

Our Lady of Dolours

CHURCH: Corner of Kirk St. and Archer St.
PARISH OFFICE: 94 Archer St.
 PO Box 1446 Chatswood NSW 2057
PHONE: (612) 9410 9000 **FAX:** (612) 94121282
EMAIL: office@chatswoodparish.org.au
VISIT OUR WEBSITE: www.chatswoodparish.org.au
PARISH OFFICE HOURS:
 Monday to Friday 9.30am – 4.30pm

PARISH MASS TIMETABLE

MONDAY TO FRIDAY - 9am and 12.15pm
SATURDAY - 9am and 5.30pm (Vigil)
SUNDAY - 7.30am, 9am, 10.30am and 5.30pm
PUBLIC HOLIDAYS - 9am only
KOREAN MASS - 7pm; 1st & 2nd Sun. of month.
FILIPINO MASS - 12noon; 1st Sunday of month.

FAMILY MASS: 9am each Sunday
CHILDREN'S CHOIR at 9am Family Mass on the 1st and 3rd Sundays of the month.
KIDS' WORD: Children's Liturgy of the Word at 9am Family Mass on 2nd & 4th Sunday during school term. Begins in Church and moves to Meeting Rooms.
YOUTH MASS: 5.30pm each Sunday

RECONCILIATION: 9.30am - 10.30am each Saturday. Any time by request.
MORNING PRAYER: 8.45am Monday to Saturday
ROSARY 9.30am Monday to Saturday
EXPOSITION: 9.30am - 10.30am each Saturday
NOVENA: OUR LADY OF PERPETUAL HELP - Saturday 10.00am with **BENEDICTION** 10.30am
ANOINTING OF THE SICK: 3rd Friday of month at 12.15pm Mass. Also during any weekday Mass before surgery or medical treatment, or any time by request.

BAPTISMS: See the brochure in the Church Foyer, go to our website (above) or contact the Sacramental Minister.
WEDDINGS: Contact a priest or sacraments minister. For a marriage/anniversary blessing at Sunday Mass contact Maria & Joe Woods 94113451.

CELEBRANTS FOR SUNDAY MASSES

	<u>21/22 February</u>	<u>28 Feb /1 March</u>
Vigil 5.30pm	Clem Hill	Claude M.
7.30am	Claude M.	Vladimir E.
9.00am	Vince Casey*	Vince Casey#
10.30am	Claude M.	Clem Hill
5.30pm	Clem Hill	Clem Hill

*Kids Word & Baptism

YEAR B

7TH SUNDAY IN ORDINARY TIME
22ND FEBRUARY 2009

READINGS

First Reading: Isaiah 43:18-19, 21-22, 24-25 The Lord tells the people in exile that they should not look back, but forward to a new deliverance.

Responsorial Psalm: Lord, heal my soul, for I have sinned against you.

Second Reading: 2 Corinthians 1:18-22 Paul defends himself against the charge of fickle behaviour.

Gospel: Mark 2:1-12 Jesus points out that he has authority on earth to forgive sins.

NEXT SUNDAY'S READINGS

1 March 2009 1st Sunday of Lent
 Gen 9:8-15; 1 Pet 3:18-22; Mk 1:12-15



READINGS FOR WEEK DAYS

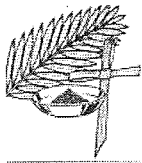
MON Sirach 1:1-10; Mk 9:14-29
St Polycarp
TUES Sirach 2:1-11; Mk 9:30-37
WEDS Joel 2:12-18; 2 Cor 5:20-6:2;
 Mt 6:1-6, 16-18 **ASH WEDNESDAY**
THURS Deut 30:15-20; Lk 9:22-25
FRI Is 58:1-9; Mt 9:14-15
SAT Is 58:9-14; Lk 5:27-32

With Our Lady of Dolours, we pray for:

Sick: Nora Long, Peter Lau, Joe Sobb
Recently Deceased: Janice Galluzzo, Barbara Taranto, Maureen Porteous, Kathleen Brown, Judy Reilly, Manuel Gaspar, Gregory John Larkin
Deceased Anniversary: Tony Capobianco, Giuseppina Lombardo
Baptism: Aaron Blayney



