.au

Tuesday, Friday to Sunday

Assistant Priest: Rev Fr Anselam Lakra

anselam.lakra@bbcatholic.org.au

9410 9028

Tuesday to Sunday

Assistant Priest: Rev Fr Hien Vu

hien.vu@bbcatholic.org.au

9410 9027

Tuesday to Sunday

Deacon (Transitional): Rev Mr Tan Nguyen

tan.nguyen@bbcatholic.org.au

Saturday, Sunday, Tuesday Morning and Wednesday

Receptionist: Diana Tinambun

chatswoodoffice@bbcatholic.org.au

9410 9000

Monday to Friday

Administration and Facilities Officer: Kristha Mangahas

kristha.mangahas@bbcatholic.org.au

9410 9030

Monday to Friday

Parish Engagement Officer: Duyen Au

duyen.au@bbcatholic.org.au

9410 9035

Monday to Friday

Project Officer: Chloe Aylward

chloe.aylward@bbcatholic.org.au

9410 9021

Tuesday, Wednesday and Friday

Director of Music: Titus Grenyer

titus.grenyer@bbcatholic.org.au

9410 9034

Thursday to Monday

Children's Ministry Coordinator: Angela Hague

angela.hague@bbcatholic.org.au

9410 9033

Monday to Thursday

Pastoral Support Worker: Mona Saouma

mona.saouma@bbcatholic.org.au

9410 9024

Tuesday to Thursday

Catechist Coordinator: Karen Forbes

karen.forbes@bbcatholic.org.au

9410 9029

Monday, Tuesday, Wednesday, Friday

Youth Ministry Officer: Sienna Klarica

sienna.klarica@bbcatholic.org.au

9410 9026

Sunday, Monday, Wednesday, Friday

Book-keeper: Amelia Lee

amelia.lee@bbcatholic.org.au

9410 9032

Monday, Tuesday, Thursday

Our Lady of Dolours Primary Parent Engagement Coordinator

Rebecca Molinaro: rebecca.molinaro@dbb.catholic.edu.au

Monday and Thursday

Mercy College Parent Engagement Coordinator

Annette Leahy: annette.leahy1@dbb.catholic.edu.au

Sunday Masses

5.30pm Saturday evening Vigil Mass

7.30am (followed by Morning Tea on 1st Sunday of the month at the PEW café)

9.00am (Includes Children's Liturgy of the Word on 1st, 2nd & 4th Sundays, except on long weekends), followed by Morning Tea on the forecourt

10.30am, followed by Morning Tea on the 2nd Sunday of the month, and Community Lunch on the last Sunday.

11.00am at St Peter's Green Aged Care Facility, North Lane Cove (Note this is for residents only)

5.30pm

Filipino Culture Mass

12noon, 1st Sunday of the month

Indonesian Culture Mass

7.00pm, 2nd Saturday of the month

First Friday of the month: 6.30pm—8.30pm Divine Retreat
Centre Healing Mass and Prayer

Weekday Masses and Devotions

Monday: 12.30pm

Tuesday: 9.00am and 12.30pm

Wednesday: 9.00am and 12.30pm and 6.30pm
(The Sacrament of Anointing: after each Wednesday evening Mass and after 12.30pm the 3rd Wednesday of the month)

Thursday: 9.00am and 12.30pm

Friday: 9.00am and 12.30pm

Saturday: 9.00am

Morning Prayer: Tuesday to Saturday: 8.45am

Rosary

Monday: 11.45am (preceded by Divine Mercy Chaplet at 11.30am); Tuesday to Saturday 9.30am; Monday to Fridays: 1.00pm

Thursday Adoration After 9am Mass, followed by Rosary then Divine Mercy Chaplet ends at midday with Benediction.

Thursday Holy Hour with Exposition and **Reconciliation**
7.00pm

Saturday Morning: **Reconciliation** from 9.30am.

Come and See!

On the Feast of the Holy Family let us as a parish family pray together

Jesus, Mary and Joseph, in you we contemplate the splendour of true love; to you we turn with trust.

Holy Family of Nazareth, grant that our families, too, may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division; may all who have been hurt or scandalised find ready comfort and healing.

Holy Family of Nazareth, make us once more mindful of the sacredness and inviolability of family, and its beauty in God's plan

Jesus, Mary and Joseph, graciously hear our prayer.
Amen.

(Official Prayer to the Holy Family for the Synod of Bishops in October 2015)

Solemnity of Mary, Mother of God Thursday 1 January 2026 Mass will be celebrated at 10.00am

This start of a new year invites us to consider what new beginnings are being extended to us. How is God calling us, within our own circumstances, to move forward in our life? What the new possibilities into which we are being invited so that our own hearts might not lose their freshness no matter our age? The new possibilities into which we are being invited do not need to come with great dramatic effect. They may be present in seeing the challenges that are there in our work or in our relationships in a new way. They may be present by no longer putting off something we know we should act on but have not had the courage to do so. They may be present in the way in which we enter into the unbidden events that we have to negotiated in the coming months at home or at work. Whatever they might be, that these possibilities are indeed of the Spirit will be indicated by the recognition that our sense of who we are truly are has deepened as a result of our entry into them, and that our sense of inner freedom has increased. As it was for Jesus, may it be for us. May our hearts never ceased to be birthed into new life by those possibilities which represent new beginnings for us. Then every day will be as a new year to us.

