

# CAPRICORN COAST CATHOLIC PARISH



Sacred Heart Church  
YEPPON

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Mary Immaculate Church  
EMU PARK

## THE 29<sup>TH</sup> SUNDAY IN ORDINARY TIME 17 OCTOBER 2021

### RELIGIOUS EDUCATION IN STATE SCHOOLS

When a youngster got his first job on a farm, he was asked by the farmer to fetch a bucket of milk to feed the new-born foal whose mother died giving birth. The youngster, eager to please, tried everything to get the foal to drink the milk - all with no success. Finally in desperation to please the farmer, he poured the milk over the foal and said "There, let it soak in." When we bring Jesus to children, we are in danger of using the "let it soak in" philosophy.

As Catechists on the Capricorn Coast, we reach out to Catholic children in four state primary schools, totalling over 200 children. The Catechists are well resourced with materials such as "Christ our Light and Life" student activity books and teachers' manual, musical material and of course the Bible. The question is "How do we make the children "drink"?"

There are several ways we strive to do this:

1. We provide unique programs for every grade level
2. We actively teach the Catholic version in the 3 Yeppoon schools and the Ecumenical version at Emu Park State School.
3. We have Jesus inspired Catechists who grow in faith together with the children.

We often hear Father Mathew in his homilies speaking about the need for all parishioners to become Disciples of Christ (Catechists) and whilst teaching classes each week is a fulfilling and often event filled occasion the culmination is bringing a solid connection to God the Father, the Son and the Holy Spirit to the children.

We all realise that most children even though their parents nominate them as Catholic do not come from practicing Catholic families, so they get little chance to hear and discuss the Catholic faith. This is the importance of the Catechists teaching at schools' system. It opens the door for active teaching, participation and discussion with the children about the Catholic faith.

Maybe this is the role Jesus has asked of you, as a teacher or helper!!!! Maybe you are ready to grow in faith with the children of the Capricorn Coast Parish.

There is an active Catechists group that meets and assists each other. You will be very welcome at the next meeting which will be held on 2<sup>nd</sup> November 2020.

**Contact for the Catechists group are: Hazel Massie, Robyn Murphy, Kathy Maloney & Rene Veltmeyer**

We look forward to working with you as we can each do a little to help each other and the children of the Parish. In reality a little is a lot and to use the farm analogy again, we need to sow the seeds of faith in our young children otherwise there will be no crop for the Catholic Church to harvest in the future...



St Benedicts Primary School  
07 4930 2744  
[info@skyrok.catholic.edu.au](mailto:info@skyrok.catholic.edu.au)



Sacred Heart Primary School  
07 4994 8215  
[shy@rok.catholic.edu.au](mailto:shy@rok.catholic.edu.au)



St Ursula's College  
07 4939 9600  
[ursulas@stursulas.qld.edu.au](mailto:ursulas@stursulas.qld.edu.au)



St Brendan's College  
07 4939 9300  
[administration@sbc.qld.edu.au](mailto:administration@sbc.qld.edu.au)

# CAPRICORN COAST CATHOLIC PARISH

TIME	DAY	MASS
10:00am	Tuesday	Funeral Service – Rita Hughes
5:00pm		Mass St Brendan's College
11:00am	Wednesday	Rosary & Adoration
12:00pm		Sacred Heart Church
6:00pm		Parish Finance Committee Meeting
8:00am	Thursday	Mass St Ursula's College Chapel
9:00am	Friday	St Brendan's College – Graduation Mass
8:00am	Saturday 23/10/21	Mary Immaculate Church
<b>Catholic Mission Sunday</b>		
9:00am	Sunday 24/10/21	Sacred Heart Church
5:00pm		Sacred Heart Church
8:00am & 4:15pm	Sundays	Sacred Heart Church <i>Confessions</i>



For a synodal Church  
 communion | participation | mission

## XVI Ordinary General Assembly of the Synod of Bishops

In March 2020, Pope Francis announced that the theme for the XVI Ordinary General Assembly of the Synod of Bishops would be "For a Synodal Church: Communion, Participation and Mission". The journey towards the celebration of the Synod in October 2023 was solemnly opened on October 9-10 2021, in Rome, & then on October 17 in each particular location. This event is the start of a two-year global consultation process.

