

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.

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*

PARISH OFFICE

Office Hours
Tue - Fri 8.30 - 4.00pm
Office Contacts
☎(02) 8883 5981
⚲ 160 Perfection Avenue, Stanhope Gardens NSW 2768
✉ PO Box 23, Stanhope Gardens, NSW 2768

CLERGY

Parish Priest: Fr Jolly Chacko
jolly@john23rd.org.au
0417 541 637 (*emergency only*)
Asst Priest:
Fr Bartholomew Chukwu
chukwu@john23rd.org.au

STAFF

Secretary: Tanya Gatt
secretary@john23rd.org.au
Finance: Renuka Soosaipillai
accounts@john23rd.org.au
Sacramental Coordinator:
Helen Zammit
sacramental@john23rd.org.au

OTHER CONTACTS

Parish Council:

Maintenance issues: David Gorkic
maintenance@john23rd.org.au
Columbarium queries:
columbarium@john23rd.org.au

OUR PARISH SCHOOLS

AMBROSE EARLY LEARNING

⚲ 160 Perfection Ave Stanhope Gardens
☎ (02) 9852 0585
celcstanhope@parra.catholic.edu.au
www.celcstanhope.catholic.edu.au

HOLY CROSS PRIMARY

⚲ 49 Meurants Lane, Glenwood, NSW
Principal: Attila Lendvai
☎ (02) 8664 7100
holycross@parra.catholic.edu.au
www.hcglenwood.catholic.edu.au

ST JOHN XXIII CATHOLIC COLLEGE

⚲ 160 Perfection Ave Stanhope Gardens
Principal: Frank Chiment
☎ (02) 9852 0500
stjohn23stanhope@parra.catholic.edu.au
www.stjohn23stanhope.catholic.edu.au

GOSPEL REFLECTION

The Church closes the liturgical year by proclaiming Christ as king, but the readings quickly show that this is a kingship unlike any other. The first reading from Ezekiel was addressed to a people whose leaders had failed them. The shepherds of Israel had fed themselves rather than the flock, and the sheep were scattered on a day of cloud and darkness. God's response is striking: "I myself will look after my flock." He promises to search for the lost, bring back the strayed, bind up the injured and strengthen the weak. He also promises to judge between one sheep and another. The psalm (numbered 22 in the Jerusalem Bible and 23 in Hebrew numbering) gives the flock's reply. The Lord is my shepherd, there is nothing I shall want, and goodness and love will follow me all the days of my life. From the outset, then, royal power is measured by care for the vulnerable, not by strength.

The second reading widens the scene to the whole of creation. Paul proclaims that Christ has been raised from the dead as the first fruits of those who have fallen asleep, and that his reign continues until every enemy is subjected, the last enemy being death itself. This is what Christ's kingship ultimately means: victory over the power that undoes us all. It is also a kingship without grasping. At the end, the Son hands everything over to the Father so that God may be all in all. The king does not hold power for himself, and his triumph is entirely for the sake of life.

The gospel brings both images together. The Son of Man comes in glory and gathers the nations, separating them as a shepherd separates sheep from goats. The scene is grand, yet what follows is remarkably domestic. The criteria are not doctrinal or ceremonial. They are whether the hungry were fed, the thirsty given drink, the stranger welcomed, the naked clothed, the sick visited and the prisoner remembered. Notice that neither group saw it coming. The righteous are surprised that they served Christ, and the others are equally surprised that they missed him. The king declares that whatever was done for the least of his brothers and sisters was done for him. He has chosen to be found in the hungry, the lonely and the overlooked.

This passage is often heard mainly as a warning, and it is serious. But it is also good news about where Christ can be met. We do not need to wait for a dramatic vision, for he has told us where to look. The scene also fits the shepherd of Ezekiel, who seeks out the lost and cares for the weak. Those who follow this king are asked to share in his shepherding.

