

# Catholic Parish of Lindfield-Killara Diocese of Broken Bay

Immaculate Heart of Mary Parish Church, Killara  
Holy Family Parish Church, Lindfield

	LINDFIELD:	KILLARA:	
<b>MASS TIMES:</b>	Saturday 6:00pm	Saturday Vigil: 5:30pm	
	Sunday: 8:15am	Sunday: 9:15am	
	10:15am		
	12:00 (Chinese Community Mass)		
	6:00pm (for both our communities) (5:30pm on 2 <sup>nd</sup> Sun. of month)		
<b>Weekdays:</b>			
Monday	9:15am	7:30am	} <i>Please note changes to times and venues this week – see p.5</i>
Tuesday	<u>12:00pm</u>	No Mass	
Wednesday	No Mass	9:15am	
Thursday	9:15am	~	
Friday	No Mass	9:15am	
Saturday	9:15am	~	

**SACRAMENT OF RECONCILIATION:** Saturdays 5:00 – 5:30pm (Lindfield)

For 15 minutes after the 5:30pm Mass (Killara)

\* NO 9:15 Mass at Lindfield nor 7:30am Mass at Killara on the 2nd Friday of each month

\* Healing Mass on the 2nd Friday of each month at 10am at Killara

**TWENTY-SIXTH SUNDAY IN ORDINARY TIME      30 – 9 – 18**  
**SOCIAL JUSTICE SUNDY**

*This week: Num 11:25-29; James 5:1-6; Mk 9:38-43, 45, 47-48*

*Next week: Gen 2:18-24; Heb 2:9-11; Mk 10:2-16*

Jesus draws a contrast today between the good son and the bad son,  
*a parallel to the religious authorities on the one hand,  
and those labelled as sinners on the other.*

His point is that it is *the sinners* who are in fact responding to his message,  
not those who supposedly have religious insight.

The deeper question is WHY?

**Why did the sinners, the tax collectors and prostitutes listen to Jesus but not to their religious leaders?**

It was clearly because they felt that their leaders didn't care about them.

But Jesus didn't just have a message – he cared about those he addressed:  
he ate with tax collectors and sinners, spent time with them, loved them.

*We're being reminded that there's a stronger message in our actions than in our words,  
and our challenge is to ensure that the message we convey is one of love.*

*Fr Colin*

# Youth News ...

## YOUTH@LINDFIELD KILLARA PARISH



Fusion Youth at Lindfield Killara



youth.fusion



youth@lindfieldkillara.org.au

### *Youth & Family Mass*

LINDFIELD KILLARA CATHOLIC PARISH

*Our Youth & Family Mass is for anyone looking for a joyous, faith-filled celebration with youthful music and a warm, community feel. Feed the family after Mass at our supper*

**NEXT MASS:**

**SUN 14 October**

**5.30 pm**

**Special focus on Social Justice and the Homeless**



### FOR TEENS IN YEARS 7-12

*FUSION is a welcoming space for teenagers, helping them navigate their teenage years. Youth leaders (young adults from our Parish) lead the teens in social justice activities, games and discussion. We meet regularly one Friday night and one Sunday night per month and for other activities throughout the year.*

**Fri 28 September**

Yr 7,8,9 meets 5.30-7.30pm  
Yr 10,11,12 meets 7-9pm  
in Shirley Wallace. Dinner served at 7pm for all.

**Sun 14 October**

Meet after Youth Mass supper (approx. 7.30 to 9.00pm) in Parish Meeting Room



### FOR KIDS IN YEARS 3-6

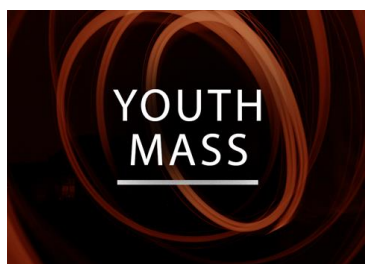
*At BLAST kids have fun whilst learning what it means to be part of a faith community. We have a different "theme" every month led by FUSION youth members of our Parish. We meet monthly on Sundays, from 4.00pm to 5.30pm, just before the Youth & Family Mass.*

**Sunday, 14 October**

"My Own Two Hands": Social Justice

*Please note there will be **no** BLAST meeting in September.*

**FOR MORE INFORMATION... PLEASE CONTACT US VIA EMAIL OR SOCIAL MEDIA (SEE ABOVE) OR RING THE PARISH OFFICE.**



### OUR NEXT COMBINED CHILDREN'S AND YOUTH MASS

will be celebrated again on the second Sunday of the month, **Sunday 14<sup>th</sup> October, at 5:30pm (not 6pm)** in Holy Family church and will be followed by a 'pot luck dinner' for all in St Brigid's Hall above the church.



