

# 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; 1<sup>st</sup> & 2<sup>nd</sup> Sun. of month.  
**FILIPINO MASS** - 12noon; 1<sup>st</sup> Sunday of month.

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

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**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:** 3<sup>rd</sup> Friday of month at 12.15pm Mass. Also during any weekday Mass before surgery or medical treatment, or any time by request.  
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**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>7/8 February</u> | <u>14/15 February</u> |
|--------------|---------------------|-----------------------|
| Vigil 5.30pm | Vince Casey         | Vince Casey           |
| 7.30am       | Vince Casey         | Clem Hill             |
| 9.00am       | Clem Hill*          | #Vince Casey          |
| 10.30am      | Clem Hill           | Claude M              |
| 12.30pm      | ----                | Baptisms (VC)         |
| 5.30pm       | Claude M            | #Vince Casey          |
| 7.00pm       | Korean Mass         | ----                  |

\*Baptism presentations #Anointing of Sick

## YEAR B

**5<sup>TH</sup> SUNDAY IN ORDINARY TIME**  
**8<sup>TH</sup> FEBRUARY 2009**

## READINGS

**First Reading:** Job 7:1-4, 6-7 Job complains bitterly about the trials and frustrations of life.  
**Responsorial Psalm:** Praise the Lord who heals the broken-hearted.  
**Second Reading:** 1 Corinthians 9:16-19, 22-23 Paul says that punishment will come to him if he does not preach the Gospel.  
**Gospel:** Mark 1:29-39 shows Jesus curing many who suffered from diseases of one kind or another.

## NEXT SUNDAY'S READINGS

15 February 2009 6<sup>th</sup> Sunday Ord. Time  
 Lev 13:1-2, 44-46; 1 Cor 10:31 – 11:1; Mk 1:40-45



## READINGS FOR WEEK DAYS

**MON** Gen 1:1-19; Mk 6:53-56  
**TUES** Gen 1:20 – 2:4; Mk 7:1-13  
**St Scholastica**  
**WEDS** Gen 2:4-9, 15-17; Mk 7:14-23  
**THURS** Gen 2:18-25; Mk 7:24-30  
**FRI** Gen 3:1-8; Mk 7:31-37  
**SAT** Gen 3:9-24; Mk 8:1-10  
**Ss Cyril and Methodius**

**With Our Lady of Dolours, we pray for:**

|                              |  |
|------------------------------|--|
| <b>Sick:</b>                 | Sean Casey, Gwen Bradley, Greg Bartells, Juan Jose Peralta,  |
| <b>Recently Deceased:</b>    | Alan Murray Macpherson, Rita Chow, Judith Anne Reilly,   |
| <b>Deceased Anniversary:</b> | John Rock, Margaret Conneely, Florinda Menezes, Juana Sing,<br>Kata Cetinic Pensa, Filip Cetinic Pensa, Pera Cetinic Pensa |
| <b>Wedding:</b>              | Nicholas Barrett and Felicity Palmer   |



**WITHIN THE PARISH**

**PIUS X P&F**

Welcome to the Parents and Friends of Pius X College who are joining us for the 5.30 vigil Mass this weekend. There will be a blessing for the new executive during the Mass.

**PIUS X COMMENCEMENT MASS**

for the whole school will be held at Our Lady of Dolours Church this Monday 9<sup>th</sup> February at 10am.

**ST VALENTINE'S DAY**

We will have a special blessing of all engaged and married couples at the 5.30 Vigil Mass next Saturday 14<sup>th</sup> February, followed by drinks in Meeting Room 1. Come along and celebrate your sacrament of love with the parish.

**SOCIAL COMMITTEE**

The Social Committee is having their first meeting of the year next Tuesday, 10<sup>th</sup> February at 7.30pm in Meeting Room 1. New members most welcome. Judith Ryan 9419 8310.

**READERS**

We need more Readers (Lectors) to join us in proclaiming the Word of God at the Sunday Masses. A new roster will be prepared very soon, so get in early to become part of this important ministry.

Would you like to take part in the Gospel Reading on Palm Sunday, 5<sup>th</sup> April and/or during the Holy Week Triduum – Holy Thursday 9<sup>th</sup>, Good Friday 10<sup>th</sup>, and Holy Saturday 11<sup>th</sup> April? Enquiries to Monica Cotter 9412 1323 TODAY.

