

**WEEKEND MASS BOOKINGS**

**A REMINDER:** A maximum of **100 people** only will be able to attend each Mass as well as 1 Acolyte and 1 Reader to assist Father. Attendance at our **WEEKEND Masses MUST be booked via the Parish Office** on 4754 1052 during office hours Tuesday - Friday 8.30am - 3.30pm. NO exceptions will be allowed.

***If you have booked and wake up feeling unwell on the day, PLEASE DO NOT ATTEND THE MASS.***

**NOTICE FROM MARY MACKILLOP PLACE - THE FEAST OF MARY MACKILLOP**

On the Feast Day of Mary MacKillop Saturday, 8th August 2020, Mary MacKillop Place will be CLOSED. This decision has been made in light of the outbreak of COVID-19 in Melbourne, the increasing number of cases in Sydney and the unpredictability of the spread of the virus, particularly where large groups gather in a confined space like the Chapel.

**PRAYER REFLECTIONS** suitable for prayer at home will be posted on the website for three days - August 6th, 7th and 8th. *The Chapel is open for private prayer only from 9.00am—1.00pm Monday to Friday. It remains closed on Saturday and Sunday until further notice.*

Mary MacKillop knew what it was like to face unknown and unpredictable times in her life. May she companion us as we live through this pandemic which is affecting all aspects of our family, work and community life.

**SPRINGWOOD NEIGHBOURHOOD CENTRE**

The **Springwood Neighbourhood Centre** has a Winter Cupboard (food and winter supplies) which is open from 10am until 1pm, Monday to Thursday. It is FREE and open to everyone in need. You can grab a beanie, blanket, hot water bottle, jacket, scarf, socks, butter menthols, slippers and so much more. Please enter from the forecourt of the Springwood Hub Building, 106 Macquarie Road. Spread the word to families and individuals you may know who are struggling.

**INSTITUTE FOR MISSION REFLECTION MINISTRY PROGRAM - 18th August 2020**

The Institute for Mission's Reflective Ministry Program (Word and Mission) is going ahead, occurring every Tuesday evening from 7pm to 9pm, starting on 18th August. Registrations to participate in the program online are still open, so please contact Sr Grace on grace.roclawska@ifm.org.au or visit <https://www.ifm.org.au/reflective-ministry> for more information.

**INSTITUTE FOR MISSION SCRIPTURE REFLECTION NIGHT- 18th August 2020**

The Institute for Mission is hosting a free online scripture reflection night with Dr Laurie Woods on Tuesday 18 August at 7pm. This livestream event will be hosted on the Institute for Mission's Facebook page [www.facebook.com/ifmconnect](http://www.facebook.com/ifmconnect). Registration is not required.

**CATHOLICCARE is still open and operational**

CatholicCare Western Sydney and the Blue Mountains services remain open and operational during the current COVID-19 outbreak. Individual offices have been closed to clients, but the service continues to operate with care and support offered via phone, video conferencing/telehealth and online. Some programs are continuing to run groups via video conference. To make a referral, call (02) 8843 2500 (Mon-Thu 8.30am-8pm, Fri 8.30am-5pm, Sat 9am-1pm), email – [enquiries@ccss.org.au](mailto:enquiries@ccss.org.au) or visit [ccss.org.au](http://ccss.org.au).

**ST THOMAS AQUINAS PRIMARY SCHOOL - Enrolling Now**

St Thomas Aquinas Primary School provides quality education in a modern environment with a strong foundation in faith. Helping every child achieve their personal goals while feeling happy, safe and cared for. Enrolment forms are now being accepted. **Please contact the school on 4723 3800 or [StThomas@parra.catholic.edu.au](mailto:StThomas@parra.catholic.edu.au) or via their website on [www.staspringwood.catholic.edu.au](http://www.staspringwood.catholic.edu.au)**

**PARISH CENTRE KEYS**

Could all Parishioners who have keys to the **Parish Centre** please return them to the office as soon as possible. These will be returned once our current situation is back to normal. *Thank you for your help.*

**St Thomas Aquinas Parish Bulletin**

168 Hawkesbury Road, SPRINGWOOD NSW 2777

PO Box 4410, WINMALEE NSW 2777

Phone: 4754 1052 Email: [sta@internode.on.net](mailto:sta@internode.on.net)  
[springwood@parracatholic.org](mailto:springwood@parracatholic.org)

