

Sunday 31st January 2021 4th Sunday in Ordinary Time, Year B

Sacred Heart Cathedral is the Cathedral Church of the Diocese of Maitland-Newcastle, a church of St Benedict's Parish, Inner Newcastle, and part of the City Pastoral Region.

Our People

Fr Andrew Doohan VG (*Rector of the Cathedral*) Email: rector@sacredhearthamilton.org.au Dr Anne Millard (*Director of Music*)

Our Social Media

Website: www.sacredhearthamilton.org.auFacebook: @SHCHamiltonTwitter: @HeartHamiltonYouTube: SacredHeartCathedralHamilton

Our Bulletin Our Bulletin is published weekly, and is also posted on our website each Saturday.

Please submit any prayer requests or items for inclusion in the Bulletin via the Office by Noon on Wednesdays.

Our Office—St Benedict's Centre

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Office Staff

Margaret Cox (Reception & Administration) Debbie Ryan (Reception & Administration) Anne Warren (Business Manager—Interim)

Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.



We acknowledge their cultural heritage, beliefs and their continuing relationship with the land pay respect to their Elders

relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.

the second secon

He taught with authority

Artwork: Padua - The fancywork of Jesus Christ the Teacher in church San Benedetto vecchio

CATHEDRAL DIARY...(for the week ahead)

4th Week of Ordinary Time

Monday—1 February 8:15am Mass

Tuesday—2 February Feast of the Presentation of the Lord 8:15am Mass

Wednesday—3 February 8:15am Mass

Thursday—4 February 8:15am Mass

Friday—5 February

Memorial of St Agatha

11am	Adoration of the Blessed Sacrament
11am	Reconciliation (until midday)
12:05pm	Mass

Saturday—6 February

Memorial of St Paul Miki and companions

8.50am Rosary

- 9.15am Mass, followed by Novena to Our Lady of Perpetual Help, and then Reconciliation until 11am
- 5:30pm Vigil Mass

Sunday—7 February

Fifth Sunday in Ordinary Time 9:30am Mass (Live streamed) 11:30am Polish Mass 5pm Mass

LIVE-STREAMING NOTICE

The 9.30am Mass from Sacred Heart Cathedral is livestreamed (and recorded) each week. The camera is located under the choir loft and faces towards the sanctuary, though it can be directed to various parts of the Cathedral if needed.

Parishioners should be aware that they may be filmed during the celebration of the 9.30am Mass. This filming will mostly capture their image from behind. We cannot guarantee, however, that their faces will not be featured on the live-stream or recording, particularly the case during the Communion Procession. The live-stream will make use of multiple camera angles to minimise the identification of individuals as much as possible, but this will not eliminate the possibility of being filmed.

Parishioners with concerns about being filmed or recorded should speak with the Cathedral's Rector in the first instance.



Word of God Sunday February 7

On September 30, 2019, on the liturgical memorial of St. Jerome, Pope Francis announced that the Third Sunday in Ordinary Time would be celebrated as the

Sunday of the Word of God.

Pope Francis instituted the celebration last year when issuing the apostolic letter *Aperuit Illis*. The letter encouraged the celebration, study and dissemination of the Word of God. The full text of his Apostolic Letter is available at http://www.vatican.va/content/ francesco/en/motu_proprio/documents/papafrancesco motu_proprio 20100020_aporuit illic html

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The Australian bishops, in light of the regular coincidence of the Australia Day holiday or associated long weekend with the Third Sunday in Ordinary Time, decided to choose another date to mark the occasion. Consequently, the Church in Australia will celebrate the Sunday of the Word of God on the first Sunday in February each year, starting with February 7 in 2021.

Pope Francis launched an appeal to all the faithful to keep the Sacred Scriptures close at all times and to read them frequently.

"One of the greatest gifts of our time is the rediscovery of Sacred Scripture in the life of the Church and the faithful," he said at the Sunday Angelus address.

"Never before as today," added the Pope, "has the Bible been so accessible to all and in all languages, now even in audiovisual and digital formats."

As we prepare for Word of God Sunday on February 7, you are invited to share you favourite Bible verse and why you like that verse. To do so, please either email it to the office, or complete the form on the website a@ https://www.newcastlecatholic.org.au/

You can also call the office to let us know your favourite verse.

We plan to collect these verses and create a powerpoint presentation, which will screen before and after Masses next Sunday. The list of verses will also be published in the bulletin. Hopefully you'll be inspired to read those verses, thereby taking up Pope Francis's challenge to read at least three to four verses of the Bible every day.

