

## PARISH AND SHRINE OF THE IMMACULATE CONCEPTION

48 Princes Highway (PO Box 14) Unanderra NSW 2526



**Parish Priest:** Mgr Graham Schmitzer

**Polish Chaplain:** Fr Tomasz Nowak  
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Email: tomasz.n04@gmail.com

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**Parish School:** St Pius X School  
Cnr Hargreaves & Cummins Streets  
PO Box 358 Unanderra NSW 2526  
Phone: 4271 3550 | Fax: 4272 2954

**School Principal:** Mr Philip Moore

**Parish Secretary:** Mrs Sue Briscoe

**Parish Office Hours:** Monday, Thursday and Friday: 9am—3:30pm  
Phone: 4271 1068 | Fax: 4271 1298  
Email: unanderra@dow.org.au  
Parish Website: www.unanderraparish.org.au

### PROGRAMME FOR THIS WEEK

<b>Monday</b>	6 Aug	<b>The Transfiguration of Our Lord</b> <u><b>NOVENA begins</b></u> Adoration: 4.30pm-5.30pm Mass: 5.30pm
<b>Tuesday</b>	7 Aug	<b>St Sixtus &amp; Companions</b> Adoration: 4.30pm-5.30pm Mass: 5.30pm
<b>Wednesday</b>	8 Aug	<b>St Mary of the Cross</b> Mass: 11am with Bishop Brian Adoration: 4.30pm-5.30pm Mass: 5.30pm
<b>Thursday</b>	9 Aug	<b>St Teresa Benedicta of the Cross</b> Adoration: 4.30pm-5.30pm (Reconciliation Available) Mass: 5.30pm
<b>Friday</b>	10 Aug	<b>St Lawrence</b> Adoration: 4.30pm-5.30pm Mass: 5.30pm
<b>Saturday</b>	11 Aug	<b>St Clare</b> Mass: 7.30am Adoration: 4.30pm-5.30pm (Reconciliation Available) Vigil Mass: 6pm
<b>Sunday</b>	12 Aug	<b>19th Sunday in Ordinary Time</b> Masses: 7am, 9am, 10.45am (Polish) Adoration: 4.30pm-5.30pm

### EIGHTEENTH SUNDAY IN ORDINARY TIME — YEAR B 5 AUGUST 2018

**READINGS:** Ex 16:2-4,12-15; Eph 4:17,20-24; Jn 6:24-35

God feeds His people in the desert (**FIRST READING**).  
Jesus declares that He Himself is the true bread from  
heaven of which the manna provided by Moses was  
but a foreshadowing (**GOSPEL**).

St Paul urges the Ephesians to live  
lives that are in keeping with their  
baptismal calling.



### NOVENA IN PREPARATION FOR THE FEAST OF THE ASSUMPTION



*Mary has reached the Father's  
House — she beckons us on.*

Exposition of the Blessed  
Sacrament each day from

**Monday 6 August 2018 to**

**Tuesday 14 August 2018**

**4.30pm—5.30pm**

### THE DWYER FAMILY

Neil and his family wish to thank the many parishioners for their sympathy, kindness and support following Sheila's death. Special thanks to Bishop Emeritus Peter Ingham, Monsignor Graham Schmitzer, Father Ron Peters and members of the Parish Choir for a beautiful Requiem Mass.



### PLEASE REMEMBER IN YOUR PRAYERS

**Recently Deceased:** Sheila DWYER

**Anniversaries:** Concessa,  
Jose and Manuel  
MAMANGLU



## ROSTERS — NEXT WEEKEND

August	Church Washing	Barbara Farraway	
Sat 11 Aug	Church Cleaning	F Fernandez, B Rice, S Walsh	
	Lawns		
	Acolytes	Lectors	Welcomers
Sat 11 Aug 6pm Mass	P Jones	R Baxendale	V Cleary
Sun 12 Aug 7am Mass	M Walsh	S Walsh	S Brown
Sun 12 Aug 9am Mass	R Klaus, C Carolan	M Rodwell	B Spain, G Petric
Counters	M Murphy (FT), R Wilson, J Carolan, S Alessi		
Children's Liturgy	K Calvert, M Matos		



## PARISH

## ACTIVITIES

- Catholic Women's League:** 2nd Thursday of the month - 10.30am in St Joseph's room  
**New members always welcome!**  
Please contact: Barbara - 4271 1584
- St Vincent de Paul Conference:** Every Tue 7.30pm in St Joseph's room
- Parish Pastoral Council:** 2nd Monday of alternate months  
7.30pm in St Joseph's room
- Nursing Home Masses**
- Hillside Nursing Home:** 1st Tuesday of the month - 2pm
- Figtree Nursing Home:** 2nd Tuesday of the month - 10:45am
- Villa Maria Nursing Home:** 3rd Tuesday of the month - 9:30am

