

CAPRICORN COAST CATHOLIC PARISH



Sacred Heart Church
YEPPON

Parish Priest: Fr Matthew Moloney

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Website: www.capricorncoastcatholic.org.au

Facebook: www.facebook.com/capricorncoastcatholicparish



Mary Immaculate Church
EMU PARK

16TH SUNDAY IN ORDINARY TIME 18 JULY 2021

“come away all by yourselves and rest for a while”
meditation

There is no single way to meditate. There are, however, certain acts and attitudes inherently endowed with the capacity to awaken sustained states of meditative awareness. . . .

With respect to the body: Sit still. Sit straight. Place your hands in a comfortable or meaningful position in your lap. Close your eyes or lower them toward the ground. Breathe slowly and naturally. With respect to your mind, be present, open, and awake, neither clinging to nor rejecting anything. And with respect to attitude, maintain nonjudgmental compassion toward yourself as you discover yourself clinging to and rejecting everything, and nonjudgmental compassion toward others. . . .

Keep in mind that these guidelines are but suggestions for you to explore as part of your ongoing process of finding the ways to meditate that are most natural and effective for you. What matters is not which method of meditation you use, but the self-transforming process by which meditation leads you into more . . . openness to God. . . .

Go to your place of meditation. . . . You might say a brief and simple prayer expressing your gratitude to God for having been led to the path of meditation and asking for the wisdom, courage, and strength to be faithful to it. . . .

[Then] let go of all that is preoccupying you at the moment. Choose to be present in the immediacy of the present moment by simply relaxing into being right where you are, just as you are. Settle into the intimate, felt sense of your bodily stillness. Settle into being aware of your breathing and whatever degree of fatigue or wakefulness you may be feeling in your body at the moment. Be aware of whatever sadness, inner peace, or other emotion may be present. Be aware of the light and the temperature in the room where you are sitting. In short, simply be present, just as you are, in the moment, just as it is. Cling to nothing. Reject nothing. Rest in this moment. . . . Relax. Give yourself a break. Simply sit in a “Here I am, Lord” stance. . . . Know and trust that God is already perfectly present in your simply being alive and real in the present moment just as it is. . . .

Be humbled and grateful in knowing that you are learning to awaken to your true nature in learning to be like God. . . . Jesus said, “Judge not and you shall not be judged” (Matthew 7:1). Sitting in meditation, we put this teaching of Christ into practice in remaining present, open, and awake to ourselves just as we are, without judging, without evaluating, without clinging to or rejecting the way we simply are.

James Finley, Christian Meditation: Experiencing the Presence of God (Harper, San Francisco: 2004)



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info@skyrok.catholic.edu.au



Sacred Heart Primary School
07 4994 8215
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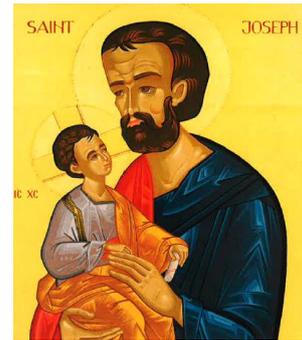
St Ursula's College
07 4939 9600
ursulas@stursulas.qld.edu.au



St Brendan's College
07 4939 9300
administration@sbc.qld.edu.au

CAPRICORN COAST CATHOLIC PARISH

TIME	DAY	MASS
5:00pm	Tuesday	Parish Office CLOSED - Xavier Mission St Brendan's College
11:00am	Wednesday	Rosary & Adoration
12:00pm		Sacred Heart Church
8:00am	Thursday	St Ursula's College
9:00am	Friday	Sacred Heart Church
8:00am	Saturday 24/7/21	Mary Immaculate Church
9:00am	Sunday 25/7/21	Sacred Heart Church
5:00pm		Sacred Heart Church



Year of St Joseph

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil.

16th Sunday in Ordinary Time - Year B

Gospel Mark 6:30-34

Welcomer	1 st Reading Jeremiah 23:1-6	2 nd Reading Ephesians 2:13-18
8am John McKenna	Laurie Griffin	Michelle Griffin
9am Debbie Bayliss	Paul Worthington	Gordon Gauld
5pm Emily Rowlands	Julie McLaughlin	Mark Boyd

NEXT WEEK

Gospel John 6:1-15

Welcomer	1 st Reading 2 Kings 4:42-44	2 nd Reading Ephesians 4:1-6
8am Michelle Griffin	Dave Bowman	Collette Bowman
9am Karen Quinn	John Quinn	Nini Sielaff
5pm Jen Brandish	Jacinta Plazzer	Sacred Heart Reader



Challenge Cup

A fantastic couple of days where our Primary Schools from all over the Diocese gathered to play Rugby League & Netball. Congratulations to St Benedict's & Sacred Heart for all your efforts & leadership in organising the event. Thank you to St Brendan's College for hosting the events & students for refereeing & assisting.

BISHOP'S MASS - YOUTUBE LINK [Bishop's Mass You Tube Link](https://www.youtube.com/watch?v=...)

