



# Bridgeside Bulletin



*The weekly Bulletin of the Catholic Parish of Forster Tuncurry*

*"Unity in Christ"*

*Holy Name of Jesus Church, 33 Lake Street, Forster 2428 NSW*

*Ph: 6554 6401 E: forster-tuncurry.parish@mn.catholic.org.au W: www.forstertuncurrycatholic.org.au*

***We acknowledge the Worimi people - the traditional custodians of this place***

**SUNDAY 31 JANUARY 2021,**

**FOURTH SUNDAY IN ORDINARY TIME YEAR B**

Peace in Christ, Parish Family!

Last Sunday, I met Sophia. She is a three-year-old kid from Hornsby. She has two older sisters and an eleven-year-old brother. Sophia caught my attention because she was a bit noisy and rowdy during the celebration of the Mass. After the Eucharist, I was at the Church's foyer waiting for the congregation as they queue out of the Church. Sophia and her eldest brother were among the first who came out. I had a chat with the two of them; I did not raise Sophia's behaviour during Mass. Instead, we had a convo about their family and how they were enjoying their holiday in Forster. Then, I carried Sophia in my arms so that I can greet and bid farewell to the other Parishioners. Sophia's parents saw us; her father approached me and asked: "Do you want to work for us?" But before I can answer them, the two other daughters wrapped around their father's legs. "What do you mean by working for you?" I asked him. "You could baby-sit our kids," he remarked. The kids were all beaming and wearing a big smile towards me short of crying: "Baby-sit us! Baby sit us!"

Ever since I moved to Australia, people have asked me to baby-sit for their kids. And, I have always expressed how I would love to do it if they can meet my minimum requirements. First, the kid should be able to prepare their own food; second, the kid should be able to clean and fix their nappies; and, third, the kid can manage to sit quietly at one place until the parents arrive from their work or from whatever adventures they came from. Every time I outline my conditions, nobody bother to ask me again to baby-sit their kids.

But, how do we handle distractions when we are worshipping in Church? What happens to us when at the intimacy of our communal prayers, suddenly, a kid started shouting or a ringing tone came out from nowhere or a chatty person never ceases in being effusive? Are we quick to make mental, scathing judgments? Or, do we throw a nasty, snaky stare towards their direction? Or, are we able to recognize our irritation yet maintain our focus on the sacredness of the space that we are in?

Our knee-jerk reactions to the stuff that distracts, annoys or cheeses us off reveal the quality and the intensity of our prayer life. Genuine prayer enables us to enjoy our moment with the Divine. Authentic prayer transforms us to become the very Person who happens to be the subject of all our prayers and praying. It enables us to recognize the various distractions; master our own feelings; persevere in focusing on the God we worship; and be the face of Christ at this day and age even for those who annoy us. At most times, it is just a matter of keeping our gaze towards the Person that really matters. Will you prefer to focus on your displeasure or would you burn for God's peace?

But sometimes, these distractions are just the tip of the iceberg. Most of us are like the body of water between Miles Island and the Spice Monkey – calm on the surface but has some strong undercurrents. We come to Church on our Sunday best and in thongs looking spiffy and relaxed yet we carry in our hearts -- fears, anxieties, hurts, painful memories, health problems, among others. At most times, these concerns do drown and inundate us – disabling us to be the better person for ourselves, for others and for God. In these cases, it is not just about controlling or mastering ourselves that count. It is about our ability to place our hope and our trust in God. It is about finding ourselves in the hands of God; enabling us to float above our life's undercurrents. May we gain that profound spiritual experience, that is, to know, to feel, to experience ourselves totally in God's hands – baby-sitting us through our fears and painful memories.

May the coming week be blessed and meaningful for you and for your loved ones.

