



Come to me and I will give you rest.

Welcome to

Willunga Catholic Parish

Mary of Galilee, Aldinga; St Peter's, Normanville; St Joseph's, Willunga

14th SUNDAY IN ORDINARY TIME - YEAR A

Vol 21 : No 33

WILLUNGA CATHOLIC PARISH CENTRE

12 St Judes Street (PO Box 14)
WILLUNGA SA 5172
Phone: 8556 2132
Email: admin@willungaparish.org.au
Web: www.willungaparish.org.au

PARISH OFFICE

If you need to contact the Office, please ring 0447 421 948 or 0488 287 552 if there is no-one in the Office to take your call.

PARISH TEAM CONTACTS

- Fr Josy Sebastian (Parish Priest - 8382 1717; emergency 0452 524 169; jponnambal@gmail.com)
- Fr Dominick Okwadha (A/Priest - 8382 1717; 0421 074 212; okwadha@yahoo.com)
- Fr Tom Gleeson (Resident Priest - 8557 1072, tegleeson@bigpond.com)
- Sr Margaret Ann (Parish worker - 0488 287 552, maconnelly@goodsams.org.au)
- Gael Maloney (Parish Office and Newsletter - articles due Wednesday - 0447 421 948, bahloo2@bigpond.com)
- Parish Finance Officer - Thia Van Kuyk (0428 238 397, tntvank65@gmail.com)

MASS CENTRES

- Mary of Galilee, cnr Quinliven and How Roads, ALDINGA - Galilee
- St Peter's, Cape Jervis Road, NORMANVILLE
- St Joseph's, St Judes St, WILLUNGA

MASS TIMES

- SATURDAY EVENING 5.30pm
Aldinga Beach (Mary of Galilee)
- FIRST, THIRD, FIFTH SUNDAYS
8.30am Willunga (St Joseph's)
10.30am Normanville (St Peter's)
- SECOND, FOURTH SUNDAYS
8.30am Normanville (St Peter's)
10.30am Willunga (St Joseph's)



FIRST READING

Zechariah 9:9-10

The Lord says this:

Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations.

His empire shall stretch from sea to sea, from the River to the ends of the earth.

RESPONSORIAL PSALM

Ps 144:1-2, 8-11, 13-14

I will praise your name for ever, my king and my God.

SECOND READING

Romans 8:9,11-13

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised

Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

GOSPEL ACCLAMATION

Mt 11:25

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth, you have revealed to little ones the mysteries of the kingdom. Alleluia!

GOSPEL

Matthew 11:25-30

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. *(Continued page 4)*



Bulletin Board

REGULAR MASS TIMES

Mon	No Masses - Willunga Parish 9.00am - Noarlunga
Tue	9.15am - Aldinga
Wed	9.00am - Willunga
Thur	9.00am - Willunga
Fri	9.00am - Willunga 12.00noon - Normanville
1st Fri	9.00am - Willunga 12.00noon - Normanville

WEEKEND MASSES

(Times on front page of this bulletin)

PRIEST ROSTER WEEKENDS

(This roster may change if something unforeseen crops up)

08 July	5.30pm - Aldinga, Fr Tom
09 July	8.30am - N/ville, Fr Dominick 10.30am - Willunga, Fr Dominick
15 July	5.30pm - Aldinga, Fr Dominick
16 July	8.30am - Willunga, Fr Josy 10.30am - N/ville, Fr Tom
22 July	5.30pm - Aldinga, Fr Josy
23 July	8.30am - N/ville, Fr Dominick 10.30am - Willunga, Fr Tom
29 July	5.30pm - Aldinga, Fr Dominick
30 July	8.30am - Willunga, Fr Josy 10.30am - N/ville, Fr Josy

ENTRANCE ANTIPHON

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

BEWARE!! SCAM EMAILS / MESSAGES AGAIN!!

Hello Gael, this is Fr. Josy Sebastian, I'm in a meeting right now, can't talk on phone but text me back when you get this message. I need you to assist me quickly.

Blessings

We haven't seen this scam for awhile, but obviously the scammers haven't given up. If you get a message like this, DO NOT answer it. DELETE it immediately.

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CATHOLIC COUNCIL

There will be a Special Collection this weekend for this appeal. The National Aboriginal and Torres Strait Island Catholic Council Appeal supports Aboriginal Catholic Ministry in South Australia.

