

# PARISH AND SHRINE OF THE IMMACULATE CONCEPTION

48-50 Princes Highway (PO Box 14) Unanderra NSW 2526

[www.unanderraparish.org.au](http://www.unanderraparish.org.au)

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 Mobile: 0414 626 357

**Polish Chaplain:** Fr Jerzy Slowinski  
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**Parish Assistant:** Sr Kerry Gardiner  
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**Parish Pastoral Council President:**  
 Email:  
 Mobile:

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

**School Principal:** Mrs Pauline Chrostowski

**Parish Secretary:** Mrs Melissa Bridges (Mon/Wed/Fri)

**Parish Office:** Email: [unanderra@dow.org.au](mailto:unanderra@dow.org.au)  
 Website: [www.unanderraparish.org.au](http://www.unanderraparish.org.au)  
 Phone: 4271 1068  
 Fax: 4271 1298

## TWENTY SECOND SUNDAY IN ORDINARY TIME (YEAR C) – 28 AUGUST 2022

**Parish Vision—We are a diverse community united by our love for Jesus and for one another, constantly seeking to grow in this love especially through the Eucharist. We welcome everyone and help each other to discover their unique gifts, joyfully working together as one to bring the overflowing love of Jesus to all people.**

Weekly Programme	Immaculate Conception UNANDERRA	St Therese WEST WOLLONGONG
<b>Mon 29 August</b> <i>The Passion of St John the Baptist, martyr</i>	Mass: 7am	
<b>Tues 30 August</b>	Mass: 5.30pm	Communion service
<b>Wed 31 August</b>	Mass: 9:30am	Adoration: 4:30pm Reconciliation: 4:30pm—5:15pm Mass: 5:30pm 
<b>Thurs 1 September</b>	Mass: 11am (Polish) Adoration: 4:30pm-5:15pm  Reconciliation: 4:30pm-5:15pm Rosary: 5:15pm  Mass: 5:30pm	Mass: 7:45am
<b>Fri 2 September</b>	Mass: 7am	Mass: 9:30am
<b>Sat 3 September</b> <i>St Gregory the Great, pope, doctor</i>	Rosary: 7:10am  Mass: 7:30am Reconciliation: 5pm - 5:30pm Mass: 4pm (Polish) Mass: 6pm	Rosary: 8:40am  Mass: 9am Reconciliation: 9:30am
<b>Sun 4 September</b>	Mass: 8am Mass: 10am (Polish)	Mass: 10am Mass: 5pm

### PLEASE REMEMBER IN YOUR PRAYERS

#### Recently Deceased

Aleksander Hasiuk, Rudolf Zugrek



#### Anniversaries

Nancy Crowe, Aubrey Phillips,  
 Thomas Brown, Colleen Schmitzer  
 Gary Samways, Nancy Crowe,  
 Dorothy May Costello

### PARISH OFFICE HOURS

[unanderra@dow.org.au](mailto:unanderra@dow.org.au) / 4271 1068

Monday: 8:30am-3:30pm  
 Tuesday: Closed  
 Wednesday: 8:30am-3:30pm  
 Thursday: Closed  
 Friday: 8:30am-3pm

## *Message from Sr Kerry*

A wonderful celebration was held on the 8th of August in our Cathedral. The Catholic Women's League have a tradition of celebrating the Feast Day of St Mary MacKillop. For some years now this has been a wonderful gathering and one I personally anticipate each year. The CWL provided the most magnificent banquet for our lunch and the joy and sense of celebration was palpable. The leadership team for the Srs of St Joseph in NSW, along with two sisters birthed in the Wollongong area, joined the Josephite Sisters in the Diocese for this occasion. It was also uplifting to see parishioners joining us. This year is a special year for the Josephites as it is 150 years since the Sisters came from Adelaide to NSW.



For your reflection I suggest you visit the grounds of the Cathedral and spend a little time with the statue dedicated to the memory of unborn children. This statue is in memory of the Unborn and was erected by the members of the Diocese CWL.

I say a personal thanks to this wonderful band of women who work behind the scenes and do so much for our community and our world.

**Sr Kerry Gardiner**

## *Reflections on the Mass - Body & Posture*

Our celebration of the mass concludes with the Concluding Rite. In this rite we pray that the fruits of the sacrament just received will be made clear in our lives through our words and actions. Importantly, we are then sent forth to proclaim the gospel by our lives or to love and serve the Lord. In this way the Eucharist just celebrated becomes the source from which all the actions, words and sacrifices of the week ahead will be strengthened and nourished.

It is often remarked how much standing, sitting, kneeling and processing is involved in the Catholic mass - yes, there is a lot. However, each action, again taken as a united body, gives physical meaning to the words or element of the liturgy being celebrated. By joining together in these actions we make real and present the reality of Christ's body. Our uniformity in this regard is thus vitally important in displaying the beauty, simplicity and truth of the mass.

**Standing:** Standing is a sign of respect and honour. From the earliest days of the Church, this posture has been understood as the stance of those who have risen with Christ. When we stand for prayer, and to listen to the Gospel, we assume our full stature before God, not in pride but in humble gratitude, especially for our baptism.

