

Welcome to the community of the Catholic Parish of St John 23rd Glenwood-Stanhope Gardens where the love of Christ is shining in so many ways.

#### ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, we acknowledge the traditional custodians of the lands in which the Catholic Parish of St John XXIII and the Diocese of Parramatta sits, the land of the Darug and Gundungurra people. We would like to pay our respects to the Aboriginal Elders past, present and future for they hold the traditions, memories and wisdom of Mother Earth on which we place our feet upon today.

#### Gospel Reflection

Continuing from last Sunday's highlighting of neighbourliness, today's readings begin with the story known as "The Hospitality of Abraham". This scene will be more important later this year when Abraham will be a central character in another of Luke's unique parables, the only one with named characters, the one generally called the "The Rich Man and Lazarus". Among the features of Abraham's actions worth noting now are that in speech he offered little, namely to have water brought for the visitors to wash their feet, and a piece of bread to eat, but in action he provided much, namely freshly made bread, with cheese and cream and just prepared veal. Those prone to find and to fault instances of presumed patriarchal oppression may be vexed with his directing Sarah in her bread making, but leaving that aside we may note that in effect the whole household participates, each according to his or her normal duties so that what would be a mad fuss for one is managed with apparent ease. But the phrase "he remained standing near them", an accurate possible translation, needs to be understood as indicating his attending to them, or serving them. According to some traditions, especially as represented in iconography, Sarah also served with him, although in the story itself only her later listening to them from inside the tent's opening is mentioned.

Staying for the moment with the connection to last Sunday, this story depicts the great hero of faith, Abraham, as being hospitable to sojourners. Since, technically speaking, to be Jewish is to be a descendant of Abraham, it stands to reason that at the time all people other than Abraham and Sarah were non-Jewish, therefore gentile, and so the distinction between Jew and gentile makes no sense; all people Abraham encountered were his neighbours and he a neighbour to them. It is also held in Jewish lore that even though the Law had not yet been written, Abraham faithfully observed it in full, which generates much discussion to explain the apparent non-kosher serving of meat and milk. One of the many conjectured answers to that conundrum is that the kosher laws did not pertain to his visitors, so Abraham could serve it to them but not eat it himself.

Today's choice of that story seems to be due to a simple association with the gospel's account of Martha welcoming Jesus into her house. As the story unfolds she is seen to be distracted and bothered by many things, perhaps many dishes. Her sister Mary was there too, but she was listening at the Lord's feet rather than from where Martha thought her proper station was, which was helping her. There is perhaps a little word play here in the Greek here, with the first verb describing Martha's activity, "you are distracted", being derived from another meaning "to cut up", while Mary is said to have selected the "good cut". Perhaps the main intention of the story is to demonstrate the instructions Jesus gave the messengers he sent before: on being welcomed into a house he eats what is set before him, but his main focus is still on the mission, of preaching the good news.

Some feminist critics might note at this point that with our Lectionary bringing these stories together, two changes generate interesting contrasts: the male with the dual roles as host and head of the household has been replaced by a female, for the house is said to be Martha's and she welcomed Jesus, and secondly, the listening woman has moved from out of sight into the open at the teachers feet where disciples are normally found. No claim is made here that Luke intended such a comparison, but the Church has often accepted creative associations as a way of peering beyond the surface of texts. So also in this context this gospel story may be seen to be more than a presentation of the presumed contest between active and contemplative lives. It is useful also to remember the witness from the monastic life in the Benedictine tradition that, though seen to belong to the contemplative domain, it also stresses hospitality, part of the active domain. It is not a case of the two being opposites: hospitality and active listening go hand in hand, and a good balance must be found.

#### Our Parish Mission

*The Parish of St John XXIII is a faith community with the Eucharist as its heart. Inspired by John XXIII's prophetic opening of the windows of the Church, we welcome the fresh air of the Holy Spirit, inviting every person to share in the responsibility of enriching the life and faith of our community by sharing their gifts and talents."*

#### Mass Times

<b>Mon</b>	8:30am
<b>Tues-Fri</b>	9:15am
<b>Sat</b>	9.00am, 6pm Vigil
<b>Sun</b>	7:30am 9am 10:30am 6pm
<b>Holy Cross Primary School</b>	
<b>Wed</b>	9:15am <i>during school days</i>
<b>2nd Sat</b>	7:30pm Indonesian Mass

