



# Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

**St Benedict's Inner Newcastle Parish:** Sacred Heart Cathedral, Newcastle West; St Joseph's Church, The Junction; St Mary, Star of the Sea Church, Newcastle; Immaculate Heart of Mary Church, Tighes Hill; St Laurence O'Toole Church, Broadmeadow. **Mayfield Parish:** Christ the King, Mayfield West. **Stockton Parish:** St Peter-in-Chains, Stockton.

## SUNDAY 21ST JULY 2024

# 16TH SUNDAY IN ORDINARY TIME, YEAR B

### Our Clergy

Fr John Lovell  
Fr Anthony Coloma  
Fr Anil Kumar Kuchipudi  
Deacon Solomon Okovido  
Deacon Kevin Gadd

### Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
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E: newcparish@mn.catholic.org.au  
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W: www.sacredhearthatilton.org.au

### Our Staff

Margaret Cox (*Reception & Administration*)  
Monday, Tuesday, Friday

Anne Warren (*Business Manager*)  
Tuesday and Thursday

Daloras Howes (*Administration*)  
Thelma Dickson (*Administration*)

Elul Teclé (*Administration*)

Peter Davies

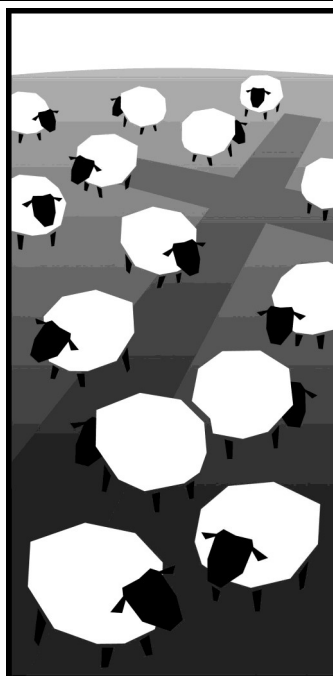
Dr Anne Millard (*Music, Liturgy, Sacraments*)

### Promoters of Safeguarding

Fr John Lovell p: (02) 4979 1106

Gail Lovell P: (02) 4979 1256

Anne Millard P: (02) 4979 1252



### THOUGHT FOR THE WEEK

In the Gospel this week, Jesus shows us the importance of being present and sensitive to the spiritual and material needs of those who unexpectedly come to us for help. And that is why the Lord is calling us to devote significant time and effort to the service of the poor and needy in our various communities and the world at large.

In what ways can I be more present and sensitive to the spiritual and material needs of others?

How can I be more empathetic and loving towards those around me, like the sheep without a shepherd?

Deacon Solomon

### Other Contacts

**Bereavement Team:** Margaret Cox, Gail Lovell, Christopher Gregory, Margaret Beard, Margaret Newton, Anne Millard P: (02) 4979 1252

**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office

*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 past, present and future, and commit ourselves to working together for reconciliation and justice.*

## THE PARISH DIARY...(for the week ahead)

16th Week of Ordinary Time, Year B

Monday 22nd July

Feast of St Mary Magdalene

8:15am Mass @ The Cathedral

Tuesday 23rd July

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

Wednesday 24th July

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

11:00am Funeral Mass for Dorothy Zielinski @ The Cathedral

Thursday 25th July

Feast of St James

8:15am Mass @ The Cathedral

9:00am Mass @ Stockton

12:00am Funeral Liturgy for Susan McCarthy @ The Cathedral

2:00pm Funeral Mass for Terence Fitzgerald @ The Cathedral

Friday 26th July

Memorial of Sts Joachim and Anne

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @ The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

Saturday 27th July

9:15am Mass @ The Cathedral, followed by the Novena to Our Lady of Perpetual Help (followed by Reconciliation)

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

5:30pm Mass @ Mayfield West

Sunday 28th July

17th Sunday in Ordinary Time, Year B

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral \*

11:00am Mass @ The Junction (Italian)

11:30am Mass @ The Cathedral (Polish)