**CHILDREN'S MASS AT KILLARA** will be celebrated as usual at the 9:15am Mass on the first Sunday of the month, **next Sunday 7<sup>th</sup> October.**



## PARISH DIARY : OCT

**Sunday 7<sup>th</sup> Oct.:** Morning tea after 9:15am and 10:15am Mass

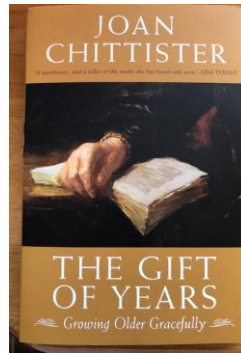
Children's Mass at 9:15am at Killara.

**Wednesday 10<sup>th</sup> October:** Mass for HSC and IB students at 6pm followed by pizzas.

**Sunday 14<sup>th</sup> October:** Monthly Youth and Children's Mass at 5:30pm followed by parish potluck dinner.

**Friday 26<sup>th</sup> October:** inaugural gathering of the new parish Dads' Club (see p.5).

## NEW IN THE PARISH LIBRARY



*“The Gift of Years: Growing Older Gracefully”* by noted contemporary spiritual writer Joan Chittister.

The Parish Library is in the Shirley Wallace Parish Centre and books can be borrowed simply by writing your name and contact details and the name of the book in the Borrowers' Book located on the library shelves.

All Year 12 HSC and IB students and their families invited to...

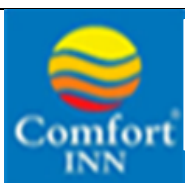


AT HOLY FAMILY  
CHURCH LINDFIELD

-----  
PIZZA SUPPER  
AFTER MASS IN

-----  
SHIRLEY WALLACE  
CENTRE

-----  
LOCATED ABOVE  
THE CHURCH



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NSW 2070

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Fax no. 94161538

E:sales@universalinstruments.com.au

THE LINDFIELD~KILLARA CATHOLIC PARISH SOCIAL JUSTICE TEAM  
INVITES YOU TO A VERY SPECIAL EVENT:

## *Transforming Lives*

**Sunday 14 October, 3.30pm Shirley Wallace Centre**  
(above Holy Family Catholic Church Lindfield)

Please join us for an afternoon tea with Julie Sneddon,  
CEO of Cana Communities along with members of  
the remarkable Cana Farm community.

Cana Farm supports people who have experienced  
extraordinary life challenges. Cana Farm provides  
people who have lived on the margins and been  
severely disadvantaged with the opportunity to  
recreate their lives.

*An inspirational afternoon not to be missed!*



### Lindfield Dental Practice



**Dr Peter Chung**  
DDS, MDS, PhD  
Clinical Assoc Professor

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**P: 9416 5000**

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**Jason Roach**  
Licensed Real Estate  
Agent, Director  
**Parishioner**

Jason 0448 455 556 or  
jason.roach@century21.com.au

If I can ever be of assistance  
to you, a family member or a friend  
with any property advice for buying,  
selling or renovation tips, I would be  
delighted to help.

## THE PLENARY COUNCIL 2020 – HOW YOUR VOICE CAN BE HEARD....



Preparation for the Plenary Council 2020 begins with open  
Listening and Dialogue. It is the first step to preparing the agenda  
for the Plenary Council. Your experience of faith and the Church  
is important. Read about how you can #shareyourstory at  
[plenarycouncil.catholic.org.au](http://plenarycouncil.catholic.org.au).

The Plenary Council agenda will be developed from the stories  
you share and the questions you raise. **To join a small group for**

**Plenary Council Listening and Dialogue, please contact the parish office.** All people are  
welcome – come along, and bring a friend. Visit [plenarycouncil.catholic.org.au](http://plenarycouncil.catholic.org.au) for more  
information.