Children for Parish Rosary via online Zoom

We are looking for children to participate in our Parish Rosary via Zoom on Thursday 1 January 2026 at 8 pm in honour of Mary, Mother of God. The rosary is a Catholic Tradition and is a devotional practice that focuses on prayer and meditation on the life of Jesus and the Virgin Mary.

If you child or children are interested, please ring Cecilia on 0466961240 before Christmas.

If your child has previously taken part and is interested, she/he is most welcome to join again.



**We acknowledge the Cammeraygal People of the Eora Nation,
custodians of the land on which our parish stands
and we commit ourselves to the ongoing journey of national reconciliation.**

**As a Parish of Catholic Faith we are committed
to ensuring always a community of safety and care for all,
especially for children, and those who are vulnerable.**

Come and See!



Come and See!



Letter of Gratitude from Jo to our Choristers who brought Christmas Cheer in Artarmon

Dear Bernadette, Thank you so much, you and the 10 choir members, who came along to Barton Rd Community Housing to sing at their Christmas lunch. It was a shame that so many had left straight after the meal before you came but those who were there absolutely loved the singing and a couple came in when they heard the music even though they'd not ventured to join in the lunch. I am sorry it was such a battle to find parking and find the location and then to find a power point for the keyboard. You were a real trooper battling on as you did and we were all so grateful because it was wonderful. Thanks also to Virginia to get the singing started before you arrived as I think we'd have lost all the audience if she hadn't. Thank you for keeping your good humour despite the difficulties. We heard you say you'll be back next year and I do hope you will. It will be so much easier next time and you will have a very enthusiastic audience. It was a demonstration of how music brings people together, carries us away from ourselves and our troubles and reminds us all that there is something larger and more important than our small selves. Did you see the tears during the last Silent Night? It was very special. Thank you for drawing in the audience and getting them to participate so well. I know the St George staff were very appreciative and the Vinnies people are all talking about what a difference it made to the day. Thank you so much, Bernadette. Please pass this on to the choir members. I can still see the smiling faces and feel the happiness.

Come and Grow!

OUR LADY OF DOLOURS

Join us at Mass
to remember and
pray for those
babies who died
of abortion

Monday 29 December
2025 at 12.30 pm

For thou didst form my inward parts, thou
didst knit me together in my mother's
womb.

I praise thee, for thou art fearful and
wonderful.

Wonderful are thy works!

Our Lady
OF DOLOURS

PSALM 139:13-14



Join us for a

Rosary

via Zoom

on Thursday, 1 January 2026 at 8 pm
to honour

Mary, Mother of God
(Solemnity)

<https://us02web.zoom.us/j/82215493002>

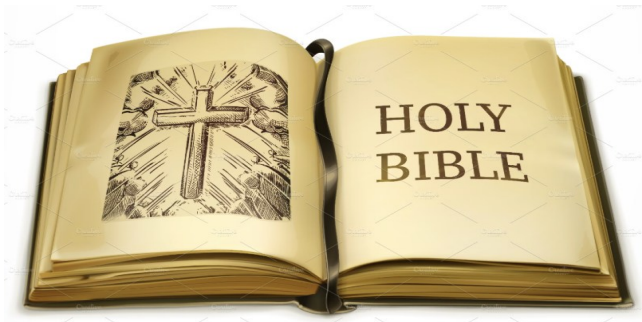
ID 822 1549 3002
(no passcode required)

Dignity Pro-Life Alliance—What Value Motherhood?

At Christmas we celebrate the birth of Jesus, the second person of the Blessed Trinity who became man. To become man Jesus was conceived in the womb of Mary. In this role Mary played an essential part providing a supreme example of motherhood. God has given to women the vocation of motherhood making them co-creators with Him. It is only through the co-operation of women that new life and the propagation of the human race is possible. This gives women a very special dignity. This is a role that some women accept willingly despite the difficulties it entails while other women reject and disavow, resorting to contraception in their attempt to prevent conception. But worst than this is the magnitude of the resort to abortion to destroy a human life that has already been conceived and is growing in the womb of the mother. This is why the question as to the value and dignity of motherhood is a very live and relevant one in today's world.

