



Regina Coeli Parish

Beverly Hills - In the Archdiocese of Sydney



Weekly Newsletter

**12th Sunday in Ordinary Time
20 June 2021**

Liturgy Times

SUNDAY:

8:30am, 10:00am.

Children's Liturgy during school term

TUESDAY: 8:30am Adoration, 9.15am Mass

WEDNESDAY: 7:00am

THURSDAY: 9:15am

FRIDAY: 8:30am Adoration, 9.15am Mass

SATURDAY: 9:00am

(Adoration and Reconciliation after Mass)

5:00pm (Vigil Mass)

SACRAMENT OF RECONCILIATION

Saturday: 9:30-10:00am; 4:25-4:50pm



'But [Jesus] was in the stern, his head on the cushion, asleep.' (Mark 4:38)

Sleep and I do not have the best of relationships. Sleep has a tendency to visit me when I don't want it, only then to escape me when I do want it. Once upon a time, when I was much younger, I used to remark that I usually looked so happy in the morning on account of having been spoilt with good sleep. Oh how I miss those days! My relationship with sleep at the moment definitely needs work and, needless to say, it is I who have to change!

I am guessing that the vital importance of sleep is self-evident to all those who are reading this. Someone once said, in reference to the human brain, 'If you don't use it, you lose it!' But even there sleep is indispensable. Trying to exercise one's mind at the expense of sleep would be counterproductive. It is claimed that the human brain repairs itself during sleep, to say the least. The quality of sleep influences rather drastically the quality of the following day. With better sleep our moods appear to improve; even temptations seem not as formidable. Last but not least, spiritual encounters have been known to occur during sleep; think of St Joseph for whom the most critical messages were given in dreams!

There can be no doubt that, generally speaking, I sleep better when I have allowed myself to become immersed in spiritual activities. Technology, useful though it may be, seems to engage only a narrow part of us. By contrast, spiritual activities are conducive to much more profound and wholesome engagements. This sort of engagement can ensure that our anxieties are alleviated and deeper desires answered to, thereby leaving us in peace and less vulnerable to the sleep-disturbing chaos both within and without. It is as though one who makes some spiritual progress each day acquires the strength to let go and surrender, so as to *fall into sleep*. Apparently, St Pope John XXIII used to say before going to sleep, 'Lord, there are so many problems in the Church. But they're your problems, goodnight!' Here are a few excerpts on sleep I came across recently:

From *Leisure: the Basis of Culture* by Josef Pieper

Sleepless and the incapacity for leisure are really related to one another in a special sense, and a man at leisure is not unlike a man asleep. Heraclitus the Obscure observed of men who were asleep that they too "were busy and active in the happenings of the world." When we really let our minds rest contemplatively on a rose in bud, on a child at play, on a divine mystery, we are rested and quickened as though by a dreamless sleep. Or as the Book of Job says, "God gives songs in the night." (Job 35:10). Moreover, it has always been a pious belief that God sends his good gifts and his blessings in sleep. And in the same way his great, imperishable intuitions visit a man in his moments of leisure. It is in these silent and receptive moments that the soul of man is sometimes visited by an awareness of what holds the world together.

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The Week Ahead

Sun 20 June 12th Sunday	8.30am 10.00am	Mass followed by BBQ
Mon 21 June St Aloysius Gonzaga		No Mass
Tue 22 June Sts John Fisher & Thomas More	9.15am	Mass with Year 5
Wed 23 June	7am	Mass
Thu 24 June Nativity of John the Baptist	9.15am	Mass
Fri 25 June	9.15am	Mass
Sat 26 June Retreat Day 9:30am-4:00pm	9.00am 9:25- 9:55am 4:15- 4:45pm 5pm	Mass Adoration & Reconciliation Reconciliation Vigil Mass
Sun 27 June 13th Sunday in Ordinary Time	8.30am 10.00am	Mass Mass

Recently Deceased

Ron Sang, John Harnett, Patricia Hay, Luigia Zegarelli, Sr Janet Ryan, Peter Peters, Christopher McDowell, Frank Capra

In Loving Memory

Stanley Sang, Fouad Attia, Santo Ilardo, Jeanette Cardoz, Gino Tullio Ronda

Please remember those who are in ill health especially: Mildred Petit, James Ybasco, Josh Venture, Carmen Bajada, Anne Kensey, Monica Costa, Quang Vo, Matt Nugent, Ann McDowell, Damiano Serravalle, George Dagher, Mrs Saba, Josephina Algozina, Pat Mortimer, Mrs Donald Burch, Mary Daniels, Geoff McDowell, Elena Mura, Mr TD (Terry) Wall, Kim Delaney, Lauren Sotano, Sam Hy, Georgia Brown, Luke Compton, Paul Camelotti.

