

PRAYERS FOR THE SICK AND DECEASED

Prayers have been requested for the following :

RECENTLY DECEASED: Milflor A. Molina, Felisa Dimatulac

ANNIVERSARIES: Ernesto Susan Nelson Dimatulac, Enid Marriott, Philomena Sleba, Barbara Bou-Samura, May Stephens, Fred Betros, Nigel Mark Short

SICK LIST: Terry Owsnett, Marie Turnbull, Ronald Sincock, Dolares Kelly, Mary McDonnell, Irene Warde, Pam Hopsick, Ron Sincock, Ralph D'Agostino, Val Mai McErlean, Theresa Pinto, Bill Walker, Aaron Murphy, Courtney Blount, Reginald Cox, Simon Stretton, Philomena McAloon, Margaret Kwong, Letty O'Sullivan, Tony Collett, Val Wolfenden, Ben Cebuliak, Marilyn Rodgers, Frank Hewitt, Anthony Donellan, Dolores Kilian, Robert Duff, Mary Ann Boeheme, Maureen Currie, Harry Hunter, Margaret Wiersma, Madeline Hodgetts, Nancy Kelly, Tamara Toms, Baby Charlie Shirran, Bernie Pack, Elizabeth Norris, Stephen Deshaies, Ken Hannam, Kelly Blount, Gail Callaghan, Pistang Retute, Vanessa Pritchard, Carol Johnston

PRAYER: O Lord Jesus Christ, rest your weary ones, bless your dying ones, soothe your suffering ones, pity your afflicted ones, shield your joyous ones, and all for your love's sake. Amen. (St Augustine)


Weekly Diary : 23rd September—29th September 2019

Monday 23rd : 8.00 am. Mass Memorial St Pius of Pietrelcina, priest followed by Novena

Friday 27th : 9.30 am. Mass Memorial St Vincent de Paul followed by Rosary

Saturday 28th : 5.30 pm. : 26th Sunday in Ordinary Time Year C

Sunday 29th : 7.00 am. + 9.00 am. : 26th Sunday in Ordinary Time Year C



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Contact Robert Pelleri 0407730412

Councillor Kristyn Boulton

Division 4

Available to meet you to discuss:

- what's happening in our area
- local Active & Healthy classes
- support for Division 4 community events
- council services and activities.

To make an appointment or for enquires
P 07 5581 6434 or
Or Kristyn Boulton - Division 4 Gold Coast




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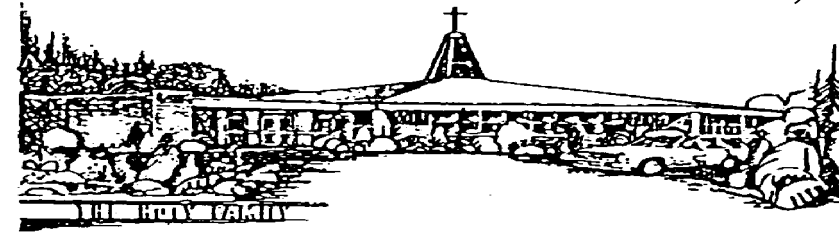
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HOLY FAMILY PARISH, RUNAWAY BAY

Grace

Generosity

25th Sunday in Ordinary Time—Year C Sunday 22nd September 2019

ADMINISTRATOR

Fr. Peter Dillon

PARISH STAFF

Audrey Ho

Parish Secretary

Jan Levinge

Marriage Coordinator

Email :

rbay@bne.catholic.net.au

Parish Office: 16 Simbai St

PO Box 125 Runaway Bay

Q4216

Website :

www.holyfamilyrunawaybay.org.au

FOR ALL ENQUIRIES:

Tel: 5537 4320 x 2

Fax: 5537 5476

Hours: 8.45am—3.00pm

Tuesday-Friday

(closed MONDAY)

Reconciliation:

4.00pm 1st Saturday of the month

Baptisms

Please contact the Parish Office

St Francis Xavier School:

Principal : Kathy Fuller

Tel: 5537 2633

Health of Body and Soul

Having had my yearly share of the dreaded flu, my doctor suggested some antibiotics, a few days in bed and less worry and anxiety. A nice thought, Doc, but have you seen my diary? However, I have recently become interested in natural remedies and a little bit of "mind over matter". The doctor's suggestion of less stress reminded me of an article I read on the internet, which said that attitudes of forgiveness, optimism, happiness and perseverance can actually lower stress, reduce risk of heart disease, high blood pressure and infection. Equally a steady state of worry, hostility, hopelessness, grief and depression increases the risk of infection, inflammatory conditions, and can slow recovery from sickness. In other words, a positive mind-set is as important to good health as exercise and diet. Easy for me to say, but how do we stay positive when there are so many things to worry about? The following simple suggestions might help tip your mental scales toward the positive side of life and cut down on trips to the doctor.