5:00pm Mass @ The Cathedral

5:30pm Mass @ Mayfield West (Vietnamese) \*\*

\* Livestreamed on the Cathedral's YouTube channel—[www.youtube.com/c/SacredHeartCathedralHamilton](http://www.youtube.com/c/SacredHeartCathedralHamilton) and on the Diocesan website

\*\* The Vietnamese Mass is now celebrated fortnightly

## PRAYER REQUESTS

**RECENTLY DECEASED:** Sr Jane Francis RSJ (Eileen Schumacher), Anne Ciarrocchi, Robyn Bush, Dorothy Anne Zielinski, Graham Gardner, Maureen Dalziel, Terence Fitzgerald, Tima Otto, Susan McCarthy, Milan Longin



**ANNIVERSARIES:** Ted McDonald, Alma Nowakewitz (Royan), Julie Raferty, Helen Amos, Kate Nicolai, Frank Narvo, Margaret & Lloyd Bailey, Gus Unger, Marie O'Callaghan, Mary Florence Tobin

**SICK:** Patty Lane, Peter Majdandzic, Lisa Woodland, Conchita Ponte, Joyce Saranillo, John Woodward, Loreta Habulan, Peter & Bev Woods Leeton, Maria Therese Perera, Tui Innes, Marko Kefecek, Jolina Joyce Saranillo, Maureen Dwyer, Angela Cottier, Joshua Zalanardo, Rosa Silivinec, Harry Melville, Doreen Mason, Elaine Johnson, Mark Caesar, Peter Kefecek, Carlo Rossi, Neil Thomas, Kathryn Gray, Emilie Tseronis

*Names may be placed here by contacting the Parish Office. Please refer to the Policy Document on the Parish website—visit [www.newcastlecatholic.org.au/downloads](http://www.newcastlecatholic.org.au/downloads).*

## PARISH BULLETIN

Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.

## HISTORICAL CONTEXT

### Prayer and reflection

*Jesus demonstrated how important it is to engage in times of quiet prayer and reflection. When you expend a lot of time and energy in the service of others it is essential to reflect on those experiences, to learn from them and consider what you'd do differently next time. It is also important that any ministry that seeks to be based in the message of Jesus can only remain so if it is fuelled by prayer. Only through prayerful dialogue with God can we learn what God desires for us.*

## NEXT WEEK'S READINGS:

Seventeenth Sunday in Ordinary Time, Year B

2 Kings 4: 42-44

Ephesians 4: 1-6

John 6: 1-15



## OUR BELOVED DEAD

We remember those in our Columbaria whose anniversaries occur in July:

At Sacred Heart

John Belcher	Kevin Thomas Kelly
Reginald Bennett	Teresa Lewandowska
Coral Dawn (Diri) Cooke	Reg Jim McLean
Gerard Daly	Ken Moulston
Patrick Docherty	Frank Narvo
John Doran	Jerzy Nowakowski
Maree Margaret Drennan	Mildred Roser
Mary Everleigh	Christine Smith
Sergio Franceschi	Eric Smith
Fay Franks	Josef Stefanson
Teresa Grach	Clarence Joseph Withers
Joan Marjorie Harris	

At St Joseph's:

Paul Bertoss	Doreen Dent
Peter Doohan	Peter Doyle
Kath Ryan	Peter Goninan
Lillian Wilkin	Kevin Johns
James Campbell	Louise Leahy
Adrian Joseph Alcock	Jack McNamara
Lloyd Bailey	Allan McVie
Doreen Egan	Joseph O'Callaghan
Lillian Barber	Eileen Rae
Kenneth Baxter	Maureen Schmuck
Don Blair	Annie Stamp
Jack Britten	Peter Thompson
Roy Bruce	Elizabeth Wallace
Brian Byrnes	Theresa Watt
Mary Gertrude Chester	Lillian Wilkin
Val Colyvas	

*Eternal rest grant unto them and may perpetual light shine upon them. May they rest in peace, Amen.*

## SEA SUNDAY APPEAL

This week we celebrate Sea Sunday, when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living. Even during a pandemic, seafarers continue to bring into our ports products that sustain our population and economy. The Appeal today is for Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church. It supports seafarers both practically and spiritually. To assist this Catholic ministry, please send your donations to: <https://stellamarisaustralia.org/sea-sunday-appeal/> or transfer funds to:

Account Name: The Apostleship of the Sea  
BSB: 062-784  
Account Number: 100012583  
Thank you for the support!