#### Masses of Devotion

<b>1st Tues</b>	7.30pm Novena Mass <i>Our Lady of Perpetual Help</i>
<b>1st Fri</b>	7:30pm Novena Mass <i>Sacred Heart of Jesus</i>

#### Exposition + Benediction

<b>1st Fri</b>	after 9.15am, 7.30pm
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#### Reconciliation

<b>After the weekday masses</b>	
<b>Sat</b>	after the 9am mass <i>until 10.30am</i> 5:15 - 5:45pm <i>before the Vigil Mass or upon request</i>

#### Sacraments

<b>Sun</b>	12pm Baptism <i>by appointment</i>
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#### Prayers

<b>Tue</b>	7:00pm Rosary and novena prayers ( <i>Church Tabernacle</i> )
<b>Fri</b>	6.30pm Christ Catholic Community Prayer Group parish office <i>Pauline Camilleri 0407 417039</i>

#### Special Blessings

<b>Blessing during masses</b>	
<b>1st Sun</b>	Birthday celebrants
<b>3rd Sun</b>	Wedding anniversaries

Join & be part of our community.  
scan the QR code



If you want to be part of our mailing list please email

✉ [Communications@john23rd.org.au](mailto:Communications@john23rd.org.au)

### Entrance Antiphon

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

### First Reading

*Genesis 18:1-10*

*Lord, do not bypass your servant.*

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My Lord,' he said 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' he asked him. 'She is in the tent' he replied. Then his guest said, 'I shall visit you again next year without fail, and your wife will then have a son.'

The word of the Lord.

**Thanks be to God**

### Responsorial Psalm

*Ps 14:2-5*

**R. The just will live in the presence of the Lord.**

Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart; he who does not slander with his tongue. **R.**

He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord. **R.**

He who keeps his pledge come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever. **R.**

### Second Reading

*Colossians 1:15-20*

*The mystery hidden for centuries has now been revealed to his saints.*

It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

The word of the Lord.

**Thanks be to God**

### Gospel Acclamation

*cf Luke 8:15*

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance. Alleluia!

### Gospel

*Luke 10:38-42*

*Martha took up the duties in the house. Mary chose the better part.*

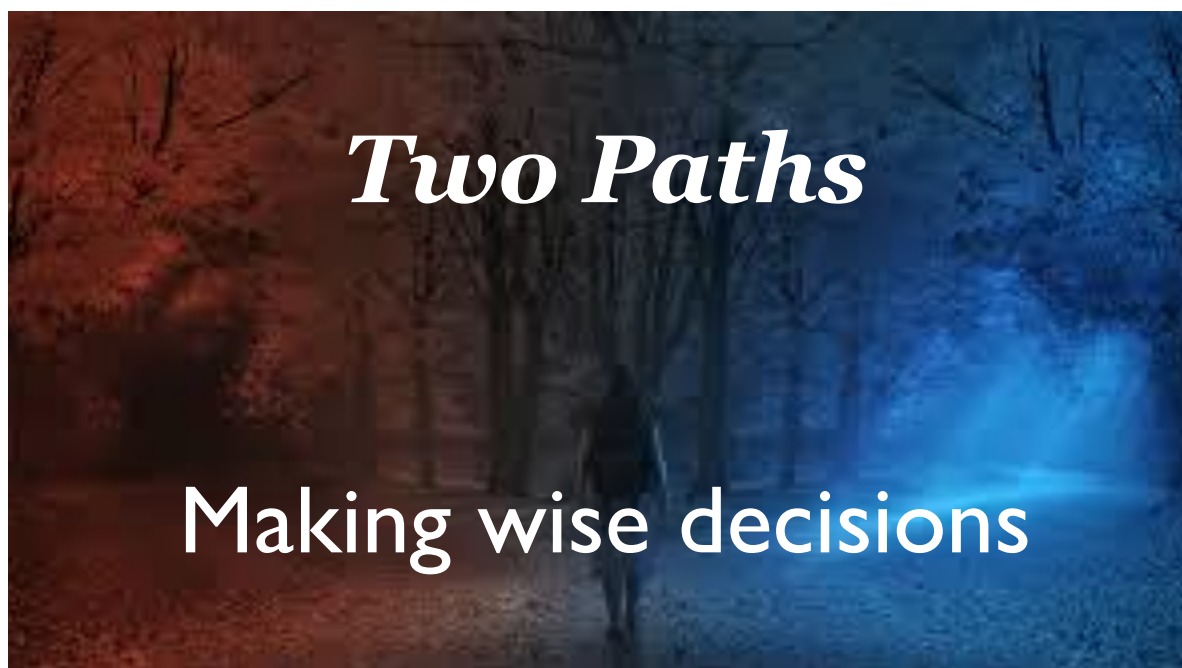
Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

The Gospel of the Lord

**Praise to you, Lord Jesus Christ**

### Communion Antiphon

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.