In Australia today, the least of these have familiar faces: people sleeping rough in our cities, families anxious about rent and food, asylum seekers waiting years for certainty, elderly neighbours whose phones rarely ring, and those in prison whose families carry the shame alone. Closer to home, the king may appear as a relative in hospital, a colleague under strain or a child who needs someone to listen. Simple acts such as a visit, a meal, a donation to the parish food pantry, a welcome to a newcomer or a letter written to someone forgotten all count. They are not preliminaries to the real work of faith. In this gospel they are the real work.

The feast leaves us with a searching question: where do I expect to meet Christ, and where might I be missing him? It also leaves us with confidence. The one who reigns is the good shepherd, who has entered death and overcome it, and who will finally hand all things to the Father. We live under a king who has already sought us out, and we are invited to seek out others in his name.

MASS TIMES

Mon	8:30am
Tues-Fri	9:15am
Sat	9.00am, 6pm Vigil
Sun	7:30am 9am 10:30am 6pm
2nd Sat	7:30pm Indonesian Mass

DEVOTION AND PRAYERS

Tues	7:00pm Rosary | novena prayers (*Church*)
1st Tues	7.30pm Novena Mass *Our Lady of Perpetual Help*
1st Fri	7:30pm Novena Mass *Sacred Heart of Jesus*
Thurs	7:00pm Lectio Divina
Fri	6.30pm *Christ Catholic Community Prayer Group (office)* Pauline Camilleri 0407 417039

EXPOSITION + BENEDICTION

1st Fri	after 9.15am, 7.30pm
Wed	8:00pm Holy Hour

SACRAMENTS

Reconciliation *After the weekday masses*
Sat after 9am mass to 10.30am
5:15 - 5:45pm before the Vigil Mass or upon request
Baptism *by appointment*
Sun 12pm Baptism

SPECIAL BLESSINGS

Blessings during masses
1st Sun Birthday celebrants
3rd Sun Wedding anniversary

HOMEBOUND?

Homebound and would like to receive Holy Communion please contact the parish office or text message to Rose Franco on 0401 387427
Or if you would like a visit from the Vincentians, please contact the Parish Office or share the relevant contact details with us.

COELIACS

Please inform the acolyte before mass if you are gluten intolerant so that you may still receive communion with a low gluten host.

JOIN & BE PART OF OUR COMMUNITY

Welcome pack at the church foyer or scan
Be part of our mailing list,
Communications@john23rd.org.au

Bishop's Good Works Appeal - Help a young mother break the cycle of violence and homelessness.

This Christmas, embrace the spirit of the Nativity story. Let the birth of our Saviour, Jesus, inspire us to reach out to those in need - especially vulnerable homeless women and children.
Your tax-deductible gift this Christmas can provide young mothers and their children with secure shelter, nourishing food, and the support they need to build a strong family life and a hopeful future.
Please give generously at parracatholic.org/appeal or scan the QR code.
Thank you for your generosity, Christian kindness and compassion.

Entrance Antiphon

How worthy is the Lamb who was slain, to receive power and divinity, and wisdom and strength and honour. To him belong glory and power for ever and ever.

First Reading — *Ezekiel 34:11-12, 15-17*

You, my flock, I judge between sheep and sheep.

The Lord says this: I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered during the mist and darkness. I myself will pasture my sheep, I myself will show them where to rest - it is the Lord who speaks. I shall look for the lost one, bring back the stray, bandage the wounded and make the weak strong. I shall watch over the fat and healthy. I shall be a true shepherd to them.

As for you, my sheep, the Lord says this: I will judge between sheep and sheep, between rams and he-goats.

The word of the Lord. **Thanks be to God**

Responsorial Psalm — *Ps 22:1-3, 5-6*

R. The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. **R.**

Near restful waters he leads me, to revive my drooping spirit. He guides me along the right path; he is true to his name. **R.**

You have prepared a banquet for me in the sight of my foes. My head you have anointed with oil; my cup is overflowing. **R.**

Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever. **R.**

Second Reading — *1 Corinthians 15:20-26, 28*

He will hand over the kingdom to God the Father, so that God may be all in all.

