

Catholic Parish of Lindfield-Killara

Diocese of Broken Bay

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

MASS TIMES:	Saturday	LINDFIELD: 6:00pm	KILLARA: Saturday Vigil: 5:30pm
	Sunday:	8:15am 10:15am 12:00 (Chinese Community Mass) 6:00pm (for both our communities)	Sunday: 9:15am

Weekdays:

Monday	9:15am	7:30am
Tuesday	12:15pm	7:30am
Wednesday	9:15am	~
Thursday	9:15am (School Mass)	~
Friday	9:15am *	7:30am
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

FIFTH SUNDAY OF ORDINARY TIME 4 - 2 - 18

This week: Job 7:1-4, 6-7; 1 Cor 9:16-19, 22-23; Mk 1:29-39

Next week: Lev 13:1-2, 44-46; 1 Cor 10:31-11:1; Mk 1:40-45

St Paul's words in the Second Reading –

'I made myself all things to all people'

~ can be taken to mean that he sacrificed himself to the whims of everyone around him
(which the Gospel most certainly does *not* call us to do)

or

that he had a flexibility and compassion

which enabled him to be adaptable to the many different people he encountered

without judgement

and *with* an acceptance of the weakness of others.

It's certainly in this sense that St Paul, as a faithful disciple, wrote those words
and our call is to imitate him.

Fr Colin

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 9416 7195
Assistant Priest: Fr Thomas Alackakunnel VC thomas@lindfieldkillara.org.au 0421 406162

Apart from the case of emergency please restrict the use of the above numbers to between 9:30am and 5:00pm. For office or routine enquiries please contact the Parish Office during office hours.

PARISH OFFICE:

Parish Secretary: Philita Marundan: philita@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

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
 0416 141 508

Sacramental Programme Coordinator:

Sue-Anne Sherwood sue-anne@lindfieldkillara.org.au
 0416 141 508

Assistant Sacramental Programme Coordinator:

Maia Schulze Tsang maia@lindfieldkillara.org.au

Parish Priest's Secretary: Maia Schulze Tsang maia@lindfieldkillara.org.au

Parish Bookkeeper: Alison Williams alison@lindfieldkillara.org.au
Child Protection Coord. Alison Williams alison@lindfieldkillara.org.au

Parish Facilities Coordinator (volunteer): Anthony Cassidy anthony@lindfieldkillara.org.au

Youth Ministry Coordinator (volunteer) Jean Shatek 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

School Website: www.hflddb.catholic.edu.au

Parish Website: www.lindfieldkillara.org.au

Saturday		3 Feb	10 Feb
Lindfield	6:00pm	Fr Colin Blayney	Fr Colin Blayney
Killara	5:30pm	Fr Thomas Alackakunnel	Fr Thomas Alackakunnel
Sunday		4 Feb	11 Feb
Lindfield	8:15am	Fr Colin Blayney	Fr Colin Blayney
Killara	9:15am	Fr Thomas Alackakunnel	Fr Thomas Alackakunnel
Lindfield	10:15am	Fr Colin Blayney	Fr Colin Blayney
Lindfield	12:00noon	Fr Lucas Leung	Fr Thomas Alackakunnel
Lindfield	6:00pm	Fr Thomas Alackakunnel	Fr Colin Blayney

RICHARD ROHR'S MEDITATION:

JESUS OF NAZARETH PART 2:

AT-ONE-MENT / ATONEMENT

The common reading of the Bible is that Jesus “died for our sins”—either to pay a debt to the devil (common in the first millennium) or to pay a debt to God (proposed by Anselm of Canterbury, 1033-1109). Franciscan philosopher and theologian John Duns Scotus (1266-1308) agreed with neither of these understandings.

Duns Scotus was not guided by the Temple language of debt, atonement, or blood sacrifice (understandably used by the Gospel writers and by Paul). He was inspired by the cosmic hymns in the first chapters of Colossians and Ephesians and the Prologue to John's Gospel (1:1-18) and gave a theological and philosophical base to St Francis' deep intuitions of God's love. While the Church has not rejected the Franciscan position, it has been a minority view.

The many “substitutionary atonement theories”—which have dominated the last 800 years of Christianity—suggest that God demanded Jesus to be a blood sacrifice to “atone” for our sin-drenched humanity. The terrible and un-critiqued premise is that God could need payment, and even a very violent transaction, to be able to love and accept God's own children! These theories are based on retributive justice rather than the restorative justice that the prophets and Jesus taught.

