

Bridie

St. Brigid's Parish Community, Coogee



Cared for by the Missionaries of the Sacred Heart

Parish Priest: Fr Phillip Hicks msc
Secretary: Caroline Doherty
Sacramental Co-ord: Inez Augustine
Safe Guarding Officer: Sharon Waller

Phone: 9315 7562
Website: www.stbrigidscoogee.org.au
Email: stbparish_coogee@yahoo.com.au
philhicksmsc@gmail.com

St Brigid's Primary School
Principal - Diane Cowan
160 Coogee Bay Rd Coogee NSW 2034
Phone: 9665 5771 **Fax:** 9665 1326



22nd Sunday in Ordinary Time
29th 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

Deuteronomy: By obeying God, Israel shows wisdom
James 1:17-18 All truly valuable gifts come from above
Mark 7:1-8 Jesus confront the Pharisees, who pay only lip service to God.

Guided Meditation

Meditation is, essentially a practice for stilling the mind and aiding the development of peace of heart. Medical research has shown it to be of benefit to our physical health e.g. the lowering of high blood pressure and anxiety levels.

Meditation can also be a means of developing one's prayer life but, as with prayer, meditation is the work of a lifetime. Practice gradually brings about more ability to live in the present moment. And that after all, is the only time we have.

Prayer before meditation

Come to us Holy Spirit. Open our minds that we may see the hidden things of God.
Send love into our hearts like a flame of fire that your lives may be changed by the power of your Spirit.

Prayer after meditation

May the grace we have received Lord sink deep into our hearts and bear fruit in our lives. Keep us always in thanksgiving in praise of your name.
Amen



Pope Francis
[@Pontifex](#)

...



#LetUsPray for Afghanistan, so that the clamour of weapons might cease and solutions can be found at the table of dialogue. Only thus can the battered population of that country return to their own homes and live in peace.

Humility, kindness lead to strength

Extract from Eureka Street, Barry Gittins — 17 August

In his 83 years, social psychologist, researcher and author Hugh Mackay has seen the sun rise and set on regimes, ideologies, cults, fads, movements and manias. He has also seen language used to clarify and build common ground, or to confuse and demoralise. One constant throughout these years has been his fascination with how human beings treat each other and their planet, and why. ‘Loneliness is an extreme outcome of lockdowns and a grave problem,’ Mackay notes, ‘but some people have also spoken of the benefits of forced relaxation and re-acquiring concerns for others. It is a silver lining of lockdowns.’

As to his theme of kindness, I ask, what is its opposite? Active malice? ‘I don’t think it is active malice; that is an extreme opposite of kindness,’ he responds thoughtfully. ‘It is indifference, yes; indifference to our common humanity. But perhaps the real opposite of kindness is self-absorption. If we lose sight of other people’s needs and allow ourselves to be totally absorbed by our own concerns and ambitions, then we have lost our way to kindness.’

Is selflessness, then, in short supply in Canberra?

‘Kindness is not part of the ethos of our federal government, or the modus operandi of our prime minister. Our national parliament is based on winners and losers. Kindness is also a problem for many people in institutional religions, which get caught up in dogma, doctrine and creeds.

‘We can disagree with each other, but we can do it kindly, not as an ego contest. Compassionate engagement with other people’s views is quite consistent with robust differences of opinion.’

‘In the case of Christian denominations,’ he adds, ‘they can easily lose sight of the essential teachings of Jesus, of kindness and compassion for others, as spelled out in the Beatitudes and the Sermon on the Mount. The good life is not just about which dogmatic boxes to tick — it is about inclusion and empathy and kindness, not who’s in and who’s out.’



| | |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mass Offerings: | <i>Your prayers are requested for the following:</i> |
| Recently Deceased: | Carmel Binns, Judy Soemono, Fr Bernie McGrane msc, Sister Anne O’Shaughnessy oln, Maria Sarno, Marilou Jocson. |
| Other Deceased: | Jean Flaherty, Jeff Colenso, Elna Coyco, Nilda Coyco. |
| Anniversary: | Nilda Coyco, Muriel Eves (8th August) , Frank Hicks (Fr Phil’s dad) |
| Sick: | 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. |

Online Masses

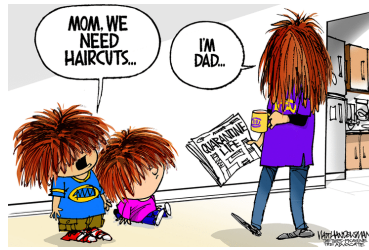
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www.waverleycatholic.org.au/our-parish/mass-times



Dear Parishioners,

As we continue our lockdown, I remind you that we Randwick local government residents (i.e. Coogee) cannot shop at Bayside locations such as South Point shopping centre, Bunnings Eastgardens or Westfield Eastgardens. Please keep safe.

We are in the process of transferring all September listed **Baptisms** to new dates; we will be very busy, with maybe 25 families waiting now—but hope to arrange for all families to have their baptisms before March (i.e. Lent) next year.



First Communions are still planned for November. We will keep in contact with all those who are registered.

Take Care & God Bless, Fr Phil

This Sunday is Social Justice Sunday—

The Social Justice Statement 2021-22: *Cry of the Earth, Cry of the Poor*, affirms that “we human beings need a change of heart, mind, and behaviour”. It draws from Scripture, from the theological tradition, from Catholic Social Teaching, and from the wisdom of the world, including the insights of the First Nations.

The full statement can be read on the Australian Bishops Conference website in their Justice, Ecology and Peace section. Some printed copies are available from Parish Office.

Fr Phil

"I ask people to pray for the safe protection of the people of Afghanistan and other war-torn regions of the world. In the interest of justice and peace, refugees should be welcomed and integrated in our communities.

- Bishop Alan McGuckian

#PrayforAfghanistan

www.catholicbishops.ie



NEW CHECK-IN CARD IF YOU CAN'T CHECK-IN WITH YOUR MOBILE

The new COVID-19 check-in card is a printed card with a QR code unique to you that has your contact details. It means you can easily check-in when you visit a business, simply present your card to a staff member who will scan it for you. It will populate your details into the NSW Gov webform for a speedy check-in. The check-in card isn't mandatory. It's another way to check-in to businesses if you don't have a mobile, or if you find it difficult to check-in with your mobile. COVID-19 check-in cards are for people who can't use the COVID safe check-in tool at venues. Print and use your card to check in at certain COVID Safe venues.

Click here to create your Checkin Card: <https://apply.service.nsw.gov.au/covid-checkin-card/>. For more info call 13 77 88.



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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.