WE'RE RECRUITING

The University of South Australia is conducting workshops with adults 65+ years old to help develop an intervention to improve the physical activity and sleep behaviour of older adults.

Are you:

- At least 65 years of age or older?
- A resident within the Onkaparinga Council?

What would your participation require?

- Collaboratively work with other older adults, health professionals, and researchers to design a behaviour intervention
- Participate in six two-hour in-person workshops at Elizabeth House Positive Aging Centre (Christie Downs)
- Each workshop will run on a Tuesday from 10.00am every three to four weeks from late July to late November
- You would be financially reimbursed for your time

Interested, or want to know more?

Contact: Henry.Blake@unisa.edu.au or phone 8302 1254.

BIBLE LANDS STUDY TOUR 5 - 21 JANUARY 2024

Rev Dr Michael Trainor, Senior Lecture in Biblical Studies at ACU, conducts Bible Lands Study Tours that are endorsed by the Catholic Archdiocese of Adelaide, and has done so yearly for over 25 years.

Generally, the tours are conducted over the December/January period – departing just after Christmas and touring for 3-4 weeks on average. However, due to COVID of course, tours have been put on hold. The last big tour was December 2019 / January 2020.

"It is always a privilege to journey with people of faith and contemporary followers of Jesus. If you are reflective on your journey of faith, this study tour is for you.

This pilgrimage which travels first to Turkey and then to Jordan is designed to enable contemporary disciples to realise their own call to discipleship.

Further, you will appreciate the lengths to which the first generation of Jesus members went to spread their conviction of the Gospel message centred on Jesus of Nazareth.

Turkey was the main focus of Paul's journeys to engage the story of Jesus in a culture different from the Jewish world. Luke's Acts of the Gospel and the last book of the Bible, the Book of Revelation, capture this.

Our time in Jordan will further enhance this appreciation. It was the earliest place for spreading the Gospel outside Israel. Here we shall encounter a rich culture accommodating the story of Jesus for a different place.

If you join us for this January Bible study tour, you will journey to two lands that are most welcoming of contemporary Jesus questers.

You will also come away with a new appreciation for the early Jesus movement, a deeper insight into the New Testament and a deeper affirmation of your own desire for discipleship." Rev Dr Michael Trainor

If anyone is interested and would like more information, please contact the Parish Office and we will send out more details including itinerary, costs, health requirements etc.

WORLDWIDE MARRIAGE ENCOUNTER

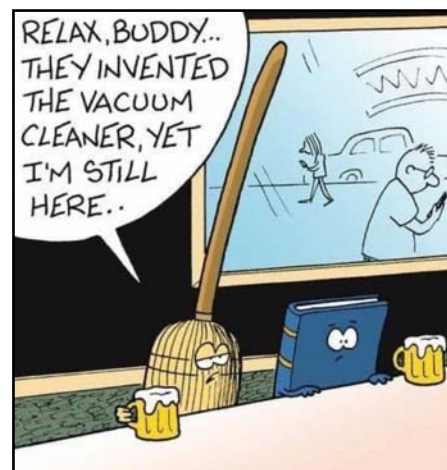
Worldwide Marriage Encounter invites couples for a virtual marriage encounter weekend to enrich and revitalise your sacrament of service. It allows you to grow in your relationship with your spouse.

What: Virtual weekend via Zoom

When: August 18 – 20 2023

Time: Commencing at 6.30pm on Friday and concluding at 4.00pm Sunday

Booking – <https://www.wvme.org.au>



For all enquiries and bookings, contact Joy or Charlie (0411 289 462) Email: sabookings@wwme.org.au or wwmecentral@gmail.com Visit: <https://www.wwme.org.au> - for testimonies and update.

RETREAT MORNING WITH FR DENIS AT THE MONASTERY

Our next retreat morning with Fr Denis Travers is fast approaching! ‘Quiet Light’ will commence on the morning of July 22 in the Foley Room. Coffee will be available from 9.00am and the retreat will begin at 9.30am and conclude at 12.30pm. A suggested donation of \$20 will be accepted on the day.

Please contact The Monastery Office on 8338 8700 to register, all welcome!

WEEKEND RETREAT AT THE MONASTERY

A Retreat will be led by Fr Denis Travers on Friday evening and Saturday of August 11 - 12. The retreat theme is: Jesus the healing compassion of God. The input and prayer times will explore Jesus as the revelation of God’s deep desire to



respond to our pain and bring us to wholeness at every level of our lives and our world.