**HOME ROSARY** will be held on Friday, 13 February at 45 Park Rd, Naremburn at 7.30pm. Please phone: 9967 2601. All welcome

**LENTEN DISCUSSION GROUPS**

Are a great way to reflect on the Gospels, and to prepare for Easter. If you would like to form a group or join a group, please ring Monica Cotter (9412 1323) quickly for more details, as Lent starts with Ash Wednesday, 25<sup>th</sup> February – just over 2 weeks away!



**ADULT EDUCATION and FAITH FORMATION**

**Reminders:**



**Rhyme, Rhythm and Ritual**

Last chance to register your interest in this training, being held at Chatswood from 9.30am to 2.30pm on Thursday 19 February. For more info, go to the website: Ministries/Adult Ed/ **ADULT FAITH FORMATION OPPORTUNITIES /** <http://www.chatswoodparish.org.au/4148250/chatswood-catholic-parish-adult-education.htm> .

**English&God workshop**

3<sup>rd</sup> Sunday of the month, after the 5.30 mass in MR1. Next meeting 15 Feb when we will review at least one of the gospels for the coming weeks and talk about the language used in Mass.

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

**"A YEAR WITH TORAH"**

**This week's Torah Portion is Exodus 18:1 - 20:23**



Did you know that Moses had a father-in-law? Jethro, who was not an Israelite but a Midian priest, comes to visit Moses in today's Torah portion.

After watching Moses' leadership style, he comes up with some sound advice for his son-in-law! Read about Jethro's advice and its significant impact on the formation of the Israelites in Exodus 18:14.

# ~ O.L.D. ie S. ~

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

## Reminders ~

- **Walking for Pleasure** tomorrow Monday 9<sup>th</sup> from Castle Rock to The Spit. Contact John on 99606763 for more information.
- **St. Peregrine Prayer Shawl** gathering tomorrow in MR1 from 10am. Did you know that doctors have been prescribing, to both men and women who suffer from anxiety and stress, to take up knitting? So if you attend our gatherings not only are you comforting parishioners in our community with cancer but helping yourself as well. Don't know how to knit? We're happy to teach you. For more information please contact Pam on 0416270615.

**Martial Arts** (Tai Chi & Hapkido) ~ John Gill, who grew up in Willoughby and is 8 times world champion, is keen to hold classes for men and women here in our Parish. If you are interested please phone Danka on 9410 9030.

Have you been inspired by the Australian Open? Two games that come to mind are Dokic against Safina and Rafa against fellow Spaniard Verdasco. Ladies if you would like to be playing instead of watching please contact Dolour on 9419 2642 to join her ladies social **tennis** playing on Thursdays at Artarmon.

**And for the men** in our parish would you like newcomers to join you in a sport you participate in then please let me know.

Seniors enquiries or just a chat call Danka on 9410 9030 or [danka@chatswoodparish.org.au](mailto:danka@chatswoodparish.org.au)

## STEWARDSHIP

In today's second reading St. Paul writes that he has been '*entrusted with a commission*' and that he has an obligation to proclaim the Gospel! We too have been entrusted with sharing the gift of our faith. As Christian Stewards we share the good news not out of obligation but out of gratitude for having been given it. Paul also asks the question, '*What then is my reward?*' People trying to live as stewards similarly may ask what reward they will receive. This is not to be confused with selfishness but is more an expression of Christian hope. Hope in a good and gracious God who provides for our every need.

## MAUBARA ORPHANAGE EAST TIMOR

On Thursday 29 January Daisy and Roheela gave an excellent account of their pre-Christmas, parish sponsored visit to East Timor. Some 30 parishioners attended the meeting and enjoyed discussions and supper afterwards. The visual presentation and commentary gave us an eye witness account of Maubara Orphanage and other Catholic missions looking after impoverished children in East Timor. They lead us to realize the many other areas are desperately in need of help, in particular the remote village of Lolotoe. The Social Justice Ministry is arranging an abbreviated presentation of their experiences to take place at weekend Masses. All welcome to come along & help put Catholic social teaching into practice at our next meeting on Wednesday 18 February at 7pm.



## WORLD DAY OF PRAYER FOR THE SICK

February 11 is the feast of Our Lady of Lourdes. Lourdes is renowned as a place of holiness and healing and over 10 years ago, the Holy Father declared that a World Day of Prayer for the Sick (WDS) would be celebrated each year on 11<sup>th</sup> February.

The celebration of World Day of Prayer for the Sick asks us to reflect on the deepest questions about life: questions about the meaning of pain, suffering and death, which we consider as a mystery to be confronted with strength and as a chance for Christ to incorporate our life into His.