We celebrate Mothers' Day as an occasion that recognizes the role that women play as mothers. None of us come into existence other than with the co-operation of our mothers. So each of us has a personal reason to value motherhood. But if we value our mothers for the life they have given us and the many sacrifices they have made in bringing us into the world and caring for us as we grow, can we not extend our vision to celebrate the role that all mothers play. This might lead us to support the endeavours of the pro-life movement in defending life and building a society that values mothers and the lives they give, and to reject the contrary attitude of too many men and women who resort to abortion. Please help to promote respect for life and appreciation of the role of mothers by supporting our Pro-life Alliance group through prayer, practical assistance to organisations that support women in need and calling on government to turn from assisting the abortion industry and instead provide assistance to mothers and families. Please join us on **Monday 29 December at the 12.30 pm Mass** to mark the feast of the Holy Innocents and to pray for those babies who have had their lives ended by abortion. Please also join us on **Thursday 1 January 2026 at 8 pm** to honour Mary, Mother of God by praying the rosary together online via Zoom <https://us02web.zoom.us/j/82215493002>, ID 822 1549 3002. Mass for the Solemnity of Mary, Mother of God that day will be celebrated at 10.00am

Come and Serve!



When the Sacred Scriptures are read in the Church, God himself speaks to His people, and Christ, present in His own Word, proclaims the Gospel.

-
GIRM # 29

**Each time God's Word is proclaimed, we touch hearts
and help community strengthen its faith.**

**Our Parish invites you to join this beautiful ministry of proclaiming Scripture
during our liturgies at daily and Sunday Masses.**

If you have a clear voice and a love for Scripture, you are warmly welcome to be part of this ministry.
Training and guidance will be provided, so you can proclaim with confidence and reverence.

Please contact Ditas Naguit at bhnaguit@gmail.com or send her a text message at 0405999510.



Grace & Abi assisting with Vinnies Hamper deliveries Monday afternoon this week. was a great experience for the girls to see Vinnies bringing joy to families in need in the community.



Community Forum on Housing and Social Isolation

We are holding, in association with the Sydney Alliance of which our parish is a member, a Table talk on Saturday 17th January at 2.00 p.m. in the Magnificat Room to identify for our parish what are our preferred solutions to two major issues affecting our community and all of our society. They are the lack of affordable housing, especially rental housing, and the increasing social isolation of many individuals and groups in our society. Please come along and help us work out a position that represents the views of our parish and community.

We will then present these to a convocation of the Sydney Alliance as a whole. We are seeking political solutions achievable at the State level of government that are consistent with the needs and views of our community. These will then be the basis of an approach to the NSW Government in 2026 and to candidates in the 2027 State election. This is an opportunity for our parish and community to have a voice in political decision-making affecting matters of great social concern.

You can register by clicking here: https://events.humanitix.com/affordable_housing_chatswood

OUR SUNDAY CELEBRATION

THE HOLY FAMILY OF JESUS, MARY AND JOSEPH / A

28 DECEMBER 2025

FLEE TO EGYPT. The Gospel of Matthew highlights the many difficulties faced by Mary and Joseph before and after the birth of Jesus. But Matthew highlights also the abiding presence of God, who is with them on every step of their journey. We see in these early episodes what Jesus will make explicit at the end of the Gospel: 'And know that I am with you always; yes, to the end of time.'

INTRODUCTORY RITES

ENTRANCE ANTIPHON

Lk 2:16

**The shepherds went in haste,
and found Mary and Joseph and the
Infant lying in a manger.**

GREETING

P. In the name of the Father, and of the Son,
and of the Holy Spirit.

R. Amen.

P. Grace to you and peace from God our
Father and the Lord Jesus Christ.

R. And with your spirit.

PENITENTIAL ACT

P. Brethren (brothers and sisters), let us
acknowledge our sins, and so prepare
ourselves to celebrate the sacred mysteries.

P. Lord Jesus, you came to gather the nations
into the peace of God's kingdom: Lord have
mercy.

R. Lord, have mercy.

P. You come in word and in sacrament to
strengthen us and make us holy: Christ have
mercy.

R. Christ, have mercy.

P. You will come again in glory with salvation
for your people: Lord have mercy.

R. Lord, have mercy.

P. May almighty God have mercy on
us, forgive us our sins, and bring us to
everlasting life.

R. Amen.

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.**

COLLECT

P. O God, who were pleased to give us
the shining example of the Holy Family,
graciously grant that we may imitate them in
practising the virtues of family life and in the
bonds of charity, and so, in the joy of your
house, delight one day in eternal rewards.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit, God, for ever and ever.

R. Amen.

LITURGY OF THE WORD

FIRST READING

Sir 3:2-6, 12-14

A reading from the Book of Sirach

Whoever fears the Lord honours his parents.

The Lord honours the father in his children,
and upholds the rights of a mother over her
sons.

Whoever respects his father is atoning for
his sins,

he who honours his mother is like someone
amassing a fortune.

Whoever respects his father will be happy
with children of his own,

he shall be heard on the day when he prays.
Long life comes to him who honours his
father,

he who sets his mother at ease is showing
obedience to the Lord.

My son, support your father in his old age,
do not grieve him during his life.

Even if his mind should fail, show him
sympathy,

do not despise him in your health and
strength;

for kindness to a father shall not be
forgotten

but will serve as reparation for your sins.

The word of the Lord.