Rosary Statue

Mr & Mrs B. Murray
4 Leon Ave.
Ph: 02 9759 0776



Parish Secretary

Mrs Margaret
Doherty-Brady
9554 8155
Tues 8:30am-
1:30pm Wed & Fri
10.30am-3.30pm

Sacramental Coordinator/ PSSO

Mrs Elizabeth Gooley
9554 8155
reginasacramental@gmail.com
Tuesday **and** Thursday from
11.30am - 3.30pm

School Principal

Mr Chris Egan
Asst. Principal
Mr Peter Busch

REC
Mrs Elizabeth
Webster

COME, FOLLOW ME



*Discipleship Retreat Days with
the Dominican Sisters of Saint Cecilia*

**Sunday
13th June**
*St Mary's
Cathedral, Sydney*

**Saturday
26th June**
*Regina Coeli,
Beverly Hills*

**Saturday
17th July**
*Our Lady of the
Rosary, Fairfield*

*All welcome!
\$10 per person
Light lunch included.*

Registration essential at
www.gomakedisciples.org.au/cas-events/

What does it mean to be a disciple of Jesus and how can I grow as a disciple?

The Dominican Sisters of St Cecilia are working with the Sydney Centre for Evangelisation to offer three **one-day retreats**. Come and experience the love and mercy of Jesus, and enter more deeply into your own experience of being His disciple. The talks include: *Making the most out of Mass*, *Prayer: How to Grow in your Relationship with Jesus*, *Breaking open Scripture* and *A Cloud of Witnesses: Growing closer to Mary and the Saints*. There will also be time for Adoration and the Sacrament of Confession.

Date and locations:

From 9:30am to 4:00pm

On 26 June, Regina Coeli Parish, Beverly Hills

You'll need to choose one morning session:

- Making the most out of Mass
- Prayer: How to Grow in your Relationship with Jesus

You'll need to choose one afternoon session:

- Breaking Open Scripture
- A Cloud of Witnesses: Growing closer to Mary and the Saints

To sign up:

Either sign up now using the sign up sheet at the door

Or

Register online at

www.gomakedisciples.org.au/cas-events/

Cost: \$10 per person, with light lunch included.

All welcome!

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The Portal of the Mystery of Hope

by Charles Peguy

Just sleep. Why don't people make use of it?
I've given this secret to everyone, says God.
I haven't sold it.
He who sleeps well, lives well. He who sleeps, prays.
He who works, prays too.
But there's time for everything.
Both for sleep and for work.
Work and sleep are like two brothers.
And they get on very well together.
And sleep leads to work just like works lead to sleep.
He who works well sleeps well, he who sleeps well works well.

...

And yet they tell me that there are men who don't sleep.
I don't like the man who doesn't sleep, says God.
Sleep is the friend of man. Sleep is he friend of God.
Sleep may be my most beautiful creation.
And I too rested on the seventh day.
He whose heart is pure, sleeps.
And he who sleeps has a pure heart.

This is the great secret to being as indefatigable as a child.

...

Yes, they tell me that there are men who work well and sleep poorly.
Who don't sleep. What a lack of confidence in me.
I'm talking about those who work and who don't sleep.

...

I pity them. I'm talking about those who work, and who thus in doing this are following my commandment, poor children.

And who, on the other hand, don't have the courage, don't have the confidence to sleep.

I pity them. I hold it against them. A bit.

They don't trust me.

As a child lays innocently in his mother's arms, thus do they not lay innocently in the arms of my Providence.

They have the courage to work.

They don't have the courage to do nothing.

They possess the virtue of work.

They don't possess the virtue of doing nothing.

Of relaxing. Of resting. Of sleeping.

Unhappy people, they don't know what's good.