Thanks for taking part! It will be lovely to all learn from each other.

EVIL SPIRITS VERSUS THE HOLY ONE OF GOD

by Fr Michael Tate

I lecture at the nearby university on war crimes, crimes against humanity and genocide. Often, I find myself dealing with a blood-lust which seems to craze whole societies leading to the massacre of innocent civilians, the use of rape as an instrument of terror, torture and dehumanising on a systematic basis.

It has revived my belief in diabolical powers.

I suppose I had a rather infantile, Disney type image of the devil in my youth. I discarded that and saw human wickedness as the wellspring of evil in our world.

But I now think St Paul was correct when he said: 'Our battle is not against human forces but ... we are struggling against the spirits and supernatural forces of evil.'

There are powerful spirits at work in our world: good angelic forces and evil demonic forces – sometimes called diabolical forces.

The word 'diabolical' comes from a Greek word referring to something broken in two, something torn apart, something shattered which should be whole.

Looking at persons and societies torn apart, it is obvious that the diabolical spirit is very powerful.

But that spirit harbours a certain fear: the fear that there could be a stronger spirit moving through human history, a spirit of wholeness, a spirit of holiness:

Could there be a Holy Spirit which could heal a person torn apart whether by illness or abuse or a deep sadness which divides body, mind and soul? Could there be a Holy Spirit which can integrate the personality and make it whole again?

Could there be a Holy Spirit which could heal a group or even an entire nation divided by racial hatred, class warfare, unjust discrimination based on sex, religious conflict? Could there be a Holy Spirit which can overcome such alienations and can make a society, a community out of the divided group?

The diabolical spirit found this fear to be well grounded when Jesus appeared at the synagogue at Capernaum, when the Holy One of God appeared on the scene of human history.

What did the 'unclean spirit' which possessed a man cry out?

'Have you come to destroy us?' The fear was realised because they recognised Jesus as 'the Holy One of God'.

They realised that they were in peril: 'Are you going to destroy us?' Jesus' answer was a resounding 'Yes', not in words but in action.

He healed the man possessed. He made whole this gravely disturbed person being torn apart by the diabolical spirit.

Our Lord continued with this mission for three years. He *invites* you and me to share in this mission. He *empowers* you and me to share in this mission.

You and I are to use all our healing powers whenever we come across whatever it is which tears people apart: disease, long festering conflict within a family or some other group, deep loneliness – the most prevalent contemporary manifestation of apartness.

That is our mission at the personal level, but of course, there are tasks at the communal, social, political levels also.

These are all dimensions of a battle of immense scale going on: evil spirits versus the Holy One of God.

What gives us hope that the Holy Spirit of Jesus Christ will prevail?

On Easter Sunday, Jesus Christ conquered the worst the diabolical power can inflict on you and me: the apparent finality of a death which wrenches body and soul apart.

Jesus' resurrection manifests the triumph of the Holy One of God: the reintegration of the human person – bodysoul.

Let us become allies of this Victor over Death.

That will put the fear of God into the devil! © Fr Michael Tate, www.liturgyhelp.com.au



IN YOUR CHARITY, PLEASE PRAY FOR:

RECENTLY DECEASED: Ray Callen, Johannes Vanderlinden, Eric Walter Andrew Wafer, Sylvia Jones, Jackie Vatti

ANNIVERSARIES: Mary Ethel Sattler, Danny McLean, Michael Dunn, Maureen Kauter, Caitlin Potts, Msgr Allan Hart, Norm Manning, Vera Sheather, Rita Rumball.

SICK: Pauline Morley

SPECIAL INTENTIONS: Sr Judith Fitzharde

Names may be placed here by contacting the Regional Office. Please refer to the Policy Document on the Regional website visit www.newcastlecatholic.org.au/downloads

TODAY'S LITURGY

GATHERING CHANT

Cantors:

Let the hearts of those who seek the Lord rejoice; Seek the Lord and be strengthened; Seek his face for evermore

SIDE A (Those facing the AMBO aka pulpit) Give thanks to the LORD, proclaim his name Make known his deeds among the peoples.

SIDE B (Those facing the Bishop's chair) O sing to him, sing his praise Tell all his wonderful works!

Glory in his holy name Let the hearts that seek the LORD rejoice.

SIDE A Turn to the LORD and his strength; Constantly seek his face

Remember the wonders he has done, His marvels and his works of judgment.

