



**St. Brigid's Church**  
Raymond Terrace



**St. Christopher's Church**  
Medowie



**Our Lady Help of Christians Church**  
Mallabula

**ST. BRIGID'S PARISH - RAYMOND TERRACE**  
**Sunday, 18th July 2021 ~ Sixteenth Sunday in Ordinary Time (Year B)**

**"Our Parish will be a vital, caring and welcoming community, living the Gospel of Jesus in word and action."**

**PARISH INFORMATION**

**Parish Office:**

65 William Street, Raymond Terrace  
PO Box 10 Raymond Terrace NSW 2324

Telephone: (02) 49871888

Fax: (02) 49877305

**Email:** [rtparish@mn.catholic.org.au](mailto:rtparish@mn.catholic.org.au)

**Website:**

[www.stbrigidsraymondterrace.com.au](http://www.stbrigidsraymondterrace.com.au)

**Parish Priest:** Fr. Joyce Sebastian  
**Rector & Chaplain:** Fr. James Odoh  
St. Christopher's Oratory

Catherine McAuley Catholic College

**Parish Secretary:** Kate Allen

**Financial Secretary:** Greg Hickling

**Sacramental Co-ordinator:**

Mary-Jane Malone

**Office Hours:** Monday: Office Closed

Tuesday to Friday: 9.30am - 2.30pm

**ST. BRIGID'S**

69 William St, Raymond Terrace

**Weekend Masses:**

Saturday 5.30pm & Sunday 9.30am

**Reconciliation:** Saturday 4.30pm

**Weekday Masses:**

Tuesday & Wednesday 7.00am

Friday 9.15am

**ST. CHRISTOPHER'S**

775 Medowie Rd, Medowie

**Weekend Mass:**

Saturday 5.30pm & Sunday 9.30am

**Reconciliation:** Saturday 4.45pm

**Weekday Masses:**

Tuesday and Friday 5.30pm

**OUR LADY HELP OF CHRISTIANS**

1193 Lemon Tree Passage Rd, Mallabula

**Weekend Mass:**

Sunday 7.05am & 7.40am

**Reconciliation:** Sunday 7.00am

**Weekday Mass:**

Thursday 9.15am

# Thoughts on the Gospel

Fifty years ago the word 'stress' was only ever applied to materials like steel and the wings of planes. But since then, along with 'pressure', it has first crept into our language and more lately become an everyday term. Everyone experiences stress now. Perhaps it's the ever-growing pace of life or an innate competitiveness but pressure and stress have become part of daily life for most people in the so-called civilised world.

Although he may never have used the words 'stress' or 'pressure', Jesus knew all about the demands of ministry with other people. When the disciples returned from their first efforts away from Jesus he knew that they needed some time out to debrief, to pray and to re-energise themselves. He ordered them all into a boat and they headed for a lonely place where they could be by themselves and rejuvenate. Jesus recognised the importance of taking time out.

If you are engaged in a vocation or ministry or work that sees you meeting the needs of others, you need some time out to reflect on your experiences; time to hold those people up to God in prayer; time to make sense of your work and the interactions you've shared; time to simply recharge your batteries so that you can once again give fully of yourself.

Unfortunately, when Jesus arranged for himself and the disciples to have some time out, the crowd anticipated where they were going and actually beat them there! When the disciples arrived at their lonely spot, they were once again overwhelmed by the crowd. However, Jesus recognised the demands of the crowd as being more urgent than the demands of the disciples and himself. He took pity on them - he was moved by compassion - and responded to their need.

*A reflection by Greg Sunter.*

**READINGS FOR THIS SUNDAY**

**FIRST READING:** Jeremiah 23:1-6 ~ The remnant of my flock I will gather to me, and bring them back to their pastures.

**SECOND READING:** Ephesians 2:13-18 ~ Christ, our peace, has made us one.

**GOSPEL READING:** Mark 6:30-34 ~ They were as sheep without a shepherd.

**Please remember the following people in your prayers:**

**The Sick**

Jonathan Godwin, Anthony Driver, Lucy Went, Kevin Burns, Fred Stanwell, Tony Murphy, Kevin Walker, Joyce Byron, Linda Birt, Peter Betwell, Doug Hickling, Cheryl Crane, Marilyn Nightingale, Alicia Proctor, Brenda Turnbull, Hugo Rice, Rachael Hill, Kevin McKinley, Dianna McKinley, Gloria North, Ann Burrs, Fay Cunningham, Andrew Pelley, Kerryn Reid, Ron Simpson, Alan James, Cyril Shafer, Marie Carmody and Hermie Voll.