## Anointing of the Sick

In our parish we will mark the WDS with celebrations of the Sacrament of Anointing of the Sick at -

- 9am Mass on Wednesday 11<sup>th</sup> February
- 9am and 5.30pm Masses next Sunday 15<sup>th</sup> Feb
- 12.15pm Mass on Friday 20<sup>th</sup> February.

Instructions will be given before each Mass for those who wish to be anointed.

The Sacrament of the Sick is only for those who have some serious illness, are preparing for surgery or are frail with age. You should only be anointed once in these days to mark WDS.

## Journey to wholeness

Last week, we started this series with a five steps approach tying in the healing power of praying with Scripture to the Gospel of the Day. It will be published each Sunday until the week before Lent begins.

# youth @ chatswood

Years 7-12

## *Spiro*

Calling all Spiroids! Are you in Yrs 7,8 or 9? Sunday afternoon, 1 March is our first get - together for 2009. Contact Bridgette (0421 191 965) or Suzanne asap for more information or just turn up to MR2 at 3.30pm. Parents are asked to attend this first session. Refreshments will be served.

## *Take me to your leader!*

Please see the Youth page of the website for more information about answering God's call to use your time and talent wisely. A practical training course is being proposed for Saturday 28 Feb. It will focus on the skills needed for running a Junior High, Youth or Young Adult ministry and be more practical than the Lay Ministry training, focusing more on sharing ideas, skills, methods and resources. Contact Suzanne to register your interest.



Young Adults 18-30+

## *Need to kick start your faith life?*

If you would like to attend the Rewired retreat at Waitara from Friday 20 Feb (7pm) to Sunday 22 Feb (2pm) as part of an OLD group, please contact Suzanne asap. See the Youth page on the OLD website for more info.

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](mailto:suzanne@chatswoodparish.org.au).

## **CATECHISTS COLUMN**

A very warm 'Welcome Back' to the classrooms to the wonderful team of dedicated Catechists in our Parish. They are the driving force in teaching the Word of the Lord to His children in 5 Public Primary Schools and 1 High School. I pray that the "seeds of faith you sow with His help, will someday blossom and grow in His children".

The starting dates are as follows:

- Artarmon Thurs 12 Feb
- Castle Cove Wed 11 Feb
- Roseville Wed 11 Feb
- Chatswood Thurs 26 Feb
- Mowbray Rd Tue 17 Feb
- Chatswood High Mon 2 Feb

- Teachers' Manuals are ready for collection at the office.

## **CALL FOR CATECHISTS**

### **URGENT!!!**

Some of our Catechists have retired due to health reasons or family commitments. Thus, we are short and in urgent need of 4 catechists. If you could assist us, it would be very much appreciated.

Please contact SRE Coordinator

Sonia 9410 90 22

[sonia@chatswoodparish.org.au](mailto:sonia@chatswoodparish.org.au)

## **Dates to Remember**

- **Mon 16 Feb, after the 12:15pm Mass (about 1:00pm) 1<sup>st</sup> Catechists' Meeting in '09 – MR 2**

**Training in Our Lady of Dolours Parish!!!** – We live in a world that is constantly changing. Thus, in all areas of life, knowledge needs to be acquired and updated. Applying it to our Catechist Ministry, we need to get training to update our skills, enabling us to be more knowledgeable and confident when we go to the classrooms. This year we are very blessed to have training in our Parish and I would like to encourage all catechists to benefit from it. Underneath are the courses' details:

1. **Mon 16 Feb – BAC - 9:00am-4:00pm**
  - The Mission & Ministry of the Catechist
  - The SRE Teacher in the Parish & School
  - Lesson Planning: Teaching the Authorised Curriculum
2. **Mon 23 Feb - 9:00am-4:00pm**
  - Introduction to the Bible
  - Miracles & Parables
  - Teaching Strategies: Using Stories
3. **Mon 2 March - 9:00am-4:00pm**
  - Teaching Strategies: Prayer in the Classroom
  - Teaching Strategies: Using Visual Resources & Drama
  - Teaching Strategies: Using Music in the Classroom
4. **Mon 9 March - 9:00am-4:00pm**
  - The Development of the Child & Adolescent
  - Classroom Management: Positive Discipline
  - Teaching Strategies: Listening & Questioning

Should you wish to register, do not hesitate to give me a call ASAP on 9410 9022 or email me on [sonia@chatswoodparish.org.au](mailto:sonia@chatswoodparish.org.au)

**Lectio Divina:** Would you like to improve your knowledge of the Scriptures? Come and join us. We meet every 1<sup>st</sup> Tuesday of the month. Next session **Tue 3 March after the 9:15am mass.** Meeting Room 2.