WITHIN THE PARISH



ASH WEDNESDAY

This day which marks the beginning of Lent is Wednesday of this week, 25th February. Masses and the distribution of ashes will be at 7.45am; 9am; 12.15pm and 7.30pm. While we are encouraged to attend one of these Masses and to receive the ashes, it is not a day when we are obliged to attend Mass. Bishop Walker will be the celebrant and Mercy College will be arranging the liturgy and attending the 9am Mass. Our Lady of Dolours Primary will be arranging the liturgy and attending the 12.15 Mass. Some classes from Pius X College will be attending both Masses. We also invite you to pray the Rosary with our parish patron Saint, Our Lady of Dolours, at 7.00-7.30pm in the Church Wednesday night.

LAUNCH OF PROJECT COMPASSION

Project Compassion Appeal for Broken Bay will be launched at the 9am Mass in our parish on Ash Wednesday. Bishop David Walker will be celebrating the Mass and Mercy College will be arranging the liturgy. All are welcome to attend.

Project Compassion boxes are in the church. Your contributions assist the needy so please take one home and give generously. This year the Project Compassion theme is "An Environment to Grow In", highlighting our connection with the earth and our wish to be part of the solution to a better world.

RECONCILIATION

This sacrament, so central to Lent, will be available after the 12.15pm Mass Monday to Friday and after the 9am Mass on Saturday during Lent.

JOURNEY TO EASTER 2009

Please pick up a copy of this brochure showing the wealth of opportunities available in the parish to respond to God's call to us this Lent. In all church foyers.

ADULT CONFIRMATION

is organised for adult Catholics who missed out on this sacrament when they were growing up. The Bishop presides at this ceremony at the Diocesan Cathedral on Pentecost Sunday. An information night will be held Tues 24 Feb, 7.30pm, Parish Meeting Rm 1. Enquiries: Teresa 9410 9027.

Bible Workshops: something new for Lent

ARCHAEOLOGY OF THE WORD

Three Tuesday evenings during Lent.

3, 17 & 31 March. 7.30-9.30pm. Meeting Rm 1.

Facilitators: Teresa Pirola and Fr Vince Casey

"Archaeology of the Word" is a method for exploring the Scriptures, based on ancient Jewish biblical traditions that formed Jesus. It was introduced to parish audiences by Br Jack Driscoll, cfc, of Bat Kol Institute, Jerusalem, during his 2008 visit. In these workshops we review the method, hone our skills & apply them to the 3 Old Testament texts read in the Easter Vigil each year: Creation (Gen 1.1-2.2), The Sacrifice of Isaac (Gen 22.1-18), Crossing of the Red Sea (Exod 14.15-15.1).

Come to one, two or all three workshops. All welcome! Cost: gold coin donation. RSVP at the parish office 9410 9000 or office@chatswoodparish.org.au.

CHILDREN'S SACRAMENTAL PROGRAM: "INFO PACKS"

An Information evening re the 2009-2010 Children's Sacramental Program was held a couple of weeks ago. If you missed it, "Information Packs" from this evening are available from the Kirk St entrance of the church. Of interest to parents and catechists.



Information about this program and other sacraments is also available from our parish website www.chatswoodparish.org.au and from the Sacraments Brochure Stand in main foyer of church.

ROLE OF PARISH TEAM AND MINISTRY LEADERS

I would like to take this opportunity to thank the staff who work so hard for the parish and the many parishioners who have taken up leadership for ministries & who do so much for the parish. Many of the activities in the parish have been initiated, supported and encouraged by the paid staff in the parish but the leaders of these ministries are, ideally, parishioners and most of the work is done by volunteers. Most of the staff are part-time working only 8, 10, 15 and 19 hours per week. Each of the pastoral staff have in their job description that: *his/her task is not to directly lead the pastoral programmes or activities for which he/she is responsible but to support the parish leaders who do lead them.* If you would like to join in taking an active part in the life of our parish please contact the parish office: 9410 9000 *Vince*

SOCIAL ACTIVITY - "BINGO ON THE BOAT" - Sunday, 19 April 09

Your OLD Social Committee is organising "BINGO ON THE BOAT" on our beautiful Sydney Harbour. This three-and-a-half hour cruise includes morning and afternoon tea, BBQ lunch and Bingo. The



boat departs from Star City Wharf at 11.15am. The cost is approximately \$40.00 per person.