Christ has been raised from the dead, the first-fruits of all who have fallen asleep. Death came through one man and in the same way the resurrection of the dead has come through one man. Just as all men die in Adam, so all men will be brought to life in Christ; but all of them in the proper order: Christ as the first-fruits and then, after the coming of Christ, those who belong to him. After that will come the end, when he hands over the kingdom to God the Father, having done away with every sovereignty, authority and power. For he must be king until he has put all his enemies under his feet and the last of the enemies to be destroyed is death. And when everything is subjected to him, then the Son himself will be subject in his turn to the One who subjected all things to him, so that God may be all in all.

The word of the Lord. **Thanks be to God**

Gospel Acclamation — *Mark 11:9, 10*

Alleluia, alleluia!

Blessings on him who comes in the name of the Lord! Blessings on the coming kingdom of our father David! Alleluia!

Gospel — *Matthew 25:31-46*

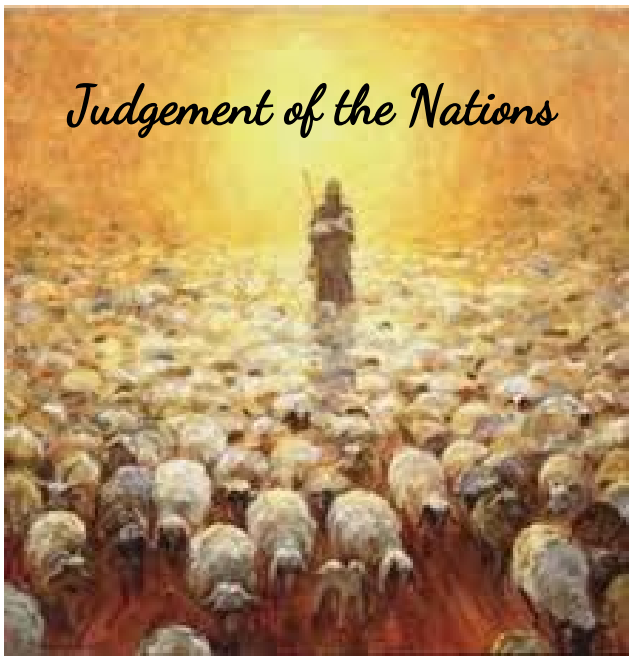
He will take his seat on his throne of glory, and he will separate men one from another.

Jesus said to his disciples: 'When the Son of Man comes in his glory, escorted by all the angels, then he will take his seat on his throne of glory. All the nations will be assembled before him and he will separate men one from another as the shepherd separates sheep from goats. He will place the sheep on his right hand and the goats on his left. Then the King will say to those on his right hand, "Come, you whom my Father has blessed, take for your heritage the kingdom prepared for you since the foundation of the world. For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me, in prison and you came to see me." Then the virtuous will say to him in reply, "Lord, when did we see you hungry and feed you; or thirsty and give you drink? When did we see you a stranger and make you welcome; naked and clothe you; sick or in prison and go to see you?" And the King will answer, "I tell you solemnly, in so far as you did this to one of the least of these brothers of mine, you did it to me." Next he will say to those on his left hand, "Go away from me, with your curse upon you, to the eternal fire prepared for the devil and his angels. For I was hungry and you never gave me food; I was thirsty and you never gave me anything to drink; I was a stranger and you never made me welcome, naked and you never clothed me, sick and in prison and you never visited me." Then it will be their turn to ask, "Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison, and did not come to your help?" Then he will answer, "I tell you solemnly, in so far as you neglected to do this to one of the least of these, you neglected to do it to me." And they will go away to eternal punishment, and the virtuous to eternal life.'

The Gospel of the Lord. **Praise to you, Lord Jesus Christ**

Communion Antiphon

The Lord sits as King for ever. The Lord will bless his people with peace.



