

## PLENARY COUNCIL PRAYER

Come, Holy Spirit of Pentecost. Come, Holy Spirit of the great South Land. O God, bless and unite all your people in Australia and guide us on the pilgrim way of the Plenary Council. Give us the grace to see your face in one another and to recognise Jesus, our companion on the road. Give us the courage to tell our stories and to speak boldly of your truth. Give us ears to listen humbly to each other and a discerning heart to hear what you are saying. Lead your Church into a hope-filled future, that we may live the joy of the Gospel. Through Jesus Christ our Lord, bread for the journey from age to age. Amen. Our Lady Help of Christians, pray for us. St Mary MacKillop, pray for us.



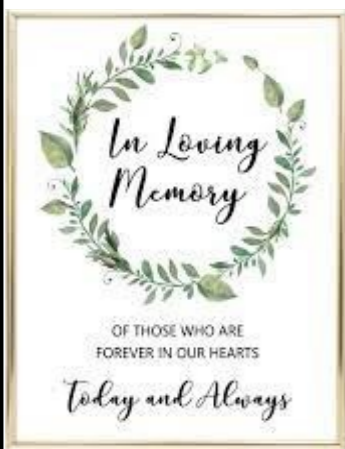
### IN OUR PRAYERS

We pray for Leo O'Brien, Haizil Joseph, Santhi Komatineni, Kevin Murphy, Sarah Rodgers, Cathy Reid, Assunta Delgrosso.



### RECENTLY DECEASED & ANNIVERSARIES

We pray for Frank Hornby, Colleen Littleton, Catherine "Mum" Willmott, Paul Falzon, Franca Azzaro, Concetta Azzaro, Maria Loriente, Romaine Augustin, Brian Campbell, Luciana Rigoni, Neil Dalton, Jack Oman, Giuseppe Sokolic, Pat Tuck, Sonia Schilich, Roland Zammit, Felice Falzon, Nicky Colton, Damien Grafen, Salvatrice Basso, Francesca King, Frank Cuffe, George Zammit, Rose O'Brien, Eileen Bull, Peg Dooley, Mary Wiltshire, Tony Dixon, Suzy Pomazan, Caterina Borghese, Tom Magee, Bridie O'Loughlin, Marie Morris, Rita Di Leonardo, Tim Forbes, Wendy Gosser, Olive Walsh, Connie Zammit, Catherine Elder, Wally Clarke, Maureen Tamlyn-Kelly, Michael O'Keefe and Jane Zahra; whose anniversaries are at this time.



### PRAYER FOR WONDER AND AWE

*God of wonders,  
you show us your beauty in all created things.  
Help us to pay attention:  
to the taste of the ocean on our lips,  
the warmth of the sun on our hands,  
the song of birds in the morning and the evening,  
the fragrance of the earth after rain,  
and to the star that guides us.*

*Creator God,  
we stand in awe of all that you have made.  
Fill our hearts with gratitude for every good gift,  
great and small,  
that feeds and forms us,  
inviting and enabling us to become people who  
are fully alive in your amazing grace.  
Amen.*



# St Mary's Parish

*A community where we bring together our gifts and talents*



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19th September, 2021

## TWENTY FIFTH SUNDAY IN ORDINARY TIME YEAR B

### FIRST READING:

A reading from the book of Wisdom. 2:12, 17-20.

### RESPONSORIAL PSALM:

The Lord up holds my life.

### SECOND READING:

A reading from the letter of James. 3:16-4:3

### GOSPEL ACCLAMATION:

God has called us with the gospel,  
to share in the glory of our Lord Jesus Christ.

### GOSPEL: MARK 9:30-37

They left from there and began the journey through Galilee, but he did not wish anyone to know about it. He was teaching his disciples and telling them, "The Son of Man is to be handed over to men and they will kill him, and three days after his death he will rise." But they did not understand the saying, and they were afraid to question him.

