

**OFFICE HOURS:**

**Monday:** 8.30am - 12.30pm  
**Tuesday - Thursday:** 8.30am - 3.30pm  
**Friday:** 8.30am - 12.30pm

**Address:** 100 Mayfield Road  
Carina Qld 4152  
**Postal:** PO Box 305,  
Carina Qld 4152  
**Phone:** (07) 3398 2977  
**Parish Email:** carina@bne.catholic.net.au

**MASS TIMES:**

**Weekend:**  
**Saturday:** 6pm Vigil  
**Sunday:** 7am, 9am and 5.30pm  
**Italian Mass:** 10.30am

**Weekday:** 6.30am & 9am  
Monday to Friday  
8am Saturday  
& Public Holidays

**Reconciliation:**

**Saturday:** 8.30am - 9.00am  
5.30pm - 6.00pm  
or by appointment

**PARISH TEAM:**

**Parish Priest:** Fr Alex Vickers O.P.  
**Assistant Priest:** Fr Maurice Keating O.P.  
**Pastoral Associate:** Shelly Stone  
**Email:** sc.carina@bne.catholic.net.au  
**Parish Secretary:** Chris Larter  
**Email:** carina@bne.catholic.net.au  
**Finance Officer:** Chris Larter  
**Email:** fo.carina@bne.catholic.net.au  
**Italian Chaplain:** Fr Angelo Cagna CS  
**Phone:** 04236 48736

# Spread the Word

**Vol. 35 No. 40****28th Sunday in Ordinary Time****11 October 2020****Reflection by Dianne Bergant CSA**

The passage from Isaiah depicts a scene of permanent victory, abundant feasting and life without end. The setting is a high mountain from which the power and the munificence of God are made manifest, and a sumptuous eschatological banquet is prepared. The rich foods mentioned are symbols of the fullness of life. It is also on this mountain that God destroys death, along with the pall and shroud, symbols of death. This is a time when all promises are fulfilled, a time of ultimate salvation. This eschatological fulfilment embraces not only the entire human race, but the natural world as well. Finally, on that day of eschatological fulfilment, the people acclaim the God to whom they looked for salvation.



The responsorial psalm, one of the most familiar and beloved psalms of the Psalter, paints vivid pictures of carefree existence, peaceful rest, and abundant fruitfulness. Although 'shepherd' suggests a flock rather than merely one sheep, here the focus is on the individual. The magnanimous care shown by the shepherd flows from enduring righteousness rather than from some passing sentiment of the heart. The divine shepherd's tender commitment to the flock, and to each individual within it, is as lasting as is God's covenant commitment. The psalmist claims to be unafraid, for the presence of the Lord is reassuring. In addition to this image, God is characterised as a host who supervises a banquet, and within whose house the psalmist ultimately dwells.

Paul is not referring to the ordinary trials and sufferings of life. He is talking about the tribulations that will engulf all people at the onslaught of the endtime. This suffering, known as the 'birth pangs of the Messiah', stems from the apocalyptic conclusion of this age. The avenue through which Paul enters this time of tribulation is the burdens of the ministry. The help offered by the Philippians was not merely philanthropic assistance. They participated in Paul's ministerial endeavours and his distress, the tribulations of the endtime. Therefore, they are promised a share in the glory of the new age. Paul concludes by praising the glory that has been God's from the beginning and that will continue to be God's from age to age.

Jesus uses a parable to illustrate the severe consequences of refusing the invitation to a royal wedding banquet. The culpable negligence or indifference of those originally called was tantamount to political insubordination. The wedding garment probably represented some aspect of righteousness. The banquet is a metaphor for the delights of the eschatological age of fulfilment (see Is 25:6). The time between the initial invitation and the announcement that the banquet is ready resembles the interim between the invitation to participate in the age of fulfilment and one's entrance into it. Finally, the punishment meted out by the king suggests the final judgment and the distress that will accompany it.

