



Catholic Parish of Lower North Shore



St Thomas' Willoughby



St Philip Neri Northbridge



St Leonard's Naremburn

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.

PARISH OFFICE

182 High St, North Willoughby NSW
(02) 9958 8846

✉ office@lns.org.au

🌐 www.bbcatholic.org.au/lns

OFFICE HOURS

Monday to Friday: 9:00am - 4:00pm

CLERGY

Fr. Jose Philip, OSH (Parish Priest)

jose.philip@bbcatholic.org.au

Fr. Biju Mathew, AP

biju.mathewK@bbcatholic.org.au

Fr. Vincent Trung Nguyen, AP

vincent.nguyen@bbcatholic.org.au

Fr. Peter Dowd (RNSH Chaplain)

peter.dowd@bbcatholic.org.au

PARISH STAFF

Secretary

Ursula O'Hare (Mon - Fri)

Dionne Soares (Mon & Fri)

Children's Sacrament

Co-ordinator

Natalie Wood (Mon, Tue & Thurs)

sacraments@lns.org.au

Catechist Co-ordinator

Henny Theodorus (Tue)

ccd@lns.org.au

Finance (bookkeeper)

Ilona Dudek (Fri)

accounts@lns.org.au

CATHOLIC SCHOOLS

St. Thomas' Primary School

2 Horsley Ave, Willoughby NSW

(02) 7256 2104

Principal: Enrica Bova

enrica.bova@dbb.catholic.edu.au

St. Philip Neri Primary School

67 Baringa Rd, Northbridge NSW

(02) 9958 7136

Principal: Liz Calabria

MISSION - "Together, in Christ's love, for others"

VISION - "To know and love God, and to be Christ to one another"

FOURTH SUNDAY IN ORDINARY TIME

28th January 2024



Dear Parishioners,

As we reflect on Marks Gospel this week let us draw parallels between the unclean spirit in the synagogue and the challenges we face in our lives. Just as the unclean spirit recognized Jesus' authority, we too encounter moments where we must acknowledge His divine authority in our lives.

The synagogue represents our sacred spaces—our homes, our hearts, and this church community. Jesus entered the synagogue on the Sabbath, emphasizing the importance of setting aside time for worship and spiritual reflection. In our busy lives, let us prioritise these moments of connection with God.

Like the possessed man, we may be grappling with inner struggles—fears, doubts, or temptations. Jesus' authority over the unclean spirit reminds us that He has power over our internal battles. In times of distress, let us turn to Him, trusting in His ability to bring peace and healing.

The people's amazement at Jesus' authority echoes the awe we experience when witnessing God's work in our lives. Let us share our stories of faith, inspiring one another with the transformative power of Christ.

In our daily journey, may we recognise the authority of Jesus, allowing it to permeate our sacred spaces, heal our internal struggles, and unite us as a community of believers.

Blessings, **Fr Jose Philip OSH**



We warmly welcome back all students, Leadership teams and staff this week as they commence a new year in the life their school. We pray that you are refreshed and rejuvenated from your summer holidays.

Entrance Antiphon Psalm 105:47

Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

First Reading Deuteronomy 18:15-20

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

Responsorial Psalm Ps 94:1-2. 6-9. R. v. 9

(R.) If today, you hear his voice, harden not your hearts.

1. Come, ring out our joy to the Lord; hail the rock who saves us. Let us come before him, giving thanks, with songs let us hail the Lord. **(R.)**
2. Come in, let us kneel and bend low; let us kneel before the God who made us for he is our God and we the people who belong to his pasture, the flock that is led by his hand. **(R.)**
3. O that today you would listen to his voice! 'Harden not your hearts as at Meribah, as on that day at Massah in the desert when your fathers put me to the test; when they tried me, though they saw my work.' **(R.)**

Second Reading 1 Corinthians 7:32-35

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

Gospel Acclamation Matthew 4:16

Alleluia, alleluia!

A people in darkness have seen a great light: a radiant dawn shines on those lost in death.

Alleluia!

Gospel Mark 1:21-28

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

LITURGY of THE WEEK

Monday 29th	4th week in Ordinary Time
Tuesday 30th	4th week in Ordinary Time
Wednesday 31st	St John Bosco Memorial
Thursday 1st	4th week in Ordinary Time
Friday 2nd	The Presentation of the Lord Feast
Saturday 3rd	4th week in Ordinary Time

BAPTISM



We welcome into our parish faith family the newly baptised

Eloise Marie Riddell

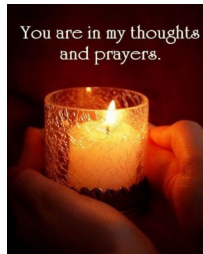
Please keep them and their family in your prayers.