# Two Paths

## Making wise decisions

## CONTACTS

### PARISH OFFICE

#### Office Hours

Tue - Fri 8.30 - 4.00pm

#### Office Contacts

☎ (02) 8883 5981

(AH Emergency)

☎ 0434 033 326

160 Perfection Avenue,  
Stanhope Gardens NSW 2768

### MAILING

PO Box 23, Stanhope Gardens,  
NSW 2768

### CLERGY

#### Parish Priest:

Fr Jolly Chacko

✉ [jolly@john23rd.org.au](mailto:jolly@john23rd.org.au)

☎ 0417 541 637 (emergency only)

#### Assistant Priest:

Fr Bartholomew Chukwu

✉ [chukwu@john23rd.org.au](mailto:chukwu@john23rd.org.au)

### STAFF

#### Secretary:

Tanya Gatt

✉ [secretary@john23rd.org.au](mailto:secretary@john23rd.org.au)

#### Finance:

Renuka Soosaipillai

✉ [accounts@john23rd.org.au](mailto:accounts@john23rd.org.au)

#### Sacramental Coordinator:

Helen Zammit

✉ [sacramental@john23rd.org.au](mailto:sacramental@john23rd.org.au)

### OTHER CONTACTS

#### Parish Council:

John McCabe

✉ [johnmccabe5@gmail.com](mailto:johnmccabe5@gmail.com)

#### Maintenance issues:

David Gorkic

✉ [maintenance@john23rd.org.au](mailto:maintenance@john23rd.org.au)

#### Columbarium queries:

✉ [columbarium@john23rd.org.au](mailto:columbarium@john23rd.org.au)

### Never miss our Bulletin

If you would like to be included in  
our mailing list

✉ [communications@john23rd.org.au](mailto:communications@john23rd.org.au)

### NEW TO OUR PARISH?

#### Welcome to our parish community!

Please take a welcome pack from  
the church foyer  
Visit our website

<http://john23rd.com/>

Like our Facebook page

[www.facebook.com/john23rdparish](http://www.facebook.com/john23rdparish)

### COELIACS

Those who are gluten intolerant  
may receive communion with a  
gluten low host. Please inform the  
acolyte before Mass.

### HOMEBOUND

Homebound and would like to  
receive Holy Communion please  
contact the parish office or send  
text message to Rose Franco on  
0401 387427



Office for Safeguarding  
Parramatta Way is to:

◆ Act with Justice, and state that  
we have a zero tolerance for any  
form of abuse or harm to  
children or any person

◆ Act with justice and ensure that  
laws and obligations are upheld,  
and safety is paramount  
<https://safeguarding.org.au/>

## Praying together

*Praying together provides a lot of benefits like strengthening our faith and uniting hearts in our community. Join us and enrich your faith and let the Holy Spirit come to you.*

### OUR LADY OF PERPETUAL HELP

*O Mother of Perpetual Help, grant that I may ever invoke thy most powerful name, which is the safeguard of the living and the salvation of the dying. O Purest Mary, O Sweetest Mary, let thy name henceforth be ever on my lips. Delay not, O Blessed Lady, to help me whenever I call on thee, for, in all my needs, in all my temptations I shall never cease to call on thee, ever repeating thy sacred name, Mary, Mary.*

*O what consolation, what sweetness, what confidence, what emotion fill my soul when I pronounce thy sacred name, or even only think of thee. I thank God for having given thee, for my good, so sweet, so powerful, so lovely a name. But I will not be content with merely pronouncing thy name: let my love for thee prompt me ever to hail thee, Mother of Perpetual Help. (Then say three Hail Marys).*



Rosary and novena prayers every Tuesday at  
7:00PM and

**Novena mass every First Tuesday 7:30pm**

please contact either

Techie Sarlabus [techie.sarlabus@gmail.com](mailto:techie.sarlabus@gmail.com) or

Melva Paguinto [emcipi85@yahoo.com.au](mailto:emcipi85@yahoo.com.au)

for the opportunity of having the statue of Our  
Lady visit your home, and be included in a  
roster below.

