



Catholic Parish of Lower North Shore

Serving the communities of

St Leonard's Naremburn, St Philip Neri Northbridge, St Thomas' Willoughby
Twinned with the Parish of Letefoho, Timor Leste

We wish to acknowledge the traditional custodians of the land on which we gather, the Cammeraygal and the Wallumedegal peoples, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this Country and commit ourselves to the ongoing journey of Reconciliation.

SEVENTH SUNDAY IN ORDINARY TIME YEAR A—19 FEBRUARY 2023

Lent is Coming

As the season of Lent rapidly approaches, it's helpful to think about where that word comes from. In Old English, 'Lent' means 'springtime', and in Latin, 'Lente' means 'slowly'. So, every Lent we're all invited to slow down our lives, and to spend some time preparing ourselves for Easter and the spiritual springtime that follows it. It's always great to have an excuse to slow down for a while!



Lent this year begins on Ash Wednesday, 22 February, and it lasts for 40 days. For these 6 weeks we are all invited to prepare ourselves through **almsgiving, fasting and prayer**.

In **almsgiving** we open our loving hearts and lives to the real needs of others. In **fasting**, we remind ourselves that life isn't just about *me*, so we voluntarily give up something we would otherwise enjoy. And in **prayer**, we speak personally to God about our deepest hopes, joys and fears. Doing all these things for 6 weeks is surely very good for us!

An important element in our Lenten preparation is the Holy Eucharist. On Ash Wednesday we will have morning Masses in our three churches and an extra mass at 7.30pm at St Thomas Church. I hope you will join us for one of these celebrations.

During Lent, I also encourage you to attend at least one weekday Mass as well as your Sunday observance. Eucharistic adoration will take place every Tuesday after the Mass At St Thomas Church for an hour, and Reconciliation is available during this time.

Finally, to help us better understand Jesus' Passion, I encourage you to attend Stations of the Cross. They will be presented at St Leonard Church every Tuesday 7pm, every Friday at St Thomas Church 7.00 pm and Friday morning after the Mass at Philip Neri Church during Lent.

Easter is an important time for us to celebrate hope, healing and new life. This coming Lent, let's make the most of it by preparing ourselves well.

Fr Jose Philip OSH **Parish Priest**

Parish Discernment Discussions

Session 1- St Philip Neri Hall 3pm on Sunday 26th February

Session 2- St Thomas Hall 7pm on Tuesday 7th March

Session 3- St Leonard's Hall 7pm on Wednesday 15th March

Facilitated by Deacon Peter McCulloch



PLEASE REMEMBER IN YOUR PRAYERS...

Recently Deceased: Sr Bernard

SH & Valerie Rita O'Connor

Anniversaries: Basil & Gilckeria

Soroszczuk

The Sick: Bishop Peter Inghan, Albert

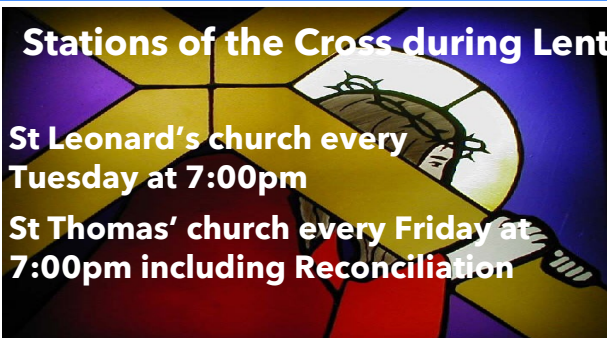
Hodges & Tess Tims.



Stations of the Cross during Lent

St Leonard's church every Tuesday at 7:00pm

St Thomas' church every Friday at 7:00pm including Reconciliation



Ash Wednesday Masses 22nd Feb

[St Thomas' Church 9am &](#)

[7:30pm](#)

[St Leonard's Church 9am](#)

[St Philip Neri Church](#)

[9.15am](#)

Entrance Antiphon

Ps 12:6

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me.