For Duns Scotus, the incarnation of God and the redemption of the world could never be a mere mop-up exercise in response to human sinfulness, but had to be the proactive work of God from the very beginning. We were “chosen in Christ before the world was made” (Ephesians 1:4). Our sin could not possibly be the motive for the incarnation—or we were steering the cosmic ship! Only perfect love and divine self-revelation could inspire God to come in human form. God never merely reacts, but supremely and freely acts—out of love.

Salvation is much more about at-one-ment from God's side than any needed atonement from our side. Jesus did not come to change the mind of God about humanity (it did not need changing)! Jesus came to change the mind of humanity about God!

God in Jesus moved people beyond the counting, weighing, and punishing model—which the ego prefers—to a world in which God's mercy makes any economy of merit, sacrifice, reparation, or atonement both unhelpful and unnecessary. Jesus undid “once and for all” (Heb. 7:27; 9:12; 10:10) notions of human and animal sacrifice (common in most ancient religions) and replaced them with an economy of grace and love.

Jesus was meant to be a game-changer for the human psyche and for religion itself. But when we begin negatively, or focused on a problem, we never get off the hamster wheel of shame, separation, and violence. Rather than focusing on sin, Jesus—“the crucified One”—pointed us toward a primal solidarity with the very suffering of God and thus of all creation. This changes everything. Change the starting point, and you change the trajectory, and even the final goal! Love is the beginning, the way itself, and the final consummation.

God does not love us because we are good; God loves us because God is good. Nothing we can do will either decrease or increase God's eternal and infinite eagerness to love!

ROSEVILLE – LINDFIELD – KILLARA INTERCHURCH FELLOWSHIP

LENTEN ECUMENICAL SERVICES 2018

We are blessed that this year we will again be having **three Lenten Ecumenical Services** with our fellow Churches in our local area. Please be part of this wonderful opportunity to build the bridges of Christian Unity during the Lenten season of renewal:

Tuesday 20th Feb. at 7:45pm **at Lindfield Uniting Church**
Cnr Pacific Hwy and Provincial Rd, Lindfield
Preacher: Rev. Colin Blayney

Tuesday 6th March at 7:45pm **Holy Family Catholic Church Lindfield**
Cnr Pacific Hwy and Highfield Rd, Lindfield
Preacher: Rev. Chris Goringe

Tuesday 20th March at 7:45pm **at Roseville Uniting Church**
Cnr Bancroft Ave and Hill St Roseville
Preacher: Rev. Ian Pearson



OUR MONTHLY HEALING MASS

Our monthly Healing Mass (including the celebration of the Sacrament of the Sick) will take place as usual on the second Friday of the month (**THIS Friday 9th February**) at **10:00am** in our church at Killara.

Mass will be followed by morning tea in the hall.

If you or someone you know would like to attend but is unable to get there or needs assistance in travelling please ring Fran Grant who will be happy to organise transport: **9880 7679**.

EASTER FALLS EARLY THIS YEAR:

- The Season of Lent begins with Ash Wednesday on 14th February (that is, for Christians, it will NOT be St Valentine's Day but rather a day of fast and abstinence!).
- Palm Sunday falls on 25th March
- The Easter Triduum:
 - ❖ Holy Thursday 29th March
 - ❖ Good Friday 30th March
 - ❖ Holy Saturday and the Easter Vigil 31st March
 - ❖ Easter Sunday 1st April

SCHOOL MASS Our Parish School will celebrate Mass to begin the new school year *this* Thursday 8th February at the 9:15am Mass at Lindfield. All welcome.

What's coming up in the parish in 2018?

I. A LENTEN PARISH RETREAT on-site here in the parish:

Theme: Loved by HIM

Love forms the basis of all healthy relationships. It is blissfully uplifting. But seeing love through the eyes of Jesus, helps us look at the world, in the blissful way that He sees us. To understand the essence of love we have to search for it in God.

"Above all love each other deeply" (1 Peter 4:8).



Fr Michael is a known preacher in many countries including Australia. He is the founder of the Divine Retreat Centre in Somersby, NSW. He was the director of this retreat centre for 3 years before he moved to Mumbai. Hence he knows the Australian culture quite well. He holds a Bachelor's degree in Philosophy and Theology and a licentiate in Family Counselling. Now he is the director of the Divine Retreat Centre in

Mumbai, India, where more than six thousand people attend his retreats every week. So, Michael comes to us with a lots of experience in preaching retreats.