R. Thanks be to God.

RESPONSORIAL PSALM Ps 127:1-5. R. cf. v.1

**R. Happy are those who fear the Lord
and walk in his ways.**

1. O blessed are those who fear the Lord
and walk in his ways!

By the labour of your hands you shall eat.

You will be happy and prosper. **R.**

2. Your wife like a fruitful vine
in the heart of your house;
your children like shoots of the olive,
around your table. **R.**



3. Indeed thus shall be blessed
the man who fears the Lord.
May the Lord bless you from Zion
all the days of your life! **R.**

SECOND READING

Col 3:12-21

**A reading from the letter of St Paul to the
Colossians**

Concerning the Christian life in the world.

You are God's chosen race, his saints;
he loves you and you should be clothed
in sincere compassion, in kindness and
humility, gentleness and patience. Bear with
one another; forgive each other as soon as a
quarrel begins. The Lord has forgiven you;
now you must do the same. Over all these
clothes, to keep them together and complete
them, put on love. And may the peace of
Christ reign in your hearts, because it is for
this that you were called together as parts of
one body. Always be thankful.

Let the message of Christ, in all its
richness, find a home with you. Teach each
other, and advise each other, in all wisdom.
With gratitude in your hearts sing psalms and
hymns and inspired songs to God; and never
say or do anything except in the name of the
Lord Jesus, giving thanks to God the Father
through him.

Wives, give way to your husbands, as you
should in the Lord. Husbands, love your wives
and treat them with gentleness. Children, be
obedient to your parents always, because that
is what will please the Lord. Parents, never
drive your children to resentment or you will
make them feel frustrated.

The word of the Lord.

R. Thanks be to God

GOSPEL ACCLAMATION

Col 3:15,16

**Alleluia, alleluia! / May the peace of
Christ rule in your hearts, / and the
fullness of his message live within you. /
Alleluia!**

GOSPEL

Mt 2:13–25, 19–23

P. The Lord be with you.

R. And with your spirit

P. A reading from the holy Gospel according to Matthew.

R. Glory to you, O Lord.

Take the child and his mother, and flee to Egypt.

After the wise men had left, the angel of the Lord appeared to Joseph in a dream and said, 'Get up, take the child and his mother with you, and escape into Egypt, and stay there until I tell you, because Herod intends to search for the child and do away with him.' So Joseph got up and, taking the child and his mother with him, left that night for Egypt, where he stayed until Herod was dead. This was to fulfil what the Lord had spoken through the prophet:

I called my son out of Egypt.

After Herod's death, the angel of the Lord appeared in a dream to Joseph in Egypt and said, 'Get up, take the child and his mother with you and go back to the land of Israel, for those who wanted to kill the child are dead'. So Joseph got up and, taking the child and his mother with him, went back to the land of Israel. But when he learnt that Archelaus had succeeded his father Herod as ruler of Judaea he was afraid to go there, and being warned in a dream he left for the region of Galilee. There he settled in a town called Nazareth. In this way the words spoken through the prophets were to be fulfilled:

He will be called a Nazarene.

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

HOMILY

PROFESSION OF FAITH APOSTLES' CREED

Or the Nicene Creed may be said.

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.

PRAYER OF THE FAITHFUL

LITURGY OF THE EUCHARIST

After the priest raises the paten with the bread and prays, and then the chalice, we respond to each prayer:

R. Blessed be God for ever.

P. Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

R. May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

PRAYER OVER THE OFFERINGS

We offer you, Lord, the sacrifice of conciliation, humbly asking that, through the intercession of the Virgin Mother of God and Saint Joseph, you may establish our families firmly in your grace and your peace.

Through Christ our Lord.

R. Amen.

THE EUCHARISTIC PRAYER

P. The Lord be with you.

R. And with your spirit.

P. Lift up your hearts.

R. We lift them up to the Lord.

P. Let us give thanks to the Lord our God.

R. It is right and just.

PREFACE I, II OR III OF THE NATIVITY

After the Preface, we sing or say:

All: Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest. Blessed is he

who comes in the name of the Lord.

Hosanna in the highest.

THE MEMORIAL ACCLAMATION

P. The mystery of faith.

All: We proclaim your Death, O Lord,

and profess your Resurrection

until you come again.

COMMUNION RITE

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

All: Our Father, who art in heaven ...

P. Deliver us, Lord, we pray...

All: For the kingdom, the power and the glory are yours now and for ever.

P. Lord Jesus Christ, who said...

R. Amen.

P. The peace of the Lord be with you always.

R. And with your spirit.

P. Let us offer each other the sign of peace.

All exchange a sign of peace

LAMB OF GOD

All: Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

INVITATION TO COMMUNION

P. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

R. Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

COMMUNION ANTIPHON

Bar 3:38

Our God has appeared on the earth, and lived among us.

PRAYER AFTER COMMUNION

Bring those you refresh with this heavenly Sacrament, most merciful Father, to imitate constantly the example of the Holy Family, so that, after the trials of this world,

we may share their company for ever. Through Christ our Lord.

