



Come to me and I will give you rest.

Welcome to

Noarlunga/Seaford Catholic Parish

St Luke's, Noarlunga and SCC, Seaford

14th SUNDAY IN ORDINARY TIME - YEAR A

Vol 11 : No 33

NOARLUNGA/SEAFORD CATHOLIC PARISH CENTRE

Cnr Goldsmith Drive and Honeypot Rd, (PO Box 406) NOARLUNGA, SA 5168 Phone: 8382 1717

(Please leave a message outside office hours and we will get back to you as soon as we can)

Email: nswcp@tpg.com.au

Web: www.noarlunga-seafordparish.org.au

OFFICE HOURS

Tuesday - Friday
10.00am - 3.00pm

PARISH TEAM CONTACTS

• PARISH PRIEST

Fr Josy Sebastian - (8382 1717; in an emergency 0452 524 169; jponnambal@gmail.com)

• ASSISTANT PRIEST

Fr Dominick Okwadha (8382 1717; okwadha@yahoo.com)

• PARISH MANAGER NEWSLETTER

Mrs Toni Fishlock - 0417 801 241; fishlock11@tpg.com.au

(Please submit newsletter items to the Parish Office by 11.30am each Wednesday)

• SEAFORD

Sr Bernie Sontrop SGS – SCC (Catholic Community Coordinator - 0400 035 462)

CHILD PROTECTION

Child Protection Unit 8210 8159

REGULAR WEEKEND MASSES

• SATURDAY EVENING

6.00pm - St Luke's, Noarlunga

• SUNDAYS

9.00am - St Luke's, Noarlunga

10.45am - SCC, Seaford

11.00am - 1st Sun - St Luke's: Spanish

2.00pm - 2nd Sun - St Luke's: Filipino

5.30pm - St Luke's: Youth Mass



FIRST READING

Zechariah 9:9-10

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 horses 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

I will praise your name for ever, my king and my God.

SECOND READING

Romans 8:9,11-13

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

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

Matthew 11:25-30

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.

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Baptism of Infants: 8382 1717

Children's Faith Formation

Sacrament of Reconciliation:

Each Saturday 9.00am - 9.30am
or by appointment

Pastoral Coordinator:

Gabrielle Byrne 0422 804 579
gabrielle1956.gb@gmail.com

Child Safe Contact Person:

Gabrielle Byrne 0422 804 579

Chairperson Parish Pastoral Council:

Dr Paul Rijken

Chairperson Liturgy Group:

Margaret Burns

Parish Schools and Colleges:

St John the Apostle 8382 2064

Principal - Ms Lee-Anne Johansen

All Saints 83270020

Principal - Mr Nick Wright

Cardijn College 8392 9500

Principal - Mr Steve Byrne

Heads of Campus:

Marian — Ms Danielle Greig

Galilee—Ms Kerri Gould 8557 9000

Marcellin— Mr Gianni Petr

Church Cleaning

15 July

Cleaning:

Vacuuming: Bill Aldridge

Finances : 1/2 July

1st Collection \$ 973

Support for Archdiocesan Priests

2nd Collection \$ 396 (26 envelopes)

Open Plate \$ 672

Thank you for your ongoing support
and commitment to the community.

PARISH OFFICE HOURS

The Parish Office Hours

Tuesday to Friday

10.00am—2.30pm

For any emergencies please contact

Fr Josy on 0452 524 169 or

Toni Fishlock on 0417 801 241.

Noticeboard:

April-July Centacare Family Courses

2023 Upcoming Courses

2023/24 Magi Pilgrimages

CHANGES TO COVID RULES ARE LISTED ON THE BACK OF THIS NEWSLETTER.

Child Safe Environments Briefing for Volunteers

As you may be aware, all volunteers in our Archdiocese are mandated notifiers under the South Australian Child Protection Legislation. To ensure we hear the voices of children and have the necessary skills to identify and respond appropriately, we invite any volunteers who have not yet participated in Child Safe Environments training or an equivalent course to attend a 90-minute Volunteer Briefing session facilitated by the Archdiocesan Child Protection Unit.

A Volunteer Briefing will be held in our Parish on:

Tuesday 25 July at 6.30pm

If you have attended a Child Safe Environments or RRHAN training within the past 3 years you do not need to attend a Volunteer Briefing.

Please note: the content of the session is not suitable for children and young people (under 18 years old) to attend so please make alternative care arrangements for your children before attending a Volunteer Briefing.

Please contact the Child Protection Unit to book into this session, either via email at childprotection@adelaide.catholic.org.au or by phone on 8210 8159. Thank you for your part in helping us to provide care and safety for our children and young people.