Tri-Diocesan Social Justice Twilight Reflection Evening – 30 June 2021, 6:00 – 8:00 pm, Pennant Hills

Join keynote speakers Bishop Anthony Randazzo, Dr. Robbie Lloyd and Ms Ashleigh Donnelly...for a prayerful dinner event to celebrate our social justice work and reflect on the themes of this year's Social Justice Statement "To Live Life to the Full: Mental Health in Australia Today." For more details please see the attached flyer.

Date: Wednesday 30th June 2021

Time: 6.00 – 8.30 pm

Venue: Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills.

Please register your attendance here: <https://form.jotform.com/211228078037048> or by emailing ruth.moraes@sydneycatholic.org or 0439 584 221.

St Vincent Pallotti Scholarship Trust

The St Vincent Pallotti Scholarship Trust offers scholarships to enable lay people to further their understanding and skills in leadership/ministry or a specialised activity, such as promoting faith enhancement, social justice and pastoral care

More information and Applications Forms are available on our website

<https://pallottine.org.au/scholarships/st-vincent-pallotti-scholarship-for-lay-ministry.html>

WANT TO BE A BETTER DAD?

RAISING EVENINGS FATHERS

21 JULY

OUR LADY
OF LOURDES,
EARLWOOD
7:30-8:30PM

22 JULY

ST MICHAEL,
LANE COVE
7:30-8:30PM

23 JULY

ST CHRISTOPHER,
PANANIA
7:30-8:30PM

ALL PARENTS
AND GUARDIANS
WELCOME



DANIEL
ANG



ROBERT
FALZON



STUART
BRADY



WWW.SYDNEYCATHOLIC.ORG/RAISINGFATHERS

First Reading Jb 38:1, 8-11

Here I have set the boundaries of the sea.

From the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors
when it leapt tumultuous out of the womb,
when I wrapped it in a robe of mist
and made black clouds its swaddling bands;
when I marked the bounds it was not to cross
and made it fast with a bolted gate?
Come thus far, I said, and no farther:
here your proud waves shall break.

Responsorial Psalm

Ps 106:23-26. 28-31. R. v.1

*(R.) Give thanks to the Lord,
his love is everlasting.
or*

(R.) Alleluia!

1. Some sailed to the sea in ships
to trade on the mighty waters.
These men have seen the Lord's
deeds,
the wonders he does in the deep. (R.)
2. For he spoke; he summoned the gale,
tossing the waves of the sea
up to heaven and back into the deep;
their soul melted away in their distress.
(R.)
3. Then they cried to the Lord in their
need
and he rescued them from their
distress.
He stilled the storm to a whisper:
all the waves of the sea were hushed.
(R.)
4. They rejoiced because of the calm
and he led them to the haven they
desired.
Let them thank the Lord for his love,
the wonders he does for men. (R.)

Second Reading 2 Cor 5:14-17

All things are made new.

The love of Christ overwhelms us when we reflect that if one man has died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

Gospel Acclamation Lk 7:16

Alleluia, alleluia!

*A great prophet has appeared among us;
God has visited his people.
Alleluia!*

Gospel Mk 4:35-41

Who can this be? Even the wind and the sea obey him.

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'



Reflection by Dianne Bergant CSA

Paul insists that the love of Christ completely transforms us, mind and heart. No longer do we judge according to human standards. No longer do we meet injury with assault. No longer do we relegate people to the margins of society, or hoard the goods that others need to survive. Everything is changed in this new worldview. We understand ourselves and our world differently. Most importantly, we perceive God differently.

Job's new insights enlightened his understanding of creation, of the Creator, and of himself, a finite creature. Several of the disciples were seasoned fishermen. They knew that sea quite well. Living close to Jesus, they knew him too. Now they saw him in a different light. In both cases, faith opened their eyes. Like the disciples, we begin to realise that this man who shares in all of our human vulnerability is able to direct the power of the Creator.

We need eyes of faith to recognise the power of God at work in the events of our lives. Like Job, faith moves us from viewing God as a deity who is so distant from us that the circumstances of our lives appear to be irrelevant, to realising that everything is ultimately in God's hands and everything follows the course on which God has set it. For our part, all we can or need do is entrust ourselves to this loving God who cares if even a sparrow falls to the ground.