

# CAPRICORN COAST CATHOLIC PARISH

4 February 2024 - 5th Sunday in Ordinary Time, Year B



## 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](mailto: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** - Maybe I'm weird, but I like spending time in doctor's offices, confession lines in churches, auto repair shops, prison cells, and support groups of various kinds. It's refreshing to be with people who humbly admit something is wrong and forthrightly set out on a path toward a solution. When we ignore what is off kilter, we become alone and fragile. In places where people are honest and hopeful about brokenness, sturdy if subtle fellowship usually ensues.

Consider the image we see of Jesus in the Gospel of Mark. "...they brought to him all who were ill or possessed by a demon. The whole town was gathered at the door." The entire human community is afflicted in various ways, and so it gradually forms a strange new community around Jesus. The healer from Nazareth is like a sun of health around which orbits a throng of humanity absorbing his healing rays. These blessed souls can't fix themselves and become healthy, and they know it. But they have found in him the living source of all imaginable healing.

It's the Church, isn't it? A sin-sick community gathered and healed is what happens at the beginning of every Mass. We shuffle in through the door from everywhere and announce that we are not okay, and we can't fix it. In doing so, we are drawn into the orbit of the healing power of Christ — and into a renewed community with the whole human family. It's nothing to fear or rush. Maybe we can even learn to enjoy more how good it is to be in such a happy place. — 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.*

# Pray for

## The sick:

Terry Grose, Ollie Miles, Peter Hayes, Jo-Anne Coxon, Ronnie Camenzuli, Alan Davids, Adam Loch, Carolyn Perkins, Veronica Loudon-Riley.

## The recently deceased:

John Slade, Michael Jones, Rita Clare Carsten, Robin Holmes (Gladstone), Gerard Pierce (Emerald), John Holland, Ken Holmes, Susan McCamley, Merle Donovan, Kevin Davids, Lynette Aboud, Louise Page.

## Those whose anniversary occurs

### at this time:

Shirley Kruger, Bill Shields, Jeff Shields, Clem Hampstead, Genny Hampstead, John Hampstead, Iris Crickmore, Di Black, Colin Shaw, Vince O'Brien, Robert Effenev, Phillip Quinn, Briona McKone.

### *With praise and thanksgiving to God*

*Most Reverend Michael McCarthy  
Bishop of Rockhampton*



*invites the people of the Diocese of  
Rockhampton to the  
Presbyteral Ordination of*

**Rev Peter Duncan Doherty**

10.00am, Thursday 22<sup>nd</sup> February 2024  
St Joseph's Cathedral

For those unable to join in person, the event can be watched online at:

<https://www.youtube.com/user/StJosephsCathRton>

**Mass of Thanksgiving** - 9am, Friday 23rd Feb

St Joseph's Cathedral, William St, Rockhampton

### **Mercy Associates Gathering**

**Date:** Sat 10 Feb following 9am Mass, St Joseph's Cathedral

**Guest Speaker:** Sister Berneice Loch *rsm*

**Topic:** Mercy International Association

**Venue:** Parish Function Room (behind Cathedral Bookstore).

All are welcome!

# LITURGIES

Date	Time	Mass
Mon 5 Feb	11:00am	Funeral Liturgy - John Slade, Sacred Heart
Tues 6 Feb	9:30am	St Benedict's School Opening Mass, St Benedict's
Wed 7 Feb	9:00am	Memorial Mass - Michael Jones, Sacred Heart
Fri 9 Feb	9:00am	St Brendan's College Opening School Mass, SBC
	2:00pm	Rosary, Sacred Heart
Sat 10 Feb	5:15pm	Mary Immaculate
Sun 11 Feb	8-8:30am	Reconciliation, Sacred Heart
(6th Sun of Ord. Time)	9:00am	Sacred Heart
	5:00pm	Sacred Heart

## WEEKEND ROSTER

This weekend - 4th Sunday Ordinary Time, Year B 3/4 Feb			
	5.15pm Sat Mary Immac.	9am Sunday Sacred Heart	5pm Sunday Sacred Heart
Commentator	Jan Mussig	Deb Bayliss	St Ursula's College
1st Reader	Michele Connors	Barbara Kirwin	St Ursula's College
2nd Reader	Christine Davids	Joan Ellaway	St Ursula's College
Next weekend - 5th Sunday Ordinary Time, Year B 10/11 Feb			
Commentator	John McKenna	Gordon Gauld	St Brendan's College
1st Reader	Jan Jaeger	Mark Boyd	St Brendan's College
2nd Reader	Gail Goodman	Tink Boyd	St Brendan's College

### SHARED MEAL

**MARY IMMACULATE CHURCH - Saturday February 3rd.**

BYO coffee cup, and bring a plate.

**SACRED HEART CHURCH - Sunday February 4th.**

Please bring a plate.