## CHRISTIAN FORMATION COURSE

Expressions of Interest for 2024/2025 Christian Formation Course are now open.

Are you wanting to know more about Christianity and develop a deeper understanding of the Catholic Church? The Christian Formation Course (CFC) is a learning experience that allows participants to explore the foundational elements of the Catholic Faith Tradition. This one-year course introduces participants to scripture, theology, church history, sacramental life and liturgy.

- The Course runs across twelve (12) months and comprises eight (8) units
- All who complete the Course are awarded a diocesan Certificate in Christian Formation

By engaging in the course, it is hoped participants will:

- become more confident in understanding the Catholic faith
- grow in their capacity to reflect on their life's journey
- realise that Christian faith is nurtured in community
- be affirmed in their gifts for participating in the life of the faith community
- grow in awareness of what it means to be a responsive member of the faith community

Commencing on Tuesday 23 July, no prerequisite formation or qualification is required to enrol. To find out more, go to [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/christian-formation-course/)

**HOLY FAMILY**  
Primary School, Merewether Beach  
is celebrating the  
*MacKillop Centre*  
GRAND OPENING  
AND  
*Grandparents Day*

**FRIDAY 9th AUGUST**  
Join us for a Grandparents Liturgy at 10am,  
followed by the Grand Opening and a sausage sizzle  
*Feel free to bring a picnic blanket  
and/or camping chairs!*

Please RSVP by scanning  
this code or going to:  
<https://forms.office.com/r/A0ai07ADmE>  
SCAN ME

## SAFEGUARDING

The Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and well-being of children and vulnerable adults. Safeguarding is everyone's responsibility if you have any concerns for a child or vulnerable adult please contact the Office of Safeguarding: P 4979 1390, E [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au) or [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

## CHRISTIAN MEDITATION AT TIGHES HILL

This is non-denominational and everyone is very welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start

WHERE: Mercy Offices, 20 Union Street (Next door to Mercy Services) Off street parking available

The Meditation session begins with short guided relaxation exercises then we have a reading from Fr. John Main which leads into 20 minutes of silent meditation

## MEDITATION GROUPS AT LIVING WATERS CENTRE

LIVING WATERS CHRISTIAN MEDITATION CENTRE, 34 Kenrick Street, The Junction, offers meditation sessions on Wednesdays at 7.30am and Fridays at 11.00am – and has done so for the last 25 years, in which time many hundreds of people have taken up this prayer form. After meditation on Fridays Lectio Divina, a personal interaction with Sacred Scripture, is offered. Through both practices we open ourselves to the fullness of life; we come to know ourselves by knowing that we are known and loved by God. For more information: Carmel Moore rsj -0412122297 - or just come.

## MEN'S ROSARY GROUP

The Men's Rosary will be held on the first Saturday of each month @ 1pm at Sacred Heart Cathedral, 841 Hunter St, Newcastle West. For more information contact Jason on 0499 854 928.



## WEDNESDAY ROSARY

Pray the Rosary each Wednesday immediately after 8:15am Mass in Sacred Heart Cathedral, 841 Hunter St, Newcastle West.

## EPIC (EVERYTHING POSSIBLE IN CHRIST) YOUNG ADULT GROUP

Meet Thursdays @ 6pm in the Cathedral precinct. Anyone aged between 20 and 40 is cordially invited to join the group. On July 18 we will watch Episode 3 of The Chosen. Email [Elul.tecle@mn.catholic.org.au](mailto:Elul.tecle@mn.catholic.org.au) to find out more.

## VIEW, CHEW, CHAT, AND LECTIO

View, Chew, and Chat meets again in August. *Stay tuned for updates!* To participate, please email the parish office.

## PRAYER GROUP

Junction Prayer/Discussion Group Monthly meetings occur on the last Thursday of each month at 9:30am in Parish meeting room.