Retreat Timetable-Lindfield Church

Tues. 27, Wed. 28 Feb & Thurs. 1 March 7:30pm to 9pm
*(*7:30pm Mass followed by Talk)*

Retreat Timetable-Killara Church

Tues. 27, Wed. 28 Feb & Thurs. 1 March 8:30am to 10am
*(*8:30am Mass followed by Talk)*

II. A LENTEN PARISH PILGRIMAGE:

During the time of Lent, on **Sunday 4th March**, we'll have a parish walking **pilgrimage** in honour of St Mary of the Cross MacKillop, beginning with a picnic lunch in Hyde Park, an opening time of prayer in St Mary's Cathedral and then stopping at two other churches, walking across the Harbour Bridge, and concluding with a parish Mass at St Mary MacKillop's chapel in North Sydney in the mid-afternoon. **A day for all ages.** For those not up to the walk each of the stops for prayer (including the final Mass) is near to a railway station. **More details in next week's bulletin.**

III. PARISH OUTDOOR MASS AND PICNIC:

On **Sunday 6th May** we'll have an outdoor Mass and parish picnic on Queen Elizabeth Oval at Killara.

IV. PARISH SOCIAL EVENING

this year will take the form of a Cabaret style evening with the entertainment being provided by the Ugandan Youth Choir who will be visiting Australia. The date is **Saturday 19th May.**

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:

Save us, Sav-iour of the world, for by your
Cross and Res - ur - rec - tion you have set us free.

THE PSALM *PS 146:1-6.*

Praise the Lord for God is good;
sing to our God for the Lord is loving;
to God our praise is due.

The Lord builds up Jerusalem
and brings back Israel's exiles,
the Lord heals the broken-hearted,
the Lord binds up all their wounds.
God fixes the number of the stars;
and calls each one by its name.

Our Lord is great and almighty;
God's wisdom can never be measured.
The Lord raises the lowly;
the Lord humbles the wicked to the dust.

At Masses at which the Psalm is sung the response is: Praise the Lord who heals the broken-hearted.

GOSPEL ACCLAMATION:

Alleluia, alleluia!
He bore our sickness,
and endured our suffering.
Alleluia!

CELEBRATIONS THIS WEEK

Mon.: Memoria of St Agatha, martyr of the early Church.
Tues.: Memoria of St Paul Miki and companions, martyrs of Japan.
Sat.: Memoria of St Scholastica, Religious.

THE NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(all bow at the following words in bold):

**and by the Holy Spirit was incarnate of
the Virgin Mary, and became man.**

For our sake
he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the
Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father & the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy,
catholic and apostolic Church.
I confess one Baptism
for the forgiveness of sins
and I look forward
to the resurrection of the dead
and the life of the world to come. Amen

GO FORTH AND SPREAD MY WORD

If you've been considering answering the
honoured call to be a Catechist in our State
Schools, please respond today.

Classes start in the middle of February.
There is the Working with Children Check
and forms to authorise entry to schools
which needs to happen before then.

We are looking for teachers for:

- Lindfield Public School - Yr 2
(Tues 10.30-11am)
- Beaumont Rd Public School - Yr 2 (Tues
12-12.30pm)
- Beaumont Rd Public School - Yr 3
(Tues 11.30-12pm)

The manual you teach from has every
question and answer you'll need in class.
That is all you need to teach. We will train
you and guide and help you.

So looking forward to hearing from you.

Sue-Anne Sherwood
(sue-anne@lindfieldkillara.org.au)
Catechist Co-ordinator

ST VINCENT DE PAUL – COLUMBAN CALENDARS

Have you bought your
Columban Calendar yet? There are a few
left. In the spirit of everything being on sale
the price has been reduced to \$5, a bargain
for such a quality item. Payment goes into
the Poor Box. Thank you. *Eric Atkins*

THE PARISH FINANCE COMMITTEE meets *this* Tuesday 6th February at 7:30pm in the
Parish Hall at Killara.

