

CAPRICORN COAST CATHOLIC PARISH

Sacred Heart & Mary Immaculate



Parish Priest

Fr Matthew Moloney

matthewmoloney@rok.catholic.net.au

Parish Secretary

Mrs Angela Wilczek

Administration Officer

Mrs Andrea Canavan

Office Hours

Monday to Friday

9:00am - 2:00pm

Phone

07 4933 6171

Emergency After Hours

(Presbytery)

07 4933 6824

Email

capcoast@rok.catholic.net.au

Postal Address

PO Box 64 Yeppoon QLD 4703

Sacred Heart Church

7 Tabor Drive, Yeppoon

Mary Immaculate Church

38 Archer St Emu Park



GOSPEL MEDITATION

Lately I've been listening to a science-based podcast on healthy daily living. The host frequently discusses the wide range of health benefits of sleep. So, each night I'm trying to get more, and better, slumber, and it's helping me feel energized. So, why in the world should we follow Christ's advice this week? "Watch therefore, for you do not know when the master of the house will come ... lest he find you asleep." Isn't sleep, especially at midnight and cockcrow, a good thing?

Of course, it is. But the wakefulness the Lord calls us to is a deep, personal orientation to Him. A nightly vigil is therefore a metaphor for this, but it's not just that. We should give up real sleep in order to pray, too. This difficult practice is a time-tested way to foster wakefulness of heart. When we give up sleep to pray, it focuses us. We learn that life is not an endless series of days. You and I belong to the Lord — awake or asleep, in life and in death. Sooner or later, even our need for our physical sleep will pass away. And our attentiveness to God — that is, whether we are awaiting Him to meet us — will be all that matters.

May I challenge us this week and this Advent to intentionally give up at least one hour of sleep each week for prayer? Stay up later, wake up in the middle of the night, or an hour earlier, and pray. Will we be a bit more tired the next day? Yes. But we'll be amazed at the spiritual wakefulness that results, too.— Father John Muir ©LPi

The worshipping communities of Sacred Heart, Yeppoon & 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



Date	Time	Mass
Tues 5 Dec	9:00am	Anointing Mass, Mary Immaculate
Wed 6 Dec	9:00am	Mass, Adoration & Rosary, Sacred Heart
Fri 8 Dec	9:00am	Anointing Mass, Sacred Heart
	2:00pm	Rosary
Sat 9 Dec	5:15pm	Mary Immaculate
Sun 10 Dec (2nd Sun of Advent)	8:00 -8:30am	Sacred Heart, Reconciliation
	9:00am	Sacred Heart
	5:00pm	Sacred Heart

Advent Penitential Service

Sacred Heart Church

6pm, Thursday 14th December 2023

There will be 3 priests available for the Sacrament of Reconciliation for those who wish to celebrate the Sacrament

WEEKEND ROSTER

This weekend - 1st Sunday of Advent 2nd & 3rd December

	5.15pm Sat Mary Immac.	9am Sunday Sacred Heart	5pm Sunday Sacred Heart
Commentator	John McKenna	Sean Fallis	Margaret McAuliffe-Harris
First Reader	Peter Maloney	Maurice Conway	Parishioner
Second Reader	Kathy Maloney	Nini Sielaf	Parishioner

Next weekend - 2nd Sunday of Advent 9th & 10th December

	Gail Goodman	Warren Middleton	Margaret McAuliffe-Harris
Commentator	Gail Goodman	Warren Middleton	Margaret McAuliffe-Harris
First Reader	Christine Davids	Catherine Weaver	Parishioner
Second Reader	Michele Connors	Erin Hutchinson	Parishioner

The Capricorn Coast Catholic Parish CHRISTMAS MASSTIMES

4th Sunday Advent

Saturday 23 December 2023

5:15pm Mass Mary Immaculate

Sunday 24 December 2023

9:00am Mass Sacred Heart

Nativity of the Lord

Sunday 24 December 2023

4:30pm Carols Mary Immaculate

5:00pm Mass Mary Immaculate

6:30pm Carols Sacred Heart

7:00pm Mass Sacred Heart

Monday 25 December 2023

9:00am Mass Sacred Heart

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

Pray for



The sick:

Ollie Miles, Michael Jones, Carolyn Perkins, Doreen Quinn, Anthony Withoos, Joan Conaughton, Bill Schofield, Ravi Ramswarup, Denis Malone, Fr. Peter Tonti.

The recently deceased:

Louise Page, Gavin Massie, Tom Harris, Richard Reed, Rosalie Steyn, Tony Schofield, William Edwin Senn, Catherine Marshall, Dave Madigan.

Those whose anniversary occurs at this time:

Warren Williams, Shane Hocking, Anthony Bowman, Leo Hansby, Carmel Schick, Carmel Gormley, Shane Hansby, Doug Read, Mary Nash.