First Reading

Lv 19:1-2, 17-18

A reading from the book of Leviticus

The Lord spoke to Moses; he said: 'Speak to the whole community of the sons of Israel and say to them: "Be holy, for I, the Lord your God, am holy.

"You must not bear hatred for your brother in your heart. You must openly tell him, your neighbour, of his offence; this way you will not take a sin upon yourself. You must not exact vengeance, nor must you bear a grudge against the children of your people. You must love your neighbour as yourself. I am the Lord."

Responsorial Psalm

Ps 102:1-4, 8, 10, 12-13, R. v.8

(R.) The Lord is kind and merciful.

My soul, give thanks to the Lord, all my being, bless his holy name. My soul, give thanks to the Lord and never forget all his blessings. (R.)

It is he who forgives all your guilt, who heals every one of your ills, who redeems your life from the grave, who crowns you with love and compassion. (R.)

The Lord is compassion and love,

slow to anger and rich in mercy. He does not treat us according to our sins nor repay us according to our faults. (R.)

As far as the east is from the west so far does he remove our sins. As a father has compassion on his sons, the Lord has pity on those who fear him. (R.)

Second Reading

1 Cor 3:16-23

A reading from the first letter of St Paul to the Corinthians

Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple.

Make no mistake about it: if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. Why? Because the wisdom of this world is foolishness to God. As scripture says: The Lord knows wise men's thoughts: he knows how useless they are, or again: God is not convinced by the arguments of the wise. So there is nothing to boast about in anything human: Paul, Apollos, Cephas, the world, life and death, the present and the future, are all your servants; but you belong to Christ and Christ belongs to God.

Gospel Acclamation

1 Jn 2:5

Alleluia, alleluia!

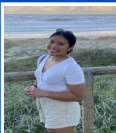
Whoever keeps the word of Christ, grows perfect in the love of God. Alleluia!

Gospel

Mt 5:38-48

A reading from the holy Gospel according to Matthew

Jesus said to his disciples: 'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away. 'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.'



Meet the Pilgrim: Frances De Asis

Hi, I'm Frances, one of the pilgrims venturing to Lisbon for World Youth Day this year. Some of you may see my picture and think, "she looks familiar", and maybe that's because you've seen me around the parish...OR you saw my sister's bit in the bulletin and see the resemblance! Clara is not my twin, but my little sister, only 1.5 years short of my 21, and we are so excited to be embarking on this journey together!! A bit about me;

one of my passions is in gymnastics, and teaching all I love about the sport to younger generations. It is a reason why attending WYD means so much to me, because I aspire to also use my teaching skills to share my faith with those around me. My hopes are that WYD will be a grand step forwards for me in this spiritual journey! The tremendous number of Catholic youth that will be attending this event is a sure beacon of hope for the continuation of the tradition in future generations, and when I return from the trip, I hope that I can better fulfil my role in contributing to that. Another passion of mine is history and architecture, having just completed a Bachelor of Architectural studies at UNSW this year! I look forward to exploring many Catholic foundations, particularly through uncovering the lives of some key saints and their teachings. And of course, I know we'll encounter extraordinary historical architecture along the way! I too am especially excited for Assisi. If you remember Clara's fun fact being that she's named after St Clare of Assisi, then I bet you can guess who I'm named after! St Francis of Assisi of course!

If you would like to make a donation towards Frances' pilgrimage, please go to <https://www.bpoint.com.au/pay/lnshoreparish> or scan the QR Code below. It will take you to the Parish Website where you can make a payment - just be sure to specify that this is a WYD Pilgrim donation. If you are interested in sponsoring Frances to attend World Youth day, please contact the Parish Office ASAP.





