



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@lins.org.au

🌐 www.bbcatholic.org.au/lins

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@lins.org.au

Catechist Co-ordinator

Henny Theodorus (Tue)

ccd@lins.org.au

Finance (bookkeeper)

Ilona Dudek (Fri)

accounts@lins.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: Margaret Holles

Magaret.holles@dbb.catholic.edu.au

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

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

FIFTH SUNDAY IN ORDINARY TIME

4th FEBRUARY 2024



In this Sunday's Gospel of Mark, we witness the profound ministry of Jesus as He heals the sick and preaches the message of the kingdom of God. As we reflect on these verses, let us draw inspiration and guidance for our own lives. Firstly, we see Jesus's deep compassion as He heals Simon's mother-in-law. His immediate response to her illness reflects His love and care for those in need. This teaches us the importance of compassion and service towards others, especially the vulnerable and marginalized in our communities. Furthermore, Jesus's commitment to prayer and solitude is evident as He withdraws to a solitary place to pray. In our busy lives, it's easy to overlook the importance of prayer and reflection. Yet, Jesus reminds us of the necessity of nourishing our spiritual lives through prayer, seeking guidance and strength from God. Additionally, Jesus's mission extends beyond physical healing to proclaiming the kingdom of God. He travels to various towns, preaching the good news and liberating people from spiritual bondage. As followers of Christ, we are called to share this message of hope and salvation with others, bringing light into the darkness of the world. Let us take these lessons from today's Gospel to heart as we strive to emulate Jesus's compassion, prioritize prayer in our lives, and boldly proclaim the kingdom of God to all we encounter.

Yours in Christ, **Fr Jose Philip**

FIRST RECONCILIATION 2024

If your child has made their Confirmation and are in Year 4 or above, we will be preparing children for the Sacrament of First Reconciliation in the coming weeks. Parents wanting to register their child for Reconciliation are invited to attend a **Compulsory Parent**

Information Session at: **St Philip Neri Church** Thursday 15th February at 7pm **OR**

St Thomas Church Sunday 18th February at 10.45am straight after Mass

For further information, please contact Natalie at the parish office on 9958 8846 or via email sacraments@lins.org.au



Entrance Antiphon *Psalm 94:6-7*

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

First Reading *Job 7:1-4. 6-7*

Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

Responsorial Psalm *Ps 146:1-6. R. v.3*

- (R.)** Praise the Lord who heals the broken-hearted.
1. Praise the Lord for he is good; sing to our God for he is loving: to him our praise is due. **(R.)**
 2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name. **(R.)**
 3. Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust. **(R.)**

Second Reading *1 Corinthians 9:16-19. 22-23*

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me. So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

Gospel Acclamation *Matthew 8:17*

Alleluia, alleluia!
He bore our sickness,
and endured our suffering.
Alleluia!

Gospel *Mark 1:29-39*

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with

fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

LITURGY of THE WEEK

Monday 5th	St Agatha Memorial
Tuesday 6th	St Paul Miki Memorial
Wednesday 7th	5th week in Ordinary Time
Thursday 8th	5th week in Ordinary Time
Friday 2nd	5th week in Ordinary Time
Saturday 3rd	St Scholastica Memorial

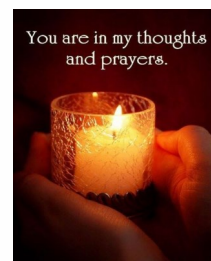
IN OUR PRAYERS

Recently Deceased

Giacoma Miano and Anne Marie Toogood

Anniversaries: Alice Attard, Jagoda, Marija and Visko Milostic.

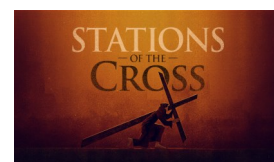
Sick- Bishop Peter Ingham, Michael Chiu, Michelle Sustersic and Brenda



Stations of the Cross at St Leonard's Church

During the season of lent, we will be Praying the Stations of the Cross in Italian every Monday

Monday 18th Feb at 3.00pm
Monday 26th Feb at 3.00pm
Monday 3rd March at 3.00pm
Monday 11th March at 3.00pm
Monday 17th March at 3.00pm
Monday 25th March at 3.00pm



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**



Please keep Georgina from LETS in your prayers as she heads back to Timor to celebrate the graduation of the first

group of sponsored students from the Jesuit Teachers College in Kasait, Timor Leste!