The Latest edition of the Bishops Newsletter is now available online at the following link:
<https://rok.catholic.net.au/news-events/bishops-newsletter/?edition=June-2021#>

Remember to check in



CHECK IN QLD AP

Please arrive a bit earlier to ensure correct check in. Show your Tick once you've checked in to the Greeter. Ask for help if needed or ask someone to check you in with their app. PLEASE ENSURE YOU PHONE IS TURNED OFF DURING MASS.

This week's diary...

TUESDAY 20 JULY
10 am RI Catechist

WEDNESDAY 21 JULY
10 am Bereavement Team
6pm Parish Finance Committee

Come Holy Spirit,
fill the hearts of your faithful,
enkindle in them the fire of your love.
Send forth your Spirit
and they shall be created.
And you shall renew the face of the earth.



Let us pray.
O God, who instruct the hearts of the faithful
by the light of the Holy Spirit,
grant us in the same Spirit to be truly wise,
and ever to rejoice in your consolation.
Through Christ, our Lord. Amen

CAPRICORN COAST CATHOLIC PARISH

CATHOLIC MEN'S GATHERING

The Catholic Men's Gathering is an initiative of the Australian Catholic Bishops with the aim of inspiring and encouraging men with a vision for personal discipleship, service and mission in the family, parish/diocese, and the world. This event was held in an online format last year & the organising team has decided to run another online event for 2021, which will go live on 31 July 2021. If you require any further information, please contact Michael Otto on email: Michael.Otto@rok.catholic.net.au

RI CATECHIST MEETING & CUPPA

10am Tuesday 20 July 2021 Sacred Heart Church Community Room. All Catechists & anyone interested in joining this rewarding Ministry are welcome

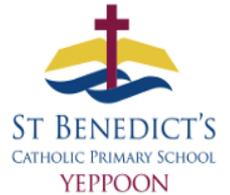
PIETY STALL SALE

Sunday 17 July & 24 July 2021
50% off sale at the Piety Stall
in the Sacred Heart Church Foyer Sales are Cash only
no EFTPOS available



Catholic Education Week - Act of Kindness Morning Tea

We would like to invite Parents, Grandparents, friends & Parishioners to gather at St Benedict's for morning tea on Friday 30 July at 8:40 am to celebrate Catholic Education Week. Entertainment will be provided by our Prep students & St Brendan's College musicians. We would love you to come along & enjoy our Benedictine Hospitality.



DRAKES

are still supporting our Cathedral despite the problems with COVID-19 & the supply chain. **A CHEQUE FOR \$1,506 has been received making the total received \$46,362 with no expenses. A Big Thank You to our Regular Supporters.** Very simply, our cheque could be doubled if shoppers used their key tags regularly. A family spending \$100 each week for a year would contribute \$50 to the Fundraiser. So, let's all make sure we have a keytag & take that extra effort to use our keytag regularly (keep it on car keys).

Collect your free Flipperz DRAKES are providing safe shopping against COVID-19. Stay Safe

CUPPA AFTER MASS



We are able to gather for a cuppa after Mass. We would like to start on the first weekend of next month following all Masses.



ADORATION
of the
BLESSED
SACRAMENT

From 11am each Wednesday
Adoration followed
by the Rosary at 11:30am
Sacred Heart Church

VISITATION MINISTRY - care homes & residences

There are three main retirement facilities on the Capricorn Coast: Capricorn Adventist Village (CARV), Capricorn Gardens & Sunset Ridge (Emu Park). Along with taking communion to those who are unable to attend church (in their homes), the residents in our retirement villages are an important part of our faith community. A dedicated team of people in our parish regularly visit & take communion to them. Often taking news & events from the parish & bulletins etc to share with them what is happening in our parish. The reward of sharing a little time with them is great and more is received than given, many would say. Due to various issues, some of our helpers have dropped out and we need some replacements. It takes about two hours on a Thursday (Cap Gardens) or Friday (CARV) at Yeppoon and we aim to have volunteers serve just once a month. If you could help, please ring Sr Kym, 0429 068 225.

If you would like to join and share this ministry, please let Sr Kym 0429 068 225, the parish office or a member of the visitation ministry know. We are looking to get some more people involved and more are needed.