They came to Capernaum and, once inside the house, he began to ask them, "What were you arguing about on the way?" But they remained silent. They had been discussing among themselves on the way who was the greatest. Then he sat down, called the Twelve, and said to them, "If anyone wishes to be first, he shall be the last of all and the servant of all." Taking a child he placed it in their midst, and putting his arm around it he said to them, "Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the One who sent me."



### Parish Priest

(Fr.) Greg Trythall  
PH: 9397 6066  
MO: 0400 524 363  
Email:  
[greg.trythall@cam.org.au](mailto:greg.trythall@cam.org.au)

### Pastoral Associate

Monique Julian  
0450 789 951  
Monday, Tuesday

### Parish Office Manager-Secretary

Heidi Zahra  
Tuesday 8:30am - 4pm  
Thursday 8:30am - 4pm  
Friday 8:30am - 4pm

### Wednesday Secretary

Kylie Skinner  
8.30am-3.30pm

### St. Mary's School

Principal  
Anthony Hockey

### Normal Mass Times

Consult bulletin inside for any changes.  
Saturday at 6:00pm  
Sunday at 8:30am and 10:30am  
Tuesday to Friday 9:15am

### Reconciliation

Saturday 10:00am

### Silent Adoration in Church

2:30pm - 3:30pm  
Wednesday

### Baptism Preparation Night

Third Thursday monthly  
7.00pm at Parish Centre.  
Baptism must be booked prior to attending Preparation Night.

Baptism 12:30am Sunday



## UPCOMING EVENT CALENDAR

<b>Saturday 9th and Sunday 10th October</b>	1 <sup>st</sup> Eucharist for current grade 5's at all Masses and likely an extra Sunday Mass at 5pm, should restrictions ease.
<b>Saturday 16th October Sunday 17th October</b>	1 <sup>st</sup> Eucharist for all current grade 4's at all Masses
<b>Sunday 24th October</b>	After 10:30am Mass – New Parishioners Luncheon. 4pm New altar servers training in St Mary's Church

Dear Parishioners,

As the pandemic era goes on, more than ever we need ways to refresh our energies, calm our anxieties, and nurse our well-being. **The cultivation of experiences of awe** can bring some of those benefits.

The bishop during the Sacrament of Confirmation utters a prayer over the person or persons to be confirmed:

“All powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave them new life. Send your Holy Spirit upon them to be their helper and guide. Give them the spirit of wisdom and understanding..... Fill them with the spirit of **wonder and awe** in your presence.”

University of Michigan psychologist Ethan Kross **defines awe as “the wonder we feel when we encounter something powerful that we can't easily explain.”** People who experience awe report higher levels of overall satisfaction and wellbeing. Experiences of awe are even associated with lowered levels of reported stress. For instance, there are many ways one can cultivate experiences of awe during the course of a workday. A simple and powerful way to experience awe if you can step away from your desk is to **take an “awe walk”**. If you work in the city there are some tremendous natural gardens whether they be the Fitzroy Gardens, Treasury Gardens, Flagstaff Gardens, Royal Exhibition Gardens and if you get the time and are much closer to that part of the city, there is my favourite ‘The Royal Botanical Gardens’ – an extraordinary place of beauty and peacefulness. If perhaps you are forced to work from home it is good to walk near the sea, walk in or around the Commonwealth Reserve, a public garden nearer your home or better still the Williamstown Botanic Gardens: first opened in 1860. There is a terrific array of trees and shrubs from various climates on the one site at the Williamstown Botanical Gardens. Anyway, it is important at times to take at least a 20 minute break to wonder and be curious and observe the everyday beauty around one, even if it is a familiar place like your backyard or your neighbourhood.



Research shows that walks in nature, compared to urban environments, have a greater positive effect on our mood and well-being. **Nature is a powerful source of wonder and awe.** I am not a bike rider myself but many of our parishioners fall into that category. Frequent bike rides obviously help many people not only enjoy the natural world around them, but boost their energy and resilience. It also seems to help having the support of a wider social network within the bike riding community.