## CAN YOU HELP US?

### A NEED IN OUR CHURCH AT KILLARA

Our church at Killara does not have an audio-visual projection system.

As you know we often have need to project videos – messages from the bishop, Project Compassion information during Lent, matters pertaining to the forthcoming Plenary Council and the list goes on.

It is rare for a church today to be without this facility but its purchase and installation is an expensive matter.

If you would be willing to contribute to adding this much-needed facility to our church at Killara please contact the Parish Office or myself.

*Fr Colin*

## ANNOUNCING:

### A NEW DADS' CLUB FOR THE PARISH



Around a dozen dads were able to attend the meeting last Sunday re the formation of a Dads' social

club in the parish and all were keen to do so.

The first gathering will be on **Friday 26th October at 7:00pm** in the Shirley Wallace Parish Centre about Lindfield church **and then on the fourth Friday evening of each month after that.**

If you're a Dad and would like to be kept in the loop regarding activities please contact Michael Willet ([willetm@gmail.com](mailto:willetm@gmail.com)) and give him your email address.

*Fr Colin*

**PARISH YOUNG ADULTS GROUP** The next gathering for the year takes place **today Sunday 30<sup>th</sup> September** immediately following the 6pm Mass and will be held in the lounge in the Shirley Wallace Parish Centre on the first floor of Lindfield church. All young adults welcome – a relaxed and informal time (including dinner).



**WEEKDAY MASSES** Fr Thomas will be taking a fortnight of his holidays commencing this week. Please see the changed weekday Mass timetable on the front page of the bulletin.

**OCTOBER – MONTH OF THE HOLY ROSARY** A small group prays the Rosary on Wednesday mornings, before the Mass in Lindfield church, commencing at 8:50am. We would welcome others especially during this month.

## Requiescat in pace....

### .....Rest in peace



**June Connors** 13<sup>th</sup> June 1927 – 9<sup>th</sup> September 2018

For decades, June was a devout and loyal parishioner at Holy Family. Until recent years when ill-health prevented her from doing so, June attended Mass daily. Without fuss, June arrived early and tidied the Church, swept the foyer and attended to anything that needed doing. She returned later in the day to see that all was in order.

She was in the Rosary group and often took the lead role.

June set us a fine example of service and faith.

## THE PRAYERS AND RESPONSES OF MASS

### GLORIA:

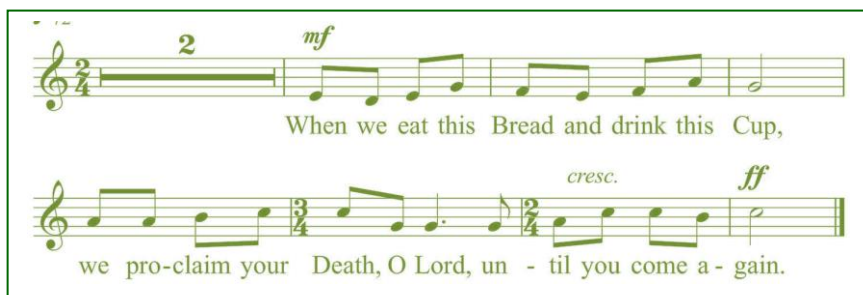
Glory to God in the highest,  
and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

### MEMORIAL ACCLAMATION:



When we eat this Bread and drink this Cup,  
we pro-claim your Death, O Lord, un - til you come a - gain.

*At Masses at which the Psalm is sung the response is: The precepts of the Lord give joy to the heart.*

**GOSPEL ACCLAMATION**  
Alleluia, alleluia! Your word,  
O Lord, is truth:  
make us holy in the truth.  
Alleluia!

### THE PSALM Ps 18:8. 10. 12-14.

The law of the Lord is perfect,  
it revives the soul.

The rule of the Lord is to be trusted,  
it gives wisdom to the simple.

The fear of the Lord is holy,  
abiding for ever.

The decrees of the Lord are truth  
and all of them just.

So in them your servant finds instructions;  
great reward is in their keeping.  
But who can detect all their errors?  
From hidden faults acquit me.

From presumption restrain your servant  
and let it not rule me.  
Then shall I be blameless,  
clean from grave sin.