ALL: Glory be to the Father and to the Son...

GLORIA

Glory to God in the highest, and on earth peace to people of good will.

We praise You. We bless You. We adore you. We glorify You.

We give You thanks for Your great glory. Lord God, heavenly King, O God almighty Father.

Lord Jesus Christ, Only-begotten Son. Lord God, Lamb of God, Son of the Father: you take away the sins of the world, have mercy on us. You take away the sins of the world,

receive our prayer.

You are seated at the right hand of the Father, have mercy on us.

For you alone are the holy one. You alone are the Lord. You alone, are the most high Jesus Christ. With the Holy Spirit, in the glory of God the Father.

LITURGY OF THE WORD

FIRST READING: Deuteronomy 18:15-20

I will put my words into the prophet's mouth, and he will tell them all I command.

We pause for silent reflection.

RESPONSORIAL PSALM: If today you hear God's voice, harden not your hearts.

Come, let us ring out our joy to the LORD; hail the rock who saves us. Let us come into his presence, giving thanks; let us hail him with a song of praise.

O come; let us bow and bend low. Let us kneel before the God who made us, for he is our God and we the people who belong to his pasture, the flock that is led by his hand.

O that today you would listen to his voice! "Harden not your hearts as at Meribah, as on that day at Massah in the desert when your forebears put me to the test; when they tried me, though they saw my work."

The English translation of the Psalm Response from Lectionary for Mass © 1969, 1981, 1997. International Commission on English in the Liturgy Corporation (ICEL). All rights reserved. The English transition of the Psalm Verse from Abby Psalms and Canticles by the Monks of Conception Abbey © 2018, 2010 United States Conference of Catholic Bishops, Washington, DC All Rights Reversed. Music ©202 Anne Millard. Used with permission from the composer.

SECOND READING: 1 Corinthians 7:32-35

The unmarried woman dedicates herself to the things of the Lord, that she might be holy.

We pause for silent reflection.

GOSPEL ACCLAMATION

Alleluia, alleluia, alleluia!

The people in darkness have seen a great light; a radiant dawn shines on those lost in death *Alleluia, alleluia, alleluia!*

GOSPEL Mark 1: 21-28

This is a new kind of teaching that speaks with authority.

We pause for silent reflection.

THE NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried,

and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

APOSTLES' CREED

I believe in God, the Father Almighty, Creator of Heaven and earth;

and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died, and was buried.

He descended into Hell;

on the third day He rose again from the dead; He ascended into Heaven,

and is seated at the right hand of God, the Father almighty; from there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen

LITURGY OF THE EUCHARIST

PREPARATION OF THE GIFTS

YOUR WORDS ARE SPIRIT AND LIFE B. Farrell

MEMORIAL ACCLAMATION A

When we eat this Bread and drink this Cup, We proclaim your Death, O Lord, until you come again.

COMMUNION HYMNS

TASTE AND SEE

Bob Hurd

COVID-19-Related Information

Maximum Number of Persons in Cathedral

Under the current Public Health Order, the limit on the number of persons who can be present in a church is now calculated by allowing 2 square metres per person within the building (with no upper limit).

In the Cathedral, that limit is 221 persons.

The limit applies to all Masses and other liturgical celebrations.

Provision of Contact Details

The Public Health Order requires the collection of contact details for those who attend any liturgical celebration in a church (e.g. Mass, weddings, funerals, Baptisms, etc.).

Every person must provide their contact details or have them provided by someone else (i.e. a parent for a child, a wife for a husband, etc.).

The contact details that are required are defined as a) name, b) phone number or email address, and c) the time of arrival.

NB: It is important that you write your FULL name, and print clearly so that it can be easily read by someone from outside the Parish (if necessary).

A Contact Details Form will be provided at the door to permit the collection of these details. It is also possible to use your mobile phone with either the Service NSW QR Code or the third-party QR Code which are accessible via the posters at the doors.

NB: With the recent upgrades to the Service NSW QR Code, the Cathedral will cease the use of the third-party QR Code at the end of January.

General Requirements

While in the Cathedral, you must observe physical distancing, refrain from physical acts of devotion, avoid unnecessary contact with other parishioners, and not gather with others unnecessarily.

We ask those who are particularly at risk – the elderly, those with compromised health, those who are sick – to refrain from returning to Mass for the sake of their own health. The dispensation from the obligation to attend Sunday Mass given by the Bishop remains in place in these circumstances.