FROM OUR PARISH SOCIAL JUSTICE GROUP:

FEBRUARY 8: WORLD DAY OF PRAYER AND ACTION AGAINST HUMAN TRAFFICKING

February 8 is the feast day of St Josephine Bakhita, patron saint of Sudan and of trafficking victims. She was born in South Sudan in 1869 and was kidnapped and sold into slavery at a young age. She was resold several times until she was freed in Venice, where she joined the Canossian Sisters and dedicated her life to sharing her story and supporting people in poverty.

Today, millions of women, children and men are trapped in modern day slavery, which includes forced labour, forced marriage, debt bondage and domestic servitude. The growing numbers of migrants worldwide are at great risk of exploitation and trafficking.

Approximately 4,300 Australians are living in forced labour, servitude and forced marriage. These victims of modern slavery are 'hidden in plain sight'.

The supply chains of many everyday products use forced labour, child labour and debt bondage, including items such as chocolate, coffee, seafood and cotton. Look for the following logos on grocery products to avoid products made with forced labour:



- Would you know if the goods you consume or clothes that you buy are made from forced labour?
- Do you know how to spot the signs of modern slavery?
- What would you do if you thought someone was caught in a situation they couldn't escape from?

Find out more about human trafficking and slavery and what you can do to help end modern slavery from ACRATH (Australian Catholic Religious Against Trafficking in Humans), Anti-Slavery Australia and the Freedom Partnership (Salvation Army).

ADULT FAITH FORMATION OPPORTUNITY Each year our Diocesan Ecumenical Commission organises an educational session with all of the parish representatives who help to nurture ecumenism (bonds with our fellow Christian Churches) in their local area.

This year's session will take place here in our own parish on **Saturday 17th February** in St Brigid's Hall in the Shirley Wallace Parish Centre with 10am morning tea for a 10:30am start and concluding by 12:30pm.

Rev. Prof. Gerard Kelly, President of the Catholic Institute of Sydney, will be talking about the present state of the dialogue and relationship between the Lutheran and Catholic Churches both at an Australian and an international level. Fr Gerard has long been involved in the formal dialogue between the two churches at the Australian level.

All in our parish are very welcome to attend this session.

SACRAMENTAL PROGRAMME DATES FOR 2018

The letter giving all the details and dates for our Sacramental Preparation Programmes for First Reconciliation, Confirmation and First Holy Communion is available on the parish website under 'Sacraments' → 'Children's Sacraments.'

PARISH FACILITIES AVAILABLE FOR HIRE

Our parish has several facilities which members of the parish may wish to hire for events such as 50ths, 60ths, etc., wedding anniversaries and the like.

The facilities are:

- St Brigid's Hall in the Shirley Wallace Parish Centre above Holy Family Church
- The refurbished hall at Killara
- MacKillop Hall (between the church and the school at Lindfield)

All of these facilities have a kitchen.

If you would like to make an enquiry about hiring one of these facilities please contact Laurence at parishrental@lindfieldkillara.org.au



ACCESSING OUR PARISH CALENDAR You can access our **Parish Calendar** on our parish website by going to: 'News and Events' → 'Parish Calendar'.

The tab below this is entitled 'Details regarding major events'. This gives more detailed information regarding major upcoming events but is not a comprehensive calendar.

MONTHLY CHILDREN'S MASSES:

- on the first Sunday of the month (**today 4th February**) at the 9:15am Mass at Killara
- on the second Sunday of the month (**next Sunday 11th February**) at the 10:15am Mass at Lindfield

A Light is On For You



Our diocese and its parishes will be introducing this programme this Lent. Churches will be open from 7 – 8pm each Friday night of Lent as a quiet reflective space during which time the Sacrament of Reconciliation will be available. Please enter into this Lenten opportunity which begins on Friday 16th February.

FROM FR COLIN I'd like to extend my thanks once again to Fr Michael Smith for assisting with Masses last weekend, and to Fr Thomas and the Parish Staff for looking after things during my recent bout of the shingles and recovering from it. I think I'm now nearly back to full strength and I look forward to entering into our parish initiatives for 2018.