IN OUR PRAYERS

Recently Deceased

Florence Mandorino
John Moore

Sick- Bishop Peter Ingham and
Michael Chiu



Please join us for our Lenten Program



This year we would like to offer the parish community the opportunity to prepare for lent by participating in a Lenten Program. The Parish will be purchasing books for you to use in a group or for individual use from the Diocese of Wollongong. The book includes daily reflections from

Ash Wednesday to Easter Sunday for personal reflection in addition to longer-form Sunday Scripture reflections, readings, responsorial psalms, prayers and reflection questions that are traditionally part of group

Lenten programs. The book also includes beautiful artwork from the Masters with accompanying artwork reflections. If you would like to purchase the Lenten book for individual use or to join a group please phone the office 99588846 or write your name on the sheet provided in the entry of each church. **There will be a**

group facilitated 10am Thursdays in the Blue Room at St Thomas' Church Hall. The first session will be held on the 15th February please write your name down if you would to join this group.

The cost of the of the book will be \$8.00

Farewell & Thank you Fr Biju!



As your time with us in the parish comes to a close, we want to express our deepest gratitude for your dedicated ministry over the past three years. Your unwavering commitment, compassion, and spirituality has certainly left a positive mark on the Lower North Shore Parish. Your insightful sermons, heartfelt prayers, and sacramental guidance have enriched our spiritual lives and brought us closer to God. Your pastoral care has touched the hearts of many, providing comfort and guidance during both joyful and challenging times. We are grateful for the countless hours you've devoted to nurturing our faith, fostering a sense of community, and leading us in worship. Your humility, kindness, and dedication have been a source of inspiration for us all.

As you move on to new endeavours at Frenchs Forest Parish, please know that your impact will be lasting, and our prayers and best wishes go with you. May God continue to guide and bless you in your future ministry.

Photographer needed



Are you a photographer or do you have a passion for taking photos!!! The parish is looking for someone who is interested in volunteering their talent to take some photos of St Thomas' Church, St Leonard's Church and St Philip Neri Church.

These photos will be used in our published version of our Parish Missionary Plan, the web -site and various office documents and flyers.

If you think this is something that you can help with please phone the office 99588846

HOLY HOUR EVENING



You are warmly invited to join us for an hour of guided Eucharistic Adoration.

TIME

7.30pm

DATE

13th FEB

LOCATION

St Leonard's Naremburn

ARRIVE FROM 7PM FOR A CUPPA

Discover Peace in His Presence
Uplifting Melodies that Stir the Soul
A Moment for Your Innermost Prayers
Escape and Encounter



Rosary

Please join us for the Rosary every Wednesday at St Thomas' Church 7pm



THE WILLOUGHBY PRAYER GROUP

Come, Now Is The Time To Worship!

All are welcome to join us on Tuesday Evenings at 7:pm to 8pm in the Parish Hall, blue room. The evening starts with Praise and Worship and a Bible Reading we finish off with Prayer. Come and learn more about the power of the Holy Spirit.

For more information, please call Lyn Coroneos on 0419977531 or Carla Plottel 0419972405



EXPRESSION OF GRATITUDE

I humbly wish to thank you all for your hospitality and cares during my stay with you in the parish of the Lower North Shore. It was Indeed impressive. I have rejoined my diocese of Umuahia in Nigeria with a renewed vigour, courtesy of your support. Thank you and may God bless you all.

Fr. Emmanuel Obiche



PARISH SCHEDULE

	St Thomas' Willoughby	St Leonard's Naremburn	St Philip Neri Northbridge
Weekend Masses	6.00pm Vigil Saturday 8.00am & 9.30am Sunday	10.30am Sunday 6.00pm Sunday (<i>Youth Mass</i>)	5.00pm Vigil Saturday 9.00am Sunday
Weekday Masses	9.00am: Mon – Sat	9.00am: Tue, Thu, Sat	9.15am: Mon, Wed, Fri
Adoration	Tuesday: 9.30am - 10.30am	Saturday: 9.30am - 10.00am	
Reconciliation	Saturday: 5.15pm - 5.45pm	Saturday: 9.30am - 10.00am	Saturday: 4.15pm - 5.00pm
Healing Mass	9.00am on First Friday (<i>Divine Mercy & Adoration</i>)	9.00am on 3 rd Saturday	
Baptism	11.00am on 2nd and 4th Sunday	12pm on 4th Sunday	10.30am on 3rd Sunday
Children's Liturgy	9.30am Sunday (<i>during school term</i>)		9.00am 4 th Sunday (<i>Family Mass</i>)
Rosary	8.30am Mon-Fri 7.00pm Wednesday	9.30am Tue, Thu, Sat	9.45am Mon, Wed, Fri
Catholic Charismatic Prayer Group	St Thomas' Parish Hall 7pm Tuesday evenings Enquires 0419977531		