We can only go ahead with this if we have sufficient numbers. So, if you would like to join in this fun activity, please contact either Linda Cowell on 9419 5914 or Judith Ryan on 9419 8310 by Sunday, 1 March 09 to register your interest.

Watch this space...!!

"A YEAR WITH TORAH"

This week's Torah Portion is Exodus 25:1 - 27:19



For some contemporary readers, this Torah portion may sound like a do-it-yourself manual on how to construct and furnish a dwelling place for God!

However, far from just being a listing of various fixed assets inside the sanctuary, this portion seeks to clarify the purpose of the sanctuary. Here is one clue: Notice that the text speaks of God dwelling not "in it"—that is, within the sanctuary—but "among them," that is, among the people of Israel.

Children's Ministries



Let the children come to me...

Children's Mass Reading Coordinator

Our wonderful Children's Mass Reading Coordinator Philomena Brandt has been organising the children for the last 2 years for the monthly Children's Mass readings. She would like to be able to hand over this role next year and needs to find someone who might like to assist and learn this year with the view to taking over in 2010. The role entails preparing a roster of children to read the readings and prayers of the faithful, sending out the readings via email to the children for practicing and organising the children on the day (3rd Sunday of each month at the 9.00am Mass). If you would like to help, or want to know more, please contact Philomena on 9882 3359.

Beginnings

Our new group for parents and carers with babies and toddlers to 3 years of age is up and running now. We have had 2 sessions and great fun with the children. We meet every Friday during school term in Meeting Room 1 from 9.30-11.30am. Just come along with your baby/toddler.

PARISH PASTORAL COUNCIL

The next meeting will be on Tuesday, 24th February at 7.30pm in the Parish Meeting Rooms. All parishioners are invited to attend.

SOCIAL JUSTICE

The Parish supports StreetWork as one of our Social Justice projects and we have been advised that StreetWork has a desperate need for volunteer advocates to be on an after hours roster supporting juveniles at Chatswood amongst other Police stations. You do not need any prior knowledge and all training is provided by Streetwork. If you have any questions or are interested in being involved please contact Nancy Malik, Youth Worker, on 9419 7559.

HOME ROSARY will be held on Friday, 27 February at 36/2 Francis Road, Artarmon at 7.30pm. Please phone: 9967 2601. All welcome

~ O.L.D. ie S. ~

(Our Lady of Dolours, Seniors ~ Over 55's)

Last week we celebrated the International World Day of Prayer for the Sick with the anointing of parishioners at Mass. Some parishioners still think of this sacrament of Anointing of the Sick as the "last rites" to be celebrated at the moment of death. This was the practice over 40 years ago, but the Church now says that anyone who is sick should be anointed. There are special prayers for those who are dying, including Viaticum which is the reception of Holy Communion as "food for the journey" to heaven. *Anointing of the Sick* is a sacrament for those are being treated for serious health issues; who are preparing for surgery; or who face the frailties related to aging. The Anointing of the Sick is celebrated in our Parish during the 12.15 Mass on the third Friday of each month, or by request.

Snippets from the Past ~ "The period – the mid 1920's. The Scene – the footpath outside the presbytery. Rev. Dr William Barry, Co-adjutor to the Archbishop of Hobart and formerly Parish Priest of Chatswood, in conversation with a parishioner. Another parishioner walks towards them, stoops or genuflects, takes the Episcopal hand of Rev. Dr. Barry, kisses the Episcopal ring and passes on to be followed by others doing the same thing, His Grace apparently oblivious of what was happening."

Thank you to Mr Vince Egan

"Beginnings" is a meeting place for new parents or carers of babies and toddlers between 0-3years. They meet every Friday morning from 9.30 to 11.30 in MR1. Due to work transfers and distance some new mums do not always have family support nearby. If you are an 'empty-nester' or a grandparent who can spare a couple of hours and offer support please contact Angela on 94109028.

Reminders ~ Playing Bridge at St. Aloysius College oval hall, Tyneside Avenue, Willoughby on Wednesday 4th March from 11am to 3pm. Please call Jenny Carter on 0407 977 180 to book your table.

