

Bridie

St. Brigid's Parish Community, Coogee



Cared for by the Missionaries of the Sacred Heart

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**21st Sunday in
Ordinary Time
22nd August
2021**

If you or anyone you know needs help:

- [Lifeline](#) on 13 11 14
- [Kids Helpline](#) on 1800 551 800
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Beyond Blue](#) on 1300 224 636
- [Headspace](#) on 1800 650 890
- [ReachOut](#) at au.reachout.com
- [Care Leavers Australasia Network \(CLAN\)](#) on 1800 008 774

Today's Readings

Joshua 24:1-2 15-18 Joshua asks the people to renew their promise to serve the Lord always
Esphesians 5:21-32 St Paul speaks about marriage, obedience and fidelity, love and self-sacrifice.
John 6:60-69 Jesus, like Joshua, calls for disciples to remain faithful after some had gone away.

Let us pray our spiritual life may nourish us and
all those around us

I bring compassionate attention to how I sit, stand or lie, so that my body can be alert, yet comfortable, and ready to listen to the Lord. After taking a couple of deeper, settling breaths, I let my breath find its own soothing rhythm. I gently encourage my mind to slow down and settle as I prepare to pray.

Now I turn to the text and slowly read it through as many times as I need to become familiar with it. I imagine being part of the crowd of followers, or one of The Twelve. I hear Jesus describing himself as the Bread of Life, and how we must eat of his flesh. Can I imagine what it would be like hearing this for the first time? What can this really mean...? Am I shocked too? What questions do I have for Jesus?

Thinking of my own faith journey, have there ever been times when I have struggled to understand this...? Or are there other teachings that I find upsetting? I imagine Jesus turning to me and saying, "Do you (my name) want to go away too?" Where else can I go? How do I answer Jesus?

I tell Jesus what words of his are "spirit and life" for me. I then share all that has arisen for me in my time of prayer, and together with Jesus pray "Our Father..."

Prepared by St Beuno's Outreach in the Diocese of Wrexham



Pope Francis ✓
[@Pontifex](#)

...

Prayer is vital for life: just as we cannot live without
breathing, so we cannot be Christians without praying.

Talking Families - How vulnerable families are affected by COVID

With the majority of the NSW community experiencing some levels of lockdown in the past 12 months, CatholicCare experts in the field met to discuss the impact COVID has and is having on the vulnerable families across Sydney.

Moderated by CatholicCare's General Manager of Community Engagement, Jonathan Melrose-Rae, family experts, Vanessa Harnischmacher, Practice Manager of Parent Line NSW and Hanin Al-Sayfee, Manager of CatholicCare's Intensive Family Preservation program shared how the harshest impact of COVID falls on the most vulnerable.

Managing Parent Line NSW, a service that supports more than 8,000 families across NSW each year, Vanessa provided insight into the challenges families are facing.

Watch the recording of this webinar below to hear more about how we are supporting these vulnerable families during this time of great need.

<https://www.catholiccare.org/about-us/news-and-publications/latest-news/talking-families/>



Mass Offerings:	<i>Your prayers are requested for the following:</i>
Recently Deceased:	Carmel Binns, Sr Anne O'Shaughnessy, Annette Marskell, Marie Furey, James Fitzsimmons.
Other Deceased:	Jean Flaherty, Jeff Colenso, Elna Coyco, Nilda Coyco.
Anniversary:	Nilda Coyco, Muriel Eves.
Sick:	Sister Gabriel Bast oln, Mariana Wagei, Melinda Craig, Goretti McMonagle, Beverly Flint, June Ferguson, Peter Allan, Petra King ,Michael Sweeney, Rowan Tierney, Alison Elliott, John Cavanagh, Janet Neenan, Justin Wood, Rob Williams.

St Brigid's Parish Information Church currently closed due to stay at home order

Mass Times	Saturday Vigil 5.00 pm, Sunday 7.00 am, 9.30 am and 6.00 pm
Morning Tea	Sundays after the 9.30 am Family Mass (NOT during Covid19)
Weekday Masses	Monday, Tuesday, and Thursday 9.30 am
Reconciliation	20 Minutes before Saturday Vigil Mass
Sacrament of Anointing	During 9.30am Mass, 2nd Thursday of each Month
Baptisms	By appointment, on the first and third Sundays of each month, <i>after 9.30am Family Mass.</i>
Marriages	Saturdays , by appointment, arranged at least six months in advance.
Parish Office:	Monday, Tuesday, Wednesday & Thursday: 9am to 3pm. Phone 9315 7562. (For pastoral emergencies, contact Fr Phil 0420 329 731)

Dear Parishioners,

As I reach you this week, it is unfortunate that we are still in challenging times: last year was a novelty, and lockdown was met with positive experiences. This time I sense that people are tired, wearing out and even resentful. Let us not give up—let us revisit what this opportunity is giving us, reflecting, reading and reaching out to others.