## Children's Ministries



*Let the children come to me...*

### **Kindy Blessing Mass 2009**

Congratulations to all the new Kindergarten children who came along for their special blessing at the 9.00am Family Mass last Sunday. Thanks to all parishioners who helped with the blessing and especially the Kids' Choir who sang a beautiful blessing song to the children. Thanks to all the mums and dads who brought their children along to mark this special event in their lives. The morning tea afterwards, provided by the Kindy Catechists, was a wonderful way to finish off the morning.

**Kid's Word** begins again this Sunday in Meeting Room Two for our 3-6 year olds and Meeting Room One for the older children. We encourage any mums or dads of little ones to come along, to help show them where to go and to ensure they are settled in the group. Enquiries call Monica Gyoery: 9412 4525.

### **Chatswood Atrium Full!**

Next week, we begin the Catechesis of the Good Shepherd program again for the year in our parish atrium. Our after school session for the older children is full. We also have a wait list of children wanting to join the 3-6 group on Fridays – but no adults to run a second session! We **urgently** need more adults who can undergo training and commit to working with the little ones in the atrium. If you can help or want to know more, contact Angela on: 9410 9028 or [angela@chatswoodparish.org.au](mailto:angela@chatswoodparish.org.au)

### **Beginnings 0-3 Group**

Our new parent/carer with babies and toddlers group called 'Beginnings' started last Friday. We will run each Friday during school term from 9.30-11.30am in Meeting Room One. All with 0-3 year olds welcome.

## Sacraments Update 2009

### **Kids' Baptism:**

The first Kids' Baptism process for 2009 (preparing 5-11 year olds for baptism) is underway. Enquiries: Teresa 9410 9027. A wonderful new initiative this year: Chinese Kids' Baptism program, in Cantonese. Enquiries: Margaret 0411 550 222

**Adult Confirmation:** For adult Catholics who missed out on this sacrament when they were growing up. This ceremony is with the Bishop 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.

### **Children's Sacramental Program**

This is a one year/three stage process that prepares Catholic children for **Confirmation, Reconciliation and First Communion**. The new program for 2009-2010 begins with enrolments for Confirmation in August and a brochure will be available very soon. A general **Information Night** for parents, presenting an overview of the entire process, will be held Tues 10 Feb, 7.30pm, Parish Meeting Room 1.

For those children already in the 2008-2009 sacramental program, enrolments for the sacrament of **First Communion** will take place after Sunday Masses on 25/26 April. First Communion will be celebrated on Pentecost Sunday 31 May 2009 in two ceremonies 1.30 and 3.30pm. Info in church foyer. Enquiries: Tanya 9415 1533H or Mary 9904 7771H.

A child must be age 7+ and have made **First Reconciliation** in order to make First Communion. A 'catch up' Reconciliation program will be run during Lent for children who missed out on Reconciliation last year. The first Parent Info Night is Tues 17 Feb 7.30pm, Meeting Rm 1. Enquiries: Teresa 9410 9027.

#### **More Sacraments info:**

visit the Sacraments brochure stand in church foyer or [www.chatswoodparish.org.au](http://www.chatswoodparish.org.au)

*St Valentine's Day*  
**Saturday, Feb 14**

An invitation to all married and engaged couples to join us  
in honoring your love on this feast day.

**Our Lady of Dolours, Archer St, Chatswood**  
Mass 5:30pm, followed by champagne and canapes.

[www.thepmrc.org/stvals](http://www.thepmrc.org/stvals)

## **WINDOWS**

Thank-you to those who are helping to open and close windows during this hot weather. It makes a big difference to the temperature in the church! Please note that the high windows need to be fastened by the ropes when they are open but to lock them the latch at the top of the window needs to catch. The ropes are not part of securing the windows shut.

## **Outside the Parish**

### ***Opening the Bible***

To be given by Peter Holmes at St Michael's Lane Cove on Tuesdays in February and March. 7-9pm. Cost is \$85. 9643 3660 or email [study@caec.com.au](mailto:study@caec.com.au)

### ***Loreto***

On Thurs Feb 26th at 6.30 pm in the Loreto Kirribilli Auditorium Sr Chris Burke will be presenting the *Mary Ward Story, A Women for Our Times*. Come along and be inspired. No charge. RSVP [loreto@loreto.nsw.edu.au](mailto:loreto@loreto.nsw.edu.au) or 9957 4722. 85 Carabella St, Kirribilli.