A thought for this week:

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." ~ Flora Edwards

Seniors enquiries or just for a chat call Danka on 9410 9030 or danka@chatswoodparish.org.au

VICTORIA BUSHFIRE APPEALS

- **Vinnies NSW** continues to provide practical assistance to the families devastated by the bushfires which have ravaged the State. This will be an unprecedented effort. Vinnies NSW advises that the best way to help is by making a financial donation to the **Victorian Disaster Appeal** through:
www.vinnies.org.au or by calling 131812.

St Vincent de Paul Society Victoria will use all money raised to provide emergency relief and long-term assistance to the communities affected by this tragedy to help them rebuild their homes and lives. Good quality clothing and appropriate material goods should be delivered to the Vinnies Shop in Victoria Avenue, Chatswood for eventual distribution in Victoria.

- **Victoria Bushfire Appeal Fund**
To donate to the Victoria Bushfire Appeal Fund, call 1800 811 700.
- **Red Cross**
To donate blood call 13 14 95.
- **To Volunteer Your Services**
The Victorian Government has established a registration process for people wanting to volunteer in bushfire relief. To register as a volunteer go to the Go Volunteer Victorian Appeal website or call the Volunteering Australia hotline on 1300 366 356.

SISTER PARISH NEWS Last Tuesday our sister parish of Bourke was declared a natural disaster zone. Almost two-thirds of the region's annual rainfall, around 200mm, fell in a 15 hour period from the evening of Friday 13 February. Further weekend falls added to extensive flooding and damage in the severely drought affected town and Shire Council area. The disaster declaration means Bourke's flood-affected residents, primary producers, churches and other local organisations can apply for Federal and State Government funding and subsidies to repair damage and restore services.

The chair of the Bourke Parish Pastoral Council, Michael Ciesiolka, said that parish buildings were relatively unaffected and that flood water is now draining off farmland surrounding the town. Michael said that in spite of the floods they are grateful for the rain as it will boost local farming and investment. Michael expressed gratitude on behalf of Bourke parish that we keep them in our prayers at this time. Let us too give thanks for the remarkable courage and endurance our sister parishioners bring to times of great hardship. Indeed our God is always with us!



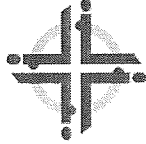
ADULT EDUCATION and FAITH FORMATION

JOURNEY TO WHOLENESS

This series with a five steps approach tying in the healing power of praying with Scripture to the Sunday's gospel concludes today.

World Day of Prayer

The marking of this world wide ecumenical day is once again happening in Chatswood. A service of prayer around the theme 'In Christ, we are many members, yet one body' is being held on Friday 6 March 2009 at 1.30pm at 'Chapel by the Chase', Chatswood Church of Christ, 365 Victoria Avenue, Chatswood. The service has been prepared by Christian women in Papua New Guinea and it aims to promote community unity. The guest speaker will be Rosalie Rofe, who did 28 years of missionary work in PNG. Please join in prayer with other Christians in our area, followed by a chat over a cuppa. For more information, contact Geraldine Murphy on 9427 5972.



English and God

Our group is growing with willing participants who all have a chance to contribute and ask questions. There is also a time to chat about the weekend and getting to know other parishioners. So come meet new people, learn some English and also understand the gospel readings with Marie-Anne Van Roie. Next meeting: 15 March @ 6:30pm Meeting Rm 1

Any enquiries regarding Adult Ed please phone Suzanne on 9410 9032 or ring or text 0415 820 494 or email suzanne@chatswoodparish.org.au

youth @ chatswood

Years 7-12

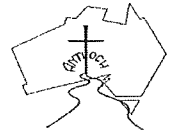


If you're in years 7-9 and you're looking for something to do on the occasional Sunday afternoon, then tell your Mum the bathroom

is clean enough, and your Dad that you've done your homework. Then ask *really* nicely for a lift to Chatswood so you can hang out with us at SPIRO. Starting on **1st March** meet us at the parish meeting rooms/OLD playground (weather pending), bring some mates, and put an end to Sunday afternoon boredom! Please feel free to drop Bridgette a line at 0421191965 or spiro_at_chatswood@hotmail.com

Antioch

The first Antioch meeting is this Sunday, 22nd February in the Parish Meeting Room 2 from 7 pm – 9 pm. Any youth in year 10 to early uni are most welcome for a night of socialising, music, prayer, talks and fun!