### RESPONSES TO THE PSALM FOR WEEKDAY MASS THIS WEEK:

**Monday:** Lord, bend your ear and hear my prayer.

**Tues:** Let my prayer come before you, Lord.

**Wed:** Let my prayer come before you, Lord.

**Thursday:** I believe that I shall see the good things of the Lord in the land of the living.

**Friday:** Guide me, Lord, along the everlasting way.

**Saturday:** Lord, let your face shine on me.

## THE APOSTLES' CREED

I believe in one God,  
the Father almighty,  
Creator of heaven and earth,

and in Jesus Christ,  
his only Son, our Lord,

*(all bow at the following words in bold):*

**who was conceived by the Holy Spirit,  
born of the Virgin Mary,**  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the  
dead;

he ascended into heaven,  
and is seated at the right hand  
of God the Father almighty;  
from there he will come  
to judge the living and the dead.

I believe in the Holy Spirit,  
the Holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen

## SOCIAL JUSTICE SUNDAY

We celebrate Social Justice Sunday this weekend. This year, the Australian Bishops' Social Justice Statement is titled: **A Place to Call Home: Making a home for everyone in our land.** The Statement challenges us all to confront Australia's growing rate of homelessness and unaffordable housing.

The latest ABS census reveals that:

- More than 116,000 Australians are currently homeless
- Alarmingly, there are 6,866 older women experiencing homelessness; an increase of 31% since 2011
- In NSW, homelessness grew by 37% to 37,715
- Less than 1% of private rentals in Sydney area are affordable for people on low incomes

It is estimated Australia needs more than 270,000 extra affordable homes for low-income households.

Is this the community we want to live in?

What can you do?

- **Be informed:** Read the Social Justice Statement – there is a hotlink box on the homepage of our parish website.
- Join the campaign to fix the housing system in Australia: visit [www.everybodyshome.com.au](http://www.everybodyshome.com.au)

**September – Safeguarding Awareness Month:**  
*working together to ensure our Church is a safe place for children*



## Congratulations to the children receiving First Holy Communion this weekend

### Lindfield

Anthony Abdo  
Sorcha Bones  
Natalia Bragg  
Abigail Culbert  
Alexis Culbert  
Anastasia Dixon  
Felicity Hall  
Isabelle Ho  
Jessica Hoffman  
Arabella Mandile

### Sunday 30 Sept

Jonas Kam  
Isabella Laoh  
Lachlan O'Neill  
Victoria O'Sullivan  
Samuel Ryan  
Paloma Tsang  
Lylah Grace Turner  
Chloe Wilcox  
Zana Williams  
Eleni Yates



### FR RICHARD ROHR'S MEDITATION SEEKING SPIRITUAL FREEDOM

As the Christian church moved from bottom to top, protected and pampered by the Roman Empire, people like Anthony of the Desert (c. 250-c. 356), John Cassian (c. 360-c. 435), Evagrius Ponticus (c. 345-399), Syncletica (c. 270-c. 350) and other early Christians went off to the deserts of Egypt, Palestine, and Syria to find spiritual freedom, live out Jesus' teachings, and continue growing in the Spirit. It was in these deserts that a different mind called contemplation was taught.

As an alternative to empire and its economy, these men and women emphasized lifestyle practice, psychologically astute methods of prayer, and a very simple spirituality of transformation into Christ. The desert communities grew out of informal gatherings of monks or nuns, functioning much like families. A good number also became hermits to mine the deep mystery of their inner experience. This movement paralleled the monastic pattern in Hinduism and Buddhism.

The desert tradition preceded the emergence of systematic theology and formal doctrine. Christian faith was first a lifestyle before it was a belief system. Since the desert dwellers were often formally uneducated, they told stories, much like Jesus did, to teach about essential issues of ego, love, virtue, surrender, peace, divine union, and inner freedom.

Thomas Merton described those early Christians in the wilderness as people "who did not believe in letting themselves be passively guided and ruled by a decadent state," who didn't wish to be ruled or to rule. He continues, saying that they primarily sought their "true self, in Christ"; to do so, they had to reject "the false, formal self, fabricated under social compulsion 'in the world.'" They sought a way to God that was uncharted and freely chosen, not inherited from others who had mapped it out beforehand." [2] Can you see why we might need to learn from them?