## TAIZE SERVICE

Sunday 4th August Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm *followed by a shared supper.*

You can read about it in the Aurora article "A spirit of joy, simplicity and reconciliation" available in the Diocesan website: <http://mnnews.today>



## BOOK CLUB

**Sunday, 4th August @ 6:15pm:** Bookclub meets to discuss *Bright Shining* by Julia Beard. If you would like to participate in book club meetings, please email [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)



## COMMUNITY KITCHEN OPENING HOURS

As we enter winter, more people in our community will need help. CatholicCare's Community Kitchens can be accessed by anyone who needs a warm meal or support. Five locations operate across the Hunter and Mid-North Coast. including:

- Hamilton South: Every Wednesday, 12pm to 1pm at 29 Fowler Street, Hamilton South
- Newcastle: Every Saturday, 5.30pm to 6.30pm (6.30pm to 7.30pm during Daylight Savings) at Civic Park, King Street, Newcastle
- Toronto: Every Thursday, 5pm to 6.30pm at 97 The Boulevard, Toronto

## STAY UP-TO-DATE WITH DIOCESAN RESOURCE CENTRE EVENTS

The Diocesan Resource Centre and Library were officially opened and blessed by Bishop Michael Kennedy at the end of May. The library is open three days a week and offers several events each month. Find out what is on offer by regularly checking the Catholic Diocese of Maitland-Newcastle website: [www.mn.catholic.org.au/places/library](http://www.mn.catholic.org.au/places/library)

The opening hours are as follows:

- Mondays and Fridays – 10am to 6pm
- Saturday – 10am to 2pm

## 2024 MAGDALENE AWARD PRESENTATION

The 2024 Magdalene Award Presentation will take place in the Toohey Room at 841 Hunter Street, Newcastle West, following 9:30am Mass at the Sacred Heart Cathedral on Sunday 28 July. Should you wish to attend, RSVPs close on Friday 19 July, and can be submitted to [kate.crncevic@mn.catholic.org.au](mailto:kate.crncevic@mn.catholic.org.au)

### SEASON OF CREATION

#### WONDER – WEAVING – HEALING

Join Catholic Earthcare and their Season of Creation Convocation for three special events in September.

Thurs 12 and Fri 13 September - online keynote presentations, workshops, discussions and spiritual experiences

Sat 14 September at Diocesan Resource Centre - hear about and discuss regenerative projects within and beyond our diocese and consider how we can contribute. Morning tea and lunch supplied as part of registration.

Information/Registration at: [www.trybooking.com/events/landing/1231165](http://www.trybooking.com/events/landing/1231165)

### WOMEN OF THE WELL – WEEKEND RETREAT 9 TO 11 AUGUST 2024

The Women of the Well retreats are designed to help you create space in your life to listen to the spirit's whisper and connect with other like-minded women. The next Women of the Well retreat will be happening at The Hermitage, Mittagong from 9 to 11 August. We want to ensure our retreats are accessible to all, as such we set our fees to cover just our costs for your food & accommodation. Thanks to our partnership with the Sisters of St Joseph, we are able to offer these subsidised rates to first-time retreatants. If this cost is a barrier, please contact us.

First time retreatants: \$125

Returning Retreatants: \$350

Visit [www.womenofthewell.com.au](http://www.womenofthewell.com.au) or email [info@womenofthewell.com.au](mailto:info@womenofthewell.com.au) for more information.

### BEQUESTS

To help our Catholic Pastoral Region of Parishes continue its important mission of proclaiming the Good News of Jesus, you might consider including us in your Will. You would just need to specify which parish or parishes you would like to help with your bequest.

### DIVINE MERCY DEVOTION

First Sunday of the Month @ 3:00pm

August 4th

Chaplet of Divine Mercy

Christ the King, Mayfield West

## SEEKING YOUR ASSISTANCE WITH THE 'ABSENT FROM THE TABLE' RESEARCH PROJECT

The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (Sunday Mass includes the Saturday Vigil). The project will provide in-depth information about contemporary religious practices and beliefs of Catholics in Australia. The insights would enable parishes, movements, and school communities to respond to the trends in participation in the Church, update the Church's awareness and understanding of the present-day context, and enable responses and collaboration around the underlying factors for non/dis-engagement.

