



# 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.*



## FOURTEENTH SUNDAY IN ORDINARY TIME YEAR A - 9th JULY 2023

### Reflection

The readings for today engage us in a reflection on the nature of the Trinity, as well as the ways that we are enriched by each of the divine Persons. The gospel acknowledges the sovereignty of God. This is followed immediately by mention of the handing over of all things to Jesus, making him a kind of vice-regent of God. Paul speaks of the Spirit, clearly a divine reality, but different from Jesus and the one called God. According to Paul, this Spirit is the Spirit of Jesus and the Spirit of God, implying that somehow both Jesus and God claim the Spirit. It is this Spirit who raised Jesus from the dead, and it is this same Spirit who dwells in Christians.

The grace of this Triune God touches our lives in some ways that are tangible and other ways that demand faith. The most tangible manifestation of God is Jesus himself. God has been revealed to us through this Jesus. While Jesus was a tangible person, our accepting of him as the manifestation of God requires faith, and this faith is no easier today than it was at the time of Jesus himself.

The overriding disposition of these readings is humility. Jesus, the human manifestation of the divine, is meek and humble, and the true disciple is called to be humble. A second disposition is placed before us - grateful praise. In the psalm we praise and bless God; we extol God's holy name. In Jesus we have known the tender touch of God, and we are grateful. Dianne Bergant CSA

And we're off! Tchau!

It's been a while since you last heard from us, but the WYD pilgrims are finally off to Italy and Portugal in just under two weeks.

We invite members of all three of our churches to join us at our Commissioning Mass next Sunday 16th July, 6pm at St Leonards, as we are blessed and bid farewell. We are looking forward to our pilgrimage, and to sharing all that we've learnt with our fellow youth and the parish community on our return. Arrivederci!

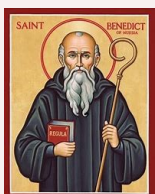
Our regular youth group will be held as usual after Mass with a small farewell party for the five pilgrims.



**ENROLEMENTS ARE NOW OPEN. PLEASE ENSURE YOU HAVE ALL SUPPORTING DOCUMENTS BEFORE SUBMITTING YOUR ENROLMENT. Use the QR Code to enrol Now**



**Tax Receipts for Pastoral Works Broken Bay are ready for collection in each Church**



### Feast & Memorial Days JULY

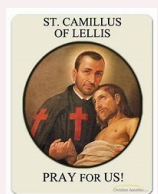
Sunday 9th - APOSTLESHIP OF THE SEA

Tuesday 11th - St Benedict

Thursday 13th - St Henry

Friday 14th - St Camillus de Lellis

Saturday 15th - St Bonaventure



## Entrance Antiphon

**Cf. Ps 47:10-11**

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

## First Reading

**Zec 9:9-10**

A reading from the prophet Zechariah

*See how humbly your king comes to you!*

The Lord says this: 'Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horse- from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.'

## Responsorial Psalm

**Ps 144:1-2. 8-11. 13-14. R. v.1**

**(R.) I will praise your name for ever, my king and my God.**

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

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

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

4. The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. **(R.)**

## Second Reading

**Rom 8:9.11-13**

A reading from the letter of St Paul to the Romans

*If by the Spirit you put an end to the misdeeds of the body, you will live.*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he

who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

## Gospel Acclamation

**See Mt 11:25**

Alleluia, alleluia!

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

## Gospel

**Mt 11:25-30**

A reading from the holy Gospel according to Matthew

*I am gentle and humble of heart.*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'



**JULY**  
*Healing Mass  
Including Anointing of the Sick  
& Adoration  
St Leonards' Church 15th July  
9.00am mass*

**SPN**  
**KID'S CHOIR**  
4:30pm practice | 5:00pm Mass  
Come and join the kid's choir at our monthly Saturday night Family Mass.  
Our next Mass is:  
**Saturday 8 July**  
Contact Lynda Lee with any questions.  
lynda.lee1@icloud.com  
SCAN ME for the playlist

IGNITE YOUTH  
IGNITE CONFERENCE 23  
**Wonder**

The Diocese of Broken Bay is proud to be hosting one of Australia's most powerful Catholic Youth Conferences - Ignite Conference (Ignite Youth) - in the Cathedral Precinct, Waitara from 28 September to 1 October 2023. This conference is more than just a gathering for youth. It has something for everyone. It caters for creche-aged children through to parents, teachers and parishioners. Families, high school student groups, young adults as well as priests and religious from around the country travel to Ignite Conference every year to be inspired, experience Jesus, and leave with a renewed passion for their Catholic faith. The main sessions feature live worship from Emmanuel Workshop, the powerful preaching and life-changing encounters with God. Time to book your tickets now with the half-priced Early Bird Special. Only 5 days to go until this special deal closes. Email evangelisation@bbcatholic.org.au to request a 50% discount code to use when booking your ticket.