Hall | Office Project

Prayer

Almighty God, we thank you for your many blessings to our parish and to each of us.
We pray for your guidance and wisdom as we progress with the construction of our Parish Hall/Office. May your Holy spirit be with all our Engineers, architects, builders and all involved in this project. Protect them from harm and grant them skill and diligence. May this hall be a place of unity, fellowship and faith formation for our community, a space where we can grow in faith and serve others. Bless all our sponsors, donors and each of us who contribute in our own humble ways and means. Whatever we do, may we do it for your glory.
St. Joseph, the patron of families and workers, **Pray for us**
St. John XX111, Patron of our parish, **Pray for us**
St. Vincent Ferrer, Patron of all builders, **Pray for us**

How to contribute

Be part of that good news. Let us be generous, cheerful and rejoice in the goodness of the Lord. For your donations:

- Dedicated "Tap & go" machines at both entrances
- Bank transfer
  Account name - Glenwood Stanhope Gardens St John 23rd Parish
  BSB 067 950 **A/C** 100002469
  Reference - BD (your name)
- **BPOINT** – For credit card donation visit https://www.bpoint.com.au/pay/StJohnXXIIIPGSG
- can QR Code

Thank you for your support.
Parish fund raising, finance, Building committees and Fr. Jolly

SBS SECURE BUILDING SOLUTIONS

WEEKLY UPDATE REPORT
5 October to 10 October

Milestone Summary
✓Contract Award 6/07/26
✓ Building Permit Issued 22/07/26
✓ Commencement On Site 10/08/26
☺ Practical completion 5/02/27

Completed Items this period

- Install Agg line and Waterproof – RW3
- Back fill – RW3
- Formwork and steel reinforcement - Columns
- Pour Columns & BW1 core fill – 02/10 (Pending weather)
- Block Delivery

Activities being completed this week onsite

- Install Stage 1 Scaffold
- Install formwork GF Slab
- Reinforcement steel delivery
- Electrical service pathways
- Hydraulic & drainage rough-in
- Start GF Slab reinforcement









Anniversary Mass
Congratulations!!

Praying together

When we come together in prayer, our faith is strengthened and our community grows closer. Join us **every Tuesday at 7:00 PM** *at SJ23rd Parish Church, as we pray the rosary and novena to Our Lady of Perpetual Help. This is an opportunity to deepen your faith and open your heart to the presence of the Holy Spirit.*

ROSARY STATUE FAMILY ROSTER					
NOV	3	10	17	24	
	Barnouti	*Tina B.*	*Meena B*	Jacob	
DEC	1	8	15	22	29
	Shalini	Paguinto	D'Cunha	Fernandes	Fernandes
JAN	5	12	19	26	
	Available	*Available*	*Available*	Cayas	
FEB	2	9	16	23	
	Tangunan	*Available*	*Available*	*Available*	

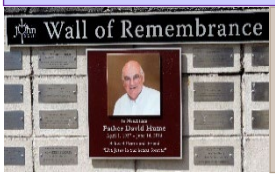


"A family that prays together, stays together"

If you want to be included in the roster for the Rosary statue, please contact: Techie Sarlabus *techie.sarlabus@gmail.com* or Melva Paguinto *emcipi85@yahoo.com.au*

COLUMBARIUM
Considering purchasing a niche? Spaces are still available. These are open to parishioners, families, friends & our neighbouring parishes.
Please contact the Parish Office.





MEMORIAL WALL
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*
The plaques cost $600.00

Diocesan News

Red November Mass for persecuted Christians: 25 November
Join us at St Patrick's Cathedral, Parramatta as we pray in solidarity with persecuted and suffering Christians around the world. Celebrated by Bishop Vincent Long OFM Conv, join us on Wednesday 25 November at 7:30 pm. A collection will be taken up to support the work of Aid to the Church in Need (ACN), a Pontifical Foundation supporting the suffering and persecuted Church. Learn more: www.rednovember.org



WYD27 Songwriting Competition:
Submissions close 16 December
Young people of the Diocese of Parramatta, we want your original song to inspire our pilgrims on their journey to World Youth Day! Open to individuals or groups aged 16–35. All musical genres welcome. Find out more and submit your song via our WYD27 website: parrawyd.org