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

## Receiving Holy Communion

In the fourth century, St. Cyril of Jerusalem described the practice of his own time and place in a famous passage (*Mystagogicae catecheses* 5,21):

*Coming up to receive, therefore, do not approach with your wrists extended or your fingers splayed, but making your left hand a throne for the right (for it is about to receive a King) and cupping your palm, so receive the body of Christ, and answer, "Amen." Carefully hallow your eyes by the touch of the sacred body, and then partake, taking care to lose no part of it. Such a loss would be like a mutilation of your own body. Why, if you had been given gold dust, would you not take the utmost care to hold it fast, not letting a grain slip through your fingers, lest you be by so much the poorer? How much more carefully, then, will you guard against losing so much as a crumb of that which is more precious than gold and precious stones!*

## Reception of the Chalice

This practice was suspended when the COVID-19 pandemic began and it is now time to re-introduce it.

Therefore, **from next weekend (10/11 February)**, Communion under both forms (host and chalice) will be available at Mass at Sacred Heart and Mary Immaculate.

The *General Instruction of the Roman Missal* says: "Holy Communion has a fuller form as a sign when it is distributed under both kinds.

For in this form the sign of the Eucharistic banquet is more clearly evident." (*GIRM* 281)

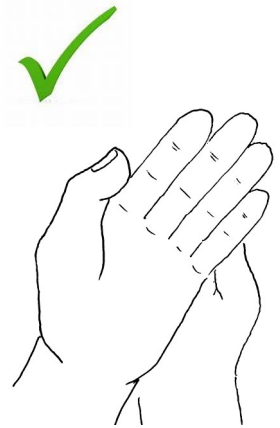
Nevertheless, all Catholics are free to choose whether to receive Holy Communion under one kind or both kinds.

Since it has been nearly four years since this practice was available, it is worth recalling some basic elements of the reception of Holy Communion:

- If you receive from the chalice, respond "Amen" when the minister says "The Blood of Christ". Then take the chalice in both hands, take a small sip, and hand the chalice back carefully to the minister.
- If you have any cold or flu symptoms, please **do not** receive from the chalice.
- Please **do not** take the host and dip it into the chalice (intinction); self-intinction is forbidden by church law.
- If you receive under only one kind (host or chalice), you still receive the complete presence of Christ: body, blood, soul and divinity.

Some general points about receiving the host (the Body of Christ):

- If receiving in the hand, place one hand palm up, the other hand underneath, and allow the minister to place the host onto your hand; then take the host and place it in your mouth immediately.
- Do not return to your seat still holding the host.
- Reception on the tongue is once again permitted; be sure to open your mouth and extend your tongue.



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.



## **THIS WEEK'S READINGS**

5TH SUNDAY IN ORD TIME

### **1st Reading:**

Job 7:1-4, 6-7

I am filled with sorrow all day long.

### **Psalm 146:**

**Praise the Lord who heals the  
broken-hearted.**

### **2nd Reading:**

1 Corinthians 9:16-19, 22-23

Punishment will come to me if I do not  
preach the Gospel.

### **Gospel:**

Mark 1:29-39

He cured many who suffered from diseases of  
one kind or another.

## **NEXT WEEK'S READINGS**

6TH SUNDAY IN ORDINARY TIME

1st Reading: Leviticus 13:1-2, 44-46

Psalm: 31

2nd Reading: 1 Corinthians 10:31-11:1

Gospel: Mark 1:40-45

## **ALPHA SESSIONS**

## **LENT/EASTER**

*Would you like to do something for Lent?*

*During Lent and Easter you are invited to join a group to  
reflect upon scripture and our journey of faith.*

Sessions will be held at both

Mary Immaculate and Sacred Heart Churches.

Information weekend: 10/11 February,

Time & Place of gathering to suit individual groups.

Participants will be invited after Mass next weekend to gather and  
organize times and sessions. If you would like to organize a group  
yourselves, you are most welcome.

Members of the Parish Leadership Group will lead these sessions.

## **Got Questions About Life**

*Alpha is a series of interactive  
sessions that explore the basics of  
the Christian faith. ALL are  
welcome, no experience necessary,  
just an openness to learn and  
journey in faith.*



### **RI CATECHIST NEWS**

MANDATORY TRAINING Tues 13 Feb, 8:30am -  
2:30pm, Seventh Day Ad Ch, 58 McBean St, Ypn.

NEXT MTG: Tues 6 Feb, 10am, SH Comm Room



### **MUSIC WORKSHOP**

WITH TINK BOYD

SUNDAY 25TH FEB

3PM TIL MASS

### **A Blessing to begin the 2024 School Year**

*for all our*

### **Local School Communities**

As we begin 2024, our Parish community prays with  
and for all our school communities .

Sunday 11th February, Mass 9am.

Sacred Heart Church, Yeppoon.

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.rok.catholic.net.au/safeguarding-policies.html](http://www.rok.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@sbc.qld.edu.au](mailto:administration@sbc.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)