We have been asked to seek the assistance of people who meet the selection criteria for this survey:

1. That they self-identify as Catholics and are 18 years and over.
2. That they do not regularly\* attend weekly Mass on Sundays.

\*Regular weekly attendance is defined as physical attendance at Sunday Mass three or more times a month, including the Saturday vigil celebrated in many parishes.

If you know of anyone who fits this criteria and might be happy to assist with this research, please show/forward them this message and invite them to use the link/address below to open up and complete the survey, which is currently open and will close on **Tuesday, 20 August 2024**. The survey is anonymous, participants can decline to answer any questions, withdraw from the survey at any time and obtain further information and gain access to the research findings via email:

[ncpr@catholic.org.au](mailto:ncpr@catholic.org.au) or [www.ncpr.catholic.org.au](http://www.ncpr.catholic.org.au).

Link: <https://bit.ly/AbsentFromTheTableSurvey>

We thank you for your assistance with this valuable research.

ACBC National Centre for Pastoral Research

### SUPPORT YOUR PARISH VIA THE APP

Are you using the App? Not only can you get the daily readings on your phone, you can also support the parish with an easy way to donate.

You can download the app for free from the Apple App Store and Google Play Store. Just search for 'Diocese of Maitland-Newcastle' and click install on your mobile or tablet!

## FRANCIS' FOCUS

### A Reflection by Nick Brodie

'Compassion', Pope Francis says, 'is born from contemplation.' This, he intimates, is the essence of today's Gospel passage. 'If we learn to truly rest,' he says, 'we become capable of true compassion.'

As the Pope points out, Jesus recognised that his disciples needed rest. None of us can or should be busy all the time. There is a danger for Christians, the Pope warns, 'to be caught up in the frenzy of doing things, to fall into the trap of activism'.

We should always remember that the crowd went to meet Jesus. They sought him out because his message was attractive and attracting.

'How many times this happens in the Church', the Pope suggests, where 'we risk neglecting Jesus and make ourselves the centre.' Sometimes parishes are burdened with so many corporate evangelisation plans, programs, and pastoral activities that people are wearied. The Church, at every level, occasionally needs to pause and listen for the crowd that is searching for Jesus.

As the Pope reflects, 'only a heart that does not allow itself to be taken over by hastiness is capable of being moved'. Jesus saw the people and understood their needs. Through us he is still trying to, if only we will slow down and let him. © Nick Brodie

## FOOD BASKETS FOR THE NEEDY

Items of dry goods or tin food e.g. (Vegemite, cornflakes or breakfast foods, sugar, packet or tin soup, sardines, tea, coffee, tin fruit etc ), can be placed in the basket at the back of **St Joseph's Church**, The Junction and in the foyer of **Immaculate Heart of Mary Church**, Tighes Hill. St Vincent de Paul members will pick up for distribution to the needy who are very grateful to receive the items. When donating please check expiry dates. Thank you. Questions to Sr Carol Woodland rsj (mob) 0423 700 523 or 4967 2998. The St Joseph's community kindly requests that you do not donate peanut butter.

### SACRED HEART CATHEDRAL & ST MARY'S, NEWCASTLE:

If you would like to donate, any of the following types of non-perishable items would be most gratefully received: UHT milk, cereal, jam, vegemite, peanut butter, tinned veggies, fruit, soup, fish, meat, dried pasta, rice, pasta sauces, teabags, coffee, biscuits, crackers, custard, jelly, toothpaste, toothbrushes, soap, shampoo, conditioner (even the travel sized ones from hotels), deodorant.

## NEW CITY REGION RCIA TEAM

You may recall Fr John inviting Expressions of Interest for a new RCIA Team for the City Region. Eight people came forward and this new Team begins its formation journey with a Formation - Retreat Day on Friday 26 July @ the Sisters of Mercy Regional Office, 20 Union St Tighes Hill, 9.00 – 3.30. The day is called 'I call you friends.' The ministry of Christian Initiation is the responsibility of the whole parish community and part of the Team's initial work will be focused on the whole community becoming more intentionally an 'Initiating community'. We are therefore extending the invitation to participate in this initial formation day to all members of faithful across the three parishes who comprise the City Region. To register please email: [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au) by 5.00pm Monday 22 July with your name and contact details (mobile and email). Numbers are essential both for catering purposes and printing resources for participants.