We Pray for those who are SICK & those who have DIED

We Pray for those who are SICK:

Deb VanNunen, Carmel Hayes, Laurence Marshall, Priscilla Graham, Eli Kent, Meegan Sommereld, + Michael McCarthy, Tony Weekers, Jan Boyd

We Pray for those who have DIED:

Brylee Lamb, Janet Gibson, Brylee Lamb, Colin 'Doc' Gleeson, Tess Taaffe, Winifred Corbett, Pat Ellrott, Cecilia Sutton, Dean Jarrett, Maria McLoughlin, Honor Mitchell, Margaret Robillard, Frances Windress, Margaret Lambrick

Anniversary of the Deceased:

Patricia Dowling, Anne Hughes, Lyn Williams, Daniel Hansby, Francis Michael Mara, Margaret Staines, Rhonda Ferry

The Catholic Diocese of Rockhampton abides by the principles of the **National Catholic Safeguarding Standards** (2013), and is committed to safeguarding, with a specific focus on protecting children and vulnerable adults. For further information or support please contact the Diocesan

Professional Standards and Safeguarding Office: Response Line: 1800 830 113 (free call) or email: pssoadmin@rok.catholic.net.au

Diocesan Website for more information: <https://rok.catholic.net.au/our-diocese/safeguarding/>

To view the **Diocesan Safeguarding Children and Vulnerable Adults commitment statement and Policy: <http://www.rockhampton.catholic.net.au/safeguarding-policies.html>**

Queensland Professional Standards Office: www.psoqld.catholic.net.au/

CAPRICORN COAST CATHOLIC PARISH

Diocesan Ministry Appeal



Diocesan Ministry Appeal

Next weekend the Diocese will be launching the Diocesan Ministry Appeal. This is an opportunity to contribute to various ministries that support those in need or on the margins within our Diocese.

Catholic Prison Ministry consists of Catholic prison chaplains working as part of an ecumenical team at the Capricornia Correctional Centre who provide pastoral care to over 600 inmates, ecumenical Sunday services, prayer services, Bible study, celebrate Mass and sacraments, and memorial services. When not at the prison the team maintain contact with former inmates, and families and friends of inmates who are in need of support.

Woorabinda is an Aboriginal community located two hours inland from Rockhampton. The Woorabinda Ministry is a Catholic presence to the community and an agent for reconciliation and healing. Sr Cecilia Prest mfc lives in the community and delivers this ministry on her own, providing pastoral care and sacramental support to the people. The Ministry is comprised of a non-profit gift and clothing shop, arts and craft sewing room and an adult library.

Western Pastoral Ministry and our Central West Parishes are also supported through this Diocesan Appeal. The Western Pastoral Ministry helps support and connect people in the remote central west of our Diocese. We also provide support through this appeal to our Parishes in the central west crippled by drought and population decline.

You can donate using a Diocesan Ministry Appeal envelope, by going online to the Diocesan website: <https://rok.catholic.net.au/donate>, or scanning this QR code:



SEA SUNDAY

This weekend across the church we also celebrate **Sea Sunday**. Have you ever wondered about the workers who bring to our shores many of our basic necessities – clothes, furnishings, vehicles, musical instruments – even our hearing aids and joint replacements! I am talking about seafarers. When seafarers arrive in a port, they are strangers in a foreign land. Their homes and loved ones can be thousands of kilometres away. They don't know the locals; they don't know where the nearest church is or where the shops are to buy basic items. They often look for places with wi-fi or internet so they can contact their families.

It is these strangers that Stella Maris (Apostleship of the Sea) help when on-board a ship. Like the Samaritan in the gospel, Stella Maris Chaplains and volunteer Ship Visitors are concerned for the welfare of those they meet. They may provide mobile phone top-up, warm clothes, or arrange a priest to say Mass on-board or in a local parish church. They visit seafarers in hospital when injured at work, accompany, and pray with them when a critical incident happens on the ship, assist or advocate for them on salary issues, or just share a meal and friendship in a foreign land.

Stella Maris centres also provide a place of recreation and rest outside of the ship. Sometimes, seafarers just want to speak with someone other than their co-workers and find a safe and friendly place of welcome. The gospel calls us all to help the stranger. Every year, Stella Maris Chaplains and Volunteers visit approximately 70,000 Ships in ports around the world. This work is only possible because of your prayers, generous donations and the people who remember Stella Maris with a gift in their Will. We will take up a collection for Stella Maris Seafarers Centre in Mackay on the 25th of this month as part of Diocesan Ministry Appeal.

So today, Sea Sunday, I ask you - as Australians whose country is surrounded by ocean - to remember and pray for seafarers who bring us the goods we need and for Stella Maris Chaplains and Volunteers who ensure that seafarers can live with dignity and can practise their faith when their ships dock at any port. We can welcome strangers here, where we are, by supporting Sea Sunday and Stella Maris – whether or not we live in a port city. Your contributions will help all these works to continue.

Mission Dinner

with Fr Warren Kinne



Join together with the participants of the Xavier School of Mission for dinner, fellowship and inspiration. Our speaker for the evening is Father Warren Kinne who grew up in Bundaberg before joining the Columban Missionary Society and spent 20 years ministering in China.

**Mass will begin at 5pm at St Joseph's Cathedral.
Dinner will start from 6pm at Our Lady's Hall,
The Cathedral College.**

This event is free but spaces are limited. To register scan or click on the QR code or go to: <https://app.tickets.org.au/RockhamptonDiocese/XSOMRockhampton> and select 'Mission Dinner'.

Donations are welcomed and can be made on arrival.

Monday 19 July 2021

[Register Here](#)



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CATHOLIC DIOCESE OF ROCKHAMPTON