



Regina Coeli Parish

Beverly Hills - In the Archdiocese of Sydney



Weekly Newsletter

**5th Sunday in Ordinary Time
4 February 2024**

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

Catechist Sunday

This weekend we celebrate Catechist Sunday. At this time, we pray for the Catholic children, and their families, who attend our State Schools. We also remember the deceased and retired catechists who generously gave of their time over the many years.

We also take this opportunity to congratulate Gizelle Shidiak for 5 years of dedicated service to the Catechist ministry. Gizelle will be presented with a Certificate of Appreciation from Fr Peter during Mass.

Presently, in our parish 7 catechists teach approximately 101 children (2023 figures) in two local primary schools. We attend Beverly Hills North Public School on Wednesday mornings and Narwee Public School on Thursday mornings. The lessons run for thirty minutes. The curriculum, lesson plans and student activity books are provided. The Confraternity of Christian Doctrine (CCD) also runs necessary courses to prepare and assist us with our teaching. If you have a little time and are interested in becoming a catechist or a catechist helper, please speak to Fr. Peter, Elizabeth Gooley (Catechist Coordinator) or contact the Parish office. Thank you.

- Elizabeth Gooley -

January has ended and February arrived. How are we to embrace the long season of work which stretches out ahead of us? The following is a modified version of the homily I gave when the school staff came back for their first day of 2024:

Some of you might be happy to be back to work. Others might have mixed feelings. [I usually have mixed feelings about everything!] Of course, what we really want is a good balance between work and rest, which produces optimal performance, optimal satisfaction, optimal meaning and wellbeing, etc. There is one activity in which there is a perfect balance between work and rest, and that activity is prayer. And one thing which is essential in prayer is our *attention* or attentiveness.

Our attention is valuable, for more than we tend to realise. For example, the Australian Open has just finished and we know how much these tennis players can earn, which is only possible because professional tennis attracts immense attention and there is no shortage of people who are willing to pay a lot of money for our attention. What they want to do with our attention is a question for another day. But do we know that our attention is valuable, far more than what money can buy? Or do we think that it is cheap and therefore ok to be easily bought or wasted?

We pay a high price when we waste our attention or fail to be attentive to what truly matters. King David once found himself in a horrible predicament when one of his sons, Absalom, went to war with him, quite literally. David could be destroyed by his son's army or allow his own army to destroy the son, which, for David, turned out to be worse than his own death. But how did David end up in such misery, from which there seemed to be no escape? Earlier in the story, there was a major problem among his sons, to which David failed to be sufficiently attentive. The same problem then grew into a catastrophe! **Continued on Page 3**

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The Week Ahead

Sun 4 February 5th Sunday OT	8.30am Mass 10.00am Mass
Mon 5 February St Agatha	10.30am Funeral Mass for Carmelina Sassano
Tue 6 February Japanese martyrs	9.15am Mass
Wed 7 February	7.00am Mass 10.30am Funeral Mass for Armando Alberici
Thu 8 February	9.15am Mass 11.00am Funeral Liturgy for Bill McGrath
Fri 9 February	9.15am Mass with School
Sat 10 February St Scholastica	9.00am Mass 9.30-9.55am Adoration & Reconciliation 4.15-4.45pm Reconciliation 5.00pm Mass
Sun 11 February 6th Sunday in Ordinary time	8.30am Mass 10.00am Mass



Recently Deceased

Fr Kevin Bates. Frances Jones, Bill McGrath, Armando Alberici, Carmelina Sassano, Lucita Lucerna, Tony Deng, Ann McDowell, Val Green, Rula Hanna, Terence Wall, Anton Mandich, Pat Mortimer, Patricia Johnson, Geoffrey Connolly

In Loving Memory

Gino Morassut, Carmelo Algozzino, Anna Lee, Salvatore Russo, Maria Adollorato Tesoriero, Ken Maher & Mary McKinnon, Sam Xerri, Cono Reale, Peter Pezzutti, Eddie Da Silva, Jose Gomes, June Coyle, Kathleen Coleman, Donato Tozzi, Donato Carnevale, Peter Peters, Frank Capra, Bob Henderson.

Please remember those who are in ill health especially: Alistair McKenzie, Betty Meaney, Monica Costa, Ronnie Gaudry, Steve Ghantons, Vincent Roberts, Lucy Blundell, Ryan Henderson, Dennis McInerney, Mary Patricia Hanrahan, Mitchell Morris, Brian Moore, Josephina Algozzino, Damiano Serravalle, Mary Daniels, Anne Kensey, Geoff McDowell.

Rosary Statue Mr. & Mrs. B. Yang



Parish Secretary
9554 8155
Tues 11am-4pm
&
Fri 11am-4pm

**Sacramental Coordinator/
PSSO**
Mrs Elizabeth Gooley
9554 8155
reginasacramental@gmail.com
Tuesday & Friday from
10.30am - 4.00pm

School Principal
Mrs Lee Scola
Asst. Principal
Mr Peter Busch

REC
Ms Lisa Scott

PLAYGROUP

CRAWLERS TO PRE-KINDY

Starting Thursday 8th Feb
Thursdays during School Term
9:00 - 10:30am

Regina Coeli
Parish Hall
(opposite the church)
Ponyara Road,
Beverly Hills

- Gold coin donation for tea / coffee
- Bring a snack & water

Contact - Family Educator :
eleonora.razzoli@syd.catholic.edu.au

Last Weekend 28 January 2024

2nd Collection	\$1715.95
1st Collection	\$1061.35
Cashless Giving	\$275

Attendance

5PM	138
8.30AM	166
10AM	~150
Total	~454

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One of the reasons why we waste our attention or fail to be sufficiently attentive in life is because we feel that there is too much pain in reality. The burden of life is too much for us to bear! So we turn to noise and distraction. We resort to alcohol, drugs, too much screen-time or other forms of *escapism*.