**Kneeling:** kneeling has changed over time. In the early church it signified penance and was forbidden on Sundays and during the Easter season. In the Middle Ages and up to the present day, kneeling came to signify homage and adoration, especially before the presence of Christ in the Eucharist.

**Sitting:** Sitting is the posture of listening and meditation and thus we do so in a way that is attentive rather than merely at rest.

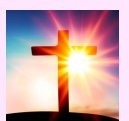
**Processions:** Every procession in the Liturgy (Entrance, Gospel, Offertory & Communion) is a sign of the pilgrim Church, the people of God on their way to the Heavenly Jerusalem. By our joy and attentive walking posture we signify our desire and joy to be united with Christ and one another, now and in heaven to come.

**Darren McDowell—seminarian**

### ROSTER – NEXT WEEKEND

August	Church Washing	Jackie Allen	
Sat 3 Sep	Church Cleaning	G Lord, L Zanetti, S Adams	
Sat 3 Sep	Lawns	B Mannix, W Brown, F Caruana, J Lonard	
	Lectors	Welcomers	Children's liturgy
Sat 3 Sep 6pm Mass	D Ferrer	Vera Cleary & Cindy	
Sun 4 Sep 8am Mass	C Walsh	Zali Calvert & Aidan Calvert	Kirra Calvert, Alicia SanchezLevine.
Counters	A Kelly, B Faraway		

### ALL YOUR PASTORAL NEEDS



For any pastoral needs:  
please contact

**Sr Kerry Gardiner - 0421 463 871**

**Kerry.Gardiner@sosj.org.au**

**Fr Duane Fernandez is on leave until 10 Sept**

## PARISH NEWS

### Walking Group - Thursday 1 Sept

Everyone is invited to join us for a walk and a chat at **9.30am on Thursday 1st September**. Meet at shops on Derribong Dr, Cordeaux Heights. Enjoy coffee with us at the cafe after the walk. Hope you will be able to join us.



### Morning Tea—Sunday 4 September

Morning Tea will be served after 8am mass on Sunday 4 September. Everyone is welcome for a cuppa and a chat after Mass.

### Lunch Gathering - Friday 9 Sept

Friday 9th Sept has been marked in for another lunch gathering at Wests. A great couple of hours is ensured. If you wish to attend join us at noon in the dining room where Sr Kerry will be holding a seat just for you.

### Faith Enrichment Evenings

Unlocking the Mystery of the Bible study on **Thursdays evenings 7pm** in the St Joseph's Room. Participants will meet every week for 8 weeks to share a meal and view an engaging video presentation followed by a time of lively group discussion and fellowship.

### Covid Guidelines

The Catholic Diocese of Wollongong continues to implement the following to ensure the wellbeing for all attending our churches. Communion is to be administered in the hand. Holy water fonts are to remain empty. You will be informed when these guidelines change from the present situation.



### Live Local

LIVE Local is a Regional Youth Group run by the CYMW and NET Team which runs every **Friday night during school term from 7 - 9pm**, at St Therese West Wollongong school hall.

### Recycling bins

Your donations of 10c recyclable bottles, cans and plastics are most appreciated. Our bins are located in the church car park. All monies raised go to the Parish.



### Carmelite meeting—Saturday 3 September

The next Lay Carmelite meeting will be held in St Joseph's Room, behind the Unanderra Catholic Church on **Saturday 3 September between 10 and 12 noon**. The Carmelite charism is based on prayer, community and service, in allegiance to Jesus Christ. Meetings begin with Morning Prayer (Liturgy of the Hours) followed by Carmelite formation. We then plan to share a meal at a local restaurant. Come join us to see what it's like.

## ON SONG IN THE 'GONG'!

**Friday 2nd September 2022 @ 7:30pm Wollongong Town Hall**  
Crown & Kembla Streets, Wollongong.  
Adults \$45: Concessions \$35 and Children under 13 Free

Come join "Spirit" a musical talent consisting of four current students of Holy Spirit College Bellambi; one ex-student and a staff member in an evening showcasing the very best of Illawarra's outstanding musical talents backed by one of Sydney's iconic musical powerhouses. Join the Hummingbirds, Spirit, and the Sydney Male Choir in an entertaining evening of music and laughter.