## PLEASE REMEMBER IN YOUR PRAYERS...

**Birthday's:** Happy 80th Birthday Anna Fox Tuesday 11th July

**Anniversaries:** Katherine Repko and Letitia Rose Thacker

**Sick:** Bishop Peter Ingham and Julie Wong





### Parish Priest

Rev Fr Jose Philip OSH

jose.philip@bbcatholic.org.au

### Assistant Priests

Rev Fr Biju Mathew

Rev Fr Vincent Nguyen

Rev Fr Emmanuel Obiche

### 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 Soares

Mon & Fri

### Children Sacramental Coordinator

Kristy Komadina

Tuesday & Wednesday

### Catechist Co-ordinator

Henny Theodorus

### Finance

Ilona Dudek

Friday 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

7256 2104

# Visiting housebound

For those who are unable to join our regular masses, community gathering and other church services, due to health conditions or other reasons, we want you to know that you are not alone.

Our priests and dedicated Communion ministers are available to visit your home, providing an opportunity for conversation, prayers, Holy communion. The priest will also be available to offer the Sacraments of Confession or Holy Anointing.

If you would like a visit, please contact the parish office at 9958 8846. We kindly request you to provide your name, contact information, and any specific preferences or needs you may have. Once we receive your information, we will be in touch with you to organise a suitable date and time for the visit.



## Cuppa N' Conversation

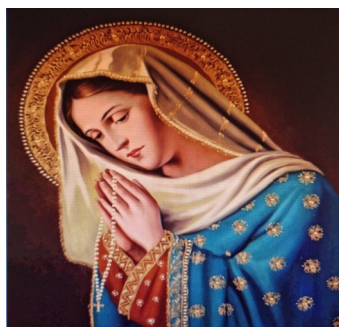
We gather in the Front Room of the Parish Hall  
every Wednesday between 9.30am and 11.00am.

All welcome.

Marie Harris



## LEGION OF MARY



**Are you interested in devotion to Mary?** Want to take it to a deeper level? Feel called to spiritual works of Mercy Join the Legion of Mary **WHAT IS THE LEGION OF MARY?** The Legion of Mary is the largest apostolic organisation of lay people in the Catholic Church, with well over 3 million active members in almost every country in the world. **WHAT DOES THE LEGION OF MARY DO?** Members become instruments of the Holy Spirit through a balanced program of prayer and service. Works include door to door evangelisation, parishioner visitation, prison ministry, visitation of the sick or aged care, religious education, visiting the newly baptised, Pilgrim Virgin rotations. Legionaries are under the guidance of a spiritual director named by the Pastor. **HOW DOES THE LEGION OF MARY WORK?** Members meet once a week for prayer, planning and discussion in parish hall setting. Then they do two hours of definite work each week in pairs and under the guidance of their Spiritual director. **HOW CAN I GET MORE INFO?** Please contact Members of the Legion of Mary will hold a recruitment drive after mass on the **16th of July 2023 at St Thomas Church after 9:30 am Mass and St Leonard's Church after 10:30 am Mass.** Come and see what the Legion of Mary has to offer you in exchange for a few hours a week of your time, effort and prayers.