**The Recently Deceased**

Peter McDonnell

**Death Anniversaries**

Leila Margaret Edstein

**Special Intention**

Gerald (Gerry) Hughes

**NSW Government COVID-19 Restrictions**

Please read the notice on the back page of this bulletin to see the most up-to-date (at the time of printing) information regarding the latest COVID-19 restrictions.



**Parish Email Database**

During these uncertain times and with COVID-19 restrictions often coming into effect quickly our only way of communicating with our many parishioners efficiently and effectively is by email. If you haven't already provided us with your email address please send us an email with your email address giving us permission to add you to the parish database. Our email address is: [rparish@mn.catholic.org.au](mailto:rparish@mn.catholic.org.au).

**St. Brigid's School News**

St. Brigid's Parish congratulates Mrs Marlene George on being appointed as Principal of St. Brigid's Raymond Terrace commencing January 2022. Best wishes to Marlene and please keep her in your prayers.

**First World Day for Grandparents and the Elderly**

Next Sunday is the First World Day for Grandparents and the Elderly.

**Dying to Know Day**

*Dying to Know Day* is about creating a space for death; to prepare for, and deal with end-of-life matters. The day will be held at The Belford Function Centre, Broadmeadow on Sunday 8th August 2021 from 10am - 4.00pm. There will be guest speakers, exhibitors and tea/coffee and snacks. Entry cost is a gold coin donation. Please contact Ruth on 0411 165 914 to book. Please see the poster on the church notice board.

**Sacred Stories - Sacred Spaces**

In the July 2021 edition of the Aurora Magazine there is an invitation for Aboriginal and Torres Strait Islander Catholics to participate in a research project which seeks to hear the experiences and stories of Indigenous Catholics. If you are interested in participating please email Jennifer Rumbel a Student Researcher at the University of Newcastle. Jennifer's email address is: [jennifer.rumbel@uon.edu.au](mailto:jennifer.rumbel@uon.edu.au).

**Amen Camino 2022**

The Amen Camino pilgrimage takes place over five consecutive days. The pilgrimage starts at St. John's Chapel in Maitland and concludes at the Sacred Heart Cathedral in Hamilton. Pilgrims will walk an average of 20kms per day through the beautiful landscapes of our region. An online information session will be held on Saturday 28th August 2021 at 2pm. To register for the information session please visit: <https://www.eventbrite.com.au/e/amen-camino-information-session-tickets-162230268099>.

**Ordination to Diaconate Postponed**

The Ordination to Diaconate of Omeiza Solomon Okovido by Most Reverend William Wright has been postponed. The new date will be advised when we receive it.

**The Good Oil 2021 Writers' Award**

The Good Oil 2021 Writers' Award is an initiative of the Sisters of the Good Samaritan. The award aims to support and encourage the development of emerging and published writers. The Good Oil's editorial vision is to nourish the spirit, stimulate thinking, promote social justice, and encourage reflection and dialogue about issues of the day from a Christian, Catholic, Good Samaritan perspective. The theme for the award is Inclusivity, which is embodied in the Parable of the Good Samaritan (Luke 10:25-37). A panel of judges will award first place \$600, second place \$400 and third place \$200. For further information about the award and to download the guidelines and entry form please visit: <https://www.goodsams.org.au/2021/05/18/the-good-oil-2021-writers-award/>. Entries close on Sunday 22nd August 2021.

**Happy 90th Birthday Gerald Hughes!**

Fr. Joyce, all parishioners and staff would like to wish Gerald (Gerry) Hughes, from Raymond Terrace, a very Happy 90th Birthday! Gerry celebrated his birthday on Friday 16th July. We hope you enjoyed your special day Gerry and we wish you many happy returns.