I hope you have had the opportunity to get vaccinated; we all must pull together to get through this pandemic,

Our year 12 students are anxiously preparing for their HSC and with most at home, trials are taking place over the coming week—I ask you to hold them close in your prayers.

On Tuesday our parish team caught up via Zoom, and I am pleased to say we enjoyed the hour of engaging and laughing together. We spoke about the parish community, our dear friends whom we miss, and we look forward to see you again soon—maybe in October ??

Concerning First Communions, we are still hopeful for November, and are planning for on-line preparation program for children and families. While the church and hall remain closed, we are also renovating there.

Take Care & God Bless, Fr Phil

National Day of Prayer for the Covid-19 Crisis

Solemn Mass at St Mary's Cathedral, Principal Celebrant - Archbishop Anthony Fisher OP—Livestreamed on the St Mary's Cathedral Youtube channel

Sunday 22nd August at 10.30am

COMPTON SLICE (THERESE COMPTON)

INGREDIENTS

- 125 grams butter
- 1 cup sugar
- 1 cup coconut
- 1 cup SR flour
- 1 egg

DIRECTIONS

Add melted butter to the dry ingredients, mix well, add egg and mix again.

Press into greased tray, and cook for 35 minutes,

Remove from oven, cool for ten minutes then cut into slices.

A FAMILY FAVOURITE, A RECEIPE FROM THERESE'S MOTHER AND SHE MADE IT FOR HER CHILDREN, A MELT AND MIX, EASY AND QUICK TO MAKE



WORD GAMES


Boggle eWordChallenge ScienceOnTheWeb.net (2+) Sign up for a name. Refresh and join game. Easy-to-join ongoing public games are at Weboggle.info and SerpentineGame.com. Cyberspaces.app/wordmine features video chat for 8 people, join easily with shared link.	Bananagrams Anagrams.JonMarkGo.com. (2-8) Not really bananagrams, close enough. Create room and share link, sign up to have a name.
Just One OneWord.games. (3-7) Share room name. Don't have to sign up.	Scrabble isc.ro. (2-4) Sign up, send game invites. There's many options for online scrabble!
Fishbowl / The Hat Game Fishbowl-Game.com. (4+) Share game code. No sign up involved.	Scatagories ScatagoriesOnline.net. (2-34) Share link. Sign up for extra categories. Keiranking.com/Gary/ is a simple alternative with no connecting, just generates new cards.
Taboo PlayTaboo.com. (2+) Everyone visits same site, no connecting. Just generates new words.	Out of Context OutOfContext.party. (2+). Features various "Build the Story" type games (read the rules for each one). Share game code, no sign up involved.

Pray as You Go

Start each day with a reflection on the day's scripture passage, which includes text, music and a guided meditation. Approximately 15 mins. Can be downloaded as an App.



Online: <https://pray-as-you-go.org/>


 



Bible in One Year



Take this opportunity to read the Bible. This App is very easy to use, with daily passages from the Psalms, New Testament and Old Testament. Can be read or listened to.


 



The Bible App for Kids (YouVersion)

A free interactive App for children with animated bible stories, games and activities.





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Dr Docherty who is a St Brigid's parishioner is one of Sydney's leading cosmetic dentists and an international lecturer.

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A message from the Archdiocese of Sydney

Child sex Abuse is a crime. The appropriate people to deal with a crime are the police. If you – or anyone you know have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5810 or safeguardingenquiries@sydneycatholic.org.

You may also want to speak to your Parish Priest, who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police. **St Brigid's Parish Coogee Safeguarding Officer is Sharon Waller.**

SELF-LOVE CHECKLIST

- ✓ Take a few deep breaths.
- ✓ Drink a glass of water.
- ✓ Do some stretches.
- ✓ Listen to your favorite song.
- ✓ Take a long warm bath.
- ✓ Reflect on your goals.