[1] Western Asceticism, ed., trans. Owen Chadwick (Westminster John Knox Press: 2006, ©1958), 92.

[2] Thomas Merton, The Wisdom of the Desert (New Directions: 1960), 5-6.



## *Parish Staff and Contact Information*

We are the one parish of Lindfield-Killara containing our two distinct but collaborating and cooperating communities centred on our two churches at Killara and Lindfield.

**Holy Family Church:** cnr Pacific Hwy and Highfield Rd, Lindfield  
**Immaculate Heart of Mary Church:** cnr Fiddens Wharf Rd and Charles St, Killara  
**Parish Priest: Fr Colin Blayney** [colin@lindfieldkillara.org.au](mailto:colin@lindfieldkillara.org.au) 9416 7195  
**Assistant Priest: Fr Thomas Alackakunnel VC** [thomas@lindfieldkillara.org.au](mailto:thomas@lindfieldkillara.org.au) 0421 406162

### PARISH OFFICE:

**Parish Secretary: Philita Marundan (Tues-Fri):** [philita@lindfieldkillara.org.au](mailto:philita@lindfieldkillara.org.au)

**Parish Office Coordinator and Child Protection Coordinator:**

**Alison Williams (Mon, Wed, Thur):** [alison@lindfieldkillara.org.au](mailto:alison@lindfieldkillara.org.au)

**Address:** Level 1, 2 Highfield Road (cnr Pacific Hwy) Lindfield NSW 2070  
 (Postal: PO Box 22, Lindfield NSW 2070)

**Ph:** 9416 3702    **Fax:** 9416 3913    **Email:** [parish@lindfieldkillara.org.au](mailto:parish@lindfieldkillara.org.au)

**Parish Office Hours:** Monday to Friday 9:30am-1:00pm and 1:30pm-4:00pm

**Catechist Coordinator (Primary Schools):**

**Sue-Anne Sherwood** [sue-anne@lindfieldkillara.org.au](mailto:sue-anne@lindfieldkillara.org.au)  
 0416 141 508

**Sacramental Programme Coordinator:**

**Sue-Anne Sherwood** [sue-anne@lindfieldkillara.org.au](mailto:sue-anne@lindfieldkillara.org.au)  
 0416 141 508

**Assistant Sacramental Programme Coordinator:**

**Maia Schulze Tsang** [maia@lindfieldkillara.org.au](mailto:maia@lindfieldkillara.org.au)

**Parish Priest's Secretary: Maia Schulze Tsang** [maia@lindfieldkillara.org.au](mailto:maia@lindfieldkillara.org.au)

**Parish Facilities Coordinator (volunteer): Anthony Cassidy** [anthony@lindfieldkillara.org.au](mailto:anthony@lindfieldkillara.org.au)

**Youth Ministry Coordinator (volunteer): Jean Shatek** [youth@lindfieldkillara.org.au](mailto:youth@lindfieldkillara.org.au)

**Parish Primary School:** Holy Family School, 4 Highfield Rd, Lindfield 2070

**Ph:** 9416 7200    **Fax:** 9416 9342

**Principal:** Mr Lou Dogao

**Email:** [info@holyfamily.nsw.edu.au](mailto:info@holyfamily.nsw.edu.au)

**School Website:** [www.hfldbb.catholic.edu.au](http://www.hfldbb.catholic.edu.au)

<b>Parish Website:</b>	<a href="http://www.lindfieldkillara.org.au">www.lindfieldkillara.org.au</a>
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Saturday		29 Sep	6 Oct
Lindfield	6:00pm	Fr Thomas Alackakunnel	Fr Colin Blayney
Killara	5:30pm	Fr Colin Blayney	Fr David Strong SJ
Sunday		30 Sep	7 Oct
Lindfield	8:15am	Fr Colin Blayney	Fr Colin Blayney
Killara	9:15am	Fr Thomas Alackakunnel	Fr David Strong SJ
Lindfield	10:15am	Fr Colin Blayney	Fr Colin Blayney
Lindfield	12:00noon	Visitor	Fr Lucas Leung
Lindfield	6:00pm	Fr Thomas Alackakunnel	Fr Colin Blayney