R. Amen.

THE CONCLUDING RITES

P. The Lord be with you.

R. And with your spirit.

P: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

R. Amen.

P. Go forth, the Mass is ended.

R. Thanks be to God.

BREAKING OPEN THE WORD

LIVING OUT ISRAEL'S HISTORY

With today's feast we return to one of Matthew's special heroes, Joseph. As we have already seen, Matthew's Joseph is like the Old Testament patriarchal figure—he is a 'dreamer' who leads God's family. In this Gospel Joseph has a dream, a privileged religious experience of divine communication. In this dream, an angel, the Gospel's representation of the presence of God, appears and again directs Joseph. This time it is to escape into Egypt; Herod is out to execute the child Jesus. Like ancient Israel through the Old Testament story of the other Joseph who goes to Egypt, Matthew's Joseph leads Mary and the child into Egypt and safety, paralleling the story of Israel.

For Matthew, Jesus is the symbolic representation of Israel's story and sums up in his being the desire of God to free the people from disaster. After Herod dies, Joseph—perhaps now an insomniac!—gets another dream to go back to Israel. Instead of returning to his hometown, which in Matthew is Bethlehem, he takes the family 'into exile' to Nazareth because of the murderous intent of Herod's son, Archelaus. In this last movement, Jesus completes the cycle of Israel's story—being called, to Egypt, to the exodus and finally, into exile. It is from this perspective that the rest of Matthew's Gospel unfolds. The evangelist, writing to Jewish followers of Jesus, is keen to show how Jesus is a true Israelite, living out Israel's history.

Two things might be reflectively helpful for the contemporary family: God always accompanies the family of Jesus in its journey, no matter where it leads; trust one's dream. God can communicate in different and, sometimes, unpredictable ways.

FR MICHAEL TRAINOR

A SERVICE OF THE SOCIETY OF ST PAUL

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Come and Serve!

OUR LADY OF DOLOURS WITH THE SYDNEY ALLIANCE

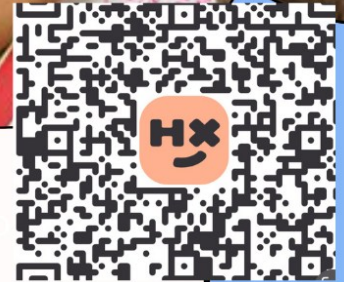
Can't afford your rent?

Feeling isolated?

Concerned for your children
or grandchildren?

BE PART OF THE SOLUTION

COME ALONG TO OUR TABLE TALK



Take part in discussions and
solution-finding for two of the
biggest problems in our region

Lack of affordable housing

Loss of social connection

EVENT DATE

**17
JAN**

2.00 P.M.

**OUR LADY OF DOLOURS
PARISH ROOMS
KIRK ST CHATSWOOD**

Limited seats, free tickets here: or scan QR code:
https://events.humanitix.com/affordable_housing_chatswood

Around and About

**Our Serra Association invite us to remember one of the bishops, priests and deacons in our Diocese
in our prayer each day during December**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Fr Paul Finucane	2 Fr Paul Durkin	3 Fr Bogdan Skupien	4 Fr Chima Ofor	5 Fr Marek Wol-dan	6 Fr Joshi Nadup-pura	7 Fr Philip Thottam MSFS
8 Fr Grzegorz (Greg) Skulski	9 Fr Bronislaw (Bronek) Pie-	10 Fr Ryszard (Richard) Sa-	11 Fr Zygmunt Smigowski SDS	12 Fr Bill Stevens	13 Fr Harry Kenne-dy	14 Fr Stephen Ham-ilton
15 Fr Rex Curry	16 Fr Jack Robson	17 Fr Stan Skibicki	18 Fr Robert Bro-gan	19 Fr Geoff Bugden	20 Sr Marea Ross rsj	21 Sr Josefa Mabini OSA
22 Seminarians Shayne D'Cunha	23 Seminarians Matthew French Tan Nguyen	24 Seminarians Victor Atuhura Huy Tran	25 Fr Robert Craw-ford	26 Sr Ann Duncan rsj	27 Fr Carmelo Sci-beras	28 Fr Jim Tierney
29 Fr Clem Hill	30 Fr Terry Johns	31 Sister Damian Lai				



"St. Ignatius of Loyola called on Jesuits to go where the needs are greatest. Jesuit Refugee Service (JRS) continues this mandate by accompanying some of the world's most vulnerable people who have been displaced from their homelands.

Fr. Pedro Arrupe, SJ, former Jesuit Superior-General, founded JRS in 1980, as he saw the significant needs of refugees across Southeast Asia and recognised how Jesuits were uniquely placed to respond. JRS Australia continues this legacy today, walking alongside refugees and asylum seekers to help them make a home in our community. We do this by supporting over 150 families each week through our foodbank program and many others through specialised case work. Our Finding Safety Project supports refugee and migrant women facing violence in the home, who are often unable to access mainstream services. Further, we promote asylum seekers and refugees' self-reliance and community contribution through our Employment Program. This program equips people with the skills and capacity to enter the workforce. It seeks to match asylum seekers and refugees with employers so they can have the independence and dignity that a decent job can bring."