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

LAST CHANCE!!

WORD AMONG US SUBSCRIPTION

This is your last opportunity to receive a yearly subscription to this wonderful little prayer tool. It is a monthly edition containing daily meditations based on the Mass readings, Inspiring stories of saints and practical prayer starters to draw you closer to God. The cost is \$48 for the year. If you would like to subscribe, please advise Helen on helenmcintyre50@gmail.com or text on 0409051495 before the end of the week.

Date Claimers:

22 Feb 2024: Ordination to Priesthood of Deacon
Peter Doherty

3rd & 4th February Enrollment Lent & Easter 2024:
ALPHA Program

Meet in the Middle

Will be held Monday 11th December. We will gather at the Waterline Café at 10am for our final meet for the year. Please wear your Christmas clothes and bling!! Also feel free to share any interesting Christmas stories you may have. See you there!

THIS WEEK'S SHARED MEAL

Mary Immaculate: after 5:15pm Mass

Sacred Heart: after 9am Mass

Join us for a chat and a catch up.
Bring a plate to share if able.

CHRISTMAS APPEAL - ST VINCENT DE PAUL

Parishioners are invited to donate non-perishable goods to the 2023 St Vincent de Paul Christmas Appeal for Christmas Hampers for families in need.

Baskets are available in the foyers of both Sacred Heart Church, Yeppoon, and Mary Immaculate Church, Emu Park.

Envelopes are available for any monetary donations. Thank you!



INVITATION: CHILDREN & PARENTS ADVENT PREPARATION

Children (3-12 years old) are invited to Advent preparation sessions at Sacred Heart Church Community Hall.

10-11am Saturday 2nd December

10-11am Saturday 9th December

10-11am Saturday 16th December

10-11am Saturday 23rd December

The sessions will focus on the Infancy narratives, the Advent wreath, and the Jesse Tree. Each session will include Scripture reflections using hands on materials, a craft item, a prayer and song.

Ph: Angela Acharya 0407 383 007 or
Parish Office 4933 6171



SAFEGUARDING

**Safeguarding training will be held
after Mass for our Parish next week.**

9th and 10th December

If you are unable to attend to this, there is an option available to complete an online training session. Please see the office for more information.

The Catholic Diocese of Rockhampton abides by the principles of the National Catholic Safeguarding Standards (2022) and is committed to safeguarding, with a specific focus on protecting children and adults at risk.

Vocations: To find out more, get in touch with Mick Otto at: vocations@rok.catholic.net.au or 0433 897 973.



THE
MELCHIZEDEK
PROJECT



CATHOLIC DIOCESE OF ROCKHAMPTON

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.



Thank You Parish Ministries

Our Parish Community has so many people that help around our Churches and Parish, and outreach to the community. A heart felt thank you for your generosity and your gift that you share.

All are most welcome to join us for a shared meal after Mass. Please stay as we acknowledge you and celebrate your gift of ministry.

THIS WEEK'S READINGS

1ST SUNDAY OF ADVENT

1st Reading:

Isiah 63:16-17; 64:1,3-8

Oh that you would tear the heavens apart and come down.

Psalm 79:

Lord, make us turn to you, let us see your face and we shall be saved.

2nd Reading:

1 Corinthians 1:3-9

A revelation we looked for, Christ Jesus our Lord.

Gospel:

Mark 13:33-37

Stay awake! You never know when the Lord will come.



Thank you to the school communities of Sacred Heart, St Benedict's, St Ursula's, & St Brendan's. The generosity of our Parish Schools and their contributions to St Vincent de Paul for Christmas hampers has been amazing. Schools contribute in many and varied ways to SVDP throughout the year and especially at Christmas time.

Thank you! May this Christmas time be a time of joy for all.

Congratulations to our primary school students on completing the school year. And to all our teachers who finish school this week. Merry Christmas!



NEXT WEEK'S READINGS

2ND SUNDAY OF ADVENT

1st Reading: Isiah 40:1-5, 9-11

Psalm: 84

2nd Reading: 2 Peter 3:8-14

Gospel: Mark 1:1-8

Thank You



The Capricorn Coast Catholic Parish would like to thank all those who supported our Melbourne Cup raffle. Our parish raised a total of \$1000, which is being donated to the Woombinda Ministry.

Congratulations to our raffle winners:

Rhonda Maud	Sue Coad
Peter & Kath Maloney	Pam Milton
Hazel Massie	Angela Wilczek
Ross McIntyre	Helen Horton
Janet Slade	Gail Goodman

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.rok.catholic.net.au/safeguarding-policies.html **Queensland Professional Standards Office:** www.psoqld.catholic.net.au/



St Brendan's College
07 4939 9300

administration@sbc.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