Fr Anthony



## **PLEASE REMEMBER IN YOUR PRAYERS:**

**Recently Deceased:** Michael Mifsud, Peter Horton, Junior Soliano & Jean Dunn

### **Anniversary:**

*We remember and pray for those who are ill at home and in hospital at this time, may they know the healing presence of Christ:*

Roseanne Telfer, Michael O'Hara, Marion Prescott, Roger Curry, Dulcie Goldsmith, Barry Bolton, Ray Vidler, Rachal, Robert Greig, Lawson Rankin, Josephine Camilleri, Zac Gogeryly, Ann Moreira, Dawn Gander, Win Preston, Ken Vote, Anna Lee, Robyn Thomas, Angela McNamara, Lucilla Bacalla, Denis Wilson, Clare McKay, Kath Copas, Bill McElroy, David Ball, Michael Siddle, Ellen Stewart, Rod Milligan, Camille Betar, Joseph Barnett, Mark Campbell, Veronica Bucki, Michelle Perera Byrne, Ruth Morrow, Marceline Loiseau

*Please ring the parish office if you wish to add your loved ones to the sick list and also to be taken off the list once they are well. Thank you.*

### **Process For Attending Sunday Mass**

*Please note that online live streaming of the 8.00am Mass will continue for the foreseeable future.*

As you know there are some restrictions included with the re-establishment of public Masses: communion on the hand and under only the species of Bread, no shaking hands, no holy water, designated seating, collection baskets available but not passed, social distancing for the communion line, sign in and sign out sheets available and mandatory, no singing, hand sanitiser and the cleaning of the church after each service: to facilitate a speedy and efficient cleaning process I am asking that you avoid kneeling.

**If you are unwell, have flu like symptoms or have anything that would put your health at risk or**

**the health of others at risk you are asked to stay home.**

**The current Mass times are: Sat 5.00pm & Sun 8.00am, 10.00am and 12 noon.**

If you would like to attend Mass at one of the times mentioned you are asked to register, preferably by email however you are able to contact us by phone: forster-tuncurry.parish@mn.catholic.org.au or 6554 6401.

### **To Register:**

1. Submit your name and others who will attend with you, address and contact phone number.
2. Nominate the Mass you wish to attend.
3. You can register on behalf of someone else providing that you have asked them.
4. Your booking can be re-occurring so that you only need to register once.
5. For re-occurring bookings let us know when you will be away so that we can take you off the register for that weekend and also if you would like to change Mass times.
6. You will then receive an email to confirm your attendance.

### **Arrival:**

**We strongly encourage everyone to use the QR code linked to the Service NSW app to check in and out of the church. If you require assistance with this check in process please contact the office and we will help.**

1. Sanitise your hands as you enter the church.
2. **Scan the QR code and check in or sign in using the registration sheet.**
3. Look for the crosses and indicators on the seats where places have been allocated for seating. If you live in the same house or have travelled together you are allowed to sit together.
4. Avoid unnecessary movement around the church.

5. Remember social distancing is still in place and we are asked to maintain the 1.5 metre distancing.

### **Departure:**

1. **Check out in the Service NSW app.**
2. You are asked not to linger after Mass but make your way home or out as your plan. The carpark and surrounds need to be cleared for the next Mass.

**If you are sick** could you let us know as soon as possible so that we can take your name off the list and include someone else. If you turn up on the day with flu like symptoms you can't come in.

**If you change your mind**, please let us know so that we may include someone else in the Mass.

**If the Church is full** should you just turn up, sadly for me I can't let you in under the current restrictions.

**If you are coming from an area of high COVID-19 transmission** we ask that you consider viewing Mass through our live stream option instead of attending.

### **Parish Timetable**

**WEEKDAY MASS**  
1 Feb—6 Feb  
TUE: 4.30pm  
WED: 9.00am  
FRI: NO MASS

Mon 1 Feb	9am Counters— Team 5
Tue 2 Feb	9.30am Christian Meditation 3.30pm Holy Hour
Wed 3 Feb	11am Novena to Our Lady of Perpetual Help  12pm Community Kitchen
Thu 4 Feb	<b>PARISH OFFICE CLOSED</b> 12pm Community Kitchen
Fri 5 Feb	2.00pm Funeral Mass— Jean Dunn (register attendance)

## FACE MASKS FOR SALE IN CHURCH

\$10 ea or 3 for \$25.