**Parish Website:** [www.stachurchspringwood.org.au](http://www.stachurchspringwood.org.au)  
**Parish Facebook Page:** St Thomas Aquinas Catholic Community Springwood  
**Parish Priest:** Fr Paul Slyney - 4754 1052 **Emergency:** 0418 461 316  
**Assistant Priest:** Fr Michael Gathuku - 4754 1052 **Emergency:** 0474 272 605  
**Parish Pastoral Council:** Email - [springwoodppc@gmail.com](mailto:springwoodppc@gmail.com)  
**Parish Office Hours:** Tuesdays to Fridays 8.30 am - 3.30 pm

**Weekend Masses:** Saturday Vigil Mass 5.00 pm, Sunday 8.00 am and 9.45 am  
**Weekday Mass:** Tuesday - Saturday 9.30 am

**Rosary & Devotions:** Tuesday - Saturday 9.00 am  
**Adoration, Rosary & Chaplet:** No Adoration or Devotions until further notice  
**Intercession & Adoration:** None until further notice

**Baptisms:** 2nd and 4th Sundays of every month - by appointment  
**Reconciliation:** By appointment  
**Weddings:** By appointment - restricted numbers  
**Funerals:** By appointment - restricted numbers

What do you do when beset by nagging troubles? Do you sometimes look for a place to run and hide, so you can just be by yourself? What if your troubles were more than just irksome little problems? What if you were bothered by a death, perhaps of a close friend, such as someone you had recently celebrated a milestone with, or perhaps the best man or maid of honour in your wedding? You can imagine how lost you would feel, and how you would long to be alone, to sort out your feelings and decide how to pick up the pieces and move on.

Perhaps it was like that for Jesus, when he learned that John the Baptist, the one who had recently Baptised him, was beheaded on the order of a king, to satisfy the wish of a child. Think of the emotions Jesus must have felt: anguish, torment, and probably even guilt for not being there to stop it. Most likely, these emotions flooded his mind as "he withdrew in a boat to a deserted place by himself."

But after Jesus arrived at that place, did he find the solitude he was looking for? Far from it. A crowd of 5,000 waited for him, people who were there not to comfort him in his anguish, nor to mourn with him, but rather, to ask him to attend to their personal needs, to cure them, and to hear him speak. What did Jesus do? "His heart was moved with pity for them, and he cured their sick."

Where did the resilience come from, that allowed Jesus to face the multitudes when all he really wanted to do was to be alone?

The answer was most likely through his daily prayer life with God. The Bible has numerous passages in which Jesus speaks to his need to be by himself in prayer with his Father, to nurture and deepen his relationship with God, so that in times of deep distress he would have the wellspring of grit and compassion necessary to rise up to the occasion and deal with the hardship of his life on earth.

And so, it is with us.

The past months have been hard on most of us. A pandemic, civil unrest and a widening political divide have us looking for a deserted island, where we can block these issues from our minds. Unfortunately, for most of us, that is not an option. Instead, we need to understand that our daily prayers and quiet times of reflection and solitude are as important for our well-being as daily exercise and healthy eating is for our bodies. Focused time spent in prayer with God can strengthen our resolve and provide us with guideposts to follow when we are faced with difficult days. We can pray for strength and courage to endure the hardships. Most of all, we can pray to not let fear and anger push our love for each other out of our hearts.

We can pray that through all hardship, we will love like God does, and not count the costs.

**Today's Readings:** Is 55:1-3; Rom 8:35, 37-39; Mt 14:13-21

**Entrance Antiphon:** O God, come to my assistance; O Lord, make haste to help me! You are my rescuer, my help;  
O Lord, do not delay!

**Responsorial Psalm:** Ps 144:8-9, 15-18. R. v. 16

**R.** The hand of the Lord feeds us, he answers all our needs.

**Gospel Acclamation:** Alleluia, alleluia! No one lives on bread alone, but on every word that comes from the mouth of God.  
Alleluia!

**Communion Antiphon:** 'I am the bread of life, says the Lord; whoever comes to me will not hunger and whoever believes in me will not thirst.'