FIRE WEEKEND RETREAT

☐☐ Ignite your spirit at the extraordinary Fire Weekend Retreat 2023 held at Blackfriars Priory School, Prospect!

☐☐ Immerse yourself in captivating talks, charismatic worship, uplifting Masses, transformative Reconciliation, serene adoration, and meaningful fellowship.

☐☐ Mark your calendars for July 15th-16th, from 10am-9pm & 10am-2pm.

Don't miss this incredible opportunity to deepen your connection with the Holy Spirit and equip yourself for powerful evangelization!

☐☐ We warmly welcome families, youth, and everyone seeking spiritual growth.

☐☐ With suggested donations of \$29 for students, \$39 for concession, and \$49 for adults, it's an accessible experience. Pre-schoolers attend for FREE!

☐☐ Take advantage of family discounts available.

Secure your spot now and be part of this life-changing event!

☐☐ Let's set our hearts ablaze for

Fire Weekend 2023,
as we embrace the Holy Spirit and engage in Evangelization.



**ADORATION OF THE BLESSED SACRAMENT
ST LUKE'S CHURCH - NOARLUNGA
EVERY THURSDAY FROM 9.00AM TO 12.30PM**

Pray for the healing of: Angela Young,
Norleen Zarah, Shelley Heard, William
Tanti, Gentile Monardo, Connie Anderson



Deceased:

Anniversaries: John Kierse, Jack McNamara

We keep in mind and our prayers those who have died and those who grieve.

(Names will remain on the Prayer for Healing list for one month).

Rosters for weekend 15/16 July

	6.00pm	9.00am	5.30pm
P1	Brenda Byrne	Espi Tilbrook	Ronan Thomas
P2	Christine Challis	Salvador Vega	Mathew Varghese
W	Mary Kralj	Erika Badics	Rhea Thomas
HC.	Denis Jones Christine Jones	Charl Abd Elmalk Maria Nolan	Paul Knobloch Thomas Harry
Children's Liturgy	Charl and Joanna		
Music:	Sandiwa		

EMERGENCY EVACUATION

In the event of an emergency please follow directions of the Parish Priest, reader or commentator who shall act as the Chief Warden and take control of the emergency response. The collectors shall assist as wardens.

When directed to evacuate the church/office/hall:

- Move quickly and orderly to the nearest safe exit, do not run;
- If required, provide assistance to disabled persons and the elderly;
- Alert the Chief Warden / Warden if someone is unable or unwilling to evacuate
- Proceed to the designated assembly area at the western end of the carpark near the Cardijn College entrance and await further instructions from the Chief Warden or emergency services;

Do not re-enter any buildings until advised by the Chief Warden or emergency services

CHILD PROTECTION



The UN Convention on the Rights of a Child applies to everyone whatever their race, religion, abilities, whatever they think or say, whatever type of family they come from.



Dinner will be served after the 5.30pm Mass on Sunday 16 July.

WHAT'S ON

Mon	10 July	Mass at 9.00am—St Luke's
Tues	11 July	Mass at 9.00am—St Luke's St Luke's PPC Meeting—6.30pm
Wed	12 July	Mass at SCC—9.15am Mass 7.30pm—St Luke's
Thurs	13 July	Mass at 9.00am—St Luke's Benediction at 12.30pm Rosary at 6.45pm—St Luke's
Fri	14 July	Rosary at 9.30am—St Luke's Mass 10.00am—St Luke's
Sat	15 July	Reconciliation at 9.00am—St Luke's Mass at 6.00pm—St Luke's
Sun	16 July	14th Sunday Mass at 9.00am – St Luke's Mass at 10.45am—SCC Mass at 5.30pm - St Luke's

CHRISTMAS IN JULY

Come along and enjoy Roast Turkey with all the trimmings and choice of dessert at SCC/ SEM Cafe



on Thursday July 27th at 1230pm.

Tickets \$15 pp available at SCC/SEM cafe Tuesday-Friday or at 1045am Sunday Mass.

PLEASE NOTE OFFICE WILL BE CLOSED FROM MONDAY 10/07 TO MONDAY 24/07

**Emergency ring Fr Josy 0452 524 169
Toni 0417 801 241**

BEWARE OF SCAMMERS

**IF YOU EVER RECEIVE A TEXT FROM FR JOSY ASKING FOR MONEY PLEASE DELETE IMMEDIATELY
IF FR JOSY REQUIRED MONEY OR HELP HE WOULD ASK YOU PERSONALLY**

VOLUNTEERS NEEDED PLEASE

- Readers especially Saturday night
- Greeters
- Visiting the sick & nursing homes
- Cleaners & Vacuumers
- Sunday morning teas and monthly Sunday dinners

Please let the Parish Office know if you are interested and would like to know more of what is involved. Phone 8382 1717

COMPLIANCE WITH COVID-19 REGULATIONS

(Current from 06/07/23)



- If you have tested positive for COVID-19 please stay home and do not attend church services until you have fully recovered.
- Sick and high risk/vulnerable people are requested to stay home.
- Hand sanitiser is available at church entrances.
- Communion is given only in hands.
- Procession of gifts has resumed.
- Collection plates are to be passed around with minimum contact

DID YOU KNOW?