Special Intentions

Names published with permission

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

Born to eternal life
Augustine Balsingh, Florante Bautista, Aparicion Cardenas, Rodrigo Castellano, Delia Laxamana, Cleotilde Rivera Baltazar, Zahru Galdes, Adriano Adriano,

Remembrances:
Regalado Morales, Marcelino Alico

Death Anniversary:
Josephine Apap, Teresita C Pangilinan

Sick

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, John Tipton, Natasha Leitao, Brendan Prideaux, Myrna Manalili, Isagani Ocampo, Raymond Lanzona, Carlo Bueno Margaret Harrison, Marcelino Matteazi, Troy James, Lucas Colleta Perla Magculang, Mary Phillips, Elizabeth Langley, Charlie Busuttil Bev Osborn, Barbara Thompson, Manuel Sarris, Jonathan Gemin Rosie Carbonel, Cindy Dadivas, Cathie Christie, Joshua McCarroll Dr Bronwyn Andrews, Florentina Elisura, Victor Pons, Bev Lewis, Elsie Knapp, Fausto Bayot, Zoey Illic, Mary Bormate, Ryan Dixon Elizabeth Candame, Dudley Francis, Jude Newnes, Renado Naldo Mr Thomas, Josie Lewis, Hilary Regan, Zena Samar, Louise Smith Carlo Dominic Benesa, Gerald Simbulan, Rosanna John Pellissery Christina Properzi, Marilyn Nalapo, Imelda Vinluan, Peter McArdle, Ksenija Bosnic, Lenka Olivier Talija, Jerwin McCarron, Helen West Carrie Conolly, Emma Matoza, Maria Romeo, Babies w/ Blister disease

Thanksgiving

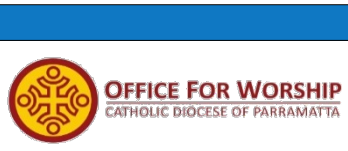
If you or a family member is homebound and would want to receive communion in your home please contact the parish office.



Diocesan News









DIOCESE of PARRAMATTA

Community Events

As a vibrant community of St John XXIII Parish, we invite our various cultural groups and ministries to take part in our parish life by hosting a Saturday Vigil or Sunday morning mini event after our Mass celebrations. These gatherings are a wonderful way to share your culture, connect and strengthen our sense of family and belonging within the parish.

We encourage everyone to come along, participate and support these community-led activities. We also welcome suggestions for future events, fundraising ideas, or any offers of help — your creativity and support are always appreciated and play an important part in making our parish life joyful and thriving!

Building our community
TOGETHER
Please contact either
Nanette - 0404 **465600**
Techie - 0438 201436

November Calendar

MON	**23**	8:30am - Mass
TUES	**24**	9:15am - Mass 7:00pm - Rosary | Novena Prayer *Our Lady of Perpetual Help*
WED	**25**	*Saints Andrew Dung Lac and companions (M)* 9:15am - Mass 8:00pm - Holy Hour
THURS	**26**	9:15am - Mass
FRI	**27**	9:15am - Mass
SAT	**28**	9:00am - Mass 6:00pm - Mass
SUN	**29**	7.30am 9:00am 10:30am masses 6:00pm - Mass

November is traditionally a month of remembrance and prayer for our dearly departed.

Throughout November, a **Book of Remembrance** is usually placed near the sanctuary, allowing parishioners to write the names of their departed loved ones. These names are remembered in the prayers of our parish community as we entrust our dearly departed to God's loving mercy and eternal peace.



Be Part of Our Parish Christmas Nativity Play

As we approach the festive season, we're thrilled to continue our cherished Christmas tradition. This year promises to be even more memorable, with plenty of opportunities for children and families to get involved and share in the joy of the occasion.

Calling All Children – Join Our Nativity Play

Preparations for our Christmas Nativity Play are now underway, and we are excited to invite all children aged 5 and above to take part in this special tradition within our parish. The Nativity Play is a wonderful opportunity to celebrate the birth of Jesus through story, song and fellowship, and is a highlight of our festive celebrations.