The Catholic Church in Australia will invite the People of God to make submissions via an online portal that will open on October 17. Those submissions will help the Bishops develop a national report to support the global process, leading to an international gathering in Rome in 2023. Find out more at:

<http://www.catholic.org.au/synodalchurch>. There will also be a

process of consultation in local parishes happening, which will also form part of our Diocesan response to the national report.

An introduction video to the Synod of Bishops can be found here

<https://www.youtube.com/watch?v=qlhy5dkirgg&t=28s>

Bishop Michael will officially open the Synod for our Diocese at the 9.30am Mass from St Joseph's Cathedral on Sunday 17<sup>th</sup>

October. You can view this Mass through the St Joseph's Cathedral YouTube channel.

### 29th Sunday in Ordinary Time - Year B

Gospel Mark 10:35-45

Welcomer	1 <sup>st</sup> Reading Isaiah 53:10-11	2 <sup>nd</sup> Reading Hebrews 4:14-16
8am Kathy Maloney	Christine Davids	Marie Downing
9am Gordon Gauld	Catherine Weaver	Erin Hutchinson
5pm Karyn Hayes	<b>Volunteer needed</b>	Margaret McAuliffe-Harris

### NEXT WEEK

Gospel Mark 10:46-52

Welcomer	1 <sup>st</sup> Reading Jeremiah 31:7-9	2 <sup>nd</sup> Reading Hebrews 5:1-6
8am Kathy Maloney	Christine Davids	Marie Downing
9am John Campbell	Sean Fallis	Nini Sielaff
5pm Jen Brandish	Seanna Stanford	Josephine Plazzer

## BISHOP'S MASS - YOUTUBE LINK [Bishop's Mass You Tube Link](#)

### MELBOURNE CUP HIGH TEA AFTERNOON

1pm Tuesday 2 November 2021  
 Sacred Heart Church Community Room  
 Tickets \$25 each phone Kathy 0400 644 501 or Tess Beard 4938 3557  
 An opportunity for a social gathering

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 YOUR PHONE IS TURNED OFF DURING MASS.

**Welcome back Fr Matthew!  
 Thank you to Fr Noel & Fr Matthias for presiding whilst Fr Matthew was away**

**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

## For we **CANNOT KEEP FROM SPEAKING** about what we have **SEEN & HEARD** ACTS 4:20

Next week Catholic Mission will invite you to partner with Sister Chalaad and the Good Shepherd Sisters in Thailand as they reach out to vulnerable mothers, like Churai\*, and their babies, who would have nowhere to turn when they need support, love and kindness the most.

Next week you will have the opportunity to respond to what you have seen and heard, and the Home, as well as other vital mission programs supporting children and communities in need around the world.

Please come with an open and generous heart.

\*Name and images altered to protect identity



Freecall: 1800 257 296  
[catholicmission.org.au/thailand](http://catholicmission.org.au/thailand)



## An Invitation

To everyone who enjoys reading books, you are warmly invited to join Di-Anne Rowan at the Cathedral Parish Centre on **Friday 29 October from 10:30 and 11:30am** to learn about Fr Richard Leonard's latest book "*The Law of Love*".

Copies of the book can be purchased from the Cathedral Bookshop. Morning tea will be available from 10:00am.

Please RSVP to Di-Anne by Wednesday 27 October at [Di-Anne\\_Rowan@rok.catholic.edu.au](mailto:Di-Anne_Rowan@rok.catholic.edu.au) or ring 4994 8100.

