



# Lakeside Bulletin

*The weekly Bulletin of the Catholic Parishes of  
Boolaroo, Warners Bay and Booragul*

Parish Office, Shop 2, 24 Lake Street Warners Bay (PO Box 14, Boolaroo 2284) NSW



*We acknowledge the Awabakal people - the traditional custodians of this place*

SUNDAY 30th January 2022

4th Sunday in Ordinary Time YEAR C

Dear Parish Family,

I thought when I was a child that I was taught to cross the road, either on or off a crossing, quickly. Not to run but to move with purpose and not to loiter on the road. The old mantra of look both ways, left and right then left again, I think has kept me from being run over numerous times as I crossed streets, roads, highways, and navigated laneways. Of course, it was simpler when I was a child, not as much traffic maybe, *the horse and carts moved more slowly* and as it turns out I didn't have a mobile phone to distract me as I crossed. Is it just me or do people now dawdle across roads and particularly when using crossings or at lights?

I chastise myself for my lack of patience (a decade of the rosary helpful) but yesterday I decided I wasn't lacking patience or tolerance or even kindness! I decided what was happening was they were lacking generosity, awareness, and a sense of other! Could I also add a sense of entitlement! Nothing 'moves' my blood more than the sense of entitlement in others. It is not even a young person thing, although it is there. It creeps across every generation. 'I've got the right', 'it is my right' 'I have the right' seems to be a mantra creeping at the heart of many things, many things that are not right.

I wonder what we really have the right too. Food? Shelter? Good health care? Dignity? Love? Safety? Security? Work? Clean air? Respect? Family? And do I have the right to any of things ahead of someone else? How do we maintain equity?

Ever been pushed in on at the supermarket? Watched a small child at a counter being passed over in favour of an adult? It is an interesting conversation to be had the juggling my rights over the rights of another. As Catholic Christian people we would be pondering in that conversation exactly what Jesus would be saying about it all as he feed the hungry, healed the leper and forgave sins, and chastised the pharisee. Self-awareness in relation to an awareness of others as we work together as community somehow feels key.

The Tongan appeal is still ongoing so you may wish to think about how we together might help respond to that invitation. Not an easy task for those on the ground in Tonga. I feel for the families who have loved ones affected there. How hard the waiting and not knowing and the sense of helplessness from afar.

The Ukrainian Rite Bishop Mykola Bychok, CSsR of the Eparchy of Saints Peter and Paul of Melbourne has asked prayers for peace in his region as Russia masses troops on the edge of his homeland. A disturbing turn of events. Conflict has been a big part of that world for a very long time. I can not imagine what it must be like to live with the constant fear of invasion. I guess some of you might remember the time of the cold war where the whole world seemed on edge waiting for the bomb to drop or for the 'Reds' to invade. We can empathy without really knowing. Bishop Mykola's letter is included with the bulletin today.

When I was on my pastoral placement before my ordination to the Diaconate there was a very faithful group who meet every evening at about 5.00 in the Church of the Incarnation, Lindisfarne to pray the Rosary for the fall of the USSR. That conglomeration of states was considered a major threat at the time, and they were praying faithfully for its end. As it turns out prayer works!

Have a great week everyone.

Kindly yours,

*Greg*

Parish Priest





## PLEASE REMEMBER IN YOUR PRAYERS:

**Recently Deceased:** Gloria Fisher, Warwick (Rick) Crozier, Janice Botham, Connie Caschia, Paul O'Callaghan, Bill Garaty.

**Anniversaries:** Fr John Lavery and all the family members who have anniversaries at this time.

**We remember and pray for those who are ill at home and in hospital at this time, may they know the healing presence of Christ:** Toni Harkin, Sue Withers, Joe Panek, Jo Turner, Karen Roberts, Arian Hampton, Leila Grew, Nick Gibson, Barry Maggs, James Grew, Greg Adam, Allan Baxter, Bayly Turner, Anne Keating, Veronica Hipwell, John Evans, Pam Mason, Winston Aslin, Maria Terwkar, Kristie Porters, Narelle Lackenby, Reuben Neilson, David Owens, Laurence Marshall, Fr Petar Mak ofm, Kath Cromie, Carol Robinson, Barry Sligar, Terry Clancy, Veronica Clipsham, Betty McVean, Leslie Henry, Craig Flanagan

Please ring the parish office if you wish to add your loved ones to the sick list and also **to be taken off the list once they are well.**

### Readers Roster 5-6 February 2022

<b>Sat 5:30pm</b>	Anne Clancy June Fava Pat Davey
<b>Sun 9:00am</b>	Steve Kehde Lisa Des Forges Ray O'Donoghue
<b>Sun 6:00pm</b>	Judy Henrys Lois Wilson Kim Smith

Last weekend we witness the baptism of

***Blaise Peter Brown***

May the gift of baptism he receive strengthen him for the journey of life and faith he will share with us.



## Parish Timetable

### WEEKDAY MASS

**31 Jan—4 Feb**

TUE: 9:00am Booragul Mass

WED: 9:00am Boolaroo Mass

THU: 9:30am Warners Bay Mass

### WEEKEND MASS TIMES:

**Sat 5.30pm**

**Our Lady Help of Christians Church  
82 Main Road, Boolaroo**

**Sun 9.00am and 6:00pm**

**St Mary's Church  
2 Bayview Street, Warners Bay**

### BAPTISMS

This weekend we witness the baptism of

***Saoirse Mía Williams***

May the gift of baptism she receive strengthen her for the journey of life and faith she will share with us.