Enquires call the Parish office 9958 8846

**We will be kept safe by ADULTS who...**

## CARE

for us as we are a  
precious gift from God



COMMUNITIES OF SAFETY AND CARE



We are committed to the  
**NATIONAL CATHOLIC  
SAFEGUARDING STANDARDS**

MASS/ SERVICE/ SCHEDULE	ST THOMAS' WILLOUGHBY	ST LEONARD'S NAREMBURN	ST PHILIP NERI NORTHBRIDGE
<b>Sunday Masses</b>	6pm Vigil Saturday 8am & 9:30am Sunday	10:30am & 6pm Sunday	5pm Vigil Saturday & 9am Sunday
<b>Weekday Masses</b>	9am Mon to Sat	9am Tue -Thu - Sat	9:15am Mon - Wed - Fri
<b>Royal North Shore Hospital Chapel</b>	Weekday Mass Thursday & Friday 1pm	Weekend Mass 4pm Sunday	
<b>Reconciliation</b>	Saturday 5:15pm - 5:45pm	Saturday 9:30am - 9:45am Sunday 9:45am - 10:15am	Saturday 4.15—4:45pm
<b>Youth Mass</b>		1 <sup>st</sup> & 3 <sup>rd</sup> Sunday of the month at 6pm	
<b>Children's Liturgy</b>	During 9:30am Mass Each Sunday in school term.		9:00am on the 4th Sunday of the month
<b>Community Masses</b>		Italian Mass Any request please contact Irma 0437607918 PNGCCAA 1 <sup>st</sup> Saturday 7pm	
<b>Healing Mass/ Anointing Novena to the Sacred Heart</b>	9am Mass 1 <sup>st</sup> Friday	9am Mass 3rd Saturday	
<b>Adoration</b>	Tuesday after 9am Mass <b>ALL YEAR</b>	Saturday after 9am Mass <b>ALL YEAR</b>	
<b>Baptisms</b>	11:00am 2nd & 4th Sundays	12pm 4th Sunday	12pm 3rd Sunday
<b>Baptism Prep Parish Office</b>	1st Friday of the month 11am 2nd Thursday of the month 7pm	3rd Friday of the month 11.00am 4th Thursday of the month 7pm	
<b>Catholic Charismatic Prayer Group CCCR</b>	St Thomas' Parish Hall 7:15pm Tuesday Evenings Enquiries 0419 977 531		
<b>Legion of Mary</b>	Meets every Friday in the 'Blue Room' at the Parish Hall 9:45am All Welcome		

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Web: www.willoughbyglass.com.au  
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Fax: (02) 9882 3649

**WilloughbyGlass**

**Epsilon Legal** lawyers

Conveyancing – Wills and Estates –  
Powers of Attorney Appointment of  
Enduring Guardian – Leasing

**France Booth**  
9 High St, Willoughby NSW 2068  
phone/Fax: +61 2 9958 1994  
mobile: +61 432 320 701  
e: [flisbooth@epsilonlegal.com.au](mailto:flisbooth@epsilonlegal.com.au)  
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LOVE TO SING, MAKE MUSIC, HAVE FUN?

THEN  
COME AND  
JOIN THE



# ST PHILIP NERI COMMUNITY CHOIR 2023



## JOIN US:

- OCCASIONALLY
- ONCE A MONTH OR
- WEEKLY

We sing traditional and contemporary church music styles.

## Opportunities exist at the:

- 9am Sunday Masses
- 5pm Saturday Masses on the 1st and 5th Saturdays of the month
- 5pm 2nd Saturday Children's Choir
- Seasonal eg Easter, Christmas

## PREREQUISITES:

- Love to sing or play an instrument
- Commit to a 30 minute rehearsal prior to the Mass
- Join us for 1 monthly rehearsal

## USEFUL BUT NOT NECESSARY:

- Some ability to read music



COME AND GIVE US A TRY!  
Monday 17th July 7.30pm @  
St Philip Neri Church

CHRISTMAS IN JULY SUPPER TO FOLLOW!

EVERYONE IS WELCOME ALWAYS.  
ANY QUESTIONS?

CHAT TO ONE OF THE CHOIR OR  
EMAIL: [LYNDA.LEE1@ICLOUD.COM](mailto:LYNDA.LEE1@ICLOUD.COM)





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**Vox Populi**  
**06 July 2023**

There is a real buzz around the Diocese with students, young adults and leaders making final preparations for their pilgrimage to World Youth Day in Lisbon, Portugal.

Many will journey with Bishop Anthony on a pilgrimage through Italy visiting the birthplaces of saints, and the Shrines and Basilicas dedicated to these holy men and women.

Others will fly direct to Lisbon where all our pilgrims will join hundreds of thousands of young people from around the world for moments of sharing and faith; a gathering and celebration of cultures, participating in catechesis, and a meeting with the Pope.

For those who have been to previous World Youth Days they know what a transforming experience this pilgrimage will be.

The Diocese is fortunate to have Chancery and Catholic Schools Broken Bay staff who have attended many WYDs and have been working for more than 18 months to ensure WYD23 is an exciting, rewarding and memorable time for our pilgrims.

This week the Vatican released the Official Schedule for the Apostolic Journey of Pope Francis. The Holy Father will spend from August 2-6 in Lisbon and Fatima.

He will meet Archbishops and Bishops, Priests, Deacons, Consecrated Persons, Seminarians, and Pastoral Workers from every corner of the world. And of course thousands and thousands of young people.

Pope Francis will join the gathering for the Opening Mass, the Way of the Cross and then celebrate the Holy Mass Mass for World Youth Day on Sunday, 6 August at Campo da Graca on the outskirts of Lisbon.