- The prayer of blessing which Jesus makes in this gospel is known as a *berakah*. It is the basis of Jewish prayers of praise and thanksgiving. In our liturgy we use the *berakah* form just before the Eucharistic Prayer: *Blessed are you, Lord God of all creation. Through your goodness we have this bread and wine to offer ...to which we all respond: Blessed be God forever.*
- A yoke is a piece of agricultural equipment that went around the neck of an ox. It is attached to a plough or a cart that the ox drags along. This method is still used in many parts of the world. The yoke takes the burden of the load which the oxen must pull. It is heavy work.

KIDS' CORNER

A yoke is a big piece of wood that fits across the necks of animals like oxen to help them drag heavy things like wagons and ploughs. Is there something that worries you today and that drags you down? Are there fears that burden you? Jesus invites you to come to him and give him your worries and fears. Whenever we do this, we find that suddenly, our load is lighter. Our hearts are at rest.

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'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.'

ALL THIS STUFF

(Matthew 11: 25 - 30)

Consider the last time you struggled with a too-heavy suitcase or had to pack and move your possessions to another address. Compare that with the yoke of Christ: the burden of love we carry in our hearts. Which experience is better, more life-giving, more real?

The yoke of Christ is the mandate to love, even when it means sacrifice, even if it involves suffering. It's not the silly, romantic love that shows up in all the movies, but the day-to-day love of parents for children, the plodding fidelity of spouses, the single-hearted devotion of artists to their craft, the constancy of friends who support us even when the news is bad. It's a mirror of the love God has for us, and when we're faithful in love, we open a window to that greater love for those around us to experience.

Love is a burden; but it's a lovely one to bear. Anyone who has loved, in sickness and in health, for richer for poorer, knows that some burdens are a privilege to carry. If our love is tied up in the things of this world, we'll be dragging that overstuffed suitcase around and wondering why we ache so. If our hearts are free to love others, Christ will carry that love to places we haven't dreamed of.

GIVE ME A BREAK

I have a problem: I struggle to rest. Some people don't get to rest – because they have too much work and too many personal responsibilities. That's often the case with me, too, but even when I know I should take time to rest, or am simply blessed with the opportunity, I have a hard time doing so.

PASTORAL CARE

If you need a priest for anointing prior to medical treatment or if you are ill (not necessarily life-threatening) or for last rites please contact: (08) 8382 1717; or in an emergency 0452 524 169.

I was even an insomniac for a while – how could I sleep when there was so much I needed to get done? I managed to kick that problem, but I'm still trying to figure out how to slow down, or even do nothing at all. Prayer helps – being quiet and still in conversation with God. I took up knitting, and the repetitiveness is very calming. I got a kitten, who insists I sometimes simply hold her. I tried yoga – also helpful, but there are times in the practice when I am supposed to do nothing but breathe. Impossible, I told the instructor, because I'm not doing anything. We discussed my difficulty. "You know," she said, "you deserve to be happy". That's it, isn't it? We're all worthy, by God's grace, of the peace and happiness of rest. We just have to breathe in God's love to experience it!

Ponder: How do you spend your love, on people or things? Are the burdens you carry difficult, or easy? Make a decision to simplify. Be drastic! Give away one-third of what owns you: books, clothes, CDs, money, or some other item that's collected around you. Contemplate what the new space in your life means, and what it's for.

THIS WEEK'S READINGS

(10 - 16 July)

- **Monday, 10:** Weekday, Ordinary Time 14 (Gen 28:10-22; Mt 9:18-26)
- **Tuesday, 11:** St Benedict (Gen 32:23-33; Mt 9:32-38)
- **Wednesday, 12:** Weekday, Ordinary Time 14 (Gen 41:55-57; 42:5-7, 17-24; Mt 10:1-7)
- **Thursday, 13:** Weekday, Ordinary Time 14 (Gen 44:18-21, 23-29; 45:1-5; Mt 10:7-15)
- **Friday, 14:** Weekday, Ordinary Time 14 (Gen 46:1-7, 28-30; Mt 10:16-23)
- **Saturday, 15:** St Bonaventure (Gen 49:29-33; 50:15-26; Mt 10:24-33)
- **Sunday 16:** 15th SUNDAY in ORDINARY TIME (Is 55:10-11; Rom 8:18-23; Mt 13:1-3)