Parish Priest

Rev Fr Jose Philip OSH
jose.philip@bbcatholic.org.au

Assistant Priests

Rev Fr Biju Mathew
Rev Fr Chima Ofor
Rev Fr Vincent Nguyen

RNSH Chaplain

Rev Fr Peter Dowd

Parish Office

182 High St, Willoughby
P: 9958 8846
E: office@lms.org.au
www.bbcatholic.org.au/lms

Parish Office Hours

Mon - Fri: 9:00am - 3:00pm

Parish Secretary

Ursula O'Hare

Monday - Friday

Dionne Sores

Mon & Fri

Children Sacramental

Coordinator

Kristy Komadina

Tuesday & Wednesday

Director of Liturgical Music

Lisa Lewis

Catechist Co-ordinator

Henny Theodorus

Finance

Ilona Dudek

Tuesday Only

St Leonard's Church

Cnr Donnelly & Willoughby Rds

Naremburn

St Philip Neri Church

224 Sailors Bay Rd

Northbridge

St Thomas' Church

Cnr Horsley Ave & High St

Willoughby

St Philip Neri Primary School

67 Baringa Rd, Northbridge

Principal: Fiona Bylsma

9958 7136

St Thomas' Primary School

2 Horsley Ave, Willoughby

Principal: Enrica Bova



Catechist Patrick Carmony

I have been a Catechist for the past 18 years at Willoughby Public School. Fortunately, my work allows me to volunteer at the school for one hour each week. Every Wednesday at the beginning of classes, the kids make a lot of noise and shout out the:

The Three Rules For Life:

1. "Be Kind"
2. "Be Kind"
3. "Be Kind: All Day, Every Day, till you Drop Dead."

At the end of each class, I will always tell a different kindness story or a Good Samaritan story and then show a short 2-3 minutes video on kindness.

It may sound silly but including "till you drop dead" is the main reason the kids remember the rules and hopefully will do so for life. I'm regularly stopped in the local Willoughby area by older kids who were in my class years ago who come up to tell me they still remember the three rules for life.

Over the years the students have often asked how we can share the kindness message with more people, so recently I asked the students to give me a list of people they would like to invite to our class to help spread the kindness message. Much to my surprise, they had a fairly influential guest list including (at the time) the Australian PM Scott Morrison, NSW Premier Gladys Berejiklian, USA Presidents Trump, Obama and Clinton, New Zealand PM Jacinda Aherne, Russian President Vladimir Putin and a host of other media personalities. We were all completely shocked and amazed when the New Zealand PM, Jacinda Aherne, the NSW Premier Gladys Berejiklian, Radio host Alan Jones, plus a few other media personalities responded wanting to confirm a date they could attend our kindness class. Unfortunately, due to school renovations and Covid, we have been unable to accommodate any of their requests to attend yet. We are hopeful that sometime in the near future we can re-visit this concept. However, we did have some of the children share the kindness message at Sunday Masses, and the Mayor of Willoughby, Gail Giles-Gidney, posted a photo of herself displaying the kindness card given to her by one of the students. One of the exciting moments for the children was when Tim James, a NSW Parliament Member for the Willoughby area, visited their classes and listened to them share some stories about kindness. (FYI Trump, Obama, Clinton & Putin never responded)

I really enjoy teaching the kids every Wednesday and it's actually a highlight of my week. Impressively after 18 years, I have not had one single issue with any of the students. Not one! This speaks highly of the kids, the school, the parents, and our community.



Project Compassion Sunday 18 & 19 February

Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and **For All Future Generations.**

With your support, Caritas Australia has been able to support communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction. Project Compassion 2023 reminds us that the good that we do today will extend and impact the lives of generations to come. As St Pope John Paul II said, **"The future starts to-day, not tomorrow."** Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations.** You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



St Thomas Catholic
Primary School

OPEN DAY

Wednesday 8 March 2023
8am to 10:30am, 4pm to 6pm

Tuesday 14 March 2023
7.30am to 8.45am, 4pm to 6pm

Join our
Open Day Tour
Scan Now To Register



Needed to operate the
Data Projector at
St Leonard's Church for
the 6.00pm Mass. Please
contact the Parish Office
99588846