The theme for this WYD is "Mary rose up and went with haste" (Lk 1:39). This quote opens the account of the Visitation (Mary's visit to her cousin Elizabeth), a biblical episode following the Annunciation (the angel's announcement to Mary that she would be the mother of the Son of God, and the theme of the last WYD, in Panama in 2019.).

It also inspired the name for the Diocese pilgrimage and theme song – Magnify - which in turn was inspired by the Magnificat, or Song of Mary, meaning my soul magnifies the Lord.

Our pilgrims have been practising the song for months which will no doubt be heard throughout Lisbon!

On Friday, 14 July Bishop Anthony will celebrate the Pilgrim Blessing Mass at Our Lady of the Rosary Cathedral, Waitara at 5.00pm.

The students, young people, leaders and their families are looking forward to this final gathering before departure.

However you are all invited to pray for our WYD pilgrims, for a wonderful, holy experience and a safe return.



# You're Welcome Here! –

## A Welcome and Hospitality Workshop for Parishes

Discover how welcome and hospitality can make your parish a warmer place and become a cornerstone of parish renewal

Contact us to discuss running the workshop tailored to your parish:

Pina Bernard 8379 1627 [faith.formation@bbcatholic.org.au](mailto:faith.formation@bbcatholic.org.au)



“You’re Welcome Here!” is a new workshop offered by the Parish Renewal and Discipleship Team and available to all parishes of the Diocese of Broken Bay.

Each weekend, first-time attendees come to our Masses. Their experience of welcome can be a deciding factor as to whether they will return.

This workshop looks at a wide variety of aspects of hospitality in our parishes, including:

- The theology around hospitality from our sacred Scriptures and Church tradition
- Why we need radical hospitality today – inviting people to belong can be a first step towards discipleship
- A variety of suggested initiatives around:
  - Welcome at Mass (eg greeters, welcome desk etc)
  - Welcoming at all parish events
  - Ways to help everyone see their role as welcomers
  - Ensuring we have a welcoming environment (eg foyer, signage)
  - Reviewing our website to make it welcoming to outsiders
  - Practical formation for greeters at Mass
  - A list of resources

To discuss how this workshop could be used in your community, please contact Pina Bernard, Team Leader Parish Renewal and Discipleship, on 0432 682 239 or [pina.bernard@bbcatholic.org.au](mailto:pina.bernard@bbcatholic.org.au)



# SEA SUNDAY

9 July 2023



**“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”**  
- Matthew 11:28 (NRSVCE)

Stella Maris is the largest network of chaplains and ship visitors around the world. We welcome and support seafarers who come into Australia to bring us many of the things we need.

Help us to help them.

On Sea Sunday, pray for them in your parishes.

To volunteer or donate, please visit our website:  
**[www.stellamarisaustralia.org](http://www.stellamarisaustralia.org)**

Sea Sunday is when we remember, celebrate, and pray for seafarers and their families. We also give thanks for their lives and often dangerous and challenging work, no matter where they are.

Seafarers work tirelessly throughout the year bringing us more than 90% of the goods we need.

The Apostleship of the Sea Ministry is now called Stella Maris globally, and is the official maritime welfare agency of the Catholic Church.

Please pray for our seafarers and if you would like to assist this ministry go to:

<https://stellamarisaustralia.org/sea-sunday-appeal/>





This year's Tri-Diocesan social justice event is on the topic of the current Australian Catholic Bishop's statement on domestic violence: 'Respect: Confronting Violence and Abuse.'

This is an annual event organised by the Diocese of Broken Bay, the Diocese of Parramatta and the Archdiocese of Sydney, with Sydney hosting the event this year as follows:

- Date: Wednesday 26 July 2023
- Time: 6:00pm – 8:30pm

Venue: Catholic Institute of Sydney, Strathfield

Presenters on the evening include the organisers of a photographic exhibition recently held on the Central Coast to draw attention to this issue, which includes Commander Sharon Marshall from the NSW Police.

For other speakers and further details, please see flyer below.

This is a free event, and includes dinner. All most welcome to be part of this important conversation. Registration is essential at: <https://tinyurl.com/2wwy3ajm>

Enquiries: Email [pina.bernard@bbcatholic.org.au](mailto:pina.bernard@bbcatholic.org.au) or phone 0432 682 238

## **ST VINCENT PALLOTTI SCHOLARSHIP TRUST**

The St Vincent Pallotti Scholarship Trust offers scholarships to enable lay people to further their understanding and skills in leadership/ministry or a specialised activity, such as promoting faith enhancement, social justice, and pastoral care.

**More information and Applications Forms**  
are available on our website.

[pallottine.org.au/svpscholarship](http://pallottine.org.au/svpscholarship)

**Closing Date 4 August 2023**