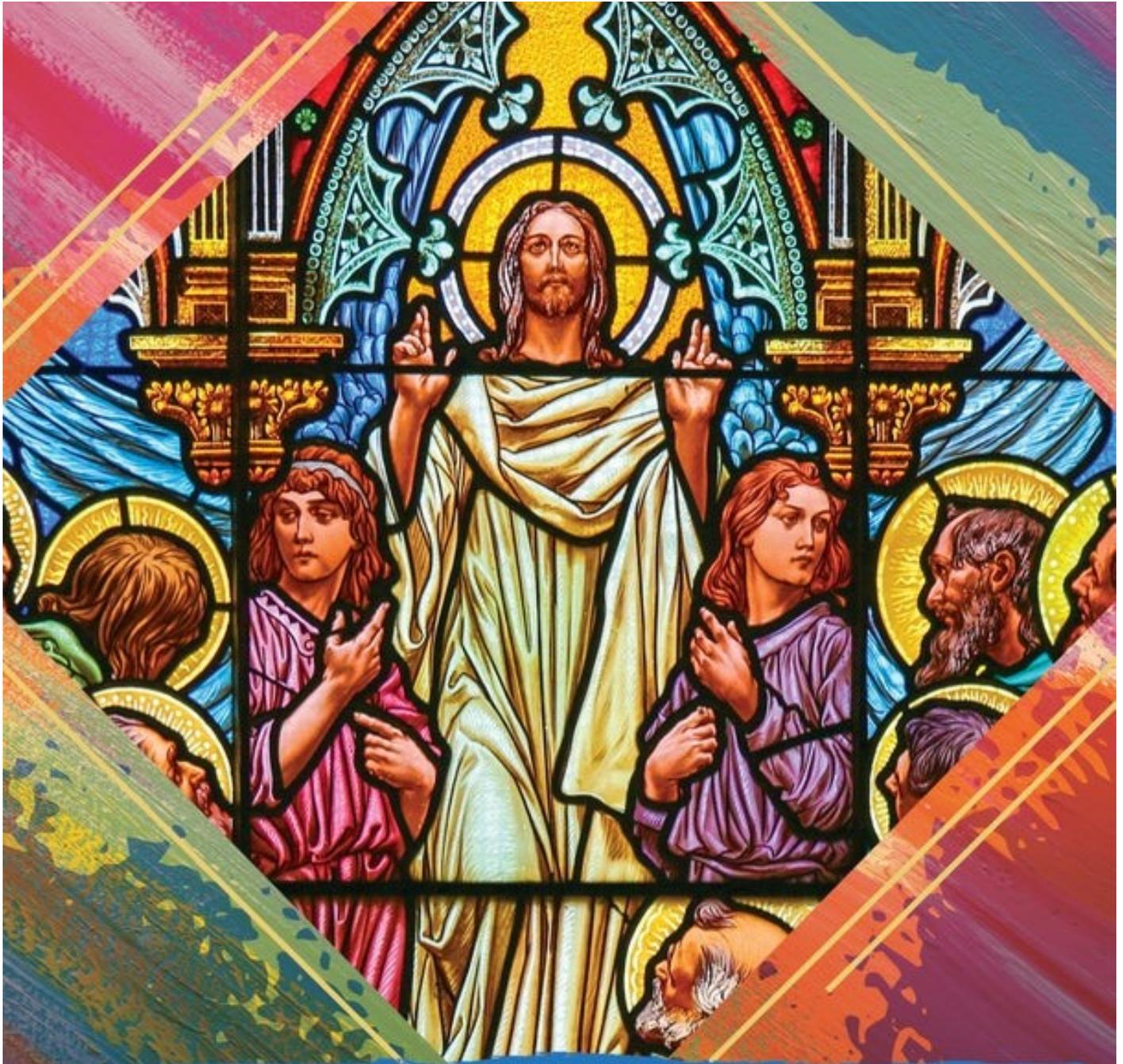


CAPRICORN COAST CATHOLIC PARISH

Sacred Heart & Mary Immaculate

To nurture the spiritual life and activities of the parish community



6TH SUNDAY IN ORDINARY TIME

“I say to you, whoever is angry with his brother
will be liable to judgment.” - Mt 5:22a

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

13-19 February 2023

MONDAY

TUESDAY

5:00pm St Brendan's College

WEDNESDAY

9:00am Sacred Heart Church Mass
Adoration & Rosary

THURSDAY

9:00am Mass at St Benedict's School

FRIDAY

9:00am Mass Sacred Heart Church
Bishop's Inservice Day
2:00pm Rosary

SATURDAY

5:15pm Mass Mary Immaculate
Church

SUNDAY

7th Sunday of Ordinary Time
8-8:30am Reconciliation
9:00am Sacred Heart Mass
10:00am Baptisms



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...

the sick:

Peter Mahoney, Joan Ellaway, Maree Griffin, Nita Flaherty, Bev Bartlem, Veronica Loudon-Riley, Margaret Thwaite, Kevin McConville, Bernice Taylor.

the recently deceased:

Margaret Thwaite, Colin Shaw, Steven Stewart (Victoria), Mary Nash, Howard Stephenson, Bill Mylrea, Philip Quinn, Sylvia Bongers, Roy Vandenberg.

those whose anniversary occurs at this time:

Oswin Wilson, Rhys Yore, Peter Bartlett, Brendan Williams, Carmel Gormley, Shirley Kruger, William Shields, William Conaughton, Di Black, Iris Crickmore.