**Thank you from Irene Gover**



Irene Gover, from Our Lady Help of Christians Mallabula, would like to thank all parishioners for the many phone calls, messages, prayers, cards and kind words of support that she received following the recent passing of her husband, Bill. Irene and her family are so very grateful for your kindness and this has brought much comfort to her and the family at this time.

**2021 Catholic Men's Gathering**

The National Catholic Men's Gathering for 2021 will be launched (online) on Saturday 31st July. Three sessions will be provided online along with reflection questions. The aim of this online gathering is to inspire and encourage all Catholic men with a vision for personal discipleship service and mission in the family, parish, diocese and the world. There is no cost to join the gathering. Please register by visiting the website: [www.catholicmensgathering.com.au](http://www.catholicmensgathering.com.au)

## MASS AT HOME

### Live stream Sunday Mass from the Sacred Heart Cathedral Newcastle

You can watch the live stream from the Sacred Heart Cathedral every Sunday at 9.30am by visiting the website: [www.mn.catholic.org.au](http://www.mn.catholic.org.au) and clicking on "Sunday Mass Live Streams".

### Watch Mass on TV

You can watch *Mass for You at Home* on Channel Ten (WIN) at 6am on Sundays or on Foxtel's Aurora Channel (173) at 10am on Sundays.

### Watch Mass Online

Visit these websites: [www.10play.com.au](http://www.10play.com.au) or [www.massforyou.com.au](http://www.massforyou.com.au) to watch *Mass for You at Home* at a time convenient to you.

## ROSARIES

The Rosary is prayed before Mass at St. Brigid's every Saturday & Sunday.

The Rosary is prayed before Mass at St. Brigid's on Friday.

The Rosary is prayed before Mass at Our Lady Help of Christians at 7am on Sundays.

The Rosary is prayed before Mass on Tuesdays, Fridays and Saturdays at St. Christopher's.

If you would like to have a home Rosary please contact Val McLeod on 49 872 818 or Cath O'Brien on 49 874 472.

## ADORATION

1st Friday of the Month at St. Brigid's Raymond Terrace at 8.30am.

Every Friday after the 5.30pm Mass at St. Christopher's, Medowie.

## PARISH BULLETIN

To have a name placed on the death anniversaries or sick list prayer list please ensure that you phone the office before 11.30am on Thursday.



The Office of Safeguarding Phone Number is: 4979 1390

**DIOCESE** To see what's on in our Diocese visit the website [www.mn.catholic.org.au](http://www.mn.catholic.org.au), sign up to their weekly Diocesan Update or call them on 49 791111 during office hours.

**St. Vincent de Paul Society:** Raymond Terrace Conference Ph. 49676277 (Clare) and Mallabula Conference Ph. 0402 087 401 (Brian)

### ST. BRIGID'S, RAYMOND TERRACE

	Usher	Welcomer	Ministers of the Word	Extra-Ordinary Ministers of Communion	Gifts	Counters
17/7/21	Kevin O'Brien Michelle O'Brien Tracey Edstein	Mary Thorpe	Don Lloyd Anne Lloyd	Clare Dawson	Kathy Bellamy	
18/7/21	Catherine Hickling Astrid Hartcher	Val McLeod	Raelene Fogarty Sharon Blyton	Steve Hickling	Moira Saunderson	Phil Hickling Richard Rae
24/7/21	Kevin O'Brien Michelle O'Brien Tracey Edstein	Don Lloyd Anne Lloyd	Hughes Family (Nic, Anna and Zac)	Don Lloyd	Paul & Barbara Edstein	
25/7/21	Catherine Hickling Astrid Hartcher	Moira Saunderson	Heidi Wheeler Moira Saunderson	Val McLeod	Hickling Family	

### OUR LADY HELP OF CHRISTIANS, MALLABULA

	Usher	Welcomer	Ministers of the Word	Commentator	Gifts
18/7/21	Frank Morrissey	Jenny Ryan	Jenny Ryan	Ralph DeVille	Judy McDonald
25/7/21	Frank Morrissey	Sue Dallas	Cynthia Rogers	Jenny Ryan	Albert Went

### ST. CHRISTOPHER'S, MEDOWIE

	Welcomers	Minsters of the Word	Presentation of Gifts	Music
17/7/21				
24/7/21				

New volunteers are always welcome and most appreciated! Please contact the Parish Office on 49 871 888 to express your interest in taking on a ministry role at your Mass centre.