# CHINESE CATHOLIC COMMUNITY

常年期第二十六主日

30-9-2018

**讀經一** (你為我的原故，嫉妒人麼？巴不得上主的人民，都成為先知。)

恭讀戶籍紀 11:25-29

那時候，上主乘雲降下，與梅瑟談話，將他身上的神能，賦予那七十位長老。這神能一降在他們身上，他們就出神說話；以後再沒有出神。當時，有兩個人留在營內，一個名叫厄耳達得，一個名叫默達得；這神能也降在他們身上；他們原來也是被錄取的，但沒有到會幕那裡去，就在營內，出神說話。有一少年跑來，告訴梅瑟說：「厄耳達得和默達得，在營內，出神說話。」自幼服事梅瑟的農的兒子若蘇厄，於是說：「我主梅瑟！你該禁止他們。」梅瑟回答他說：「你為我的原故，嫉妒人麼？巴不得上主的人民，都成為先知；但願上主將自己的精神，傾注在他們身上！」——上主的話。(默想片刻)

**答唱詠** 詠 19:8, 10, 12-13, 14

**【答】**：上主的規誡是正直的，能悅樂心情。(詠 19:9)

領：上主的法律是完善的，能暢快人靈；  
上主的約章是忠誠的，能開啟愚蒙。

**【答】**

領：上主的訓誨是純潔的，永遠常存；上主的判斷是真實的，無不公允。

**【答】**

領：你僕人雖留心這一切，竭盡全力遵守這一切，但誰能認出自己的一切過

犯？求你赦免我未覺察到的罪愆。**【答】**

領：求你使你僕人免於自負，求你不要讓驕傲佔有我；如此，我將邁向完善，不受重大罪惡的玷污。**【答】**

**讀經二** (你們的財產腐爛了。)

恭讀聖雅各伯書 5:1-6

**福音前歡呼**

領/眾：亞肋路亞。

領：主，你的話就是真理，求你以真理祝聖我們。(參閱若 17:17)

眾：亞肋路亞。

**福音** (誰不反對我們，就是傾向我們。倘若你的手使你跌倒，砍掉它！)

恭讀聖馬爾谷福音 9:38-43, 45, 47-48

那時候，若望向耶穌說：「師父！我們見過一個人，他因你的名字驅魔；我們禁止了他，因為他不跟從我們。」耶穌說：「不要禁止他，因為沒有一個人，以我的名字行了奇蹟，就會立即誹謗我，因為誰不反對我們，就是傾向我們。」

「誰如果因你們屬於基督，而給你們一杯水喝，我實在告訴你們：他決不會失掉他的賞報。」誰如果使這些信者中的一個小子跌倒，倒不如拿一塊驢拉的磨石，套在他的頸項，投到海裡，為他更

好。「倘若你的手使你跌倒，砍掉它！你殘廢進入生命，比有兩隻手，而下地獄，到那不滅的火裡去更好。倘若你的腳使你跌倒，砍掉它！你癱腿進入生命，比有雙腳，而被投入地獄裡更好。倘若你的眼使你跌倒，剝出它來！你一隻眼進入天主的國，比有兩隻眼，而被投入地獄裡更好；那裡的蟲不死，火也不滅。」——上主的話。(講道後默想片刻)

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Sunday School 主日學 12noon

Parish Meeting Room

學校假期期間, 29/9 午餐暫停,  
7/10 慶祝梁加恩神父九十大壽午餐, 報名聯絡 Henry Choi

慶祝梁加恩神父九十大壽感恩彌撒 將於 6/10 星期六 4:30pm  
Strathfield Santa Sabina College  
舉行, 隨後晚宴喺大三元海鮮酒家,  
每位 \$50

香港天主教聖經學院派出團隊一行六個人第一次蒞臨雪梨, 13/10-  
10am-4:30pm Eastwood 中心講座,  
7pm-9:30pm 「享受聖言祈禱會」  
14/10- 2pm-5pm Lindfield 中心講座

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*(continued from p.12...)* There she felt insecurity and lacked confidence. Her story is a paradigm for all of us, God's poor, the little ones who go through life too-starved for affection, convinced that we aren't loved nor lovable, burdened with a bad self-image. We think we are not loved, but beneath it all we are strongly loved and lovable and possess a tremendous confidence and stability because of it.