## Thank You!

**We've done it; you've done it. Together we have raised** the highest amount on record for the Diocesan Ministry Appeal, \$31,788. 100% of what we raised goes to the Woorabinda, Seafarers, Central West Parishes, Western Pastoral and Prison ministries. Your gifts will mean much-needed help and support will go to those who are often forgotten in our society. What a testimony that there is a community of believers living out the call of their baptism through putting up their hand to be, as Bishop Michael says, 'co-responsible for the mission'.

Your commitment to this and these ministries is an example the wider society needs at this time. We recently shared these stories with a room full of 180 businesspeople who were all struck by the church's incredible work through these ministries and agreed that it was work to be proud of. You are making this happen and impacting many lives throughout Central Queensland, thank You.

### WELCOME PACKS - NEW PARISHIONERS

We're endeavouring to welcome *new* parishioners & asking people to complete the form in the foyer popping it into the letterbox at the office. The Parish Office will put a little welcome pack together then someone from the hospitality group will follow up with a visit.



ADORATION  
of the  
BLESSED  
SACRAMENT

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

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

### We Pray for those who are SICK:

Coleen Bignell, John Provan, Meegan Sommereld, Bev Bartlem, Anthony Baker, Briona McKone, Noel & Carol Murry, Elizabeth Hill, Connie Lacey, Deb VanNunen, Carmel Hayes, Laurence Marshall, Mary Thompson

### We Pray for those who have DIED:

John Murphy (Charters Towers), Fr Rod Dela Rosa SVD, Rita Hughes, Fr Karl Emerick OP, Perry Molloy, Val Canavan, Patricia 'Pat' Corboy (Rob's Mother), John Boyle, Joan Molloy, Irene Beard, Robert 'Bob' Maguire, Connie Corfield.

### Anniversary of the Deceased:

Alice, William, Peter, Pixie, Molly & Vincent Cranny, Frank O'Regan, Bernie Horton, Edith Hansby, Shirley Winters, Lucy-May & Ernest Brown, Geoff Howland, Eleodoro Deluao, Pilar Castro Cossid

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](mailto: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](http://www.rockhampton.catholic.net.au/safeguarding-policies.html)

Queensland Professional Standards Office: [www.psoqld.catholic.net.au/](http://www.psoqld.catholic.net.au/)

# CAPRICORN COAST CATHOLIC PARISH

## Catholic relationship advisers offer five tips to look after your mental health

### - MENTAL HEALTH WEEK -

EVERYWHERE you look, people seem to be talking about mental health and it is no surprise. The past 18 months have been a challenge, to say the least. With Mental Health Week running from the October 9-16, now is the perfect time to unpack why mental health is so important and what you can do to look after yours. Mental health includes our emotional, psychological, and social well-being. It affects how we feel, think, and act. External stressors, like job pressures, family worries, and the ongoing repercussions of a global pandemic can have major impacts on our mental health. But it's not all bad news. For a long time, mental health has been a subject we intuitively knew was important but did not really talk about. It lacked the same governmental funding, professional credibility, and social understanding of its physical counterpart. The past year-and-a-half has brought this importance of mental health out of the shadows and into societal consciousness. #SelfCare and #MentalHealthMatters have become the hashtags of choice, "wellbeing" a new buzzword across professional industries and seeking professional support for our mental health and relationships is the new normal. In our psychology and counselling practice, we work with individuals and couples across Australia to support their mental health and relationships. Based on our research, expertise and experience, here are five simple tips to help you build positive habits for your mental health.

**Tip One – Sleep** Resting: Sleep is an important part of mental health. Ahh, sleep... The thing you avoid as a kid, pretend you don't need as a teen, and dream of as a parent. For many years, research has continued to highlight the correlation between sleep and health. You might think that limited or interrupted sleep just leaves you feeling irritable, but if poor sleep continues for an extended period of time, it can have long term health consequences. [Research from 2017](#) suggests that the relationship between sleep and mental health is complex and cyclical. The poorer our sleep, the more anxious or depressed we may become – which then, in turn, can result in poor sleep. So, it's important to give our body and brain the best chance at getting some good shuteye. **What can you do?** Create a regular routine to prepare for sleep, so that your body feels calm and settled. Take a bath, read a book, turn off devices and avoid caffeine in the evening.