### ***St Vincent de Paul - Frenchs Forest***

extends an invite to all parishioners to attend their 2<sup>nd</sup> fund-raising Chinese banquet luncheon on Sunday, 22<sup>nd</sup> February 2009. Seats limited – bookings essential. RSVP by 15/2/09 to Helen Ho 9416 9926. See noticeboard at the back of the Church for further details.

### ***Community Visitors Scheme Centacare Broken Bay***

Do you enjoy the company of older people? Would you be happy to visit an older resident in an aged care home or hostel in the Northern Beaches area?

The Community Visitors Scheme is a volunteer program, which aims to lessen the loneliness experienced by many residents in Aged Care.

Volunteers visit residents weekly or fortnightly for about 1 hour providing companionship to the residents, which they visit.

Centacare Broken Bay are currently looking for volunteers – if you are interested in becoming a Community Visitor please phone Rosemary on 8968 5100 or 0418 435 304 at Centacare Brookvale.

***The Gregorian Schola of Sydney*** will soon begin its programme of Gregorian Chant for 2009. We welcome singers, new and old. Would you like to join us? Ring 8741 2341 or see [www.gchants.org.au](http://www.gchants.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.

### ***Youth Ministry Coordinator***

The Catholic Parish of Epping and Carlingford is seeking to employ a part time Youth Ministry Coordinator.

Further details and a copy of the job description can be obtained by contacting the Parish Office on 9876 2853 or by email at [epping@primus.com.au](mailto:epping@primus.com.au)

Email or fax CV and application to (02) 9868 5413 or post to Fr Colin Blayney, PO Box 369, Epping, NSW, 1710. Applications close at 4pm on **Friday 27th February**.

***Catholics Returning Home*** is a six week support program aimed at helping Catholics return to the church. Our first 2009 program will commence on Monday 16 February at 7.30pm in the Foyer of Sacred Heart Church, 2 Richard Porter Way Pymble. Please invite those who have left the Church to come back. For more information please phone the Parish Office on 9144 2702.

***Centacare Broken Bay*** offers two pre-marriage courses for couples.

- **Partners for Life** is a group program, over a Friday night and Saturday. The program provides couples with opportunities to discuss with their partner various aspects of relationships. Dates of next courses:
  - Waitara: 6 & 7 February, 3 & 4 April
  - Manly Vale: 20 & 21 February, 1 & 2 May
- **FOCCUS** is a couple program made by appointment with an accredited facilitator. Couples complete an inventory and return to discuss their responses with each other.

Both programs cover topics such as Family of Origin, Communication and Managing Conflict, Spirituality, Roles and Expectations.

To make a booking contact Centacare Broken Bay on 9488 2400. Gift certificates are available.



### **Take time...to grieve, to heal.**

*A nurse says: 'There is a lady in our nursing home who is 102 and whenever she speaks it is always connected with the day 45 years ago when her husband died quite suddenly, right there in front of her. If I greet her with, "Isn't it a lovely day!" she'll say, "He just died... there was nothing I could do..." I realise she still needs to grieve and I try to give her a chance to talk, but there is so little I can do for her under the constraints of work schedules and so on. I am painfully aware that if this woman had the opportunity to talk and grieve her loss 45 years ago, she could be so much more at peace today. There are just some things which need to be addressed in the present moment. If we put them off to tomorrow...next year...it may be much more difficult.'* (KGP)

# 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.*

### **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 memories.

### **Step 2: Read the Scripture passage**

Today's Gospel tells of Jesus healing the mother-in-law of Simon (Mk 1:29-39). 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: what part of my body or spirit feels 'feverish' or tired? In what ways are my energies sapped? How am I 'bed-ridden', isolated, not quite myself? Perhaps I am led to be aware of:

- A deep disappointment.
- A lack of hope.
- A sense of rejection.
- A feeling of humiliation.
- An experience of grief / loss.

Allow the feelings associated with this 'unwellness' be experienced for what they are. How does God want to heal and energise me?

### **Step 4: Enter more deeply into the Gospel Story.**

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

- Enter the story of the healing of Simon's mother-in-law:
- Imagine the scene: what do you see, hear, smell, feel?
- Note the relational aspects of the story: 'She had gone to bed with a

fever... and they told him about her straight away.' He 'went to her'... 'took her by the hand' ... 'helped her up'.