**Next Week:** 1 Kg 19:9, 11-13; Rom 9:1-5; Mt 14:22-33



**Recently Deceased:** Luigi Ricci, James Camilleri, Huw Patrick Kemmis, Marie Gray, Christopher Daines

**Sick:** Diana Donnelly, Kate Moore, Eva Fitzgerald, Pamela Pereira, Nicholas Zdon, Melissa Baxter, Mary Ellen Schell, Sue Downes, Joan Eastwood, Gwen Daly, Kerry Aitken, Anthony O’Connell, Wal & Anne Knoke, Angela Brown, Lea Dardenne, Nathan Duffy, Francisco Robles, Teresita Robles, Susie Ziino, Patricia Duffy, Sarah Walke, Jackie Davies, Kimberly Cusack, Carole & Brian Proops, Margaret Healy, Colleen Lusty, Lorna Lyons, Christopher Coombs, Lucinda Goodwin, Angela Coombs, Leila Baker, Mary Coombs, Slawcia Pisarska, Luca Hurley (Child), Joan Lohrey, Sarah & Thomas McGoram, Frances Hinder, Shirley Anderson, Peter Doherty, Val Hardy, Carmel Chetcuti, Liz Miles, Emile Amine, Taunu Gaitau, Janice Glassington, Helen Meville, Susan Solomon, Thomas Glavas,  
**and all Private Intentions.**

*Due to the strict privacy laws, names of the deceased and sick can only be included in the Bulletin with the permission of the immediate family. Thank you.*

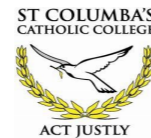
*‘We must teach more  
by example than by  
word.’*

*Saint Mary MacKillop  
1842 - 1909*

**Schools in our Parish**



**St Thomas Aquinas Primary School**  
Principal - Ms Marina Hardy 4723 3800



Principal - Mr Paul Ryan 4754 8900

**Memorial Mass for Huw Kemmis**

A Memorial Mass for the life of Huw Kemmis will be held at St Thomas Aquinas Church Springwood on Tuesday, 4th August at 11.00 am. Please consider the restricted numbers due to current Covid-19 restrictions.

*A weekend thought (sing at home...)*

In this week of a COVID Virus resurgence with all its uncertainty and fear, I thought I should share a thought from St. Augustine, where he notes we should sing without worry – Sermon 256. I have found it helpful.

“Let us sing Alleluia here below while we are still anxious, so that we may sing it one day above when we are free from care... Let us sing Alleluia not in the enjoyment of heavenly rest but to sweeten our toil. Sing as travellers sing along the road, but keep on walking... sing up... and keep on walking”.

Fr Paul



**Daily Prayer for This Week**

Finding intimacy with our Lord is not limited to people who can go away on a retreat. We can all be contemplatives in action, if only we can focus on our relationship with the Lord in the background, every day.

This week we can feed on the words of life which Jesus gives us. And, we can ask for the graces we need, in the midst of our busy lives. With the celebration of the Assumption toward the end of the week, we can ask Mary to help us to keep our consciousness on connecting our desires with the concrete details of our life this week.

Throughout this week. We can wake up and go through our morning routine asking for the grace that God’s mercy might flow through us this day. One day, I might take notice of those in my life who need my forgiveness. I might pay attention to one who frustrates me or has hurt me or has hurt those I love ... real people I know (living or dead) or the anonymous people who present the systems, institutions and structures that seem unjust or sinful. There are people who benefit from war, the poverty or slavery of others, the sacrilege against the dignity of life itself, the drug trade and the destruction of the environment. I can actually take the grace-filled moments of brief intimacy with Jesus this week to forgive! This week of mercy can be a powerful blessing for our who lives.

This can be a wonderful week for us to remember how many times we are called to forgive. And, we might want to take a few extra moments to reinforce this by re-reading the parable of the servant who has been forgiven himself but refuses to forgive. If we are really stuck in our struggle to forgive, we can find times to beg for the grace: “Dear Lord, you keep forgiving me, please let me experience the intimacy of forgiving as you have forgiven me. Give me the humility of a little child to remember how often I need to forgive others.”

Throughout this week, our hearts go out to little children and other “little ones” because we will be delighting in being one with him and his being one with us. **And, we’ll give thanks and praise.**



***Confirmation 2020***

**Please pray for our Confirmation Candidates this weekend as they begin their spiritual journey for this beautiful Sacrament.**