The Retreat begins on Friday evening and concludes Saturday afternoon. \$170 includes all meals and accommodation for the retreat, (limited ensuite rooms available for \$200). Please contact the office to book on 8338 8700 or conference@themonastery.net.au All are welcome to join us.

MANDATED NOTIFIER BRIEFING

Thank you to all the volunteers from all three centres who attended the briefing (delivered by Imbi Mannik from the Archdiocesan Child Protection Unit) on a cold and wet Thursday morning this week.

- “I’m at a place in my life when errands are starting to count as going out.”
- “My therapist told me the way to achieve true inner peace is to finish what I start. So far I’ve finished two bags of M&Ms and a chocolate cake. I feel better already.”

• “Never put off till tomorrow what you can do the day after tomorrow just as well.”

• “I love airports because the rules of society don’t apply. Eat a pizza and have a glass of wine at 7.00am while in track pants. Nobody cares.”

• “I never feel more alone than when I’m trying to put sunscreen on my back.”

ROSTERS

ALDINGA *Saturday 08 July*
 Welcomer Andre Woodhouse
 Commentator Cristina Tiedje
 Readers David Manders
 Heidi Davidson
 Eucharistic Minister Francoise Creevey

NORMANVILLE *Sunday, 09 July*
 Welcomer Peter Lloyd
 Commentator Jim Fitzpatrick
 Reader Nigel Pile
 Altar/Cleaning Patsy & Jim Fitzpatrick

WILLUNGA *Sunday, 09 July*
 Commentator Wayne Best
 Reader Andrew Beach
 Eucharistic Minister Andrew Beach
 Flowers Vanda Farrall
 Church Linen Margaret Oomens

Saturday 15 July
 Rose Sulda
 Michelle Cormack
 Cristina Tiedje
 David Manders
 Maria Jarvis-Maack

Sunday, 16 July
 Tim Fleming
 Thia van Kuyk
 Ann Henriksen
 Patsy & Jim Fitzpatrick

Sunday, 16 July
 Marie Andrews
 Chris Dzamko
 Michael Hynes
 Michael Hynes
 Anna Rogers

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS

Sick: Janet Burbidge, Rainer Maack, Adrian Andrews, Vi Corkin, Deirdre Boyd, David Guley, Paul Hancock, Msg Robert Aitken, Beth Thomas

Recently deceased: Geraldine Connelly, Jean-Phillippe Caniou, Mary Kennedy

DATES

- 9 Jul NATSICC Appeal
- 23 Jul World Day for Grandparents
- 24 Jul First day School term 3
- 1 Aug World Youth Day
- 8 Aug St Mary of the Cross feast
- 13 Aug Vocations Appeal
- 15 Aug Assumption of the Blessed Virgin Mary
- Sep Catholic Charities Month
- 3 Sep Fathers’ Day
- 29 Sep Last day School term 3
- 2 Oct Labour Day
- 16 Oct First day School term 4
- 22 Oct World Mission Day
- 12 Nov Vinnies Christmas Appeal
- 15 Dec Last day School term 4
- 25 Dec Catholic Charities Appeal

THE EUCHARISTIC FOCAL POINT

With the Eucharist, the Spirit of Christ gathers us together and forms us as Christ’s church.

Pope Francis’ prayer intention for July is that we will place the Eucharist at the centre of our lives. That flows from placing Jesus at the centre of our lives. Not just by remembering him, but by finding him present to us as we celebrate how he gave his life for us. The Eucharist is more than one of the many things we do as Christians such as saying our evening prayers, contributing to the collection, attending baptisms and marriages. They are also important because we meet Jesus there. But the Eucharist is a special meeting place. In it the Spirit of Christ gathers us together and forms us as Christ’s church. It is the point where we meet Christ by gathering together with one another.

In the Eucharist we find God’s love for all human beings shown in Christ’s death for us. It allows us to acknowledge our own poverty of spirit and to reach out to others who like us are poor in so many ways.

Andrew Hamilton

COMPLIANCE WITH COVID-19 REGULATIONS

(Current from 06/07/23)



- If you have tested positive for COVID-19 please stay home and do not attend church services until you have fully recovered.
- Sick and high risk/vulnerable people are requested to stay home.
- Hand sanitiser is available at church entrances.
- Communion is given only in hands.
- Procession of gifts has resumed.
- Collection plates are to be passed around with minimum contact

DID YOU KNOW?