MASS/ SERVICE/ SCHEDULE	ST THOMAS' WILLOUGHBY	ST LEONARD'S NAREMBURN	ST PHILIP NERI NORTHBRIDGE
Sunday Masses	6pm Vigil Saturday 8am & 9:30am Sunday	10:30am & 6pm Sunday	5pm Vigil Saturday & 9am Sunday
Weekday Masses	9am Mon to Sat	9am Tue -Thu - Sat	9:15am Mon - Wed - Fri
Royal North Shore Hospital Chapel	Weekday Mass Thursday & Friday 1pm	Weekend Mass 4pm Sunday	
Reconciliation	Saturday 5:15pm - 5:45pm	Saturday 9:30am - 9:45am	Saturday 4:45pm
Youth Mass		1 st & 3 rd Sunday of the month at 6pm	
Children's Liturgy	During 9:30am Mass Each Sunday in school term.		9:00am on the 4th Sunday of the month
Community Masses		Italian Mass Any request please contact Irma 0437607918 PNGCCAA 1 st Saturday 7pm	
Healing Mass/ Anointing Novena to the Sacred Heart	9am Mass 1 st Friday	9am Mass 3rd Saturday	
Adoration	Tuesday after 9am Mass ALL YEAR		
Baptisms	11:00am 2nd & 4th Sundays	12pm 4th Sunday	12pm 3rd Sunday
Baptism Prep Parish Office	2nd Tuesday of the month 11am 3rd Tuesday of the month 7pm		
Catholic Charismatic Prayer Group CCCR	St Thomas' Parish Hall 7:15pm Tuesday Evenings Enquiries 0419 977 531		
Legion of Mary	Meets every Friday in the 'Blue Room' at the Parish Hall 9:45am All Welcome		

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WilloughbyGlass

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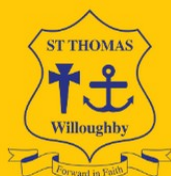
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[@DGCOACHING.COM.AU](https://www.instagram.com/dgcoaching)



OPEN DAY



St Thomas Catholic Primary School

Come and experience first hand why St Thomas Willoughby is a great choice for your child.

- Meet our Principal, teachers and students
- Discover how each and every child has a unique learning experience
- Visit our new refurbished learning environments
- Gain a real sense of the St Thomas community

Wednesday 8 March 2023

8am to 10:30am, 4pm to 6pm

Tuesday 14 March 2023

7.30am to 8.45am, 4pm to 6pm



**Scan Now
To Register**

Enrica Bova, Principal

St Thomas Catholic Primary School
2 Horsley Ave, Willoughby
9958 7308
stwdbb.catholic.edu.au



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- **You will strengthen individuals and organisational** processes and procedures so that generations of people will have opportunities for growth long after you return home.
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Explore 35 positions by scanning the QR code below. On our website you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa and Thailand.

Please enquire further about potential assignments for you or someone you know:

RING: 02 9560 5333 or 0422 472 567.

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YELLOW CARD CATECHISTS -
REGISTER FOR SESSIONS NOT YET
COMPLETED.