" *Smile*: Smiling is free- but its benefits are priceless. Apparently doing so lowers stress hormones in the brain, and may power up the body's immune system.

" *Express Gratitude*: People who express gratitude tend to live longer, healthier lives. Mentally rehearsing or writing a list of daily blessings is a powerful buffer against depression.

" *Forgive*: Harboursing anger or grudges increases our blood pressure. An act may not be excusable, but it is forgivable. Forgiving allows you to let the injury go. The healing spirit of forgiveness is a gift that God bestows to all who ask.

" *Don't Give Up*: Successful people are not mistake-free, they just refuse to give up. Be inspired by the success of others and learn from criticism. Building a more resilient, wholesome attitude will put the oil of enthusiasm back into the mechanics of everyday life.

" *Help Others*: Offer to help someone in some way. It takes less than a few seconds to open a door for someone, but the effects of this kindness last a lot longer for you and for them. Taking your mind off your problems for a while can be a pleasant distraction.

" *Pray*: It is now clinically proven that people who pray have a noticeable recovery rate and can aid in lowering blood pressure.

These are just a couple of non-medicinal suggestions, which, although they make sense, are sometimes quite hard to administer. It is often just too convenient to take a pill or swallow a potion. As with all ailments, if symptoms persist see your doctor, but sometimes the spiritual remedy may be the best medicine.

Chronic worry, anxiety and fear are the opposite of trust. Trust in God is the most potent weapon against mental and physical problems. "Trust in God at all times, you people; pour out your heart before Him; God is a refuge for us" Psalm 26: 8

Fr Peter Dillon

25TH SUNDAY IN ORDINARY TIME

22nd September 2019

1st Reading : Amos 8:4-7

2nd Reading : 1 Tim 2:1-8

Gospel : Lk 16:1-13

26TH SUNDAY IN ORDINARY TIME

29th September 2019

1st Reading : Amos 6:1,4-7

2nd Reading : 1 Tim 6:11-16

Gospel : Lk 16:19-31

Last weekend's collection 1st Collection : \$1315.10 2nd Collection : \$1655.55 Piety Stall : \$46.50 St. Anthony : \$56.10 Your generosity is greatly appreciated! Next week's counting Team : No. 4 (23/09/19)	Your Generosity: If you would like to join our planned giving program or if your circumstances have changed, please contact Audrey Ho at the Parish Office 55374320 x 2 (Weekdays except Mondays). Thank you for your generous support.
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REMINDER :

- Next week, weekday Mass will be held on Monday 23rd September 8am and **Friday 27th September 2019** at 9.30am.
- Christ Catholic Community Prayer Group will resume after the school holidays on Wednesday 9th October 2019.

ANNUALS 2020 - Ordo, Daily Mass Book, Break Open the Word

If you would like to place an order, please fill in your details on the list provided on the back table of the Church. Payment is required upon collection of your order.

PLENARY COUNCIL 2020

The Plenary Council invites people to continue to participate in the journey towards the Council sessions in 2020 and 2021. The "Listening and Discernment" phase recently opened and a guide has been developed to encourage groups to take part in communal discernment on the National Themes for Discernment. **Learn more about the Christian practice of discernment and download the guide,** "Let's Listen and discern", at

www.plenarycouncil.catholic.org.au

OUR LADY OF FATIMA ROSARY PROCESSION

St. Stephen's Cathedral 5th October 2019.
 Rosaries (two mysteries) 10.30AM
 Marian Mass 11.30AM
 Process around the streets approx 12.15PM
 (Elizabeth St, Adelaide St, Edward St, Cathedral)
 Benediction to conclude at the Cathedral.

**TWO HOUR GUIDED RETREAT - DELIGHT & MEANING IN MARY**

If you desire to come to a deeper level of engagement with your faith by finding a new or deeper delight and meaning in Mary and come to a

deeper awareness of Mary in your life as part of the Body of Jesus Christ (your faith community) take this opportunity to retreat from ordinary life for two hours and to allow your heart to be guided in a contemplative prayer experience of consolation and relish.