### What's happening locally...

#### Scripture Teachers Needed:

Special Religious Education (SRE) is an important ministry within our Diocese which supports parents, students, clergy and parishes in the religious education of approximately 2500 students attending government schools. The Parish Children in our Government schools need your help! Do you have a calling to spread the good news and joy of the Gospels to children in 2021? Can you assist with Special Religious Education in the short and/or long term? **We are currently seeking a volunteer to come on board as a Scripture Teacher for the Pacific Palms Public School. Contact Danielle in the Parish Office for more information 6554 6401.**

### THE LATEST NEWS FROM OUR SAFEGUARDING PROMOTERS

The Safeguarding Promoters continue to promote and inform parishioners of Safeguarding Values and Responsibilities.

To this end, your attention is drawn to the location of pamphlets on a table near the front right entry door to the church. These pamphlets from the Diocese of Maitland-Newcastle Office of Safeguarding provide advice and support to parish workers and personnel. In addition, they help to ensure statutory reporting obligations are met and appropriate follow-up to complaints is undertaken when warranted.

Parish members are welcome to take these pamphlets to increase knowledge of any of these topics.



**PALMS FOR ASH WEDNESDAY:** could we please ask you to start bringing in the

palms that were blessed last Palm Sunday back in readiness for Ash Wednesday? They can be left at the Church in the basket provided till the 17 Feb 2021. They will be burnt and used as the ash on Ash Wednesday.

### COMFORT

#### Lenten Program 2021

If you wish to host a **Lenten group** please sign your name and details on the list found on the church door. The Lenten program we will use this year is called "Comfort" from the Diocese of Wollongong.

"Comfort" contains short daily reflections (from Ash Wednesday to Easter Sunday) which is perfect for individual devotional reading as well. **Copies are available for \$7 from the church.**

"Comfort" is accompanied by a Triple CD Resource that includes six beautiful responsorial psalms and audio narrations of the readings and Scripture reflections. **If you wish to obtain a copy of the CD Resource please bring a USB into the Parish Office to be copied onto.**

### What's happening in the Diocese...

#### BUILDING THE KINGDOM OF GOD TOGETHER, OUR JOURNEY: Diocesan Contemplative Dialogue Reflection Program

From Lent until Pentecost the people of the diocese will be invited, through a process of contemplative dialogue, to discern more fully the framework for considering 'Building the Kingdom of God Together, Our Journey' in our diocese.

The purpose of the diocesan reflec-

tions during Lent (17 February – 31 March) is to enable all members of the diocesan community to respond to the papers developed by the Synod Working Party.

**The Church of Maitland-Newcastle is centred on Christ, the Cornerstone, and seeks always to live as a community of people who believe and are missionary disciples.**

We are inviting people to explore our life and mission as the church of the Diocese of Maitland-Newcastle through our five foundations with the following component parts:

**Virtual launch of Project Compassion** (Tuesday 16 February)

**Week One** - Identity and Community

**Week Two** - Worship and Prayer

**Week Three** - Formation and Education

**Week Four** - Mission and Outreach

**Week Five** - Leadership and Structure

**Week Six** – Holy Week, Virtual The Way of the Cross

Synod delegates will be facilitating the Contemplative Dialogue Reflection Program throughout Lent in Parishes, schools and online.

For those wanting to connect with this program online, you are invited to register each week to one of the sessions. It is optional to register at the same time or a different time each week.

**Mondays** - 22 February - 22 March, 9.30am to 11am

**Tuesdays** - 23 February - 23 March, 1pm to 2.30pm

**Wednesdays** - 24 February - 24 March, 6pm to 7.30pm

**Thursdays** - 25 February - 25 March, 10.30am - 12pm or 6pm to 7.30pm

**Fridays** - 26 February - 26 March, 9.30am - 11am

**Saturdays** - 27 February - 27 March, 2pm - 3.30pm





## READINGS 30/31 JANUARY

### First Reading

Dt 18:15-20

*A reading from the book of Deuteronomy*

I will put my words into the prophet's mouth, and he will tell them all I command.

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 Cor 7:32-35

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

The unmarried woman dedicates herself to the things of the Lord, that she might be holy.

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

Mk 1:21-28

*A reading from the holy Gospel according to Mark*

This is a new kind of teaching that speaks with authority.

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.



## Fourth Sunday in Ordinary Time Year B

Sunday 31 Jan 2021

**Priest:** My dear friends, through Christ let us bring our prayers before God.

**Reader:** That the holy Church may teach Christ's message with respect and authority.

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Reader:** That leaders of government will open their hearts to God and practise his commands.