**Tip Two – Exercise and Healthy Food** Keeping active: Exercise and eating well lead to a healthier mind. We all know that healthy food and exercise is important, but often – when we're not feeling our best – these are the first things to go. We all know what it's like to find ourselves knee deep in a tub of cookies 'n' cream ice-cream, wondering if our pyjamas could pass as daywear. Our physical and mental health are intrinsically linked, so if you are looking for a sustainable mood-booster, it doesn't get much better than nourishing food and exercise. When we eat well, our brains get the micronutrients required to function. When we exercise, our bodies release endorphins, dopamine, and serotonin – chemicals which make us feel happier. **What can you do?** Create a daily or weekly routine, which includes about [30 minutes per day](#) to move your body. It doesn't need to be an expensive gym – go for a walk or play with your kids at the park.

**Tip Three – Mindfulness and Meditation** Mindfulness: Praying the Holy Rosary is one way for Catholics to meditate. It's a busy world. We pride ourselves on multitasking and full schedules – listening to podcasts during our commute, folding laundry while watching Netflix, and scrolling our phone while sipping coffee. There are very few moments where we allow ourselves to just 'be'. To maintain mental health, it is important to find moments of presence and stillness. Mindfulness and meditation have their roots in a number of religions, including Christianity, where contemplative prayer invites us to "Be still and know...". Grounding ourselves, noticing our surroundings, and developing a habit of conscious gratitude has been shown to improve our sense of worth and satisfaction with life. **What can you do?** There are many simple ways to incorporate mindfulness and meditation into your daily life. You could make your morning cuppa a 'mindful moment' by putting down your phone and noticing what you see, hear, smell, feel and taste. If you want some more guided mindfulness, consider downloading a free app like [Smiling Mind](#).

**Tip Four – Social Connection** Social connections: Social distancing and lockdowns, although necessary for public health, have exacerbated the sense of isolation for many people. Human beings are wired for connection. As far back as we can trace, humans have travelled, hunted and lived together in groups. With so much social media and virtual connection at our fingertips it may seem that we are more connected than ever, but we are actually in the midst of a loneliness pandemic. Social distancing and lockdowns, although necessary for public health, have exacerbated the sense of isolation for many people. [Research has shown](#) that quality connection with family and friends leads to 50% chance of longevity, stronger immune system, greater empathy and lower levels of anxiety and depression. **What can you do?** Managing lockdowns and restrictions can make connection a real challenge. As much as is possible, build connection into your weekly routine. This can be look like regular coffee catchups with a friend, group exercise, family dinners and zoom calls with those we can't see face-to-face right now.

**Tip Five – Seek Support** Seeking help: It is essential to seek help if you are struggling with your mental health. When our car makes that funny sound, we have no problem taking it to the mechanic. When our tooth aches, we book in to see our dentist. When it's tax time, we find the number for our accountant. We seek support and expertise from professionals trained in whatever area we need help with at the time. So, when we feel like our [mental health](#) or [relationship](#) is struggling, there is courage and wisdom in seeking professional support. It's been a tough time for a lot of people – individuals, couples, and families – you don't need to pretend to have it all together. Reaching out for help reveals strength, not weakness. **What can you do?** There are so many different support services out there that can help! Visit your GP and get a Mental Health Care Plan, then book in to see a psychologist or counsellor – if you don't live nearby a Psychology practice, call and ask if they do Telehealth (most practices offer this) and have your session over zoom. If you need immediate support, you can call:

Qld Government Mental Health Access: 1300 642255  
Parentline: 1300 301 300

Beyondblue: 1300 224 636  
Kid's Helpline: 1800 551 800

Lifeline: 13 11 14