Welcome Fr Roger Delmonte

This week the parish welcomes Fr Roger to his new appointment here at Lower North Shore Parish.

I first met Fr Roger 4 years ago during my appointment as Parish Priest at Frenchs Forest, Fr Roger at that time was finishing his seminary studies. It has been a wonderful blessing to witness Fr Rogers vocational journey. Please give him the wonderful Lower North Shore Welcome as he commences his ministry here next weekend. **Fr Jose**



Ash Wednesday MASSES

LOWER NORTH PARISH

St Leonard's- 7am

St Thomas' -9am Parish/School & 7.30pm

St Philip Neri- 9.15am Parish/School



Pope Francis said:

"Being a Catechist is a Vocation"

Is it Your Vocation? Join Us and Find Out...

Catechist Sunday 11th February

We welcome all catechetical ministries including SRE Catechists, Sacramental Catechists, RCIA Catechists & Children's Liturgy of the Word to join us for a Commissioning Mass for their important work for the year ahead. This will be held on the **11th February at St Thomas' Church Willoughby during the 9.30am Mass .**



Rosary

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





Please cut the calendar out for your fridge

February

EVENTS
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STT- St Thomas' Church STL- St Leonard's Church SPN- St Philip Neri Church				1	2 Feast Day The Presentation of the Lord	3
4 Word of God Sunday	5 Memorial St Agatha	6 Memorial St Paul Miki & companions PMC meeting 7pm	7 Rosary STT 7pm	8	9	10 Feast Day St Scholastica
11 World Day of Prayer for the Sick	12	13 Holy Hour 7.30pm STL	14 Rosary STT 7pm Ash Wednesday Mass STT- 9am & 7.30pm STL- 7am SPN- 9.15am	15 Reconciliation Parent information session SPN- 7pm	16	17 Healing Mass with Anointing STL 9am
18 First Sunday of Lent Reconciliation Parent information session STT- 10.45am	19	20	21 Rosary STT 7pm Opening School Mass SPN 9.15am	22 Feast Day The Chair of St Peter	23	24 Family Mass SPN with BBQ 5pm
25 Second Sunday of Lent Opening School Mass STT 9am + BBQ	26	27	28 Rosary STT 7pm PFC meeting 7.30pm	29		

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 (Youth Mass)	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 (Divine Mercy & Adoration)	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 (during school term)		9.00am 4 th Sunday (Family Mass)
Rosary	8.30am Mon-Fri 7.00pm Wednesday	9.30am Tue, Thu, Sat	9.45am Mon, Wed, Fri
Charismatic Prayer Group	St Thomas' Parish Hall 7pm Tuesday evenings Enquires 0419977531		

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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

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RESIDENTIAL RETREATS FOR 2024

STARTS ON FRIDAY, 5:30PM ENDS ON SUNDAY, 4:00PM

Volunteers Retreat 9th-11th February

Inner Healing Growth Retreat 16th-18th February

Lenten Growth Retreat 15th-17th March

Divine Mercy Growth Retreat 5th-7th April

Couples Growth Retreat 17th-19th May

Inner Healing Growth Retreat 14th-16th June

Family & Children Retreat 12th-14th July

Inner Healing Growth Retreat 16th-18th August

Youth Retreat 13th-15th September

Marian Growth Retreat 18th-20th October

Inner Healing Growth Retreat 15th-17th November

Advent Retreat 13th-15th December

(Live-in, Accommodation and food provided)

2 bedded room: Single person - \$275 (including meals),
Sharing - \$185 each (including meals),
4 bedded rooms: Single person - \$250 (including meals),
Sharing \$ 170 each (including meals).

For more info & bookings

please contact: 02 4372 1598 or email: drcretreatrego@gmail.com

Special Dates to Remember

DIVINE MERCY FEAST

April 7th, 9:00am to 4:00pm.

ST VINCENT DE PAUL FEAST

September 29th, 9:00am to 4:00pm.

ST TERESA OF CALCUTTA FEAST

5th September

ST FAUSTINA KOWALSKA FEAST

5th October

7:00am to 9:00am

•Confession •Holy Adoration •Holy Mass

A partial indulgence is granted to all who venerate the relic on this day.

NEW YEAR'S EVE

31st Dec, 8:00pm- Confession 10:00pm- Praise and worship, Rosary, 11:00pm- Holy Mass

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.