\*\*\* Refreshments after 9am Mass \*\*\*

\*\*\* will NOT be held during August or September \*\*\*

## Gospel Reflection

God provided a mysterious food called manna for the Israelites during their time in the desert. However, they were told not to stockpile the manna, but to gather only what they needed for one day! Jesus told His disciples not to worry about tomorrow. He said, when you pray to your heavenly Father, you are to say, 'Give us this day our daily bread'. No matter how difficult life may be, for those who trust in God and who live a day at a time, the manna falls every day.



"Come to Communion, my brothers and sisters, come to Jesus. Come to live from Him in order to live with Him.

Of course you are not worthy of Him, but you need Him!"

St John Vianney



## HELP! OUR GARDENS NEED YOU!

Since Bob Lloyd has moved away from our parish, the church gardens are no longer being watered weekly...it would be great if someone could please spare some time each week to water our gardens.

## MONSIGNOR GRAHAM'S 75<sup>th</sup> BIRTHDAY CELEBRATIONS

**On Thursday 16 August 2018 - Mgr Graham turns 75!**

Come and celebrate this milestone with Monsignor — Mass at 5.30pm, followed by dinner at 6.30pm

Please RSVP to Sue Briscoe before 3.30pm Monday 6 August 2018 - [unanderra@dow.org.au](mailto:unanderra@dow.org.au) / 4271 1068

**\*\* At Monsignor's request, dinner will be held in St Joseph's room / courtyard — the cost will be approx \$20-\$25pp for catering — please keep an eye on next week's bulletin (also available online) for further information \*\***

If anyone wishing to attend has any special dietary requirements, please contact one of the following:

Mark Walsh - 0407 604 498

Fiona Fernandez - 0408 496 385

Barbara Farraway - 0419 989 608







***“Be calm and full of hope.”***

*St Mary of the Cross — 1871*

## HOSPITAL MASSES

**FIRST FRIDAY OF EACH MONTH at 10.30am** - Wollongong **PRIVATE** Hospital on Level 3. All are welcome to Jesus healing ministry to the sick.



**SECOND SATURDAY OF EACH MONTH - 11.30am** (next one 11 August 2018) at Hospital Chapel, Ground Floor, Wollongong **PUBLIC** Hospital. All welcome to continue the healing ministry to the sick. These Holy Masses will be celebrated by Fr George Condookala, Chaplain to the Wollongong Hospitals.

## PLENARY COUNCIL 2020 - LISTEN TO WHAT THE SPIRIT IS SAYING

This week, Bishop Brian Mascord is sending a Pastoral letter to all Parishes regarding the launch of the listening process for the Diocese of Wollongong and important information about the role of local animators and options for their training. Please go to [www.dow.org.au](http://www.dow.org.au) for more information. A Vigil Mass will be held at **St John Vianney Co-Cathedral, Fairy Meadow, on Saturday 18 August 2018 at 6pm** to officially launch Plenary 2020 processes in the Diocese of Wollongong. As individuals and parish communities in the Diocese of Wollongong, there are some simple but important things you can do right now.

Visit the website at:

[www.plenarycouncil.catholic.org.au](http://www.plenarycouncil.catholic.org.au)

which provides great resources that will enable individuals and groups to **Pray** for guidance, learn more, commence dialogue and subscribe for regular updates.

## MANY CULTURES - ONE IN CHRIST MASS & FESTIVAL

**Sunday 26 August 2018 at 2pm**

St Francis Xavier Cathedral and  
St Mary Star of the Sea College  
Harbour Street Wollongong

Our annual Mass and festival celebrating the rich cultural diversity and heritage existing within our Diocese occurs at the end of August. All are invited to celebrate with Bishop Brian the many blessings and roles our cultural communities play within our broader diocesan community. This celebration coincides with the annual *Migrant & Refugee Week*.



## THE JOURNEY CATHOLIC RADIO PROGRAM - AIRS SUNDAY 5 AUGUST 2018 -

This week on The Journey, our very own Pete Gilmore encourages us to “Ask the Right Questions”; Bruce Downes, The Catholic Guy, reminds us about “Honouring”; and Marilyn Rodrigues, The Peaceful Parent, talks about “Individual Time”. We are so lucky and so grateful for the amazing Christian music that has been selected for this program. This is the Journey Catholic Radio, where faith, hope, love and life come together.