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## PARISH HAPPENINGS

### LOOKING AHEAD

#### Sunday 11 October

- 4.00pm Practice for Sacrament of Confirmation  
on Tuesday 13 October – Church

#### Monday 12 October

- 7.00pm Italian Prayer Group – Church  
- 7.30pm Parish Finance Council – Library

#### Tuesday 13 October

- 9.30am Playgroup – Hospitality Area  
- 9.30am Scripture Group – Library  
- 5.00pm Sacrament of Confirmation – Church  
- 7.00pm Sacrament of Confirmation – Church

#### Thursday 15 October

- 9.30am Playgroup – Hospitality Area

#### Sunday 18 October

- 4.00pm Practice for Sacrament of Confirmation  
on Tuesday 20 October – Church

**Let us remember in prayer all those who are sick and those whose anniversaries occur around this time**  
*Marcos Natividad, Rufina Natividad, John Glynn, and the recently deceased Mary Bourke, Julia Creed, Onelia Salvetti, Zofia Tuck.*

### “Dying Peacefully – No Euthanasia” Sunday

Today, Sunday 11 October, the Catholic Church in Queensland is observing “Dying Peacefully – No Euthanasia” Sunday.

When it comes to end of life, it's important for everyone to discuss their wishes in terms of care and their desire for interventions and to have this documented in an advanced care plan. Everyone should have access to quality palliative care.

The Bishops of Queensland have written a Pastoral Letter, which is included as an insert in Spread the Word this weekend. The Expression of Interest form mentioned in the Pastoral Letter is available from the Parish Office.

For further information about exploring a Catholic perspective on end-of-life and quality palliative care, visit [brisbanecatholic.org.au/life/dying-peacefully/](http://brisbanecatholic.org.au/life/dying-peacefully/)



### Sacrament of Confirmation

Over the next three Tuesday evenings, 13, 20 & 27 October, children of our parish will celebrate the Sacrament of Confirmation. We pray for the children as they are confirmed and anointed with the holy sacred chrism.



*Shelly Stone*

### Feast of San Gerard Majella

The Italian Community have organised a pilgrimage to Marian Valley Canungra on Saturday 17 October, for the Feast of San Gerard Majella. The bus will leave from Our Lady of Graces Church Carina at 8.00am. To book, please call Vito Di Stasi on 3398 5738. You are all welcome.

### Italian Sunday Mass

The Italian Sunday Mass will return to the normal time of 10.30am, starting from Sunday 18 October 2020.



### 2021 Columban Art Calendar

The 2021 Columban Art Calendar is available for purchase for \$10 each. The calendars are currently only available through the parish office on weekdays. Payment can be via cash (correct money only) or card.

### 2021 - Daily Mass Book, Break Open the Word and Ordo

We are taking orders for the following annuals:

- Daily Mass Books \$22
- Break Open the Word \$22
- Ordos \$12

To order, please contact the parish office by **12.30pm, Friday 30 October**.

This allows for the ordered books to be available before the new liturgical year commences on 29 November.



### Sacrament of Reconciliation

The Sacrament of Reconciliation currently is only being celebrated by appointment. Please contact the parish office to make an appointment.

### An Additional Level of Cleaning

As part of the cleaning measures, in line with the Workplace Health and Safety Queensland COVID-19 Guide, the parish has invested in a fumigator to clean the church. This is to provide an additional level of cleaning to that already being done by our cleaner and you, the parishioners, after each gathering.



### COVID-19 Reminders

It is noticed that some parishioners are becoming less compliant with some of the COVID-19 protocols in place. Therefore, a friendly reminder of the following.

- Please arrive at Mass at least 10 minutes beforehand. This so everyone is seated by the time Mass starts.
- Hand sanitise when you arrive and leave. Sanitising stations are located at the church and parish office entrances
- Maintain the 1.5m distance from each other, including before and after Mass, and processing to Communion.

### Ministry of DPO / Music Expression of Interest

We are looking for expression of interest for parishioners who may be interested in assisting at Mass in the Ministry of Data Projector Operator or Music.

There are vacancies for Data Projector Operators at the Saturday 6pm and Sunday 5.30pm Masses.

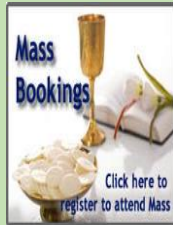
There are vacancies for Musicians & Singers at the Saturday 6pm, Sunday 9am and Sunday 5.30pm Masses.

To find out if one of these ministries is suitable for you, please contact the Parish Office.