RECESSIONAL MUSIC

ART COMPETITION

The Social Justice Statement 2020-2021, To Live Life to the Full: Mental Health in Australia today, provides the opportunity to better understand mental illness and how as social beings we need the bonds of family, friends, and the broader community to celebrate the joys and hopes of life. For more information visit www.socialjustice.catholic.org.au/2020/07/03/socialjustice-statement-2020-21/

Artists are invited to create a work based on the themes found in the Social Justice Statement. Works can be 2 or 3 dimensional, no larger than 1 x 1 metre.

Entries close Friday 18 June. Exhibition Date: Saturday 17 July, 2-5pm in The Veritas Centre at San Clemente High School, Mayfield. NSW.

Categories: Stage 3, Stage 4, Stage 5, Stage 6, Adult.

BIBLE STUDY

Father Peter Street is now planning to commence the Bible Study Group on Thursday, 8 April 2021. If you are interested in participating please contact the Parish Office on 4979 1101 to register your interest prior to 15 March 2021.

Father Peter will be using "Unlocking the Mystery of the Bible" to help us make sense of the Bible and to see how it relates to our everyday lives. We will discover the remarkable connection between the Old and New Testaments, and see how the sacraments, the Church, and our entire Catholic Faith are rooted in the Scripture.

The Bible is a story about the Father's unfailing love for us, a love that we are called to share with others.

BOOK CLUB

Our next meeting is at 6.00pm on Sunday 7 February to share thoughts on the book, One Bright Moon, by Andrew Kwong.

If you would like to participate in book club meetings, please send an email to the Regional Office, newcparish@mn.catholic.org.au

BUILDING THE KINGDOM OF GOD TOGETHER, OUR JOURNEY:

Diocesan Contemplative Dialogue Reflection Program during Lent

From Lent until Pentecost the people of the diocese are invited to engage in the process of contemplative dialogue, to discern more fully the framework for considering 'Building the Kingdom of God Together, Our Journey' in our diocese.

The purpose of the diocesan reflections during Lent (17 February – 31 March) is to enable all members of the diocesan community to respond to the papers developed by the Synod Working Party.

Synod delegates will be facilitating the Contemplative Dialogue Reflection Program throughout Lent in Parishes, schools and online.

For those wanting to connect with this program online, you are invited to register each week for one of the sessions. It is optional to register at the same time or a different time each week.

To register for each session throughout Lent go to, https://www.eventbrite.com.au/e/diocesan-lentenreflection-groups-registration-136552114049

For more information go to: https://www.domnsynod.com.au/get-involved/lent-2021-reflecting-together/

NEXT WEEK'S READINGS

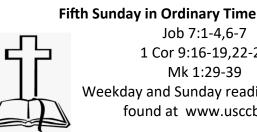
DoMN Library

The DoMN Library is now available.

Access Online publications including La Croix and The Tablet, an extensive eBook Religion Collection and the Religion and Philosophy Collection database.

Link to DoMN Library: https://library.mn.catholic.org.au

For all enquiries or help please email : domnlibrary@mn.catholic.org.au or Phone 0409 033 449



Job 7:1-4,6-7 1 Cor 9:16-19,22-23 Mk 1:29-39 Weekday and Sunday readings can be found at www.usccb.org

FIRST FRIDAY FISH 'N' CHIPS. Our next date is Feb 5th from 5pm at Bar Beach. All welcome. BYO

Enquiries to Chris 0419265194



PRAYING THE SUNDAY GOSPEL:

Parishioners in the City Pastoral Region are invited to connect and pray with each other from your own home. God speaks to us through the words of the Gospel and then through artist's images of the Gospel message. Each Wednesday 5.00-5.45pm.

You and your friends are welcome to join via the internet: <u>https://mncatholic.zoom.us/j/92777151360</u> Password: Prayer

THE BREAKFAST CONVERSATION

(formerly the Men's Breakfast Group)

Our first **COVID-safe** gathering for 2021 will be held *outdoors*:

- When? Monday 8 February / Commencing at: 7.15am
- Where? **Rotunda** in **Centennial Park Cooks Hill**. Corner of Parry Street and Bruce Street (western) side of park. Access from Bruce Street.
- Why? Fellowship and information
- Who? <u>All</u> welcome
- What? **"The impact of COVID-19 and lockdown on mental health" - Roger Peters** (HEAS Consultant Psychologists):
- *'Huh*? Neil Jones 0410 572579 (BYO breakfast!!)

