



# Weekly Bulletin

**Holy Name of Mary Catholic Parish**

**4 Myrtle Street, Rydalmere**

Office: 2 Myrtle Street, Rydalmere

Email: [admin@holymary.org.au](mailto:admin@holymary.org.au) Phone: (02) 9684 1541

Website: [www.holymary.org.au](http://www.holymary.org.au)

**Fifth Sunday in Ordinary Time, Year B**

**Sunday, 4th February 2024**

## Balance your life.... and live fully well

Mark records the early days of Jesus' ministry as filled with healing. Last week, Jesus with His spiritual power drove the unclean spirit and brought about life for a man in the synagogue and today Jesus' healing enables a woman to resume her duties and to serve Him and his companions.

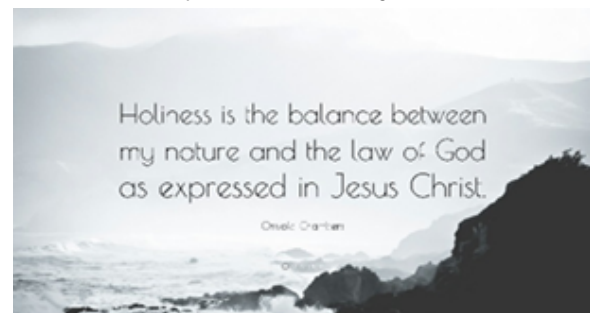


Mark presents Jesus as a man of action. Jesus goes to Simon's house and straight into healing his mother-in-law. The people brought their sick for cure. Jesus did heal people from various infirmities. After the excitement and bustle of the evening's events at Simon's house, He leaves the house long before dawn to find a place of solitude where He can pray and be still with God.

By citing even the small incident, Mark places importance on the fact that Jesus is not only someone who does things at once and straight away but also someone who takes time out of the busyness. He knows the needs of those who are sick and disturbed – but He also knows the absolute necessity of silence and communion with God. He was able to balance his life with his daily ministry.

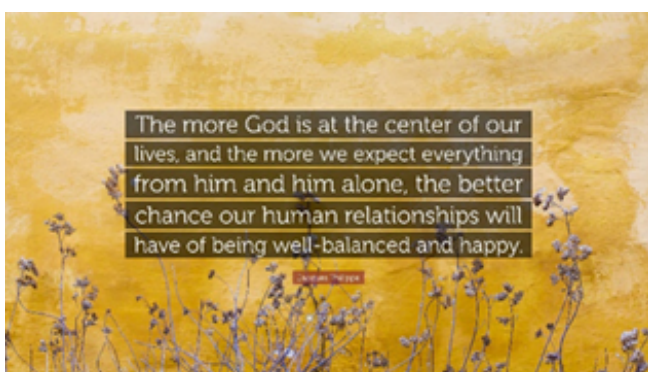
The balance in Jesus' life was to be an example to His first disciples and may be even more important in our day where so much emphasis is placed on what people do- what people achieve, how much people accumulate. Often, we lose sight of the importance of Being – spending time with God who created us.

Jesus offers an example of what it means to be a whole person - who gives His time and energy generously and lovingly to those around Him- but who also gives time and space generously and lovingly to God. Let the following story stimulate our mind and heart that we may be able to balance our life and make it precious in the sight of God and our brethren.



*A Long time ago, there was an Emperor who told his horseman that if he could ride on his horse and cover as much land area as he likes, then the emperor would give him the area of land he has covered. Sure enough, the horseman quickly jumped onto his horse and rode as fast as possible to cover as much land area as he could. He kept on riding and riding, whipping the horse to go as fast as possible. When he was hungry or tired, he did not stop because he wanted to cover as much area as possible. Came to a point when he had covered a substantial area and he was exhausted and was dying. Then he asked himself, "Why did I push myself so hard to cover so much land area? Now I am dying and I only need a very small area to bury myself."*

The above story is similar with the journey of our Life. We push very hard every day to make more money, to gain power and recognition. We neglect our health, time with our family and to appreciate the surrounding beauty and the hobbies we love to do. One day when we look back, we will realize that we don't really need that much, but then we cannot turn back time for what we have missed. Life is not about making money, acquiring power or recognition. Life is not only about work! Work is only necessary to keep us living so as to enjoy and live the gift of life God has blessed us with!



Life is a balance of Work and Play, Family and Personal time and especially time with God. We must decide how we want to balance our Life. Life is fragile, Life is short. Let us not take Life for granted. Let us live a balanced lifestyle and enjoy Life.