Families on the roster, if unable to pick up please  
don't hesitate to contact Techie or Melva.

If you would like to invite Fr Jolly or Fr  
Bartholomew to join you in prayers at your home,  
please organise with the parish office.

### Rosary Statue Family Roster

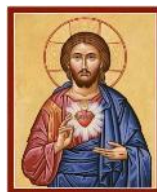
Jul	1	8	15	22	29
	Ruggiero	Tanganun	Ring	Dennis	Barnouti
Aug	5	12	19	26	
	Jacob	Tanganun	Sebastian	Pangilinan E	
Sep	2	9	16	23	30
	Hala	Valdez	Tanganun	Ring	Barnouti
Oct	7	14	21	28	
	Valdez	Richards	Jacob	Nobleza	
Nov	4	11	18	25	
	Deang	Available	Available	Festejo	

*"A family that prays together, stays together - Fr Patrick Peyton"*

### HOLY HOUR

Spend an hour in prayer and meditation  
with the exposition of the Blessed  
Sacrament.

**Eucharistic Adoration every Wednesday  
at 8:00PM**



### NOVENA TO THE SACRED HEART OF JESUS

Novena Mass to Our Sacred Heart of Jesus  
every first Friday of each month at 7:30PM  
with exposition and adoration of the Blessed  
Sacrament.

### ALPHA PROGRAM

*I invite all Christians, everywhere, at this very moment  
to a renewed personal encounter with Jesus Christ, or at  
least an openness to letting him encounter them. ... The  
Lord does not disappoint those who take this risk;  
whenever we take a step towards Jesus, we come to realise  
that he is already there, waiting for us with open arms.'*

Pope Francis - Evangelii Gaudium #3

Register now - <https://tiny.cc/AlphaStJohnXXIII> Feel free to call  
For any queries please contact Joyce Celestino 0450 001 047 or  
email [joyce\\_claire16@hotmail.com](mailto:joyce_claire16@hotmail.com)



## Caring for our parish together

*We are very grateful to all our parishioners who always generously support our Parish.*

**FIRST COLLECTION** supports the priests and deacons of the Diocese.

**SECOND COLLECTION** goes to the running costs of our church, ministry expenses.

To help with the planning/budgeting of church expenses, we have a Planned Giving  
Program. We encourage parishioners to register for direct debit or credit card deductions as  
alternative to an envelope system. Support can be provided via the registration forms are  
available at the church foyer or from the website or scan the QR Code.

scan this



**TapnGo machines available by the entrances.**

## OUR PARISH SCHOOLS

### Ambrose Early Learning

160 Perfection Ave Stanhope Gardens

☎ (02) 9852 0585

✉ [celcstanhope@parra.catholic.edu.au](mailto:celcstanhope@parra.catholic.edu.au)

🌐 [www.celcstanhope.catholic.edu.au](http://www.celcstanhope.catholic.edu.au)

### Holy Cross Primary

49 Meurants Lane, Glenwood

Principal: Attila Lendvai

☎ (02) 8664 7100

✉ [bolycross@parra.catholic.edu.au](mailto:bolycross@parra.catholic.edu.au)

🌐 [www.beglenwood.catholic.edu.au](http://www.beglenwood.catholic.edu.au)

### St John XXIII Catholic College

160 Perfection Ave Stanhope Gardens

A/Principal: Frank Chiment

☎ (02) 9852 0500

✉ [stjohn23sthanhope@parra.catholic.edu.au](mailto:stjohn23sthanhope@parra.catholic.edu.au)

🌐 [www.stjohn23sthanhope.catholic.edu.au](http://www.stjohn23sthanhope.catholic.edu.au)



## Community Events



As a community of St John 23rd, we invite our different cultural community to host a Saturday Vigil or Sunday mornings mini event after our mass celebrations for a full community involvement and encourage our parish community to support these mini endeavour.

Any other suggestions for church fanfare, fundraising activities or just availability of support are most welcome and greatly appreciated. Please contact either Nanette - 0404 465600 or Techie - 0438 201436.

# UPCOMING Community EVENTS

## SAVE THE DATE

Angel's cake stall 27th July 2025



Join and be  
part of the  
**Cake Angels**

contact Madeline Huang  
huang64@gmail.com

or email cakeangels.stjohn23@gmail.com if you would like to offer assistance or food contribution.