Everyone is welcome to join our Nativity Play. Kids can take on roles such as angels, shepherds, wise men, narrators, choir singers, and more. No experience is needed—just come ready to participate and have fun. We're excited to see our children light up the stage and share the Christmas story with the community. Parents are also invited to help out with the production.

How to Get Involved

Please get in touch with **Helen Festejo** by messaging **0401 671 665**.



This Christmas we are planning Gingerbread House decorating for the children in our parish, on Sunday 6 December after 1030am Mass.

We kindly request you register by Sunday 29 November so that we can order enough gingerbread houses for everyone wanting to join.
https://www.surveymonkey.com/r/9H3686G

Building Our Community Together

FIRST COLLECTION supports the priests and deacons of the Diocese.
SECOND COLLECTION provides for the running costs of our church, ministry 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 via the following methods:

- direct debit arrangements to your nominated bank account or credit card
- Regular bank transfers set up at your end to the parish bank account

Account name - Glenwood Stanhope Gardens St John 23rd Parish
BSB - 067 950 A/C - 100002469 Reference: PG (your initial and family name)

- Donating through cash or using the "Tap & go" machines which are available by the entrances.

Please contact the parish office to update us with your preferred planned giving option
02 8883 5981 accounts@john23rd.org.au
Support can be provided via the Registration forms which are available at the church foyer or from the website or scanning the QR Code

Pastoral Ministries

The best way to find yourself is to lose yourself in the service of others. Mahatma Gandhi

We are in need of volunteers to assist in the different pastoral ministries in our Parish.

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.

CLEANERS AND GARDENERS

As we give our heartfelt thanks to the wonderful volunteers who faithfully keep our church clean, our gardens green, & our surroundings welcoming, we also invite others to join this valued ministry. A few more helping hands would make a great difference in caring for our shared spiritual home. If you are able to assist, please contact Tanya at the parish office.

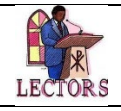
CAKE ANGELS

If anyone is interested in being involved in and take leadership of this fun-loving dynamic group, please contact Tanya at the parish office or Techie at 0438 201436.

LITURGICAL MINISTRY

"*The harvest is plentiful, but the labourers are few; therefore, pray earnestly to the Lord of the harvest to send out labourers into His harvest.*" Luke 10:

The St. John XXIII Parish Liturgy Team warmly invites parishioners to serve and contribute in the following ministries below. Please contact Parish Office if you are interested or for additional information.

	**Extraordinary Ministers of Holy Communion** Assist in the distribution of Holy Communion during liturgies and bring Communion to the sick and homebound. Open to men and women aged 18 and above.
	**Ministers of the Word** Proclaim the Scriptures and offer commentary during liturgies. Open to men and women aged 18 and above.
	**Junior Servers** Assist the Celebrant, Deacons, and Acolytes during liturgical celebrations. Open to boys and girls aged 10 and above who have received First Holy Communion (Confirmation preferred)
	Tech Ministry Support and coordinate technical aspects of the liturgy, including sound systems and projection. Open to men and women aged 18 and above. No prior experience is required.
	Ushers & Greeters Greet and assist parishioners, helping to create a warm and welcoming environment. Open to men, women, and children aged 12 and above.



A gentle reminder to all Liturgical Ministry volunteers

We kindly remind all Liturgical Ministry volunteers to complete their registration on MSP (Ministry Scheduler Pro). This will make our rostering process more efficient, organised and coordinated, ensuring a smoother experience for everyone involved. Training and guidance will be provided.

Please contact Wira Peiris for more updates on the matter.

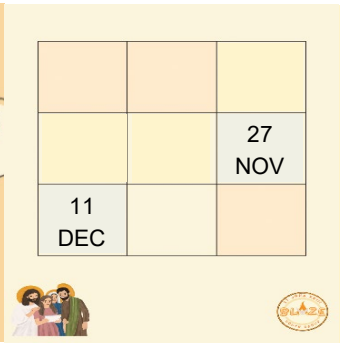
Signing in for your roster is available through the IPad provided in the working sacristy.

Thank you for your cooperation, continued support and generous commitment to serving our parish community.