This Christmas, you can help JRS continue accompanying, serving, and advocating for asylum seekers and refugees. Every donation helps provide support, safety, and opportunity to those who need it most.
Make Room This Christmas - Stand Up for Those Seeking Refuge Among Us

With gratitude,

Your Friends at JRS.

Jesuit Refugee Service (JRS) Australia



Communicants guide to receiving Holy Communion

Preparing for Mass

In preparing to receive Christ in the Eucharist, you should consider:

- Have I interiorly prepared through prayer?
- Would the Sacrament of Reconciliation assist my preparation?
- Have I maintained the Eucharistic fast for one hour before receiving, except for water and medicine?*

**The elderly and infirm, along with those who care for them, are not bound to the Eucharistic fast.*

Communion Procession

The act of processing forward to receive the Body and Blood of Christ is an important symbolic action, reminding us that we are a pilgrim people, while also uniting us as the one Body of Christ, journeying together. It is important, therefore, to remember that receiving the Body and Blood of Christ is not an isolated action, but rather part of a unifying ritual. In this regard, you should consider:

- Ensuring your actions allow the dignified and unifying pilgrimage as the Body of Christ, toward the Body of Christ. This includes singing the Communion Hymn, while processing.
- Being aware of your personal and valid choices as a communicant, that they do not disrupt the flow of the procession, or the ability of others to make their own choices.
- Leaving enough space between yourself and the person in front of you.
- As a sign of reverence to the Blessed Sacrament, gently bow – not genuflect – as you approach the Minister of Holy Communion.

Receiving the Body of Christ

When receiving the Body of Christ, the common posture in Australia is to stand; however, the communicant can choose to kneel, as long as they are aware of their surroundings and do not impact the reverence and safety of others. As you come forward to receive and gently bow, the Minister holds the host up to your eye level and says the words, **"The Body of Christ"**, allowing you to reply **"Amen"** before receiving.

It is the communicant's choice whether to receive on the hand or on the tongue. Both are acceptable, and both should be done with reverence, respect and care.

Receiving on the hand

Place your hands out in front of you, with your dominant hand under your less dominant hand. Hold your hands still and open. Keep your fingers out of the way, allowing the Minister of Communion to place the host on your hand. Do not pluck or grab the host.

Once you receive on the hand, step to the side and consume the host while in the presence of the Minister.



Receiving on the tongue

After responding **"Amen"**, open your mouth and gently extend your tongue out towards the Minister of Communion, so that they may place the host on your tongue. Please do not lower or bow your head while receiving on the tongue.

Once the host has been placed on your tongue, slowly draw your tongue back into your mouth to consume the Body of Christ.



Receiving the Blood of Christ

If the chalice is being offered at Mass, a communicant can choose if they wish to receive the Blood of Christ.

In the same manner which you approach the Body of Christ, bow gently as you approach the Minister, who will say **"The Blood of Christ"**, and you respond **"Amen."**

Take the Chalice in your hands as you would normally take a cup, and raise the Chalice to drink as normal, one sip is sufficient. Then carefully hand the Chalice back to the Minister.



For further reflection in relation to our participation in the Celebration of the Eucharist, click the QR Code to read Bishop Anthony's 2025 Pastoral Letter to the Community of the Church in Broken Bay, **"The Mystery of Faith: Encountering Jesus Christ in the Eucharist"**



CATHOLIC
DIOCESE OF
BROKEN BAY

Parish Information

Love God

Mark 12:30

Worshipping together



Liturgy & Music

Leading reflective lives



Prayer & Spirituality

Growing in faith



Catechesis & Pathways

Caring for one another



Support & Visitations

Animating our future



Planning & Strategy

Igniting young hearts



Inception & Formation

Caring for our World



Ecology & Social Justice

Sustaining our community



Administration & Stewardship

Nurturing relationships



Community & Family

Sharing the Good News



Mission & Evangelisation

Love One Another

John 13:34

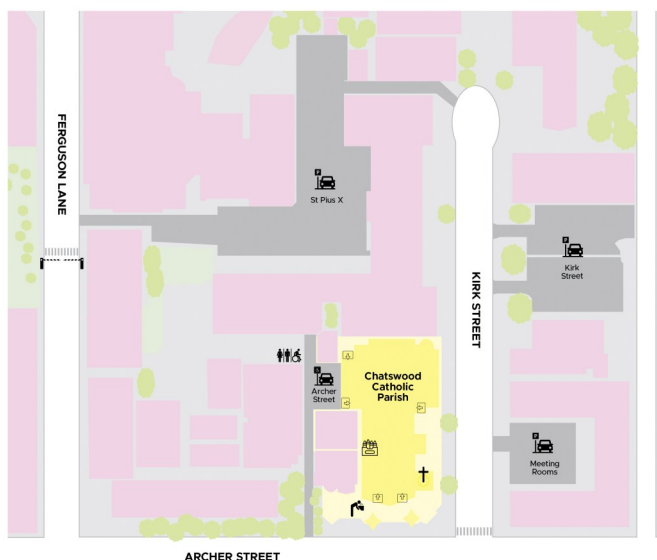
Go Make Disciples

Matthew 28:18-20

Supporting our Parish Financially

Donation for	Description	BSB	Account Number
Clergy Giving (First collection) (support for Clergy)	Chatswood Parish Pastoral Revenue A/C	062-784	100001606
Parish Giving (2nd collection) Planned Giving by EFT & general donation to Parish (support for Parish operation)	Chatswood Parish Working A/C	062-784	100001609