A **facebook group** has been created so that you can keep up to date with all that's happening with **SPIRO and Antioch**. Just search for 'youth @ chatswood' and join the group!



Young Adults 18-30+

Young Adults (20s & 30s) looking to do something fresh for Lent?

Then why not come and join us for a 6 session Lenten prayer group run on Thursdays in Lent!

When: Thursdays in Lent starting 26th Feb and going to 2nd April

Where: Meeting Room 1

For: Young Adults (those in their 20s and 30s)

To RSVP and to find out more info, contact Michael: michaelhickson@gmail.com (0402 44 2168) or Jenni: jenni@magis.org.au (0414 534 643)

Any enquiries regarding Youth/Young Adults please phone Suzanne on 9410 9032 or ring or text 0415 820 494 or email suzanne@chatswoodparish.org.au

CATECHISTS COLUMN

Catechism has already started in all of the schools our catechists teach, except for Chatswood Public which will start this coming Thurs 26 February. I pray that the *"seeds of faith you sow with His help, will someday blossom and grow in His children"*.

Unfortunately, we have not been able to meet all the demands of the schools and we are in great need of catechists. If you are reading this column now, and have **30 minutes a week to give to the Lord** (on Mon, Tues, Wed or Thurs), please call Sonia on 9410 90 22 or 0421 9 555 42.

We are very blessed at Our Lady of Dolours Parish since many of our catechists are not only dedicated but are always willing to continue improving their skills and knowledge which they will pass on to the children they teach. I congratulate all who have registered to do training in the next 3 weeks. The following are the training days for us:

Catechists' Sunday – Sun 1st March. at the 9:00am mass. Commissioning of Catechists and Recruitment of New Catechists.

Training Days to Remember

1. Mon 23 Feb

9:00am-4:00pm – Meeting Room 1 (MR1)

- Introduction to the Bible
- Miracles & Parables
- Teaching Strategies: Using Stories

2. Mon 2 March

9:00am-4:00pm - Meeting Room 2 (MR2)

- Teaching Strategies: Prayer in the Classroom
- Teaching Strategies: Using Visual Resources & Drama
- Teaching Strategies: Using Music in the Classroom

3. Mon 9 March

9:00am-4:00pm - Meeting Room 2 (MR2)

- The Development of the Child & Adolescent
- Classroom Management: Positive Discipline
- Teaching Strategies: Listening & Questioning

Lectio Divina: “A reflexive reading of the Scriptures which leads to prayer and transformation of life” If you yearn to improve your knowledge of the Scriptures come and join us every 1st Tuesday of the month. Next session **Tue 3 March after the 9:15am mass.** Meeting Room 2.

Outside the Parish

Bethany College

The Grail is an international spiritual, cultural and social movement of women with its roots in Christian faith, at the same time open to women following other spiritual paths.

Interested women are invited to attend three Saturday sessions, *Introduction to the Grail*, on March 7, 14 and April 4, 10.30am – 3.30pm at the Grail Centre, 22 McHatton St, North Sydney. Info available by Ph 9955 3053 or email grailsydney@ozemail.com.au

Jesuit Mission

The 14th Annual Jesuit Mission Sydney Golf Day in aid of the work of Jesuit Mission will be held on Monday 30th March 2009 at Pymble Golf Club.

For further information or a Booking Form please go to: www.jesuitmission.org.au or contact Anne-Marie Flynn on 0414 333 707.

Centacare Broken Bay offers group programs for women focusing on **Parenting After Separation (Hey, Mum!)** Topics include understanding children's responses to separation, coping with change, moving forward and co-operative parenting.

Dates of next group programs:

Brookvale: Weds 4th March – 8th April 10am - 12.30pm 6 weeks

Waitara: Mon 2nd March – 6th April 7pm - 9.30pm 6 weeks

To make a booking contact Ros at Centacare Broken Bay 9488 2531.