## July Calendar

Mon	21	8:30am - Mass
Tues	22	<i>Saint Mary Magdalene (F)</i> 9:15am - Mass 7:00pm - Rosary & Novena prayers to Our Lady of Perpetual Help
Wed	23	9:15am - Mass 8:00pm - Holy Hour
Thurs	24	9:15am - Mass
Fri	25	<i>Saint James (F)</i> 9:15am - Mass
Sat	26	<i>Saints Joachim and Anne (M)</i> 9:00am - Mass 6:00pm - Mass
Sun	27	Cake Angels Stall 7:30, 9:00, 10:30am - Mass 6:00pm - Mass

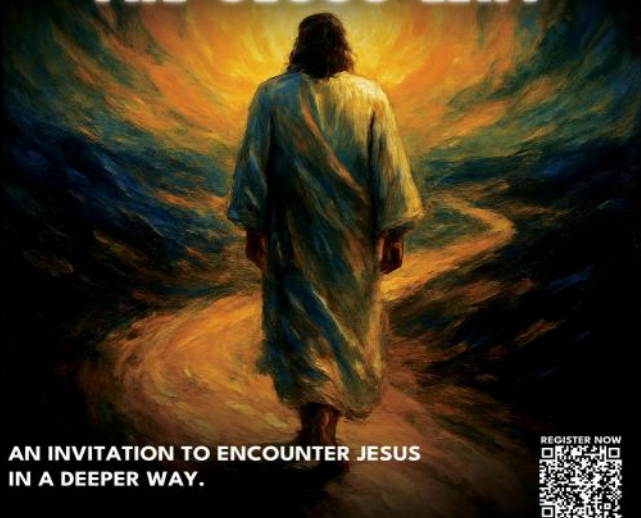


## HOLY HOUR WEDNESDAY

Eucharistic Adoration will be moved to  
**6-7pm ONLY**  
on the following Wednesday dates  
**23rd July, 30th July and 6th August**

CRL SYDNEY PRESENTS

# THE JESUS WAY



AN INVITATION TO ENCOUNTER JESUS  
IN A DEEPER WAY.



**02**  
AUGUST  
**2025**



**9AM- 5PM STARTING WITH HOLY MASS**

**KIDS MINISTRY CHILD MINDING**

**FREE EVENT** FOOD WILL BE AVAILABLE TO PURCHASE

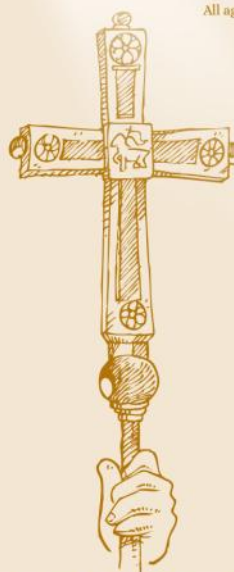
ST. JOHN XXIII CHURCH, STANHOPE GARDENS 2768  
WWW.RISENLORDCOMMUNITY.COM.AU

St John XXIII Parish presents

# Hopefest

IN CELEBRATION OF THE JUBILEE YEAR 2025: PILGRIMS OF HOPE  
All ages are welcome to all events!

August 8<sup>th</sup> - August 10<sup>th</sup>



**FRIDAY - FAITHFEED (7PM - 9PM)**  
A NIGHT FULL OF PRAISE & WORSHIP,  
COME EXPERIENCE THE HOLY SPIRIT

**SATURDAY - HOPE IN THE WORD (10AM - 12PM)**  
SCRIPTURE STUDY AND DISCUSSION

**SUNDAY - PILGRIMAGE TO OUR LADY OF THE ROSARY, KELLYVILLE (11:30PM - 3PM)**  
TOGETHER IN COMMUNITY AND PRAYER



BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY. THEY WILL WALK AND NOT BE FAINT. -ISAIAH 40:31

## Pastoral Ministries

*The best way to find yourself is to lose yourself in the service of others. Mahatma Gandhi*  
We are in urgent need for volunteers to assist in the different pastoral ministries in our Parish.



## WE NEED YOU

### ⇒ SRE Teachers

If you could spare an hour during weekdays to spread God's word teaching the scriptures to children, **WE NEED YOU**. We currently have 4 public primary schools and a high school in our parish where we hold scripture classes during school hours for 30 minutes during Mondays, Tuesdays, Wednesdays, Thursdays and Fridays. For more information please call Asoki 0430 020265 or Renuka 0414 795814. Training and resources will be provided.