The ministry of Initiation begins for the whole community now. As well as coming to the formation day on 26 July, you are invited to do two things:

1. Pray always: Pray for the new team. Pray for the whole region to grow as an initiating community. Pray for all people who seek the living God and to explore their relationship with God in the context of the Catholic community.
2. Reflect: How are you an agent of God's friendship in your everyday encounters? To those who are members of the faithful but have little to do with the faith community? To those beyond the community of faith? Together we are beginning an exciting journey. Stay tuned.

## AMEN CAMINO – SEASONS OF CREATION WEEKEND RETREAT

Join us for an aMeN caMiNo weekend experience during this year's Season of Creation at the beautiful Myall Coast. This caMiNo is suitable for both beginners and experienced walkers. It offers a one- or two-day experience on September 7<sup>th</sup> and 8<sup>th</sup>.

**For more information visit our website:**  
[mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino](https://mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino)

### AMEN CAMINO COMMUNITY WALK

We invite you to sample the aMeN caMiNo experience through this Community Walk.

When: Saturday 17<sup>th</sup> August 2024.

Time: 8am-11am

Where: Walk begins at Merewether.

**Register your Interest here:**

<https://forms.office.com/r/w3tX1w69t3>

**SENIOR WORDSEARCH**

**The Lord protects his flock**

Jer 23:3-6  
Ps 23:1-3a, 3b-4, 6, R, v.1  
Mk 6:30-34

L S S D V R M C N F N S U B X B  
Q T D W U E Z F Q H Q F U F G P  
W M H O V S X V G A I P B P X A  
S H P R D X K S H R F Y Z O H H  
X F R C Q J N H C W E U M B A Y  
D P P K H L H E E K W S X Y D T  
H A E H P Y F E H O M E T E R J  
H C P T D X X P X G Z B V V E U  
H G A T I A P A F Q O Z U I H D  
F T O E Z R E D A E L U H K P Y  
C G L U T M V G F X Q P K K E G  
A W B K B D A V I D F K E T H T  
Z I B N H T X J W R U Y T A S V  
L S Y D F I V U C C M C F J C Z  
T E U P C F C C I I Z G B X T E  
R E D I A A F Y A Y L I M A F L

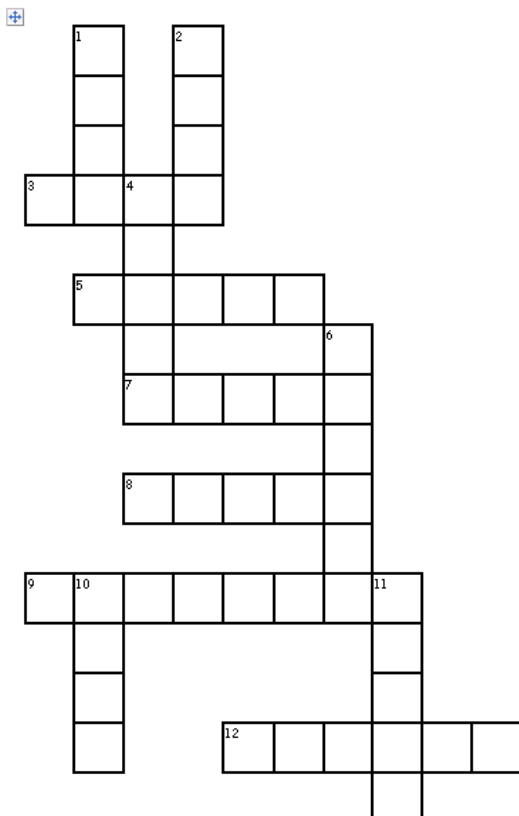
Try to find these words:

- boat
- crowd
- David
- family
- home
- leader
- peace
- rest
- sheep
- shepherd
- teach
- wise

