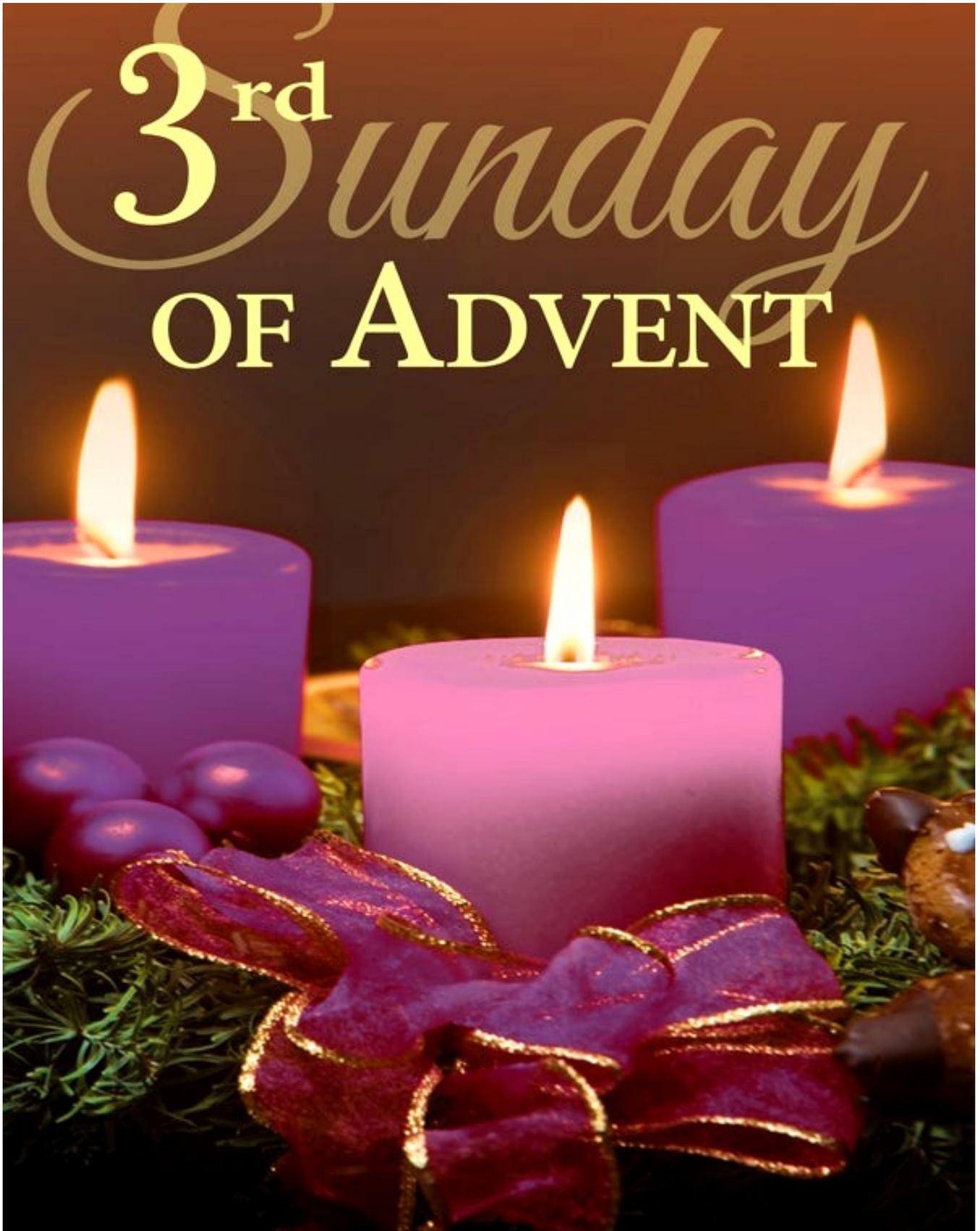


# CAPRICORN COAST CATHOLIC PARISH

Sacred Heart & Mary Immaculate

*To nurture the spiritual life and activities of the parish community*



*The worshipping communities of Sacred Heart, Yeppoon and Mary Immaculate, Emu Park acknowledge the Darumbal People the traditional custodians of the land on which we gather and pay respect to their elders: past, present, and emerging. For we too are one in land, one in spirit, one in faith, united in God's love.*

# LITURGIES

12 - 18 Dec 2022

**MONDAY**

**TUESDAY**

**WEDNESDAY**

*Adoration & Rosary*

**THURSDAY**

**FRIDAY**

9:00am Sacred Heart Mass  
2:00pm Rosary

**SATURDAY**

5:15pm Mary Immaculate Mass

**SUNDAY**

*4th Sunday of Advent*

8:15am Sacred Heart Confession  
9:00am Sacred Heart Mass  
5:00pm Sacred Heart Mass



POWERED BY  
 Donation Point™

*Want to donate to the Parish with a one-off gift?  
You can give easily & securely by scanning the  
above QR code with your smart phone.  
Thanks for your support!*



*Pray For...*

## those being Baptised:

Holland Lines, Maya Medrano

## the sick:

Glenn Rawlins, Liam Halberstater, Roy Vanden Bergh, Bev Bartlem, Adam Loch,  
Angela Brockhurst, Jess Oakley, Zoe Lavin, Kevin Nolan.