Fr Colin

CHINESE CATHOLIC COMMUNITY

常年期第五主日

4/2/2018

讀經一 (我整夜輾轉反側，直到天亮。)

恭讀約伯傳 7:1-4,6-7

約伯說：人生在世，豈不像服兵役？人的歲月，豈不像傭工的時日？有如奴工切望陰涼，傭工期待工資；這樣，我也只有承受失意的歲月，及為我注定的苦痛長夜。

我臥下時說：「幾時天亮？」我起來時又說：「黑夜何時到？」我整夜輾轉反側，直到天亮。

我的歲月流逝，速如織梭，也因無望而中斷。請你記住：我的生命不過是一口氣；我的眼睛再也見不到幸福。

——上主的話。

(默想片刻)

答唱詠 詠 147:1-2, 3-4, 5-6

【答】：請讚頌上主，因為他醫治了心靈破碎的人。(參閱詠 147:3)

領：請讚美上主，因為他是美善的。請歌頌我主，因為他是甘飴的。我主上主，是應受讚美的！上主重建了耶路撒冷城，聚集了四散的以色列民。【答】

領：他醫治了心靈破碎的人，也親自包紮了他的傷痕。星辰的數目，全由上主制定；星辰的稱號，也都由他命名。

【答】

領：我們偉大的上主，威能無比。他的智慧，高不可測。上主扶起謙遜的人，將蠻橫的人貶抑於地。【答】

讀經二 (誰若不傳福音，就有禍了。)

恭讀聖保祿宗徒致格林多人前書

9:16-19,22-23

弟兄姊妹們：

我若傳福音，並沒有什麼可誇耀的，因為這是我不得已的事；我若不傳福音，我就有禍了。

如果我自願做這事，便有報酬；若不自願，可是責任已委託給我。這樣看來，我的報酬是什麼呢？就是傳布福音時，白白地去傳，不享用我在傳福音上，所有的權利。

我原是自由的，不屬於任何人；但我卻使自己成了眾人的奴僕，為贏得更多的人。對軟弱的人，我就成為軟弱的，為贏得那軟弱的人；對一切人，我就成為一切，為的是總要救些人。我所行的一切，都是為了福音，為能與人共沾福音的恩許。

——上主的話。

(默想片刻)

福音前歡呼

領：亞肋路亞。

眾：亞肋路亞。

領：基督承受了我們的脆弱，擔負了我們的疾病。(瑪 8:17)

眾：亞肋路亞。

福音 (耶穌治好了許多患各種病症的人。)

恭讀聖馬爾谷福音 1:29-39

那時候，耶穌離開葛法翁的會堂，就同雅各伯和若望，來到了西滿和安德肋的家。那時，西滿的岳母正躺著發燒；有人就向耶穌提及她。耶穌上前，握住伯多祿岳母的手，扶起她，熱症立即離開了她；她就伺候他們。

到了晚上，日落之後，人把所有患病的，及附魔的，都帶到耶穌面前。全城的人都聚在門前。耶穌治好了許多患各種病症的人，驅逐了許多魔鬼，並且不許魔鬼說話，因為魔鬼認識他。

第二天早晨，天還很黑，耶穌就起身出去，到荒野的地方，在那裡祈禱。西滿和同他一起的人，都去尋找耶穌，找到了，就向耶穌說：「眾人都在找你呢！」

耶穌對他們說：「讓我們到其他地方去，到鄰近的村鎮去吧！好叫我也在那裡宣講，因為我正是為此而來的。」他於是到加里肋亞各地，在他們的會堂裡宣講，並驅逐魔鬼。

——上主的話。

(講道後默想片刻)

華人天主教會 北區中心

主日彌撒 12時,

牧職修女 司徒金美修女

聯絡 ☎ 0419- 426899

中心聯絡 Gloria Cheung

聯絡 ☎ 0416-118089

Sunday School 主日學 12noon

4/2/2018 恢復

彌撒後午餐聚會, 4/2/2018 恢復提供

11/2 將舉行北區中心團年午餐聚會。歡迎所有教友參加齊吃團年飯歡聚一堂。更希望教友們帶來甜品生菓分享。請與 Katherine Tam 聯絡。

CCC 期刊徵稿下期主題:[青年年之一：吾老矣]歡迎投稿,4/2 截稿,稿件可交到Gloria Cheung或 Email 期刊編輯組bulletin@ccc-inc.org.au

莊宗澤神父 (大嶼山熙篤會聖母神樂院舉行如何與天主和仇人修和?) 的粵語靈修活動,歡迎眾教友及非教友,踴躍參加·10/2 星期六10 am - 4 pm St. Kevin's

(continued from page 12...)

to strengthen Jesus during his agony in the garden.