**God's blessings**  
**Fr. Vince**

# This Sunday's Readings



## Entrance Antiphon:

O come, let us worship God  
and bow low before the God who made us,  
for He is the Lord our God.

## First Reading: Job 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: Psalm 146(147):1-6

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

*Praise the Lord for He is good;  
sing to our God for He is loving:  
to Him our praise is due. R.*

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.**

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 Corinthians 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

**Alleluia, alleluia!**

He bore our sickness,  
and endured our suffering.

**Alleluia!**

## Gospel: Mark 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.

## Communion Antiphon:

Let your face shine on your servant.  
Save me in your merciful love.

O Lord, let me never be put to shame, for I call on you.

# PARISH ROSTERS

**3/4 February 2024**

**Sat Vigil 5.30pm**

**Sun 8.00am**

**Sun 10.00am**

**Computer Operators:**

Thomas Russo

Pamela McKay

Lynette Rodrigues

**Lectors:**

Sue Farrugia  
Len Farrugia

Angela Finnane  
Will Finnane

Jane Jimenez  
Anton Fernando

**Altar Society:**

Pam McKay, Annabel Manlutac & Gail Dick

**Cleaning Ministry:**

Pierre Salomon

**Counters:**

Kathleen Burrows & Sheila Tapiador

**10/11 February 2024**

**Sat Vigil 5.30pm**

**Sun 8.00am**

**Sun 10.00am**

**Computer Operators:**

George Davidson

Michael Majoor

Anne Marie Lyons

**Lectors:**

Sr Maureen  
Mia Boulous

Astrid Kossim  
Glenys Oxlee

Romeo Urqueza  
Yolanda Urqueza

**Altar Society:**

Lily Hon, O. Ham & Maria Greenfiled

**Cleaning Ministry:**

Thomas & Sophie Russo

**Counters:**

Kathleen Burrows & Francis Mathew

**Let us pray for ...**

*Sick*

Maree Buttenshaw,  
Robert Power

*Recently Deceased*

Fr Kevin Bates SM, Deryk Anthony  
Rodrigues, Ilias Atie, Mary Hanna, Sergio  
Montano Sanchez, Patrick Boswell West,  
Rolando Magsalin

*Anniversaries*

Donald Pelias, Fr Tim Crowley

## PARISH NEWS AND EVENTS

### SACRAMENTAL COORDINATOR NEEDED

Holy Name of Mary parish is a community of faith in the Catholic tradition with a rich diversity of cultures and backgrounds. The parish strives to grow as an inclusive, vital and faithful catholic community. Now, we need a Sacramental Coordinator, whose role is to prepare and coordinate the parish-based Sacramental Programmes and all related activities, liturgies and events, as well as support the RCIA process and parish team. The Sacramental coordinator will work in collaboration with catechists and leaders of St Mary's Primary School. Those who are interested in taking up this role in our parish, kindly approach me for further details. Your support in this regard is greatly appreciated! Fr. Vince



### VOLUNTEERS NEEDED /

**READERS NEEDED:** We are desperately short of Readers for all Masses. Please prayerfully consider taking on this role. The next roster begins 3rd March and **training is provided**.

Please contact Glenys Oxlee on 0488 228 633 by **9th February** for more information &/or if you would like to join the roster.



If your talents lie elsewhere, why not consider volunteering for one of our other parish ministries such as Children's Liturgy, Altar Society, Counters, Lawn & Garden or the Sunday 10am Morning Tea roster.

**Register your interest on the Parish Ministry Sign-up Sheet located at the back of the church.**

### WEEKLY ENVELOPES TO RESUME

The parish will resume using the weekly envelope as a method of collection. **New envelope numbers will need to be issued.**

If you would like to register for weekly envelopes or direct debit, please complete the form located at the back of the church & return it to the Parish Office.

### Glenbrook Parish Aspects of the Eucharist Talks

St Finbar's Parish, Glenbrook, is hosting a series of talks exploring the fundamental aspects of the Eucharist with Chris Ohlsen on Wednesday **21 & 28 February at 7.30pm** at the parish. Entry is via gold coin donation. RSVP email [glenbrook@parracatholic.org](mailto:glenbrook@parracatholic.org)

### Celebrating Holy Week: Formation for Ministers of the Altar

The Office for Worship presents 'Celebrating Holy Week' a workshop for current Acolytes & Ministers at the Altar. To be held Saturday **9 March 9:30am to 3pm** at the Bishop Bede Heather Centre, Blacktown.