ROYAL NORTH SHORE HOSPITAL CHAPEL

Thursday & Friday: 1.00pm | Sunday: 4.00pm



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GENERAL PRACTITIONERS

DR MIRANDA MAW, MBBS, FRACGP, DCH

DR SHEHNAZ KHAN, MBBCH, FRACGP

DR GERARD MCLAREN FRACGP, FAFRM (RACP, FACRM)

SPECIALIST :

PROF. DAVID KANDIAH RHEUMATOLOGIST

ALLIED HEALTH :

DR GEORGE DRAGASEVICH CHIROPRACTOR

OUR LOCATION :

GROUND FLOOR, NORTH SHORE HEALTH HUB, 7 WESTBOURNE STREET, ST LEONARDS, NSW

Advertising Space

Available Please contact the Parish Office



All types of Glass Repair · Framed Shower Screens
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Semi Frameless Shower Screens · Mirrors
Kitchen Splashbacks



Instagram.com/willoughbyglass

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Parish Secretary

Frenchs Forest Parish

Permanent Part Time – 32.5 hrs per week

Mon – Fri 8.30am – 2.30pm

\$35 per hour plus super

As the Parish Secretary you will work with the Parish Priest and parish team to oversee the administration functions of a busy parish office.

About the Role

The Parish Secretary works with the Parish Priest to:

Provide administrative support to the Parish Priest and Chairs of the Parish Finance Council and other parish groups including general administration;

- Maintain parish databases including ensuring that sacraments and other parish activities are properly recorded;
- Maintain effective relationships with parishioners, Parish schools and other parish and parish stakeholders;
- Produce parish communications including the Parish Bulletin, Parish directories and other parish information for circulation in a variety of medium including digitally;
- Welcomes visitors to the Parish;
- The role reports to the Parish Priest of Frenchs Forest Parish.

About You

You are experienced in office administration. You have a personal commitment and understanding of the Catholic Church and have ideally worked with parish communities in the past. You have a comprehensive knowledge of contemporary administration processes and understand parish communities. You have exceptional skills in managing and maintaining harmonious relationships with those communities while meeting the demands of a busy Parish Priest. You have excellent oral and written communication skills, are highly organised and proficient in contemporary word processing software, spreadsheets and publication apps.

This role has been assessed as requiring a Working With Children Clearance (**WWCC**) and Police Check prior to appointment.

You will be able to meet most of the following selection criteria:

A personal commitment to the Catholic faith and an understanding of the Catholic Church and parish communities;

- A comprehensive knowledge of contemporary office administration processes;
- Experience working cooperatively and productively with volunteers in a Christian environment;

- Experience drafting digital bulletins or other communication materials using Publisher or other publication apps;
- A proven record of working harmoniously with stakeholders to achieve positive outcomes;
- Proficient skills in contemporary computer applications including the Microsoft Office suite;
- Excellent organisational skills and the ability to prioritise and reorganise priorities;
- Excellent word processing, telephone and diary management skills;
- Excellent written and verbal communication skills including the ability to draft letters and other communications;
- Working with Children Check (**WWCC**) clearance and Police Check;
- A current NSW driver's licence.

Benefits of working with us

As an employer that genuinely values our staff, we offer:

A competitive salary that recognises your qualifications and experience;

Family friendly hours: Mon – Fri 8.30am – 2.30pm;

A friendly working environment;

A challenging and exciting role that makes a significant contribution to Catholic parish ministry.

From our end

Applicants for the position should include:

A **Cover letter** explaining why you are interested in the role and how your experience and capabilities align with the selection criteria in relation to undertaking this role; and

Curriculum Vitae

If you would like to apply for the role, please email your application to frsatheesh@ffcp.org.au

Applications close on Friday 9 February 2024.

If you are interested please don't delay. Apply now as applications will be reviewed as they are received and we may close an advertisement prior to any disclosed close date.

Only candidates with the right to live and work in Australia should apply. No sponsorship is available for this position.

No agency contacts please. This position is being managed internally.