Parking at our Parish



Sustaining our community



Administration & Stewardship

Parish Information

Our Meeting Room Schedule This Week

Start Date	Start Time	End Time	Location	Subject
30/12/2025	10:00 AM	12:00 PM	St Paul; Pastoral Plan	Bible Discussion group
	5:00 PM	7:00 PM	PEW Garden	Breathe- Prayer & Support Group (St Pius)
	6:30 PM	9:00 PM	St Peter; Pastoral Plan	Indonesian Legion of Mary [AET=7 pm]
31/12/2025	7:00 PM	9:00 PM	St Peter; Pastoral Plan	Exploring the Faith
2/01/2026	11:15 AM	12:15 PM	St Paul	Meditation- Morning Tea monthly
3/01/2026	10:00 AM	12:30 PM	St Peter; Pastoral Plan	Legion of Mary @10.30am
	11:00 AM	1:00 PM	Magnificat	Infant Baptism Preparation Class @11.30am
4/01/2026	9:00 AM	10:30 AM	St Paul; Pastoral Plan	TG's Choir Practice
	3:45 PM	5:15 PM	St Peter	Mums' Ministry

Please note that there may be last minute additions to this table.

Please contact the parish office for any changes.

- Vespers: Saturday, 27 December 2025 at 4.45pm
- Infant Baptism on Sunday, 28 December 2025 at 12 pm: Rishik Deora Swan
- Wedding: Frederick Floresca & Nicole Gonzales on Tuesday, 30 December 2025 at 2.30pm.
- **There will be no First Saturday Public Rosary in January**, it will resume on Saturday, 7 February 2026 at 4pm
- **There will be no First Friday DRC Healing Mass in January**, it will resume on Friday, 6 February 2026 at 7pm

Reflection on Family Life

We often see pilgrims journeying to shrines and places dear to popular piety . . . But the most beautiful thing which emerges from the word of God is that *the whole family goes on pilgrimage*. Fathers, mothers and children together go to the house of the Lord, in order to sanctify the holy day with prayer. It is an important teaching, which is meant for our own families as well. Indeed, we could say that family life is a series of pilgrimages, both small and big. For example, how comforting it is for us to reflect on Mary and Joseph *teaching Jesus how to pray!* This is a sort of pilgrimage, the pilgrimage of education in prayer. And it is comforting also to know that throughout the day they would pray together, and then go each Sabbath to the synagogue to listen to readings from the Law and the Prophets, and to praise the Lord with the assembly. Certainly, during their pilgrimage to Jerusalem, they prayed by singing the Psalm: "I was glad when they said to me, 'Let us go to the house of the Lord!' Our feet are standing within your gates, O Jerusalem (122:1-2).

How important it is for our families *to journey together towards a single goal!* We know that we have a road to travel together; a road along which we encounter difficulties but also enjoy moments of joy and consolation. And on this pilgrimage of life we also share in moments of prayer. What can be more beautiful than for a father and mother *to bless their children* at the beginning and end of each day, *to trace on their forehead the sign of the cross*, as they did on the day of their baptism? Is this not the simplest prayer which parents can offer for their children? To bless them, that is, to entrust them to the Lord, just like Elkanah and Anna, Joseph and Mary, so that he can be their protection and support throughout the day. In the same way, it is important for families to join in a brief *prayer before meals*, in order to thank the Lord for these gifts and to learn how to share what we have received with those in greater need. These are all little gestures, yet they point to the great formative role played by the family in the pilgrimage of every day life.

Pope Francis 27 December 2015

Parish Information

Our Mass Schedule and church Schedule This Week

Monday	29 December	12.30pm	5th day in the Octave of Christmas
Tuesday	30 December	9.00am, 12.30pm	6th day in the Octave of Christmas
Wednesday	31 December	9.00am., 12.30pm and 6.30pm	7th day in the Octave of Christmas
Thursday	1 January	10.00am	Solemnity of Mary the Mother of God
Friday	2 January	9.00am, 12.30pm	Sts Basil the Great and Gregory Nazianzen
Saturday	3 January	9.00am	Saturday before Epiphany
Sunday	4 January	Usual Times	Epiphany of the Lord