### ⇒ GARDENERS AND CLEANERS

Now that the church is open for celebrations, its floors need to be swept of dust, cobwebs brushed off, candle stands cleaned and garden kept green. We would like to request all our volunteer cleaners and gardeners to come back and continue their ministry. For more information contact [maintenance@john23rd.org.au](mailto:maintenance@john23rd.org.au) or the parish office.

### ⇒ MUSIC MINISTRY

Calling all singers and musicians!  
Do you have a love for singing and want to use your voice to enhance worship in our parish? We are looking for parishioners, young and old alike to join our Music Ministry. You can either start a new choir group or join existing choirs.  
If you're interested in being part of this wonderful group, please reach out to Neil Mascarenhas: 0422 445152 | [neil.mas@gmail.com](mailto:neil.mas@gmail.com)

### FLOWERS FOR THE CHURCH

For donation, please contact James David on 0413 787596



John McCabe	Mei Velasco
Karen Green	Ajith Lobo
Julian Martin	Helen Festejo
Suni Fernando	Rebecca Reynolds

## Special Intentions

### Born to eternal life:

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they, through the mercy of God, rest in peace. Amen*

Theresa Mendonca, Mrs. Anula Rupasinghe  
Rosa Miscuso

### Remembrances:

Lili Mantoura

### Anniversary:

Mrs Flora Mendonca

### Sick: Names published with permission.

*Lord Jesus, heal me. Heal in me whatever You see needs healing. Heal me of whatever might separate me from You. Heal my memory, heal my heart, heal my emotions, heal my spirit, heal my body, heal my soul. Lay Your hands now gently upon me and heal me through Your love for me. Amen.*

Brian McCunnie, Valeria Laureta, Lucas Colleta, Dr Bronwyn Andrews, Rosanna John Pellissery, Cindy Dadivas, Christina Properzi, John Tipton, Margaret Harrison, Emma Matoza, Bev Osborn, Florentina Elisura, Peter McArdle, Melissa Nava Cathie Christie, Jerry Bondoc, Elizabeth Langley Maria Romeo, Louise Smith, Raymond Lanzona Elizabeth Candame, Ryan Dixon, Peter Dawson Isagani Ocampo, Geoffrey Robinson, Zoey Illic, Hilary Regan, Jakov&Marija Franich, Bev Lewis, Lenka Olivier Talija, Manuel Sarris, Ryan Dixon, Obet Dionisio, Jonathan Gemin, Carrie Conolly, Rosie Carbonel, Virginia Santos, Imelda Vinluan Ksenija Bosnic, Myrna Manalili, Chet Catapang, Charlie Busuttil, Perla Magculang, Fausto Bayot, Marilyn Nalapo, Jerwin McCarron, Troy James, Mary Phillips, Elsie Knapp, Barbara Thompson, Carlo Bueno, Joshua McCarroll, Dudley Francis, Jude Newnes, Marcelino Matteazi, Zena Samar, Helen West, Brendan Prideaux, Natasha Leitao, Emma Q Fernando, Victor Pons, Alvin, Babies with Blister disease

### Thanksgiving:

*If you or a family member is homebound and would want to receive communion in your home please contact the parish office.*

Please pray for the realization of our preposed parish office and extension and gathering hall



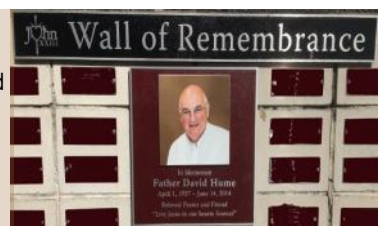
### COLUMBARIUM

For our parishioners who are planning to buy a Niche, do so without delay, because we always want to prioritise members of our parish who wish to buy the Niches. For further information please contact the Parish Office.

### MEMORIAL WALL

The wall in front of the church is devoted to the memory of our deceased family and friends, especially if they are buried overseas.

For any enquiries please email [columbarium@john23rd.org.au](mailto:columbarium@john23rd.org.au)  
The plaques cost \$600.00





## HOW CATHOLICS PRAY

Catholics believe that prayer is a dialogue with God, a way to communicate with the divine. We believe that God is always present and listening and that prayer is a way to open up our hearts and minds to His love and guidance. Whatever form it takes, prayer is an essential part of Catholic life. It's a way for Catholics to strengthen our faith, find comfort in difficult times, and grow closer to God.