## the recently deceased:

Ronnie Lawson, Mary Nash (Brisbane), Carmel Schick, Barry Beckerley, Valsamma  
Jacob, Barry Whitman, Kevin Doyle, Neil Barton, Dot Mulcahy

## those whose anniversary occurs at this time:

Briona McKone, Dawn Abraham, Anton (Tony) Schick, Carmel Gormley, Leo Hans-  
by, Frank O'Regan, Perry Molloy, Dulcie Fitzgerald, Lionel Bevis, Barry Gollan.

### PARISH OFFICE CLOSED

The Parish Office will be closed from Monday 26  
December 2022 reopening Tuesday 3 January 2023. For an  
Emergency Contact In Danger of Death call 07 4933 6460.

### WORD AMONG US SUBSCRIPTION is now up for renewal!

The cost for next year's subscription is \$45 due to the current exchange rate.  
Could you please advise if you would like to continue with this subscription for  
next year or not. If any other parishioners would like to join in our bulk  
subscription please advise Helen on 0409051495 or  
[helenmcintyre50@gmail.com](mailto:helenmcintyre50@gmail.com) It is a wonderful book with Mass readings of the  
day plus some beautiful faith stories.

### 2<sup>ND</sup> RITE OF RECONCILIATION

For those wishing to prepare themselves for the celebration of Christmas a 2<sup>nd</sup>  
Rite of Reconciliation will be celebrated 5pm Thursday 22 December at Sacred  
Heart Church. Fr Andrew Hogan & Fr Andrew Chase will be available for  
confessions on that evening.

### WEEKDAY MASS TIMES DURING DECEMBER

Please check the bulletin carefully for weekday Mass times during December.  
Due to other commitments Fr Andrew Hogan will be absent for periods of time  
& some Masses will be cancelled.

### SUNDAY 5:00PM MASS

The Sunday evening Mass will continue for the 4 Sundays of Advent.  
There will be no Sunday evening Mass on Christmas Day, or New Year's Day.  
This Mass will resume when Fr Matthew returns to the parish.

### FUNERAL PREPARATION

Take the burden away from your family & pre plan your funeral  
at Sacred Heart or Mary Immaculate Church. To make an  
appointment contact the Parish office on 4933 6171 or email  
[capcoast@rok.catholic.net.au](mailto:capcoast@rok.catholic.net.au).

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

## GOSPEL MEDITATION

Life can leave us feeling dark and desolate. Sandy was just twenty-eight when her husband, Rob, died, leaving her to raise their two young children. She was without paid employment. Rob went to work one morning and never returned home. Sandy, though, had faith and trusted that somehow God would help her through, even though most days brought deafening, piercing loneliness. She persevered, and the darkness gave way to light. Remarking one day to a friend hesitant to commit to a relationship, Sandy shared her wisdom. Even if she knew the outcome would be the same, she would marry Rob again. She assured her friend that she would even do this if eight years could only be eight minutes. We are being led by God and God transforms the darkness into light.

“Be strong, fear not!” Those are easy words to say. Putting them into practice is the challenge. When our paths are dark and life’s roads become treacherous, we can easily complain about life’s unfinished nature. When will the pain go away? Will the loneliness ever cease? Will I experience happiness again? As the farmer needs to exercise patience with the soil, we need to do the same with our lives. We have to wait for the early and late rains to come, properly tend to our gardens, and ensure that the rich nutrients of God’s merciful and tender presence continue to enrich us. God is not done. God has only just begun his work in us.

We cannot allow life to hold us captive. The systems, agendas, protocols, regulations, expectations, and unfinished business can distract us from what it means to be God’s child. Life can leave us feeling cheated, negative, and parched. All times and seasons of our spiritual and liturgical lives lead us to three virtues: faith, hope and love. Stop complaining about what is wrong and look to what God can make right! Joy that flows from the Baptist’s message: in Jesus, the one mightier than he, are found healing, reconciliation, and freedom. Christ will save us from life’s distortions, illusions, and disappointments. Do you believe this?