YOUTH | YOUNG ADULT GROUPS

BLAZE YOUTH Year 7 to 12 **WHEN:** 7:00 - 9:00pm **WHERE:** St John XXIII College (C Block Bell space) **For any queries:** blaze@john23rd.org.au or @blazeyouthsj23 on Insta|FB Ellena 0478 685 191	**IGNITE YOUNG ADULTS** 18 - 35 years of age **WHEN:** First Sundays each month 7:00 - 9:30pm **WHERE:** St John XXIII Staffroom **For any queries:** Ignite.stjohn23@gmail.com @ignite_sj23 on Insta|FB
YFC *(Youth for Christ)* Australia - Dominic Lim 0468 826253 International - Ronan Limguangco 0478 629629	**CRL** *(Community of the Risen Lord)* Rojith de Silva 0405 9563210 Nimeshi Fernando 0417 101009





FLOWERS FOR THE CHURCH

If you would like to make flower donations for the church altar, please contact: James David on 0413 787596



YOUNG AT HEART SENIORS CLUB

Contact either:
Frank Coleiro - 0459 504625
Trevor Coutinho - 0407 150399

Vinnies
join in the good works
Please contact:
Debra Pitre - 0412 570 333



Our ever-active Young at Heart Seniors were at it again, this time for brunch at the Vanilla Cream Cafe in Annangrove last Thursday. The event was well attended, great company and chats, an enjoyable experience for all. To get to know more about this group, see the YAH clip in this bulletin.



A Friendly Reminder to Our Parish Community

We kindly ask all parishioners to help care for our church by tidying up after Mass. Simple gestures such as disposing of rubbish properly and returning items like bulletins (if not taking them home) make a meaningful difference. Together, let us keep our church clean, welcoming, and ready for all who enter.

Thank you for your care and consideration in looking after our shared spiritual home.

Guidelines for Reverent Reception of Holy Communion (Liturgical Documents)

The following guidelines are based on the Catholic Church's liturgical norms and offered in order to encourage reverent reception of Holy Communion in the Latin Rite, under the form of consecrated bread and wine, as the highpoint of sacramental participation in the Celebration of the Eucharist, the source and summit of the Christian life [cf. Vatican Council II, Constitution on the Sacred Liturgy (1963) art. 10].

Guidelines for Extraordinary Ministers of Communion

1. Come forward as the presiding celebrant receives Holy Communion (GIRM 162) and stand at the side of the altar in preparation to receive communion.
2. After receiving Communion, and when all the ministers are ready, move reverently to your station.
3. If you are ministering the Body of Christ, raise the host slightly and show it to each of the communicants saying "The Body of Christ" and allow them to respond "Amen".
4. Place the host in the person's hand or on their tongue, remembering that the mode of reception is for the communicant, not the minister, to choose (GIRM 161). If communion is to be received on the tongue, place the host in the communicant's mouth without allowing your fingers to touch the tongue. Access to a purifier can be useful at this point, as required.
5. Ensure the communicant consumes the Body of Christ in order to prevent profanation of the Blessed Sacrament [Redemptionis Sacramentum (2004) 92].
6. When ministering the Blood of Christ, hold the chalice up as the communicant comes before you and address them with the words "The Blood of Christ" and allow them to reply "Amen". These ritual dialogues are expressions of the Catholic Church's faith and are spiritually formative. They should, therefore, not be replaced by other words.
7. Carefully hand the chalice over to the communicant and allow them to take a sip from the chalice and hand the chalice back to you. Be ready to provide assistance to children, the disabled and the elderly, as required.
8. Wipe both sides of the rim of the chalice with the purifier, then rotate the chalice enough to offer the next communicant a fresh surface from which to consume (GIRM 286).