### Types of Prayer

There are as many different forms of Catholic prayer as there are ways to have a conversation – from the formal prayers recited during Mass to the quiet meditations that occur during personal prayer time or at a retreat. Here are some ways that Catholics deepen their faith through prayer:

#### *The Divine Office*

Also known as the Liturgy of the Hours, this is the Church's daily prayer that sanctifies the various hours of the day. It is a communal act of worship offered by the clergy and faithful at specific times. You can participate by attending Mass or praying the Liturgy of the Hours at home.

#### *The Rosary*

The Rosary is a cherished Catholic devotion. It involves the repetition of prayers, including the Our Father and Hail Mary, while meditating on the life of Jesus Christ. Many parishes in the Diocese offer Rosary gatherings.

#### *Adoration of the Blessed Sacrament*

Eucharistic Adoration is a powerful way to be in the presence of Christ. Parishes in Parramatta often organise Eucharistic Adoration sessions.

#### *Liturgical Prayer*

Liturgical prayer refers to the formal prayers and rituals of the Catholic Church, particularly those celebrated during Mass. These prayers follow prescribed texts and structures, often involving congregational participation.

#### *Lectio Divina*

Lectio divina is a meditative approach to reading Scripture, involving reading, reflecting, praying, and contemplating the biblical text.

#### *Contemplative Prayer*

This is a state of deep union with God, characterised by stillness, silence, and a sense of God's presence.

#### *Praise and worship*

In contrast to the quiet of contemplative prayer, praise and worship is a musical expression of faith. Musicians, often a combination of vocalists and instrumentalists, lead the congregation in songs that praise God, express gratitude, and reflect on the teachings of the Church.

#### *Community Prayer Meetings*

Various groups within the Diocese meet for communal prayer sessions. These gatherings foster unity and offer support and encouragement in faith.

#### *Personal Prayer*

Private prayer is essential in strengthening your personal relationship with God. You can pray at home, in your parish, or in nature.

*Have confidence in prayer. It is the unfailing power which God has given us. By means of it you will obtain the salvation of the dear souls whom God has given you and all your loved ones. "Ask and you shall receive", Our Lord said, be yourself good with the Lord.*

Bl. Peter Julian Eymard

<https://parracatholic.org/learn/pray/>

## HOW DO I PRAY?

### WHAT IS PRAYER?

For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy. (St Thérèse of Lisieux)

...a vital and personal relationship with the living and true God (Catechism of the Catholic Church, 2558)

...prayer is the encounter of God's thirst with ours (Catechism of the Catholic Church, 2560)

...prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit... Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. (Catechism of the Catholic Church, 2565)

These quotations describe an encounter or relationship with the Lord. This is what we seek in prayer. In other words, it is not about 'saying our prayers' but encountering God. This is the kind of prayer that takes us from knowing on an intellectual level that God loves us to experiencing his love firsthand. In other words, we receive love and then we love in return. This is the "surge of the heart" that St Thérèse describes. We have probably all felt a surge of the heart at some time. It is that leap of the heart when you sneak a look at your child asleep or that moment of adoration when your spouse overwhelms you with their support or generosity. This kind of prayer makes it possible to encounter God on a daily basis. It builds our intimacy with God and our understanding of his love for us, and that enables us to share his love with others.

### How do I pray?

So how can we achieve this kind of personal prayer life? The Catechism of the Catholic Church has a magnificent section on prayer that is well worth reading. A few of the principles of prayer presented in the Catechism follow:

1. Prayer starts with conversion. This is because we cannot truly pray if we do not know our need for God and if we are not prepared to open ourselves to the Lord. "If the heart is far from God, the words of prayer are in vain." (Catechism 2562)
2. We do not know how to pray. "Only when we humbly acknowledge that we do not know how to pray as we ought are we ready to receive freely the gift of prayer." (2559) Ask the Holy Spirit to teach you how to pray each time you begin.
3. God first seeks us. Our prayer is a response to this. (2560)
4. Prayer takes effort. We will have to overcome our own objections to get started, i.e. I am too busy, prayer is an unproductive use of time, I felt nothing, etc. (2725 – 2728). Yet any relationship that we want to develop takes effort.
5. You will have to overcome difficulties in prayer. Some of the main difficulties are tiredness, distraction, dryness, slackening off, and a lack of faith (i.e. God doesn't hear me). In fact the Catechism of the Catholic Church goes so far to say that "prayer is a battle" – but a battle worth fighting!