Life is complex. We go through so much in life in terms of what we see, hear, think and feel, as well as in terms of the choices we make which range from being good, bad to ugly. This means that there's a lot of work to be done, in terms of the human drama which we need to work through. But the only way we can work through the human drama is by being attentive to it. Otherwise, instead of becoming attentive and integrated, we become lost and scattered in every direction. In the meantime our problems grow into catastrophes and we find ourselves in misery from which we struggle to escape.

Prayer is when we exercise our attention (and reflection), not in isolation, but always in communion. Which means that we become attentive not just to the problem but also to the solution, which is the work of God about to be accomplished in us, through love, forgiveness, enlightenment, regeneration, etc. The most important work in prayer is done by God and not by us! And the work of God brings us clarity, understanding, healing, reconciliation, integration and *peace*. Which means that, in prayer, there is a perfect balance between work (the most important of which is God's work) and rest (which is the fruit of God's work done in us). - Fr Peter -



...you have to take your life as it comes with its ups and downs. And you will find that there are times when there are more downs than ups but never lose hope. Never ever give up. Just keep going...

...I was blessed with a very loving and caring husband. Blessed with four wonderful children. 11 grandchildren. Wonderful, beautiful and successful. Blessed with another generation of great grandchildren.

...I thank the dear Lord. Sacred Heart of Jesus. Mary. St Joseph. St Anthony. Last of all. Remember that you all have guardian angels who look after you. When you need anything just say your prayer.

- M. upon turning 90 -



A message from the Archdiocese of Sydney: Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office at **(02) 9390 5810** or **safeguardingenquiries@sydneycatholic.org**. You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

First Reading Jb 7:1-4. 6-7

I am filled with sorrow all day long.

Job began to speak:

Is not man's life on earth nothing more
than pressed service,
his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his
wages,
months of delusion I have assigned to
me,
nothing for my own but nights of grief.
Lying in bed I wonder, 'When will it be
day?'
Risen I think, 'how slowly evening
comes!'
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days
have passed,
and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.

Responsorial Psalm

Ps 146:1-6. R. v.3

**(R.) Praise the Lord who heals the
broken-hearted.**

or

(R.) Alleluia!

1. Praise the Lord for he is good;
sing to our God for he is loving;
to him our praise is due. (R.)
2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. (R.)
3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. (R.)

Second Reading 1 Cor 9:16-19. 22-23

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

I do not boast of preaching the gospel,
since it is a duty which has been laid on
me; I should be punished if I did not preach
it! If I had chosen this work myself, I might
have been paid for it, but as I have not, it is
a responsibility which has been put into my
hands. Do you know what my reward is? It is
this: in my preaching, to be able to offer the

Good News free, and not insist on the rights
which the gospel gives me.

So though I am not a slave of any man I
have made myself the slave of everyone so
as to win as many as I could. For the weak I
made myself weak. I made myself all things
to all men in order to save some at any cost;
and I still do this, for the sake of the gospel,
to have a share in its blessings.

Gospel Acclamation Mt 8:17

Alleluia, alleluia!

**He bore our sickness,
and endured our suffering
Alleluia!**

Gospel Mk 1:29-39

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

On leaving the synagogue, Jesus went with
James and John straight to the house of
Simon and Andrew. Now Simon's mother-
in-law had gone to bed with fever, and they
told him about her straightaway. He went to
her, took her by the hand and helped her
up. And the fever left her and she began to
wait on them.

That evening, after sunset, they brought to
him all who were sick and those who were
possessed by devils. The whole town came
crowding round the door, and he cured
many who were suffering from diseases
of one kind or another; he also cast out
many devils, but he would not allow them
to speak, because they knew who he was.

In the morning, long before dawn, he got
up and left the house, and went off to
a lonely place and prayed there. Simon
and his companions set out in search of
him, and when they found him they said,
'Everybody is looking for you.' He answered,
'Let us go elsewhere, to the neighbouring
country towns, so that I can preach there
too, because that is why I came.' And he
went all through Galilee, preaching in their
synagogues and casting out devils.



Reflection by Dianne Bergant CSA

Today we see three snapshots from
the photo album of life.

Suffering comes to everyone. It can
take such a hold of us that the
happiness of the past is swallowed
up, the beauty of better days is
forgotten, and the hope of a brighter
future is imperilled. Life ceases to be
an adventure and takes on the guise
of drudgery. At such times suffering
appears to be our permanent fate,
and life seems too short for suffering
to run its course. If we become
identified with our distress, we will
be tormented.

Jesus knew the harshness of life,
because he was one of us. He saw it
in the lives of those he loved, and he
was touched by their torment. He
came to release people from the
demons that possess them, from the
illness that undermined their lives.
He came to bring the reign of God,
the reign of peace and fulfilment. He
came to heal the brokenhearted, to
bind up their wounds.

Paul was a messenger of this gospel
of salvation and fulfilment. He was
so committed to his mission that he
empathised with all those who heard
his preaching – the slaves, the weak,
the brokenhearted, all those who
knew well the harshness of life. Now
it is our turn. We are the disciples
who must bring the good news to the
brokenhearted, to those who are
enslaved, to those who are weak.
We are the ones who will then share
in the blessings of this good news.