DATE: Friday 11th October 2019 | **TIME:** 9:30am to 11am | **VENUE:** Holy Family Parish Meeting Room | **COST:** By Donation: \$10 (to cover cost of materials/supplies) | **BOOKINGS:** Lynne Head-Weir (M) 0409 198 545 (E) G.C.I.Arts.C@gmail.com or Chris Kennedy (M) 0412 270 828 (E) cbk1957@hotmail.com

THE CATHOLIC LEADER**Praying for Australia**

The silent prayer life of Australia's newest religious community, the Sisters of Mary, Morning Star.

Kenmore's youth going from 'strength to strength'

'We're trying to ... form good Christian disciples.. who will be involved in parish life into the future when they grow and marry'

The articles can be found in this weekend's copy of the Catholic Leader on sale at the Piety Stall for only \$2.00.

Mass Duty Roster : September 28th / 29th 2019

Mass Co-ordinator	Lectors	Extraordinary Ministers of Communion	Servers
5.30pm Monique Labutte	Jean Di Benedetto Julius de Luna	Helen Topham, Jean Di Benedetto Julie Dakin, Monique Labutte	Mia & Tyler
7.00am Michael Nicholson	Michael Nicholson John Carter	Bernadette Swindley, Rose Hessen Michael Nicholson, Antona Brown, Danielle Carter	Brianna & Ashley
9.00am Ronnie Wilson	Rose Lopez Peter Fox	Pam Nelson, Yvette Valdez Robrigao, Averil Dorego Joe Dorego, Ronnie Wilson, Rose Lopez	Amber & Naomi

"Love, Hope, Faith on Fire. Awaken brought me closer to God"

Awaken attendee

**JOIN US FOR PRAISE & WORSHIP, TALKS & HEALING**

Saturday 12 October 2019 - 6pm
47 Dornoch Terrace, West End

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Awaken.org.au

admin@awaken.org.au

Search - Awaken Community

(07) 3844 2744

EUTHANASIA—WE CAN LIVE WITHOUT IT e-PETITION

The State Parliamentary Health Committee has been asked to give weight to the views of the community in its final report about the suitability of introducing Voluntary Assisted Dying legislation similar to that now operating in Victoria. A tangible way to share your views with them via a newly raised e-petition "Euthanasia – we can live without it."

While this is a privately generated petition started by medical professionals, the local Church is in agreement with its call for properly funded palliative care across all metropolitan and regional areas of Queensland as the only outcome to pursue.

It is a fairly simple process to add your voice to the Petition link here:

<https://www.parliament.qld.gov.au/work-of-assembly/petitions/petition-details?id=3176>

On the 18th of October **AID TO THE CHURCH IN NEED** (ACN) is inviting children worldwide to take part in the campaign "One Million Children Praying the Rosary." For more information and for prayer resources visit, www.millionkidspraying.org.

STEWARDSHIP INSERTS

September 22, 2019

25th Sunday in Ordinary Time

"No servant can serve two masters. He will hate one and love the other, or be devoted to one and despise the other. You cannot serve God and mammon (wealth)." (Luke 16:13)

Is money a "god" that you put before God? Giving money to support the Church and other charity is a pillar of our faith, just like attending Mass every Sunday and participating in parish ministry. Giving money frees us from being a slave to money. It increases our dependence on God and our trust that God will provide all that we need.

Mission Adventure?

Communities in Asia, Africa and the Pacific seek volunteer medics, teachers, tradies, business and admins to assist their development.

Contact Palms and find out how **sharing your skills** can immerse you in a world of **deep cultural discovery**.

Apply by November 1st to start your adventure in 2020!

Call us Mon-Fr on 02 95605333 or see palms.org.au

ARE YOU NEW TO THE PARISH? If you've recently joined the Parish, WELCOME! We'd like to formally greet you, so please complete a "NEW PARISHIONERS FORM" which is placed on the table at the back of the Church. You may wish to hand in the form at the Parish Office or place it on the collection plate.

MANY HANDS MAKE LIGHT WORK! Have you thought of volunteering your talent and skill in the different Parish Ministries? We have different roles to suit different talents. All you need to do is contact the Parish Office and we'll do the rest!