Introduction to Christian Meditation

Commencing on Wednesday, 4 March at 7-8pm in the meeting room of Holy Family parish, Lindfield (access off laneway behind Coles, right at end of lane, under the church building) and continuing on Wednesday, 11,18,25 March.

If interested in attending, please contact Joan Smith csb by phone: 9417 6385 or fax: 9417 8621 or email: joan.tigbreda@hotmail.com .

Channel 27 – An exciting Catholic alternative for your Saturday night...don't miss it!

Holy Spirit Parish Hall, 191 Cox's Rd, North Ryde; 18yrs and over; 7.30-9.30pm; 1st & 3rd Saturday of every month. For more info check out Channel 27 on Facebook and YouTube or email channel27@dojsydneynorth.org

IMPACT Catholic Ministry



Are you a committed Catholic but seek more?

When you think 'Catholic church' do you think: That's not me any more.

I'm not sure about the Catholic Church.

I go to Mass but isn't there more?

I'm a Christian but isn't there more?

I'm not Christian but Jesus said a lot of good things.

Then maybe IMPACT is for you. Go to the website www.impactcatholicministry.com for more info or just come to the Sunday 10.30am Worship and Teaching at 1/1 Central Ave Thornleigh.

Adult Education at St Thomas's

Robert Tilley scholar, lecturer in many adult education forums at Aquinas Academy, CIS, ACU and assorted other organizations has designed a program to be run at St Thomas's Willoughby entitled: "Covenant and Church: Jesus and His Jewish Background". There are two sessions which serve as an introduction to Understanding the Scriptures, later in the year.

Monday 9th March 7.30pm Parish Meeting Room in St Thomas's Hall cnr Horsley Ave/High Street.

"The Concept of Covenant: the interrelationship of communion, creation and the heavens and earth."

Monday 23rd March 7.30pm Parish Meeting Room in St Thomas's Hall.

"Temple, Synagogue, Church: sacrifice and the logic of salvation".

The sessions will include a presentation, (interactive, if desired) followed by a short open forum for comments, questions or discussion.

Formal meeting will conclude at 9pm. Tea and Coffee will be available from 7.15pm.

All are welcome. Donation appreciated.

Enquiries Michelle at St Thomas's 9958 5963

5 Thursdays - 3 Saints. A Lenten Introduction to Carmelite Spirituality.

Using the contemplative tradition of the Carmelite Order we will look at the Lenten themes of "Prayer", "Penance", "Almsgiving", "Mercy" and "Forgiveness" to uncover the deeper spiritual meaning of this Holy Season.

Thursday 25 February - St Teresa of Avila & Prayer.

Thursday 5 March - St Teresa of Avila on Penance and Self-Knowledge.

Thursday 12 March - St John of the Cross on Almsgiving and Love.

Thursday 19 March - St John of the Cross on Beauty and Sin.

Thursday 26 March - St Therese of Lisieux on Forgiveness and the Mercy of God.

This series of talks will be given by Fr Greg Homeming OCD, Regional Vicar of the Discalced Carmelites in Australia, in the parish hall of Corpus Christi Parish, 263 Mona Vale Rd, St Ives. Talks begin at 7.30 pm. All are welcome.

The Catholic Graduate Community is a welcome group of fellowship for young adults. Join us for Adoration & Rosary every 1st, 2nd and 3rd Monday of each month at Asiana Centre, 38 Chandos Street, Ashfield. For more information on

our spiritual, social and community outreach activities visit www.cgc-online.org or contact Adeline Tan (0412850900) or addyness@gmail.com.

Palms Australia is interested in meeting Teachers, Doctors, Nurses and other professional, technical, and trades people willing to share their skills for 1 - 3 years in Asia, Africa or the Pacific.



**Palms
Australia**

Come to an **Information Session** at: The Fair Trade Coffee Company, 33 Glebe Point Rd, Glebe on **Thurs, 26th Feb at 6.00pm or Sun, 1st March at 4.00pm** ENQUIRIES: Brendan Joyce PH: (02) 9518 9551 FAX: (02) 9518 9550 or email brendan@palms.org.au website: www.palms.org.au

An Evening with Geoff Bullock

Come along and hear this wonderful Christian singer whose songs include "Great Southland" and "Power of your Love".