If you can't some days step away from your desk, what about taking advantage of the wonders at your fingertips on the web. Videos are a great means of stimulating awe. Many are inspired by award winning documentaries such as Free Solo or Planet Earth

*Continued...*

**He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.**



The harmony and complexity of music also elevates and inspires awe in so many of our population. Maybe if not already done you can create your own personal playlist that lifts your mood.

**Awe and beauty can be everywhere.** There are times when we can be blown away by an awe inspiring and unique experience. I suppose that was just a mind-blowing experience when you gave birth to a baby or as a husband you could not keep the smile off your face as you saw your child for the first time. And thinking back wasn't it so beautiful when you saw your fiancé coming down the aisle towards you. As a bride don't you remember the beauty of your wedding day – even your bouquet made you happier: a beautiful bouquet of adorable flowers: a sense of wonder. This feeling or experience can never be taken away from you, even as the years go by.

Talking about awe inspiring. It was not until my 40's that I had the privilege of being in St Peter's square in Rome and when you mount the steps to that incredible Basilica of St Peter's you really feel small, somewhat insignificant as you are dwarfed by something of incredible grandeur. Yes, it is helpful for us to realise our “smallness” in comparison to the great and wonderful things of life whether it be magnificent architecture, the size and beauty of a particular mountain or our somewhat incomprehension of the realisation of the billions of stars in a night sky.

**If scents and colours of different flowers in spring don't cause you a sense of wonder, then what does!** Who can beat the smell of certain roses or the incredible perfume like smell of a gardenia? Daphne is also one of my favourites. I don't have the time or the expertise to write a book on the subject, but maybe if you want to explore **some more wonder and awe**, I offer the following areas as it is almost an inexhaustible possibility to do so when one looks further: best beaches you have seen; the most interesting cities or towns you have visited here or overseas; the incredible architecture in parts of Melbourne or one has seen on an overseas trips; the compositions of famous composers such as Bach, Beethoven, Mozart; the greatest singing voices you have enjoyed whether you like Beyonce/Pavarotti/Elvis Presley, Aretha Franklin/Nat King Cole – endless number of choices; same in exploration of live bands – Queen, Rolling Stones, U2, Flogging Molly or whatever; the wonder of seeing the best male and female dancers in a dance contest – their almost spiritual connection; the wondrous ability to produce laughter from our funniest comedians such as John Cleese, Richard Pryor, Robin Williams, Eddie Murphy, Groucho Marx – the list goes on and on. We could also go on and on about the wonder and awe caused by certain sports stars but maybe in passing you may give me some license to wish for the success of my favourite team: the Western Bulldogs



who are playing as most of you would know ‘Melbourne’ in the Grand Final next Saturday evening. It may surprise many of you but I should have been a Melbourne supporter!!! My mother's dad played mainly centre half back for Melbourne from 1907 – 1912. By chance my mother as a died in the wool Melbourne supporter met a more fanatical Footscray supporter in my father. My mother won the battle in the religious stakes for me as she gave the strong example of going to Mass regularly, while on the football side my father won the battle as he gave the strong example of taking me from

earliest days to see Footscray. My first memories are being with him as a 7-year-old at the MCG watching Footscray winning the finals in 1954. Now this week you will see the Western Bulldogs banner on the front porch of the presbytery, like many houses in Williamstown as I am a true believer and a man of hope – for next Saturday night! Go Dogs.

Thanks for your reliable generosity in keeping the stewardship envelopes coming through the slit in the presbytery front door and a particular thanks for your generosity to the **Priests Retirement Foundation.**

The Australian **Plenary Council** meets in two weeks' time mostly by zoom as this is the start of some important deliberations for the Australian Church – we pray for its success.

Yours 'in Christ'

Fr Greg 15/9/2021