Start Date	Start Time	End Time	Subject
29/12/2025	11:30 AM	12:00 PM	Chaplet of Divine Mercy
	11:45 AM	12:15 PM	Rosary (Cenacle MMP)
	12:30 PM	1:00 PM	12:30pm Mass
30/12/2025	9:00 AM	9:30 AM	Mass
	9:30 AM	10:30 AM	Rosary & Chaplet of Divine Mercy
	12:30 PM	1:00 PM	12.30pm Mass
	2:00 PM	4:00 PM	Wedding @2.30pm Nicole & Fred Floresca by Dcn Roberto
	4:00 PM	5:30 PM	Organ Practice: AH
31/12/2025	9:00 AM	9:30 AM	Mass
	9:30 AM	10:30 AM	Rosary & Chaplet of Divine Mercy
	12:30 PM	1:00 PM	Mass
	6:30 PM	7:30 PM	Evening Mass of Hope
1/01/2026	10:00 AM	10:30 AM	Mass (the only one that day)
	7:00 PM	8:00 PM	Holy Hour Adoration
2/01/2026	9:00 AM	9:30 AM	Mass
	9:30 AM	10:30 AM	Rosary & Chaplet of Divine Mercy
	12:30 PM	1:00 PM	12:30pm Mass
3/01/2026	9:00 AM	9:30 AM	Mass
	9:30 AM	10:30 AM	Exposition, Reconciliation, Rosary, Benediction.
	3:00 PM	4:00 PM	Copy: Reconciliation First Saturday Rosary
	4:30 PM	5:30 PM	Vigil Singer Bookings
	5:30 PM	6:30 PM	5:30 Vigil Mass
4/01/2026	7:30 AM	8:30 AM	7:30am Mass
	9:00 AM	10:00 AM	9:00am Mass
	10:30 AM	11:30 AM	10:30am Mass
	5:30 PM	6:30 PM	5:30pm Mass (Youth Mass 1,2,3,4)



Please Remember in our Prayer

For those recently deceased:

Janet Namey. Mary Kin-Soon Ng (Elizabeth Chung's mother); Rogelio Torres; Tania Witts; Zhongyuan Jiang; Helen Orban; Tranquilla Stranges; Fong Wang; Gerard Say; Albert Wong; Fulvio Cogrossi; Victoria Balcanao; Braulio Dela Fuente; Almira Aurora Sabulao; Tom Rowan; Aljoša Žuvela.

For those who are sick:

Binnie (Marianne) Tan; Bruce Meppem; Ely Herft; Augustine D'silva; George Lo; Catherine M Chan, Mirjana Marinovic; Mellita Jones; Daniel West; Ying Leong Fong; Rosetta Lo Presti; Celine Robinson; Rafael Senedrin; Gina Marotta; Deysi Villanueva; Ervita Wiroatmodjo; Almira Christina Chen; Mary Oakley; Eugenia San Gabriel; Jim Dennis; Jeremy Moon; Ley Peng Tan; Lody Herlianto; Chet Catapang; Mila Fidel; Onni Wong; Victor Chun Kau Ng; Carmel Villanueva; Mr Gurung; Delfin Mendoza; Irene Margaret; Laila Haddad; Thomas West; Lucy Rodriguez; Gillian Hawkins; Sr Marie Dayton; Judith Ryan; Maria Taylor; Ban le Llamas; Sally Hawkins; Donna Fernandez; Allison Roberts; Zac Vlasic; Helen Coutts-Trotter (sister of Terry Meagher); Teddy Malapria; Kristen O'Loan; Mitch East; Victor Villanueva Herriquez; Johnson Siu; Joseph Bonnici; Bill Piper; Gerard de Leon; Carlos de Leon; Bonnie Leung; John Triog and family; Esther Grant and family.

For those whose anniversaries occur at this time:

Max Fowler; Theodore Cowell; Mollie Curitin; Deceased members of the Curtin, Rolfe, Hughes and Egan families; Amparo Pua; Tuan Sheng Hao; Ruben Gabila; Christopher Dignam; Mate Bacic Fratric; Maria Vlatko Rulo; Mario Tan; Fausto and Sayone Enad; Dale Dazo; Lin Chunguang; Weng Haosong; Shi Ting; Agnes Press; Lydia Tan; Manuel Tan; John Kohr; Philip Ryan; Dayton family members; Vinko Cetinic; John Cetinic; Anthony Raffaele; Teresa Wang; James Biddell; Ellen Sunjaya.

Birthday: Anthony Seeto

Our Altar Flowers this Week

Our Altar Flowers this week have been donated to show appreciation for God's blessings and for the opportunity to remember our wonderful seminarians.



FLOWER DONATIONS

Would you like to donate flowers to adorn our church?

Honour a special occasion or remember a loved one with altar flower arrangements

Donations can be one-time or annual.



Suggested donations: \$130+ for standard arrangements, \$150-\$200 for fuller or specific flowers like roses.



Our volunteers, Irene, Cynthia, and Teresa, will beautifully arrange and place them by the tabernacle for Sunday.



Submit your donation at least one month in advance.
To reserve a date, contact Chloe at Chloe.Aylward@bbcatholic.org.au.

Pope's Prayer Intention for December 2025

For Christians in areas of conflict

Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation, and hope.