Where: Uniting Church, 10 Clanwilliam St, Willoughby

When: Saturday, March 14 from 7.30 pm

Tickets: Adults \$25, Concession \$15, Family \$60 - contact Jenny Gill on 9415 2100 or Michael Thomas on 0407 281 486.

You want your
Marriage
to be the best.

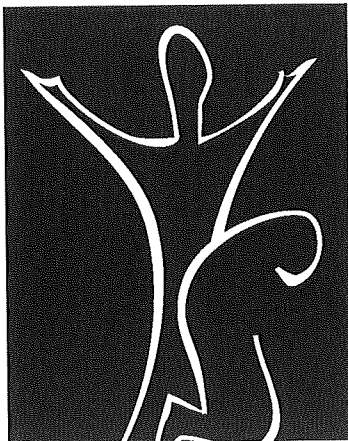
... committed, intimate, joyful and passionate!

Presented in a Catholic context, these two courses from PMRC, grounded in the Theology of the Body, are open to couples of any faith.

Embrace - For engaged or committed dating couples. Available as couple-to-couple mentoring (any time) or in large groups (Feb 7/8, Mar 8/15).
www.embrace.org.au | 02 9662 7272

Celebrate Love - For newly married and 'very' married couples. Sydney: Mar 7/8, Jun 20/21. Newcastle: May 23/24.

www.celebratelove.com.au | 02 9662 7272



Journey to wholeness

The Healing Power of Praying with Scripture

The Scriptures invite us to enter deeply into the mind and heart of Jesus, becoming one with him.

Little healing words that go a long way:

- I love you.
- You are a joy!
- How are you *really*?
- I forgive you.
- Please forgive me.
- I believe in you.
- Thank you.

Step 1: Open yourself to God's love

Begin by getting in touch with God's great love for you. It may help to recall:

- A time when you most felt loved;
 - The person who most loves you.
- Let God love you through these loving memories.

Step 2: Read the Scripture passage

Today's Gospel tells of Jesus healing the paralytic (Mk 2:1-12). Read the passage, slowly, prayerfully.

Step 3: Ask the Holy Spirit to reveal to you that part of you that God wants to heal.

Ask yourself:

In what ways, in body or spirit, do I feel paralysed, 'stuck', unable to get myself out of a rut, helpless or powerless?

In what ways am I reliant on family and friends for help? How do I feel about this?

In what ways do I yearn to be forgiven and to be unburdened of guilt or shame?

Allow the feelings associated with this 'paralysis' to be experienced for what they are. How does God want to heal me, empower me, forgive me and raise me up?

Step 4: Enter more deeply into the Gospel Story.

(Or perhaps there is another Scripture story which speaks to you personally.)

- Enter the Story.
- Imagine the scene: what do you see, hear, smell, feel?
- Where do you find yourself in the story? With which character do you most identify?

- Watch, listen, interact with Jesus in the story. What does he say, do? How does he respond to you?
- Let Jesus, or perhaps another person in the story, love you as he/she knows best. 'Stay with' this experience of being loved, let it seep into you deeply, powerfully.

Step 5: Rejoice in God's love

For whatever healing steps/insights were experienced during this prayer, praise God. Be thankful for steps in life and love, no matter how small.

Remember: healing usually takes time. You may like to 'stay with' this scripture, carrying it with you and returning to it during the day, the coming week, or even longer.

If you find yourself 'stuck' or hitting a brick wall, don't fret. Return to Step 1: memories of love. Simply open yourself to God's great love for you. Ask the Holy Spirit to guide you forward, but don't 'force' things. When in doubt, simply ask yourself: what is the next most loving step I can take?

More opportunities for healing

The Catholic Church offers many kinds of healing experiences.

The **Sacrament of Reconciliation** is one powerful ritual which offers hope and healing through the forgiveness of sins. The Sacrament is celebrated every Saturday in the parish between 9.30 & 10.30am. It will also be celebrated communally (second rite) during Lent on Wed 1 April 7.30pm and Thurs 2 April 12.40pm. And it will be celebrated (First Rite) Mon to Thurs during Holy Week, 9.30am & 12.45pm, and at 10.30am Good Friday.