Equally tragic is the reverse: Many persons have a lot of physical, emotional and sexual affection in their lives. Yet, underneath that, they do not feel loved nor lovable. In their case, the self-image inflicts the opposite demon upon them. It lets them operate with considerable social, affective and sexual confidence, but it strips them of confidence and stability in virtually every other area. There are many lessons in all of this, not the least of which is that we need to express affection, we need to touch each other physically and we need to affirm each other more explicitly. We need to express affection more, to stroke each other physically and emotionally into wholeness. But we need also to realise that love is more than this. Even when there isn't a satisfying affection in our lives, our eyes need not fill with tears every time we contemplate whether or not we are loved.

*Fr Ron Rolheiser omi, Centre for Liturgy, University of St Louis*

**THE PARISH FINANCIAL REPORT FOR THE 2017-18 YEAR** has now been completed and will be available in the parish bulletin and on the parish website as soon as the school holidays are over.

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**Lord, in Jesus your Son, you restored to us the gift of everlasting life.  
Grant that life to:**

**Recently deceased:** Paul Wade (uncle of Fr Colin), Frances Healy, Patricia Kenny, June Connors, Bill O'Connell, Janice Breslin, Pattie Upton, Faye Bartlett, Ken Willis.

**Anniversary:** Bernadette Rainsford (Steffel), Moira Maude.

**PLEASE PRAY FOR THOSE WHO ARE SICK :** Daniella Schulze, Ian Coffey.



## REFLECTING ON THIS SUNDAY'S SCRIPTURES ....

*Anyone who gives you a cup of water to drink  
because you belong to Christ,  
amen, I say to you, will surely not lose their reward.*

### EXPRESSING OUR AFFECTION

Certain questions bring us pain. The question of love is frequently one of them. Have you ever experienced a love that gave you the sense that you were lovable despite everything that is weak and lacking in you? Have you ever been loved unconditionally? Often times these questions make us ache. We look at our lives and see a searing lack of unconditional love. The impression is that nobody loves us in a way that assures us at our deepest levels that we are lovable. Our friendships, our loves, our families, our marriages appear to be anything but matrixes of unconditional love. At least, so it seems. But there is a confusion here. When we think of love, we think of affection. These are not always the same thing. One kind of love is generally expressed through affection, through positive stroking, physical caressing, emotional affirmation and sexual intimacy. But our experience of these is usually weak, only rarely is there enough physical touch, emotional stroking, expressed affection or satisfying sexual expression in our lives. Because of this, most times we feel unloved and perhaps even unlovable. But these gestures of love are not identical with love. Sometimes in our friendships, marriages, families and communities, there is beneath the lack of physical and emotional stroking, beneath the sexual frustrations, and beneath the harsh and angry words which are frequently exchanged, an unconditional concern and commitment. There is unconditional love. Unfortunately, because the love isn't expressed in affection, that love remains largely unperceived.

When that happens then we do not feel that we are loved and there are negative consequences for our self-image. One part of us—the physical, emotional, sexual and affective part of us—begins to lose confidence and progressively atrophies. We begin to feel that nobody loves us and we begin to identify love entirely with what we are lacking, namely, with physical, emotional, sexual and affective stroking. Just recently I dealt with a middle-aged lady who felt like this. She had grown up in a family in which care and stability abounded, but physical affection was never expressed. She had remained single and, save for a few dissatisfying sexual encounters which had been entered into because of depression and desperation, had never expressed physical affection in her life. Now she was convinced that she had never been loved. When she thought of love she filled with pain, aching and bitterness. Yet, when she was able to move beyond the hurt and look at her life objectively, she saw some things which surprised her. She had always been loved, solidly, deeply, unconditionally. She was also very lovable.

Her strict Irish family had never been able to tell her through words, physical touch or emotional stroking that they loved her. But they had in fact loved her despite being affectively inarticulate. Their love had expressed itself in commitment, generosity, concern and fidelity. But these were given too starkly, without affection being expressed, and this experience had remained constant throughout the rest of her life. In her friendships and relationships invariably the same pattern resurfaced. She had indeed been loved through more than 50 years but, at one level of her being, had not known it. But at another level of her being she had known it. While she protested that she had a weak self-image and felt unlovable, she radiated stability and confidence and loveliness at every level of her being, save the physical and sexual one. *(continued on p. 11):*