### How do I start to develop a deeper prayer life?

It is useful to begin by peppering your day with brief prayers, e.g. offering your day to God and asking for his help in the morning, grace before meals, an evening review of the day (thanking God for the blessings and asking him to help us overcome our failings), etc. Secondly, become aware of the presence of God with us at all times and send a glance of love and gratitude towards Him as you think of it. This begins threading prayer into your everyday life and makes it easier to spend some more time with God. This basic framework of prayer in your life will help you to start spending an extended time with the Lord.

When you do begin to spend some special time with the Lord, start small: ten or fifteen minutes would be good. Do not overwhelm yourself by trying for too much. To find this brief time you may need to change some of your routines – however you will feel the benefits of doing this once you have begun! The most important thing is to get started. God is with us and waiting for us at all times. To tap into his presence through prayer is life-changing.

<https://www.sydneycatholic.org/what-we-believe/how-do-i-pray/>



For more events please go to <https://parracatholic.org/connect/events/> or <https://catholicoutlook.org/>

## 7 - 25 September 2025 - ADULT JUBILEE PILGRIMAGE

Led by Rachael, a passionate Lay Augustinian and seasoned pilgrimage leader, this journey is deeply enriched by her personal connection with Pope Leo XIV - the first Augustinian Pope. With special access to the Augustinian house in the Vatican and reflections shaped by years of ministry and friendship, this pilgrimage offers more than just travel - it's a spiritual encounter. Register <https://parracatholic.org/events/jubilee-pilgrimage-2025/> or to download a copy of the itinerary <https://parracatholic.org/wp-content/uploads/2025/04/Adult-Jubilee-Pilgrimage-Itinerary-Harvest-NO-QR-CODE.pdf>. Payment due 7 July

## 30 November to 2 December - AUSTRALIAN CATHOLIC YOUTH FESTIVAL

The Diocese of Parramatta will be joining the Australian Church at the Australian Catholic Youth Festival (ACYF) in Melbourne from 30 November to 3 December 2025!

Join thousands of young Catholics from across Australia for an unforgettable festival featuring inspiring guest speakers, artists, and musicians.

For more details and to express your interest, <https://parracatholic.org/connect/acf/> or email [bannah.portelli@parracatholic.org](mailto:bannah.portelli@parracatholic.org)



# BLAZE BOWLING NIGHT



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## FRIDAY 25 JULY 2025

**6:45 - 9:30PM**

Zone Bowling, Castle Hill

\$25 per child

Year 7 - 12

"BLAZE is excited to announce that we will be kicking off our Term 3 sessions with a bowling night at Zone Bowling, Castle Hill. Please scan the QR code on the poster to find the registration form and details for the event. Fill in this form as soon as possible so as to prevent your child from missing out on all the fun!

This will be a good opportunity for your child to be introduced to BLAZE and meet like-minded friends within our parish community.

If you have any questions or enquires, please email us at [blaze@john23rd.org.au](mailto:blaze@john23rd.org.au)

We look forward to seeing a lot of you there!"

The Young at Heart group recently had a wonderful celebration, marking both their 3rd anniversary and Christmas in July!

"We were thrilled to see so many of our seniors come together, bringing along delicious dishes and enjoying each other's warm company."



## Youth Ministry



### BLAZE YOUTH

**WHO:** Year 7 to 12

**WHEN:** 7:00 - 9:00pm

**WHERE:** St John XXIII College (C Block Bell space)

For any queries, please email us at

[blaze@john23rd.org.au](mailto:blaze@john23rd.org.au) or DM @blazeyouthsj23 on Instagram and Facebook"



### IGNITE YOUNG ADULTS

**WHO:** 18 - 35 years of age

**WHEN:** First Sundays each month

**TIME:** 7:00 - 9:30pm

**WHERE:** St John XXIII College Staffroom

Please use the QR Code to register for our sessions. For any queries please either email [gnite.stjohn23@gmail.com](mailto:gnite.stjohn23@gmail.com) or DM on @ignite\_sj23



## MORE YOUTH GROUPS

### CRL

(Community of the Risen Lord)

Rojith de Silva 0405 9563210  
Nimeshi Fernando 0417 101009

### YFC (Youth for Christ)

Australia  
International

Dominic Lim 0468 826253  
Ronan Limguangco 0478 629629





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Please come and celebrate

**Risen Lord Community  
Praise & Worship Night**



**7.30pm**

**FRIDAYS,  
St John 23<sup>rd</sup>  
College Hall**

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