2021 Annual Catechist Mass

Bishop Bill invites you to our annual celebration of the wonderful work our catechists achieve. Saturday 20 February 2021—Sacred Heart Cathedral, Newcastle West.

For more information contact : Jenny Harris jenny.harris@mn.catholic.org.au or P 4979 1334



Caritas Australia is seeking a contact person within parishes. These volunteers would be a point of

contact within the local area and would assist with parish speaking during Project Compassion in Lent and convey information about upcoming events and engagements.

If you would be interested in fulfilling this role please contact Caritas via the following link :

www.surveymonkey.com/r/CaritasParishContact

A MESSAGE FROM THE COUNCIL FOR CATHOLIC WOMEN (CACW)

As 2021 begins there is much to look forward to for the women of our Diocese.

Early in 2020 the Council of Catholic Women (CACW) was disbanded. As a result, members of the former Diocesan contact group have faced the challenge of keeping our diocesan women informed and included in future directions as new beginnings are sought.

As part of the ongoing efforts, some members of the former contact group have written to Bishop Bill suggesting the forming of a Diocesan Council for Women.

While waiting for Bishop Bill to respond, a meeting has been scheduled for Thursday, 11 February 2021, at 4pm in the Toohey Room. Please enter this date in your diary.

The vision of this small organising group is to include all Diocesan women through conversations, visits or Zoom in all parts of the Diocese and across all interest groups that are inclusive, reflective and fun.

The annual Magdalene Awards will take a break in 2021 but will be replaced by a celebration of Women in our Diocese. On International Women's Day—Sunday 7 March—Bishop Bill will mark the occasion at the 9.30am Mass in the Cathedral. It is hoped that it will be possible to come together afterwards for a morning tea, but this will depend on the prevailing COVID-19 restrictions.

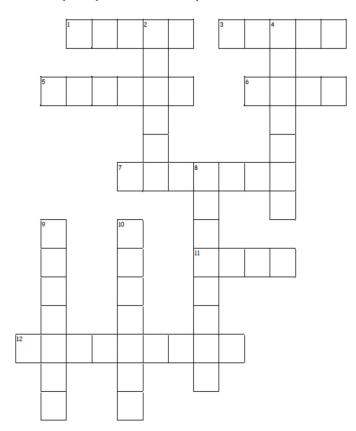
Parishes will also be invited to recognise women in their local communities through prayer and, hopefully, hospitality.

CHRISTIAN FORMATION COURSE 2021

The Christian Formation Course (CFC) is a face-to-face learning experience that allows participants to explore their life's journey and their faith within the Catholic Tradition. This one-year course introduces participants to scripture, theology, church history, sacramental life, and liturgy. The course runs across twelve months and comprises of eight units. Commencing on Tuesday, February 2, 2021, no prerequisite formation or qualification is required to enrol. All who complete the Course are awarded a diocesan Certificate in Christian Formation.

To enrol in the Christian Formation Course in 2021: https://www.mn.catholic.org.au/church-mission/ catholic-life/adult-faith-formation/christian-formationcourse/

crossword The prophet will speak in God's name



Across

- 1: talk
- 3: Jews taught the law of this man
- 5: make a choice
- 6: to do what you are told to do
- 7: someone who speaks on behalf of God
- 11: a man with an _ _ _ spirit yelled at Jesus
- 12: Jesus was teaching in this town

Down

- 2: a reply to a question
- 4: the day of rest
- 8: strong
- 9: information that is passed on to someone else
- 10: ruin, break apart, wreck

4th Sunday in Ordinary Time, Year B

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SENIOR WORDSEARCH The prophet will speak in God's name

Ζ	A	V	Ι	R	В	У	Q	Μ	R	С	υ	Μ	L	Е	У	J
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Ν	Μ	Ζ	Е	U	Ζ	Q	В	R	Q	D	Ν	V	У	J	Ν	Н
Ι	Е	Ρ	0	V	Ι	У	Ν	Н	Α	Ι	Ζ	Ν	J	Х	J	Ζ
Х	Ι	Q	Α	Ν	S	W	Е	R	Н	Α	Ι	υ	Α	Α	Н	W

Dt 18:18-19 Ps 95:1-2. 6-7abcd R.v.8 Mk 1:21-28

Try to find these words:

answer Capernaum choose destroy evil message Moses obey powerful prophet Sabbath speak