To register or for more information, please contact [lucy.woodbury@parracatholic.org](mailto:lucy.woodbury@parracatholic.org) or call (02) 8838 3456 by 5 March 2024.



# PARISH NEWS AND EVENTS



## *Return the Blessed Palms*

**Palms blessed on Palm Sunday become a "sacramental". These palms are burned and the ashes are used for the Ash Wednesday service.**

We request you to return the blessed palms (last year) and leave them in the basket located at the back of the church



**St Vincent de Paul Society**  
*good works*

## **Meeting Dates**

2nd & 4th Tuesday of the month  
7.30pm Parish Meeting Room

The first meeting for 2024 of the Holy Name of Mary's St Vincent De Paul Society will be **Tuesday 6th February** in the Meeting Room.

*Interested parishioners are most welcome as we are desperately short of members, come and help us bring comfort and assistance to our needy brothers and sisters.*

## **Diocesan World Day of the Sick Mass: 10 February**

A Mass for the World Day of the Sick, including the Sacrament of the Anointing of the Sick, will be held at **11am on Saturday 10 February 2024** at St Patrick's Church, Mary, Queen of the Family Parish, Blacktown. All are welcome, including those who may be sick, and those who care for the sick and dying and health care professionals.

**RSVPs are required by 6 February 2024 to [mary.gale@parracatholic.org](mailto:mary.gale@parracatholic.org)**

## **DIOCESAN MEMORIAL MASS OF ST JOSEPHINE BAKHITA: 11 FEBRUARY**

Join Bishop Vincent for the annual Diocesan Memorial Mass of St Josephine Bakhita, Patron Saint of South Sudan and Sudan, and Victims of Modern Slavery and Human Trafficking. It will be held at St Patrick's Church, Mary, Queen of the Family Parish, **Sunday 11 February at 12.30pm**, followed by fellowship, food, and community entertainment. All are welcome to attend.

## *Liturgical Ministry Course returns in 2024*

The Liturgical Ministry Formation Courses will recommence in February 2024. This is formation for anyone interested in serving within the Liturgical Ministries either as Readers, Extraordinary Ministers of Communion, Communion to the Sick and Dying and Ministers at the Altar. If you are interested or would like more information, please contact the Office for Worship on **0460 037 795** or [mary.gale@parracatholic.org](mailto:mary.gale@parracatholic.org) or visit to enrol at: [www.parracatholic.org/contribute/volunteer/liturgical-ministry](http://www.parracatholic.org/contribute/volunteer/liturgical-ministry).

## **Saints of the Week**

5th February	St Agatha
6th February	St Paul Miki & Companions
8th February	St Josephine Bakhita
10th February	St Scholastica

The earnest faith that arose among the Japanese following St Francis Xavier's mission in the 16th century was crowned by martyrdom beginning with Paul Miki, a Japanese Jesuit, & 25 companions on 5 February 1597. The following decades saw repeated mass executions, frequently by burning.

The stalwart Japanese frequently recited prayers during their deaths. Faithful onlookers were known to chant the *Magnificat* or *Te Deum* as the martyrs succumbed. Pope Pius IX canonized all of them as saints of the Church in 1862.



## **WEEKDAY MASSES**

**Tue - Wed - Thu - Fri - Sat 9:15 am**

## **SUNDAY MASSES:**

**Saturday (Vigil) 5:30 pm  
Sunday 8:00 am & 10:00 am**

## **ADORATION (EXPOSITION)**

**Saturday 8:30 am**

## **RECONCILIATION:**

**Saturday 8:30 am - 9:00 am**

## **BAPTISM:**

**1st & 3rd Sunday of the Month 11:30 am**

## PARISH TEAM

**Fr. Vincent Savarimuthu**

**Parish Priest**

**Jodie MacGregor**

**Parish Secretary**

**Tue / Wed / Fri  
10am to 5pm**

**Susie Lee**

**Finance Secretary**

**Thur  
10am to 2pm**

## PARISH SCHOOLS

### **St. Mary's Primary School**

1 Myrtle Street, Rydalmere NSW 2116

**Ph:** (02) 8844 5700

**Email:** [StMarysRydal@parra.catholic.edu.au](mailto:StMarysRydal@parra.catholic.edu.au)

**Principal:** Mr. Richard Blissenden

### **St. Patrick's Marist College**

171 Kirby Street, Dundas NSW 2117

**Ph:** (02) 8841 7900

**Email:** [stpatsdundas@parra.catholic.edu.au](mailto:stpatsdundas@parra.catholic.edu.au)

**Principal:** Mr. Paul Ryan