**ENTRANCE ANTIPHON:** See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

**RESPONSORIAL PSALM:** The Lord is my shepherd; there is nothing I shall want.

**GOSPEL ACCLAMATION:** Alleluia, alleluia! My sheep listen to my voice, says the Lord; I know them, and they follow me. Alleluia!

**COMMUNION ANTIPHON:** The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

## IMPORTANT NOTICE REGARDING COVID-19 RESTRICTIONS ~ PLEASE READ CAREFULLY

The NSW Government has announced that the current COVID restrictions that are in place will remain in effect until 11.59pm on Friday 30th July 2021. The 1 person per 4 square metre rule applies to 'Places of Worship' in Regional NSW and this means that our Mass centre capacities are limited. This is a requirement set by the NSW Government and we must adhere to it.

We can only allow:

42 people attend Mass at St. Brigid's Raymond Terrace.

21 people attend Mass at Our Lady Help of Christians Mallabula.

14 people attend Mass at St. Christopher's Medowie.

### Our Lady Help of Christians Mallabula

We kindly ask that parishioners at Our Lady Help of Christians Mallabula attend the same Mass each week (ie. If you attended the 7.05am Mass on Sunday 18th July, please attend the 7.05am Mass on Sunday 25th July and each 7.05am Mass every Sunday after that until the restrictions ease).

### St. Christopher's Medowie

We kindly ask that parishioners at St. Christopher's Medowie attend the same Mass that they did last week (ie. if you attended the 5.30pm Mass on Saturday 17th July, please attend the 5.30pm Mass on Saturday 24th July and each 5.30pm Mass on every Saturday after that until the restrictions ease).

### St. Brigid's Raymond Terrace

For parishioners that would like to attend the 5.30pm Mass at St. Brigid's Raymond Terrace we have created a new 'regular list' that will be used during the current restriction period. This list is based on those that registered to attend on Saturday 17th July. If you are on this list you are not required to re-book each week. This attendance list is currently booked-out. If your name is on the 'regular list' but you are unable to attend the 5.30pm Mass at St. Brigid's on Saturday 24th July we would appreciate if you could let us know ASAP so that your seat could be offered to someone else on that day.

For parishioners that would like to attend the 9.30am Mass at St. Brigid's Raymond Terrace we have created a new 'regular list' that will be used during the current restriction period. This list is based on those that registered to attend on Sunday 18th July. If you are on this list you are not required to re-book each week. This attendance list is currently booked-out. If your name is on the 'regular list' but you are unable to attend the 9.30am Mass at St. Brigid's on Sunday 25th July we would appreciate if you could let us know ASAP so that your seat could be offered to someone else on that day.

### Procedures for Signing-In at Mass

The advice that we received from the Catholic Diocese of Maitland-Newcastle is that: ***"It remains preferable for the Service NSW QR Code to be used whenever possible. Where a QR Code cannot be used, contact details can be collected on a manual sign in sheet."*** We have printed multiple copies of the QR Code for each Mass centre to avoid congestion and delays but ask that you please observe social distancing while waiting for your turn to sign-in using the QR Code.

The manual sign-in sheet also helps us keep track of those entering the Mass centre so that we do not exceed our COVID-safe capacity limits. We ask, therefore, that you ensure that your name gets marked off or recorded when you enter your Mass centre at every Mass.

### Restrictions on Singing

Persons in an indoor area of a non-residential premises are not to sing.

### Requirement to wear a Face Mask

It is mandatory to wear a fitted face covering in any indoor area of a non-residential premises.



### READINGS FOR NEXT SUNDAY

**FIRST READING:** 2 Kings 4:42-44 ~ They will eat and have some left over.

**SECOND READING:** Ephesians 4:1-6 ~ There is one body, one Lord, one faith, one baptism.

**GOSPEL READING:** John 6:1-15 ~ He distributed to those who were seated as much as they wanted.