PLEASE REGISTER FOR THE FULL
COURSE BY MONDAY 6 FEBRUARY

OR FOR INDIVIDUAL SESSIONS - 1
WEEK PRIOR TO EACH SESSION

REGISTRATIONS@BBCATHOLIC.ORG.AU

COURSE HANDOUTS AND ZOOM
LINK WILL BE EMAILED TO YOU
CLOSE TO THE TRAINING DATE

MONDAYS
10AM-
12:30PM

TUESDAYS
6:30PM-
8:30PM

13 FEBRUARY 14 FEBRUARY

MISSION AND MINISTRY OF THE
CATECHIST



20 FEBRUARY 21 FEBRUARY

SRE TEACHER IN THE PARISH
AND THE SCHOOL

27 FEBRUARY 28 FEBRUARY

SAFEGUARDING CHILDREN/
CHILD PROTECTION



6 MARCH 7 MARCH

LESSON PLANNING: TEACHING
THE AUTHORISED CURRICULUM

13 MARCH 14 MARCH

DEVELOPMENT OF THE CHILD AND
ADOLESCENT



20 MARCH 21 MARCH

CLASSROOM MANAGEMENT

27 MARCH 28 MARCH

INTRODUCTION TO THE BIBLE



3 APRIL 4 APRIL

LESSON PLANNING USING
DIGITAL RESOURCES



SERRA VOCATIONS MASS AND DINNER MEETING

Father Aldrin Valdehueza Assistant Priest of Epping & Carlingford Parish and Serra Chaplain will be celebrating Mass for Serra at Sacred Heart Church Pymble on Thursday 23rd February 2023.

The evening commences with Mass at **6.00 PM** followed by a light meal and a short meeting.

Following the meeting Father Aldrin will speak to us about our Lenten journey.

Everyone is welcome. Please "come and see".

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians and novices and for the perseverance of existing vocations.

Please telephone: Terry Scanlan on **0438 887 295** or email terry_scanlan@bigpond.com if you would like to attend.

JOSEPH HOUSE - 2023 APPLICATIONS NOW OPEN!

Are you looking for an opportunity to discern your vocation in a supportive, faith-filled community? Joseph House in Willoughby is the perfect place for you!

Joseph House is a house of discernment for young men, located in the Parish of Lower North Shore and close to St Thomas church. It offers an exciting living space for Catholic men to explore their call to holiness.

Residents will have the chance to reflect and pray, while also taking part in the world through work and study. With convenient access to public transport, Joseph House is the perfect place for young men in the Diocese of Broken Bay to discern their vocation.

This special space has the capacity to accommodate up to six men and features a chapel and various common areas to create community. If you're looking for an opportunity to discover the man that Christ is calling you to be, apply to Joseph House today!

For more information email: josephhouse@bbcatholic.org.au



POSITION VACANT

PART-TIME CATECHIST COORDINATOR

Chatswood & Lindfield-Killara Parishes are seeking to recruit a part-time Catechist Coordinator, working across both Parishes, working approximately 25 hours per week. This role plays an important part in the Parish team, coordinating the Ministry of Special Religious Education (SRE) at a local parish level.

The ideal candidate will have relevant experience in SRE, of working with volunteers in a Catholic environment, comfortable working autonomously and having an understanding of the need for accountability and ownership in a role, excellent administration and time management skills and proficiency with Microsoft Office Suite. An understanding of the Department of Education requirements in relation to Special Religious Education would be an advantage. You'll also have a good understanding of, and commitment to Catholic values and teachings.

The role does allow for flexibility with the working schedule; however, you will need to have availability outside of normal working hours from to time.

If this role interests you, please email a brief cover letter and CV to:

recruitment@bbcatholic.org.au

Applications close **Friday 24 February 2023**.

POSITION VACANT

PART-TIME YOUTH MINISTRY COORDINATOR

Lindfield-Killara Parish is seeking to recruit a part-time Youth Ministry Coordinator, working approximately 35 hours per month, allocated as per the varying needs of the position. This role plays an important part in the Parish team, coordinating and supporting the various ministries to children and youth and their families. The ideal candidate would have relevant experience in working with young people, of working with volunteers in a Catholic environment, comfortable working autonomously and having an understanding of the need for accountability and ownership in a role, and excellent time management skills. They would also have a good understanding of, and commitment to Catholic values and teachings.

The role allows for flexibility with the working schedule; however, you would need to have availability outside of normal working hours as some activities would by necessity take place on weekends.

If this role interests you, please email a brief cover letter and CV to:

parish@lindfieldkillara.org.au

Applications close **Friday 3rd March 2023**.