- The prayer of blessing which Jesus makes in this gospel is known as a *berakah*. It is the basis of Jewish prayers of praise and thanksgiving. In our liturgy we use the *berakah* form just before the Eucharistic Prayer: *Blessed are you, Lord God of all creation. Through your goodness we have this bread and wine to offer ...to which we all respond: Blessed be God forever.*
- A yoke is a piece of agricultural equipment that went around the neck of an ox. It is attached to a plough or a cart that the ox drags along. This method is still used in many parts of the world. The yoke takes the burden of the load which the oxen must pull. It is heavy work.

KIDS' CORNER

A yoke is a big piece of wood that fits across the necks of animals like oxen to help them drag heavy things like wagons and ploughs. Is there something that worries you today and that drags you down? Are there fears that burden you? Jesus invites you to come to him and give him your worries and fears. Whenever we do this, we find that suddenly, our load is lighter. Our hearts are at rest.

(Continued from page 1)

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

ALL THIS STUFF

(Matthew 11: 25 - 30)

Consider the last time you struggled with a too-heavy suitcase or had to pack and move your possessions to another address. Compare that with the yoke of Christ: the burden of love we carry in our hearts. Which experience is better, more life-giving, more real?

The yoke of Christ is the mandate to love, even when it means sacrifice, even if it involves suffering. It's not the silly, romantic love that shows up in all the movies, but the day-to-day love of parents for children, the plodding fidelity of spouses, the single-hearted devotion of artists to their craft, the constancy of friends who support us even when the news is bad. It's a mirror of the love God has for us, and when we're faithful in love, we open a window to that greater love for those around us to experience.

Love is a burden; but it's a lovely one to bear. Anyone who has loved, in sickness and in health, for richer for poorer, knows that some burdens are a privilege to carry. If our love is tied up in the things of this world, we'll be dragging that overstuffed suitcase around and wondering why we ache so. If our hearts are free to love others, Christ will carry that love to places we haven't dreamed of.

GIVE ME A BREAK

I have a problem: I struggle to rest. Some people don't get to rest – because they have too much work and too many personal responsibilities. That's often the case with me, too, but even when I know I should take time to rest, or am simply blessed with the opportunity, I have a hard time doing so.

I was even an insomniac for a while – how could I sleep when there was so much I needed to get done? I managed to kick that problem, but I'm still trying to figure out how to slow down, or even do nothing at all. Prayer helps – being quiet and still in conversation with God. I took up knitting, and the repetitiveness is very calming. I got a kitten, who insists I sometimes simply hold her. I tried yoga – also helpful, but there are times in the practice when I am supposed to do nothing but breathe. Impossible, I told the instructor, because I'm not doing anything. We discussed my difficulty. “You know,” she said, “you deserve to be happy”. That's it, isn't it? We're all worthy, by God's grace, of the peace and happiness of rest. We just have to breathe in God's love to experience it!

Ponder: How do you spend your love, on people or things? Are the burdens you carry difficult, or easy? Make a decision to simplify. Be drastic! Give away one-third of what owns you: books, clothes, CDs, money, or some other item that's collected around you. Contemplate what the new space in your life means, and what it's for.

THIS WEEK'S READINGS

(10 - 16 July)

- **Monday, 10:** Weekday, Ordinary Time 14 (Gen 28:10-22; Mt 9:18-26)
- **Tuesday, 11:** St Benedict (Gen 32:23-33; Mt 9:32-38)
- **Wednesday, 12:** Weekday, Ordinary Time 14 (Gen 41:55-57; 42:5-7, 17-24; Mt 10:1-7)
- **Thursday, 13:** Weekday, Ordinary Time 14 (Gen 44:18-21, 23-29; 45:1-5; Mt 10:7-15)
- **Friday, 14:** Weekday, Ordinary Time 14 (Gen 46:1-7, 28-30; Mt 10:16-23)
- **Saturday, 15:** St Bonaventure (Gen 49:29-33; 50:15-26; Mt 10:24-33)
- **Sunday 16:** 15th SUNDAY in ORDINARY TIME (Is 55:10-11; Rom 8:18-23; Mt 13:1-3)

PASTORAL CARE

If you need a priest for anointing prior to medical treatment or if you are ill (not necessarily life-threatening) or for last rites please contact: (08) 8556 2132 or 0488 287 552.