Guidelines for Communicants

1. When possible, join in the singing of the Communion chant/hymn/song during the Communion procession. This gesture helps to express the spiritual union of the communicants by the unity of voices, it shows gladness of heart, and it helps to bring out more clearly the 'communitarian' nature of the procession to receive the Body and Blood of Christ (GIRM 86).
2. In the dioceses of Australia, standing is the most common posture to receive Holy Communion, though individual members of the faithful may choose to receive Communion while kneeling (GIRM 160).
3. When approaching to receive Holy Communion, bow in reverence of the Sacrament you are to receive (GIRM 160). A common posture and gesture helps to symbolise the assembly's unity in Christ and also helps the communion procession to flow smoothly.
4. When receiving Communion in the hand, the communicant might be guided by the words of St Cyril of Jerusalem (313-386AD): "When you approach, take care not to do so with your hand stretched out and your fingers open or apart, but rather place your left hand as a throne beneath your right, as befits one who is about to receive the King. Then receive him, taking care that nothing is lost" (Cat. Myst V. 21-22). Communicants who are left- handed are obviously free to receive Communion on whichever hand they feel most comfortable.
5. As a sign of reverence for the Body of Christ, communicants and ministers should ensure that their hands appear clean.
6. When the minister says "The Body of Christ", reply "Amen" (GIRM 161). When receiving in the hand, step to one side after receiving the host and consume the whole of it immediately. When receiving on the tongue, communicants should open their mouths sufficiently and position their tongue to facilitate easy reception of the host.
7. If desired, move to the minister with the chalice. When the minister says "The Blood of Christ", reply "Amen," receive the chalice, drink a little from it, and return the chalice to the minister.
8. In keeping with Christ's command to take and drink and consistent with the Church's tradition that the sacraments be ministered, it is not permitted for communicants to self-intinct (or dip) the host in the chalice. The practice of dipping fingers with the host in the chalice can also lead to other hygiene issues.
9. Return reverently to your place.

A Catholic Way of Receiving Holy Communion

The Catholic way of receiving Holy Communion is a response to Christ's command at the Last Supper to "take and eat" and to "take and drink" in his memory. Sharing in the Body and the Blood of Christ is a sacramental expression of Communion with Christ, the Catholic Church and the local community. Holy Communion signifies participation in the new covenant established by the shedding of Christ's Blood, and is a foretaste of the heavenly banquet in God's kingdom (cf. GIRM 281).

In addition, it is most desirable that the faithful, just as the Priest himself is bound to do, receive the Body of Christ from hosts consecrated at the same Mass and that, in the cases where this is foreseen, they partake of the chalice (cf. GIRM 283), so that even by means of the signs Communion may stand out more clearly as a participation in the sacrifice actually being celebrated (GIRM 85).

Before receiving Holy Communion, the faithful are invited to bow - perhaps while the person in front is receiving - as a sign of reverence for the Body of Christ. The communicant is then invited to respect the Church's tradition of receiving the consecrated host, in the hand or on the tongue. After consuming the host, the communicant is invited to drink the consecrated wine, when offered, from the chalice in fulfilment of Christ's invitation. The Church's teaching is that the whole Christ is received under the form of either the consecrated bread or the consecrated wine (GIRM 282).

https://www.catholic.au/s/article/Guidelines-for-Reverent-Reception-of-Holy-Communion

Crossing your arms (placing each hand on the opposite shoulder) when you approach the communion line in a Catholic church is a common gesture signaling to the priest or minister that you are not receiving the Eucharist and would instead like a blessing.





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The day will include prayer, reflection, talks, small group activities, games and plenty of time to connect with God and one another. ❤️

✨ RETREAT DETAILS ✨

🗓️ Saturday 12 December 2026 ⏰ 9AM – 3PM

📍 Franciscan Shrine of the Holy Innocents, Kellyville

💲 $25 per person (food provided!)

👥 Open to young people in Years 6–12.

📝 HOW TO REGISTER

Registration form using the link below or by scanning the QR code

🔗 https://forms.gle/USzkgsBvjL5p9CGY9

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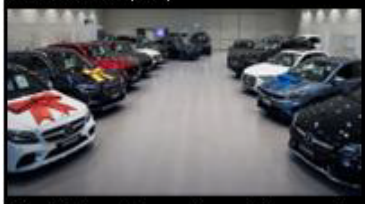
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