One night, some months before his death, Martin Luther King received a death-threat on the phone. It had happened before but, on this particular night, it left him frightened and weakened to the core. All his fears came down on him at once. Here are his words as to what happened next:

I got out of bed and began to walk the floor. Finally I went to the kitchen and heated a pot of coffee. I was ready to give up. With my cup of coffee sitting untouched before me, I tried to think of a way to move out of the picture without appearing a coward. In this state of exhaustion, when my courage had all but gone, I decided to take my problem to God. With my head in my hands, I bowed over the kitchen table and prayed aloud. The words I spoke to God that midnight are still vivid in my memory.

I am here taking a stand for what I believe is right. But now I am afraid. The people are looking to me for leadership and if stand before them without strength and courage, they too will falter. I am at the end of my powers. I have nothing left. I have come to the point where I can't face it alone." At that moment I experienced the presence of the Divine as I had never experienced Him before.

It is only after the desert has done its work on us, says Trevor Herriot, that an angel can come and strengthen us. That is why it is better to feel our wounds than to understand them and why it is better to cry than to worry.

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

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

Grant that life to:

Recently deceased: Judith Quinlan, Margaret Comensoli (mother of Bishop Peter), Rev. Dr Grove Johnson, Lorraine Thomson (mother of Steve Thomson of our parish), Judith Wright, Vicente Chong, Adib Bashour, Janice Breslin, David O'Kerby, Fr Peter Neville.

And for: George Joseph Blayney.

PLEASE PRAY FOR THOSE WHO ARE SICK : Yvette Marie and Jeff Oras, John and George Agius, Fr Franciscus Choi, Ken Kan, Gizelle Tan, Basilisa Choi, Cyril Ferriere, Br Braden, Mary & Brian Couper, Kieran Norton, Sean Maguire, Pakie Maguire, Naneth Bernado, Michael Swan.

REFLECTING ON THIS SUNDAY'S SCRIPTURES

*He cured many who were sick with various diseases,
and he drove out many demons. (Gospel)*

TAKING PAIN TO THE HEART

Writing in his journal during a time of bitter heartbreak, Henri Nouwen wrote these words:

The great challenge is living your wounds through instead of thinking them through. It is better to cry than to worry, better to feel your wounds than to understand them, better to let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your wounds to your head or your heart.

Part of us understands exactly what he is saying here, even as another part of us congenitally resists his advice: There's place in us that doesn't want to cry, doesn't want to feel our hurt, doesn't want to take our pain to a place of silence, and doesn't want to take our wounds to our heart. And so instead, in our heartaches and wounds, we grow anxious and obsessive, we struggle to understand, we talk endlessly to others, and we try to sort things out with our heads rather than letting ourselves simply feel them with our hearts.

And that isn't always a bad thing. Nouwen's counsel, for all its wisdom, needs some qualification: It is important that we also take our wounds to our heads. Our hearts and heads need to be in sync. But what Nouwen points to here is something that he, a man blessed with an extraordinary sensitivity to the things of the heart, learned only through crushing heartache and breakdown, namely, that we more easily take things to the head than to the heart, even when we think we aren't doing this.

The way we take pain to our heads and block healing tears in our hearts is by denial, by rationalisation, by blaming, by not simply and honestly admitting and owning our own pain, our own helplessness, our own weakness, and our own inadequacy.

And we all have plenty of occasions to do this: The more alive and sensitive we are the more we will experience excruciating heartaches. The more honest we are the more we will be aware of our own limits and inadequacies. And the more generous and pure we are the more we will be aware of our own sin and betrayals.

And so Nouwen's counsel contains a healthy challenge: When we are brought to our knees by heartache and pain, we shouldn't try to deny that pain, deny its bitter strength, or deny our helplessness in dealing with it. To do so is to risk becoming hard and bitter. But if we give our deep pains and heartaches their honest due they will induce the kind of tears that soften and stretch the heart. It is helpful to remember that tears are salt-water, of one substance with the waters of the original oceans from which we sprung. Tears connect us to our origins and allow the primal water of life to again flow through us.

Moreover, when we take our pain to our hearts, when we honestly admit our weaknesses and helplessness, God can finally begin to fill us with strength. Why? Because it is only when we are brought to our knees in utter helplessness, only when we finally give up on our own strength, that God can send an angel to strengthen us, like God sent an angel

(continued on page 11...)