Go to [www.jcr.org.au](http://www.jcr.org.au) or  
[www.itunes.jcr.org.au](http://www.itunes.jcr.org.au)

where you can listen any time and  
subscribe to weekly shows by email



## SPIRITUAL DEVELOPMENT OF THE CHILD 0-12 YEARS



A practical course on how we can hand on the Faith at different stages of a child's development. Based on the Catechesis of the Good Shepherd approach developed by Maria Montessori and Sofia Cavalletti.

This short course on the formation of the Catholic heart, memory, intellect and imagination, will be held in St Joseph's meeting room at Immaculate Conception Parish Unanderra.

**Mondays 9.30am–11am for 4 weeks:  
6, 13, 20 & 27 August 2018**

**All welcome!** Enquiries: Mary Carolan 0423 385 448

## DIOCESAN MASS - FEAST OF ST MARY OF THE CROSS MACKILLOP

**The Annual Diocesan Mass to celebrate the Feast of  
St Mary of the Cross MacKillop will be held on  
Wednesday 8 August 2018 at 11am**

**at Immaculate Conception Parish, Unanderra**

Bishop Brian Mascord will celebrate the Mass along with Mgr Graham Schmitzer (Parish Priest Unanderra) and



Fr Patrick Vaughan (Chaplain to Catholic Women's League). Lunch will be available following Mass and will be hosted by the Unanderra Branch of Catholic Women's League.

## ILLAWARRA PEOPLE FOR PEACE

Annual General Meeting

Monday 13 August 2018 — Starting at 6.30pm

At the Edmund Rice College Hub

Supper will be supplied — All denominations are welcome



My dear people,

In an opinion piece recently in THE SYDNEY MORNING HERALD, Ross Gittins wrote that decades of economic success in Australia have actually come at a high social price. Although as a nation we're better off materially than ever before, we're not exactly the happiest, most contented, or most fulfilled we've ever been.

In his latest book, *Australia Reimagined*, social researcher Hugh Mackay says that two seminal facts about Australia suggest we are in urgent need of a change in course.

*First*, thanks to our rate of relationship breakdown, our busy lives, our increasing income inequality, and our ever-increasing reliance on information technology, we are a more fragmented society than we have ever been. (Hugh could have added our greater division between public and private schooling).

Social fragmentation is the opposite of social cohesion. Rampant individualism and competitive materialism should be replaced by compassion ('to suffer with') and mutual respect. They are the key to true greatness in any society. "In countries like Australia, we are at more risk of antisocial behaviour from people who are socially isolated and mentally ill than we are from ideologically based acts of terrorism," Mackay says.

*Second*, says Mackay, we are in the grip of "an epidemic of anxiety". Two million Australians suffer an anxiety disorder in any one year - closely related are depression and obesity. Up to a third of the population will experience mental health problems in their lifetime, 20 per cent of young Australians will have had a least one episode of *clinical* depression before the age of 25, and two-thirds of us are overweight or obese.


Mackay says that these two facts are so closely linked that we should think of them as two sides of the one coin. "Heads, we're more fragmented; tails, we're more anxious."

We are herd animals by nature, and we become anxious when we're cut off from the herd. This then results in self-absorption, inhibiting social interaction, and a vicious circle is created. Many of us have already retreated into self-absorption - we have a heightened sense of personal entitlement, and an exaggerated concern with personal comfort and personal appearance. We disengage from political and social issues and escape into our own comfort zone.

Mackay admits there's nothing new about people feeling anxious, but argues that there's a lot more of it today because four basic strategies are being neglected:

1. Research has shown that *faith* in something larger than the self is the one absolutely essential prerequisite for a sense of meaning in life. And the larger the entity, the more meaning people derive from it. For most of human history - and most people living on the planet today - the God of religion has supplied that something greater.
2. Most of the research showing the health benefits of religious faith and practice identifies another influential factor - not just faith but *fellowship* or *community*. Church or mosque goers are members of a community of like-minded people who, at their best, are characterised by mutual support, kindness, and respect. "Belonging to a community keeps us in touch with people who might need us, and nothing relieves anxiety like a focus on someone else's needs."
3. There is nothing like the restorative power of nature. Slow down. Smell the roses.
4. Rethink our priorities. Disconnect from technology at least sometimes. Notice what is going on around

you, especially "what is happening to our children as a result of the toxic blend of their excessive screen time and an excessive busyness." Be "a little more observant, a little more moderate, a little more restrained, a little better prepared for the future."

  
**Mgr Graham Schmitzer**  
Parish Priest