- Where do you find yourself in the story? With which character do you most identify?
- Watch, listen, interact with Jesus in the story. How does Jesus 'take you by the hand' and 'help you up'?
- 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.

### **Healing resources further afield**

The Catholic Church offers many kinds of healing experiences. For example:

#### **Healing retreats:**

- "Wounded Healer of the Soul" - 5 day guided retreat 24-29 April 2009.
  - 'Life's Healing Journey' - 8 day healing retreat. 12-20 May 2009
- Both offered at St Mary's Towers Retreat Centre Douglas Park. Enquiries: Ph 02 4630 9232 Ext: 101  
[www.towersretreat.abundance.org.au](http://www.towersretreat.abundance.org.au)

#### **Project Rachel**

(For women grieving an abortion)  
Ph 02 9440 7980 (confidential voice mail) [info@projectrachel.org.au](mailto:info@projectrachel.org.au)  
[www.projectrachel.org.au](http://www.projectrachel.org.au) or [rachel@d7design.com.au](mailto:rachel@d7design.com.au)

# realpeople

the Gospel in everyday language

at a  
glance

In this Sunday's readings:  
Down in the dumps? Here's one prophet who knows how you feel! Job 7:1-4.6-7  
Paul: compelled to preach the Gospel. 1 Cor 9:16-19.22-23  
The healing touch of Jesus. Mk 1:29-39

Next week:

Jesus is in demand. Lev 13:1-2.44-46; 1 Cor 10:31-11:1; Mk 1:40-45

A simple story of healing that has been quietly happening in the pews of a suburban parish.

## Trusting this 'God thing'

My friend shrugs her shoulders in puzzled contentment. 'I haven't got a clue what I believe about this "God thing",' she says. 'All I know is that somehow, I'm meant to be here.'

My friend has been away from the Church for eight years. Thirty-one years of growing up Catholic. Then eight years without setting a foot inside a church. An accomplished career woman in a thriving law practice, life has also presented her with some devastating issues. At thirty-nine she decided it was time to 'come home'.

'For the first few months, I just cried every time I went to Mass. It was rather embarrassing! "This week, I'm not going to cry!" I would say to myself. Then that prayer would "get" to me; you know, that one just before communion: *Lord, I am not worthy...but only say the word, and I shall be healed.* When it came to the Eucharist, it was just a sense of being present to something so fundamental to life, to everything. A presence that is deeper than any pain I have been through.

'Why did you come back?' I ask.

'Where else would I go?' she says. 'The "Catholic thing" runs deep. This is where I belong. Mind you, this is totally out of character for me. I'm normally a person who analyses everything to death! But right now I'm just content to go along with this "God thing", to be with people of faith, and to trust that there's something bigger than all of us at work.'

### in a nutshell

In today's Gospel we see Jesus as a man of both action and prayer. He heals and tirelessly attends to the afflicted crowds. He presses on to new places to establish his mission. Yet he also withdraws to a lonely place to pray. Our mission, too, must be active and outgoing, yet anchored in prayer.

*Praise God who  
heals the  
broken-hearted*

### An athletic parable

'I'm a pretty active person. I've done some serious training in my time. For me, being a disciple is a bit like being an athlete training for the big games. Training is full-on. But equally important are the "recovery" periods, particularly in the healing of injuries. As a Christian, I know that the "quiet" times are also critical to an action-packed life. (G.H.)

## TRY IT DO IT

### Contemplate ... Act!

'Slow down' for a few moments in a restful sunny spot. Imagine the rays of sunlight as God's love. Bask in God's healing warmth. Then, think of a situation or person in need of healing.

- What prayer can you offer this person?
- What word of hope can you utter?
- What action can you take to assist the healing process?

Resolve to act on your reflections this week.



### Sacred moments

How can a busy parent withdraw to a lonely place to pray? Often it's impossible (although I can't tell you how much I appreciate it when mum takes the kids for a couple of hours). But there is another way of finding time for prayer. You see, prayer can simply be appreciating the sacred moments of everyday life and acknowledging their Source. Like those moments when you are holding a child as he nods off to sleep. Or waiting at the doctor's surgery, or in the car park for the kids to come out of school. Or while your two year old is examining the crack in the footpath on a walk to the shops. Or holding my husband at night. It's no cloistered peace, but 'being with Jesus' in the hustle and bustle.' (Linda)