Bookings can be made, and tickets purchased @ <https://merrigong.com.au/> or at the **Box Office 02 42245999**

## THE JOURNEY CATHOLIC RADIO PROGRAMME – AIRS SUNDAY 28 AUGUST 2022



On the Journey this week: Fr Stephen Drum says humility is about being willing to put others first. Mother Hilda uses ikebana floral arrangements to explain how God uses space in our heart. Journey Editor, Max Norden, in conversation with Dr Lauren Kadwell about this year's Australian Catholic Bishops Social Justice statement. Plus, Fr Mike Delaney says memories of happy times and great events remind us that God wants us to remember the good in every day. Listen at [jcr.org.au](http://jcr.org.au)

## A VOCATION VIEW

Humility is needed for those who choose to serve. Recognize your gifts and offer them in humble service. (Luke 14:1, 7-14)

If you want to talk about your discernment, please contact the diocesan vocations director, Fr Duane Fernandez at [vocations@dow.org.au](mailto:vocations@dow.org.au)



## SUICIDE PREVENTION

On Saturday 10 September, we mark Suicide Prevention Day. The **Saturday 5.30pm Vigil Mass at St Brigid's, Gwynneville** will be offered by Bishop Brian Mascord for all families who have lost a loved one or who have taken their own life. We pray that those who have taken their own lives now rest in God's peace. We pray for all vulnerable people who need someone to ask them 'r u ok?'

For more information please contact the Lumen Christi Parish office on 4211 0500 or email [lumenchristi@dow.org.au](mailto:lumenchristi@dow.org.au) or visit our Facebook Page [facebook.com/lccpwo](https://facebook.com/lccpwo)

## SOCIAL JUSTICE STATEMENT

We know that most often those who suffer violence and abuse in homes and families, in workplaces, and in communities, are women and children while the perpetrators are most often men. We support women in calling for respect in relationships; their lives and those of their children are sacred. - *Australian Catholic Bishops Social Justice Statement 2022-23*. The [Social Justice Statement](#), [Media Release](#), [FAQs](#) and related resources, including prayer and liturgy materials, are available at [here](#)

## CATECHIST RETREAT 2022

All SRE teachers and helpers are welcome to attend the Catechist retreat planned for **Monday, Sep 12 in Varroville OR Friday, Sep 16 in Gerringong**. Sr Magdalen Mather OSB will facilitate the retreats in both locations. Register for the retreat at [dow.org.au/events](http://dow.org.au/events) or contact Cindy Oliver by emailing [support@ccdwoollongong.com](mailto:support@ccdwoollongong.com) or calling **4640 8550**.

## VOLUNTEERS WANTED VINNIES DISTRIBUTION CENTRE -NORTH WOLLONGONG



Vinnies is looking for volunteers to work in their **clothing and book sections**. The Distribution Centre is the main supply hub for the many Vinnies Stores in the Illawarra and Macarthur areas. The vacancies in the clothing area are for sorters, whilst the book section requires people with an interest and love of books. The vacancies in the Book section would ideally suit a retired Librarian, however, this is not a pre-requisite. A reasonable level of fitness is required as 80% of the work is performed whilst standing. Whilst the Distribution Centre hours are 8am to 3.30 pm Monday to Friday, **Volunteers can select the day/s and hours that they wish to work**. There is total flexibility in this area. Parking is available. If interested, please contact **Sarah Harris on 0473 100 110**

## 28 AUGUST - TWENTY SECOND SUNDAY IN ORDINARY TIME (YEAR C)

**First Reading**— Ecclesiasticus 3:19-21,30-31 *Humble yourself and you will find favour with the Lord.*

My son, be gentle in carrying out your business,  
and you will be better loved than a lavish giver.  
The greater you are, the more you should behave humbly,  
and then you will find favour with the Lord;  
for great though the power of the Lord is,  
he accepts the homage of the humble.  
There is no cure for the proud man's malady,  
since an evil growth has taken root in him.  
The heart of a sensible man will reflect on parables,  
an attentive ear is the sage's dream.

**Responsorial Psalm - God, in your goodness, you have made a home for the poor.**

1. The just shall rejoice at the presence of God,  
they shall exult and dance for joy.  
O sing to the Lord, make music to his name;  
rejoice in the Lord, exult at his presence. R.
2. Father of the orphan, defender of the widow,  
such is God in his holy place.  
God gives the lonely a home to live in;  
he leads the prisoners forth into freedom R.
3. You poured down, O God, a generous rain:  
when your people were starved you gave them new life.  
It was there that your people found a home,  
prepared in your goodness, O God, for the poor. R.

**Second Reading** — Hebrews 12:18-19, 22-24 *You have come to mount Zion and to the city of the living God.*

What you have come to is nothing known to the senses: not a blazing fire, or a gloom turning to total darkness, or a storm; or trumpeting thunder or the great voice speaking which made everyone that heard it beg that no more should be said to them. But what you have come to is Mount Zion and the city of the living God, the heavenly Jerusalem where the millions of angels have gathered for the festival, with the whole Church in which everyone is a 'first-born son' and a citizen of heaven. You have come to God himself, the supreme Judge, and been placed with spirits of the saints who have been made perfect; and to Jesus, the mediator who brings a new covenant and a blood for purification which pleads more insistently than Abel's.

**Gospel Acclamation:**

Alleluia, Alleluia! Take my yoke upon you; learn from me, for I am gentle and lowly in heart. Alleluia!

**Gospel** — Luke 14: 1,7-14 *All who exalt themselves shall be humbled and all who humble themselves shall be exalted*

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, 'When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, "Give up your place to this man." And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, "My friend, move up higher." In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.'

Then he said to his host, 'When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.'