RITE OF ELECTION

**6pm Mass Saturday 25 February 2023
St Joseph's Cathedral Rockhampton**

The Rite of Election is an opportunity for the Bishop to meet those who are being welcomed into the church at Easter time through the Rite of Christian Initiation for Adults. Godparents for the Catechumens & sponsors should be present for this step in the journey of those seeking to become full members of the church.

MEET IN THE MIDDLE

Monday February 13th at The Waterline Cafe commencing at 9am.
Please join us for a chat & a laugh in a relaxing atmosphere surrounded by God's beautiful creation.
Everyone is most welcome to attend. Please bring a friend or someone who may not be able to get out very often. See you there!!



Palms Australia



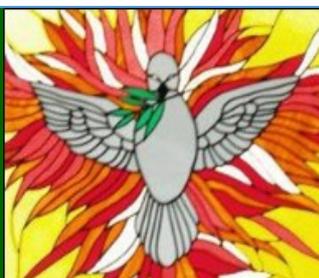
Mission: Change their lives... and yours

Communities in Africa, Asia or the Pacific are seeking Australians from a variety of professions & trades to share their skills with those who have less opportunity to develop their talents. Explore 35 positions by scanning the QR code above.

On our website you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa & Thailand. Please enquire further about potential assignments for you or someone you know: **Phone 02 9560 533 or 0422 472 567**

www.palms.org.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

It's often said that the Catholic Church lays heavy rules on her members, rules that can almost seem impossible. Mass every Sunday? No lying *ever*? Sexual purity *all the time*? I recently said to some non-Catholic friends that more than fifty adults were baptized at my parish at the Easter Vigil. One responded spontaneously with shock, "Why would anyone do *that*?" In other words, why would someone willingly place themselves in a system with such demanding and rigorous rules?

Of course, no one in the history of religions is more demanding and rigorous than Jesus himself. In the Sermon on the Mount, he says you have to be holier than pharisees or you're out. He says if you call someone a fool, you go to fiery Gehenna. He says you can't even look at a woman with lust or you're guilty of adultery (which was punishable by death). To top it all off, he says you can't even get divorced and re-married. Doesn't he know these are basically impossible demands? What world is he living in?

The new one, actually. He is the new world. Jesus' words aren't meant to condemn. They are meant to signal something new, a restored humanity. Jesus doesn't just give external laws; he gives us his Holy Spirit to internalize the law through love. He wants to fill us with his love. That's what the Church exists to do. Love demands extraordinary things. The "demands" of the Church only make sense because she is filled with Jesus' love. That wildly demanding love is why we are Catholic.

— *Father John Muir*

©LPi



Parish Priest

Fr Matthew Moloney

Senior Finance

Administration Officer

Mrs Vanessa Ramswarup

Administration Officer

Mrs Andrea Canavan

Office Hours

Monday to Friday

9:00am - 2:00pm

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Sacred Heart, Yeppoon

7 Tabor Drive Lammermoor

Mary Immaculate, 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

Leviticus 19:1-2, 17-18

You must love your neighbour as yourself.

Psalm 102

The Lord is kind and merciful

Second Reading

1 Corinthians 3:16-23

All things are yours, but you belong to Christ and Christ belongs to God.

Gospel

Matthew 5:38-48

Love your enemies.



World Youth Day Pilgrimage

Sponsorship Now Available!



Registrations are running out but there are still some available for our diocesan WYD pilgrimage to Spain and Portugal. The pilgrimage is open to anyone aged 18 to about 35 & will leave Australia 28 July & return 11 August 2023. This

is an amazing experience that every young Catholic should try to get to at least once in their life. We are pleased to now be able to offer partial sponsorship can be made online. For more information scan the QR code or contact Mick at youth@rok.catholic.net.au or 0433 897 973.



Mary's Legion for Peace

Please join with us at Sacred Heart Church every Friday at 2pm for Rosary followed by Afternoon Tea.

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.

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



St Brendan's College

07 4939 9300

administration@sbcc.qld.edu.au



St Ursula's College

07 4939 9600

ursulas@stursulas.qld.edu.au



Sacred Heart Primary School

07 4994 8215

shy@rok.catholic.edu.au



St Benedict's Primary School

07 4930 2744

info@skyrok.catholic.edu.au