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Reader:** That all considering vocations to the priesthood may follow the will of God for them.

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Reader:** That our parish will work together to dispel evil forces and wrong-doing in our community.

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Reader:** That the sick and housebound will be healed by the voice of the Lord, especially all those in our parish bulletin

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Reader:** That those who have died will live with Christ forever, especially Michael Mifsud, Peter Horton, Junior Soliano & Jean Dunn.

*(pause) In your glory:*

**All:** **Lord, hear our prayer.**

**Priest:** Loving Father, you teach us with authority and with the words of eternal life. Hear our prayers and help us to always live by your laws as we seek your mercy. We ask this through Christ our Lord.

**All:** **Amen**





### BAPTISMS

Celebrated most Sundays.  
Bookings via the Parish website

### MARRIAGE

Celebrated by arrangement with at least 3 months notice. Bookings via the parish website

### SACRAMENTAL PROCESS

Enrolment via the Parish Website

### RITE OF CHRISTIAN INITIATION OF ADULTS

(RCIA) Parish Office 6554 6304

### CATHOLIC CARE

Phone: 6539 5900 for services provided in Forster



### PARISH TEAM

**Fr Greg Barker** - Parish Priest  
[gregory.barker@mn.catholic.org.au](mailto:gregory.barker@mn.catholic.org.au)  
Emergency Contact 0417 321 209

**Danielle Kingdom**  
Admin Assistant  
[danielle.kingdom@mn.catholic.org.au](mailto:danielle.kingdom@mn.catholic.org.au)

### Office Hours:

Mon-Fri 9.00am- 3.30pm  
Phone: 6554 6401

### Website:

[www.forstertuncurrycatholic.org.au](http://www.forstertuncurrycatholic.org.au)

### Follow us on facebook:

[@catholicparishofforstertuncurry](https://www.facebook.com/catholicparishofforstertuncurry)

### COMMUNITY KITCHEN

Serving meals to the community from the parish hall  
**Wed & Thurs 12pm-1pm**

### PARISH GROUPS

#### Christian Meditation

Forster Tues 9.30am  
Monica 6555 7038  
Hallidays Point Wed 10am  
John 0417 249 466

#### Social Justice Group

Last Wed 5.30pm Meeting Room  
Tim Prescott 6555 8517

#### Gardening Group

3rd Thursday of the month, 8am  
Church grounds. Howard 6557 6826

#### Family and Friends Group

Meets monthly, contact Carol and Terry Pearson on 0408768729.

#### Singing Practice

Ken Heffernan 6554 6304  
(see parish timetable)

#### Holy Hour

Tues 3.30pm in the Church

#### Finance Council

3rd Wednesday of the month, 5pm  
Meeting Room

#### Pastoral Council

1st Thursday of the month, 5.30pm  
Meeting Room

#### Novena to our Lady of Perpetual Help and Rosary

Wed 11.00am in the Church  
Shiony 0411 493 086

#### Secular Franciscan

#### Fraternity

4th Sunday of the month after the 9.00am Mass



### SUNDAY MASS TIMES

Sat 5.00pm  
Sun. 8.00am, 10.00am & 12.00pm

### RECONCILIATION

By appointment only

### YOUTH MASS

3rd Sunday of the month, will resume once restrictions have eased.

### AGED CARE MASSES

(Subject to change)

Glaica House:

**2nd Thurs 10.30am**

Estia Forster: **3rd Tues**

**10.30am**



### CATHOLIC SCHOOLS

#### Holy Name Catholic School K-6

41 Lake Street, Forster

Ph: 6554 6504

E: [admin@forster.catholic.edu.au](mailto:admin@forster.catholic.edu.au)

W: [www.forster.catholic.edu.au](http://www.forster.catholic.edu.au)

Principal: Brooke Stephens

#### St Clare's High School 7-12

Davis Street, Taree

P: 6552 3300

E: [Admin@tareesc.catholic.edu.au](mailto:Admin@tareesc.catholic.edu.au)

W: [www.tareesc.catholic.edu.au](http://www.tareesc.catholic.edu.au)

Principal: Peter Nicholls

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