©LPi



### **Parish Administrator**

Rev Andrew Hogan

### **Senior Finance**

### **Administration Officer**

Mrs Vanessa Ramswarup

### **Administration Officer**

Mrs Andrea Canavan

### **Office Hours**

Monday to Friday

9:00am - 2:00pm

### **Phone**

07 4933 6171

### **Emergency Contact In Danger of Death**

07 4933 6460

### **Email**

capcoast@rok.catholic.net.au

### **Postal Address**

PO Box 64 Yeppoon QLD 4703

### **Sacred Heart, Yeppoon**

7 Tabor Drive Lammermoor

### **Mary Immaculate, Emu Park**

38 Archer St Emu Park



Hail Holy Queen, Mother of Mercy,  
Our life our sweetness and our hope.  
To thee do we cry, poor banished children of Eve;  
To thee do we send up our sighs,  
mourning and weeping in the valley of tears.  
Turn then most gracious advocate,



Thine eyes of mercy towards us  
and after this our exile, show unto us the  
blessed fruit of thy womb Jesus.  
O clement, O loving, O sweet Virgin Mary!  
Pray for us, O Holy Mother of God.  
That we may be made worthy of  
the promises of Christ.

# NEXT WEEK'S READINGS



## First Reading

Isaiah 7:10-14  
The virgin will conceive.

## Psalm 23

Let the Lord enter; he is king of glory.

## Second Reading

Romans 1:1-7  
Jesus Christ, a descendant of David,  
is the Son of God.

## Gospel

Matthew 1:18-24  
Jesus was born of Mary, the betrothed of Joseph,  
a son of David.



At the request of the Bishops of Australia, the Diocese will be holding a special second collection at Masses during two weekends of Advent, 3 & 4 December and 10 & 11 December, in support of the people of Ukraine.

All donations raised during the Advent appeal will assist with the evacuation of people from frontline territories, food packages for people in need, and shelters for internally displaced persons.

Donations can be made using the QR code, online at [rok.catholic.net.au/donate](http://rok.catholic.net.au/donate), or via the second collection at Mass. Thank you for your support and generosity.

## ST VINCENT DE PAUL CHRISTMAS APPEAL



Parishioners are invited to donate non-perishable goods to the 2022 St Vincent de Paul Christmas Appeal for Christmas Hampers for families in need. Baskets are available in the foyers of either Sacred Heart Yeppoon or Mary Immaculate Emu Park. Envelopes are available for any monetary donations. Your continuing generosity is very much appreciated.

The Capricorn Coast Catholic Parish  
**CHRISTMAS MASSTIMES**

*The Nativity of the Lord*

**Saturday 24 December 2022**  
4:30pm Carols Mary Immaculate Emu Park  
5:00pm Mass Mary Immaculate Emu Park  
7:00pm Carols Sacred Heart Lammermoor  
7:30pm Mass Sacred Heart Lammermoor

**Sunday 25 December 2022**  
9:00am Mass Sacred Heart Lammermoor

Sacred Heart Church 7 Tabor Drive Lammermoor  
Mary Immaculate Church 38 Archer Street Emu Park

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 & 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 & Vulnerable Adults commitment statement & Policy: [www.rock.catholic.net.au/safeguarding-policies.html](http://www.rock.catholic.net.au/safeguarding-policies.html) Queensland Professional Standards Office: [www.psoqld.catholic.net.au/](http://www.psoqld.catholic.net.au/)



St Brendan's College  
07 4939 9300

[administration@sbcc.qld.edu.au](mailto:administration@sbcc.qld.edu.au)



St Ursula's College  
07 4939 9600

[ursulas@stursulas.qld.edu.au](mailto:ursulas@stursulas.qld.edu.au)



Sacred Heart Primary School  
07 4994 8215

[shy@rok.catholic.edu.au](mailto:shy@rok.catholic.edu.au)



St Benedict's Primary School  
07 4930 2744

[info@skyrok.catholic.edu.au](mailto:info@skyrok.catholic.edu.au)

The Capricorn Coast Catholic Parish

# **CHRISTMAS MASS TIMES**

*The Nativity of the Lord*

**Saturday 24 December 2022**

4:30pm Carols Mary Immaculate Emu Park

5:00pm Mass Mary Immaculate Emu Park

7:00pm Carols Sacred Heart Lammermoor

7:30pm Mass Sacred Heart Lammermoor

**Sunday 25 December 2022**

9:00am Mass Sacred Heart Lammermoor

Sacred Heart Church 7 Tabor Drive Lammermoor

Mary Immaculate Church 38 Archer Street Emu Park