## Sunday Mass at Our Lady of Graces Parish

- To attend Sunday Mass please make a reservation by going to [www.carinacatholicparish.org.au](http://www.carinacatholicparish.org.au) and clicking on the "Mass Bookings" image. **Bookings open each week on Monday morning.**
- Parishioners who do not have internet access may phone the parish office during office hours.
- Registration for Sunday Mass closes each Friday at 12 noon. This allows for the registration lists to be finalised and printed on Friday afternoon.
- Registration will ensure that a space is available for you and makes it easier for the marshal who is marking off the name of each person at the door.
- However, if you forget to register for Sunday Mass, experience is that Sunday 7am & 5.30pm Masses usually do not reach the capacity limit.



## St Vincent de Paul Christmas Appeal 2020

Like many things for the year of 2020 the St Vincent de Paul (Vinnies) group at Our Lady of Graces anticipate that the delivery of our annual Christmas hamper Appeal may look a little different this year. Our key aim as always is to support those suffering hardship in our local community. For the year of 2020 Christmas Appeal we are seeking the support of our wonderful Parish Members. You may like to help us support those in need this Christmas by -



- Donating a financial contribution directly.
- Sponsoring a family or group of single people and providing a hamper targeted to their needs.
- Gifting to the Vinnies Conference gift vouchers including grocery vouchers.
- Donating cash via the Parish Office.
- Donating Christmas foods in the Vinnies baskets at the entrance of the Church.

The Conference provides targeted support, to the individual or family, to ensure no items are wasted. If you would like any further information, please contact Barbara Dougherty (President) on mobile 0438 982 240.

## World Mission Month

This month is World Mission Month. One of the ways available for us, as Catholics, is to support the missionary work of the Pontifical Mission Societies, of which Catholic Mission is a part. During October, Catholic Mission asks for your prayerful and financial contributions. You can donate online at [catholicmission.org.au/Cambodia](http://catholicmission.org.au/Cambodia) or by using the appeal envelopes that will be made available on World Mission Sunday next weekend, 17-18 October. In anticipation for all the ways you will help "wipe the tears from every cheek", we give thanks.



## From the Social Justice Group

### World Mental Health Day 2020

"Look after your mental health, Australia"

10 OCT

Mental Health Australia

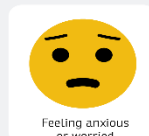
1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma – and many are men.

The COVID-19 pandemic is impacting the mental health of many members of our parishes, schools and communities. **In fact, most of us will experience a mental health problem at some point over the course of our lives.** In the 2020-21 Social Justice Statement *To Live Life to the Full: Mental health in Australia today*, the Bishops welcome the deinstitutionalisation of mental health care in Australia. Understanding mental health will help us to be aware of those who need our support. Our parishes, organisations and communities can be places of acceptance care and healing, not places of rejection, judgment or stigma. (Bishop Vincent Long)

### Nine signs of mental illness

healthdirect  
healthdirect.gov.au

What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



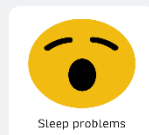
Feeling anxious or worried



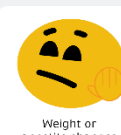
Feeling depressed or unhappy



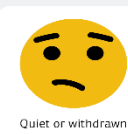
Emotional outbursts



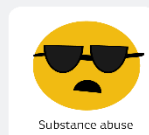
Sleep problems



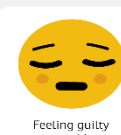
Weight or appetite changes



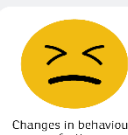
Quiet or withdrawn



Substance abuse



Feeling guilty or worthless



Changes in behaviour or feelings

If you think there is an immediate risk of suicide or self harm, dial triple zero (000)

If you're concerned about a friend or loved one, ask them how you can help. The first step for them should be to see a doctor or other healthcare professional.

### 10 tips for being mentally healthy



Talk about your feelings



Keep active



Eat well



Drink sensibly



Keep in touch



Ask for help



Take a break



Care for others



Do something you're good at



Accept who you are

### Where to go for help or further information:

- Beyond Blue: 1800 512 348 / 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Lifeline: 13 11 14
- MensLine Australia: 1300 78 99 78
- Head to Health: [www.headtohealth.gov.au](http://www.headtohealth.gov.au)
- Black Dog: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



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