**CROSSWORD**

**The Lord protects his flock**

Jer 23:3-6  
Ps 23:1-3a, 3b-4, 6, R, v.1  
Mk 6:30-34



**Across**

- 3: Jesus and the apostles were tired from all their teaching, so they decided to have a \_\_\_\_\_
- 5: teachers do this
- 7: the opposite of war
- 8: a large group of people
- 9: Jesus thought the large crowd was like sheep without a \_\_\_\_\_
- 12: people related to you are part of your \_\_\_\_\_

**Down**

- 1: the Lord promised a \_\_\_\_\_ king who would rule with justice and fairness
- 2: this is used to travel across water
- 4: shepherds look after these woolly animals
- 6: someone who leads
- 10: the place where you live is called your \_\_\_\_\_
- 11: the Lord said that a king would be chosen from the family of this man

## Reflection by Richard Leonard

I know very few people these days who work from 9.00am to 5.00pm. The eight-hour day seems to be a thing of the past. Where priests regularly encounter these new work patterns is when we see young people who are preparing for marriage in the Church. Sometimes to arrange a meeting we have to resort to a 6.30am or 10.00pm meeting. Some young people are working sixty hours a week. They take work home and work on the weekends. We know from surveys that they eat out most of the time, they party hard when they get the chance, and that Sunday is spent on the home front, going to the gym or sleeping. Then on Monday they start the process again.

Two things drive this obsessive work practice: competition in the job market, and the financial bonuses offered to the employees. The problem is that this practice cannot be a long-term strategy. At the other end of the scale we all know people, only in their 30s and 40s, who are burnt out and feel used by a ruthless commercial market-place.

This culture of exhaustion is not confined to the young corporate raiders. Most people in our country have never worked as hard, with so many claims on our time and energies.

Excessive demands on one's time, no matter how great the needs and rewards, were issues for Jesus and the Apostles as well. The best translation of the Greek text for today's gospel says that after the apostles returned from their missionary journeys 'there were many coming and going and they had no leisure, even to eat'.

Jesus' call to 'come away to some lonely place all by yourselves and rest for a while' is not just about good work practises and ethical employment policy. It is about humanising our work, making sense of what we do and seeing our work as means to an end, not an end in itself.

The social teaching of the Church, especially in Pope John Paul's statements about labour and the rights of workers, repeatedly stresses three aspects to work:

- it gives us dignity. Governments and employers must not allow a work culture to develop where we lose our sense of personal importance, where we are treated like just another cog in the wheel;
- work enables us to improve the standard of living for us and our families;
- through working we develop our talents and gifts which builds up society as a whole.

Rest from work is a key factor in the success of all three aspects being achieved in any community. A culture of

exhaustion militates against them. The bottom line in all this is appropriate boundaries.

Mark tells us today that though Jesus was moved to compassion by the needs of the crowd, he also knew that their needs were not the only ones that had to be met. Jesus teaches his disciples and us that the balance between work and rest is an obligation of faith. This applies equally to work inside and outside the family home.

So this Sunday's Gospel carries a critical message for the modern world. Rest, recreation and leisure are not indulgences about which we should feel guilty. They are rights defended by Christ and protect our human dignity.

I hope today you have a well-earned break.

© Richard Leonard SJ

## OUR CATHOLIC PRIMARY SCHOOLS

### St Joseph's Primary School

Karen McGinlay (*Principal*)

Union Street, The Junction NSW 2291

P:(02) 4961 2827

W:[www.merewether.catholic.edu.au](http://www.merewether.catholic.edu.au)

### Holy Family Primary School

Ann Jackson (*Principal*)

Pell Street, Merewether NSW 2291

P:(02) 4963 3009

W:[www.merewetherbeach.catholic.edu.au](http://www.merewetherbeach.catholic.edu.au)

### St Columban's Primary School

Penny Banister (*Principal*)

Church Street, Mayfield NSW 2304

P:(02) 4968 3315

W:[www.mayfieldsc.catholic.edu.au](http://www.mayfieldsc.catholic.edu.au)

### St Peter's Primary School

Michael Punch (*Principal*)

Dunbar St, Stockton NSW 2295

P:(02) 4928 1861

W:[www.stockton.catholic.edu.au](http://www.stockton.catholic.edu.au)

## THE CHUCKLE

If a skunk went to church, would it sit in its own pew?