Please remember the Williams family in your prayers.

### LADIES DAY:

**Monday 7th February 2022,**

**At Valentine Bowling Club,  
17a Valentine Cres., Valentine,  
from 11:30 a.m.**

**If you wish to attend, please phone  
June 4946 8415 or Gwen 49569596.**

**You must be double vaccinated to  
attend due to Club regulations.**

**All welcome.**



# LITURGY OF THE WORD

## First Reading

**(1:4-5. 17-19)**

A reading from the prophet Jeremiah

In the days of Josiah, the word of the Lord was addressed to me, saying,

‘Before I formed you in the womb I knew you; before you came to birth I consecrated you; I have appointed you as prophet to the nations. So now brace yourself for action.

Stand up and tell them all I command you. Do not be dismayed at their presence, or in their presence I will make you dismayed. I, for my part, today will make you into a fortified city, a pillar of iron, and a wall of bronze to confront all this land: the kings of Judah, its princes, its priests and the country people.

They will fight against you but shall not overcome you, for I am with you to deliver you – it is the Lord who speaks.’

## Responsorial Psalm

**(Ps 70:1-6. 15. 17. R. v.15)**

**(R.) I will sing of your salvation.**

1. In you, O Lord, I take refuge; let me never be put to shame. In your justice rescue me, free me: pay heed to me and save me. **(R.)**
2. Be a rock where I can take refuge, a mighty stronghold to save me; for you are my rock, my stronghold. Free me from the hand of the wicked. **(R.)**
3. It is you, O Lord, who are my hope, my trust, O Lord, since my youth. On you I have leaned from my birth, from my mother’s womb you have been my help. **(R.)**
4. My lips will tell of your justice and day by day of your help. O God, you have taught me from my youth and I proclaim your wonders still. **(R.)**

## Second Reading

**(12:31 – 13:13)**

A reading from the first letter of St Paul to the Corinthians

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them.

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people’s sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.

Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue for ever; and knowledge – for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known.

In short, there are three things that last: faith, hope and love; and the greatest of these is love.

## Gospel Acclamation

**(Lk 4:18)**

Alleluia, alleluia!

The Lord sent me to bring Good News to the poor and freedom to prisoners.

Alleluia

## Gospel

**(4:21-30)**

A reading from the holy Gospel according to Luke

Jesus began to speak in the synagogue, ‘This text is being fulfilled today even as you listen.’ And he won the approval of all, and they were astonished by the gracious words that came from his lips.

They said, ‘This is Joseph’s son, surely?’ But he replied, ‘No doubt you will quote me the saying, “Physician, heal yourself” and tell me, “We have heard all that happened in Capernaum, do the same here in your own countryside.”’ And he went on, ‘I tell you solemnly, no prophet is ever accepted in his own country.

‘There were many widows in Israel, I can assure you, in Elijah’s day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha’s time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.’

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.



**UNIVERSAL PRAYER**  
**4th Sunday in Ordinary Time Year C**  
**30th January 2022**

**Fr Greg:** God is our hope and our strength. Let us bring our needs before him.

**Reader:** That the Church remains faithful to its prophetic mission and reads the signs of the times.

**(pause)** In your love:

**All: Lord, hear our prayer.**

**Reader:** That those who speak out for those who have limited skills and resources will be heard by leaders and governments.

**(pause)** In your love:

**All: Lord, hear our prayer.**

**Reader:** That children who are returning to school will be ready to meet the challenges and joys of the coming year.

**(pause)** In your love:

**All: Lord, hear our prayer.**

**Reader:** That we always be ambitious for the higher gifts and love with patience, kindness and trust.

**(pause)** In your love:

**All: Lord, hear our prayer.**

**Reader:** That those who have died will live with God for eternity, including Warwick (Rick) Crozier, Janice Botham, Bill Garaty, Connie Caschia and Paul O'Callaghan.

**(pause)** In your love:

**All: Lord, hear our prayer.**

**Fr Greg:** God of all time, you knew us before we were formed. Hear our prayers and teach us to value your gifts of life and love. We ask this through Christ our Lord.

**All: Amen.**

© Creative Ministry Resources Pty Ltd

**Prayer for Tonga and the Pacific**

Loving God,  
We hold before you in our hearts  
The people of Tonga in this time of need.  
We know that the communities of the Pacific often  
experience fragility.  
Now, with a volcanic explosion leading to both a Tsunami  
And degradation of land and water through ash,  
We ask that your people find strength  
and feel closer to you than ever.  
They are communities of great faith.  
May they turn to you for peace and  
reassurance.  
May they turn to each other for comfort and community.  
And may they turn to us for support and solidarity.  
We all share this mysterious world  
Which you have entrusted to our care, as one family.  
May your Holy Spirit give us wisdom and courage  
And fill us with the gift of Hope.  
Amen.

 **Caritas**  
AUSTRALIA

 **Caritas**  
AUSTRALIA

**Pray for Tonga**

Tonga is reeling after a violent underwater volcano eruption triggered tsunamis, destroyed telecommunications and blanketed the country in ash and rock.

Roads, bridges and homes are damaged. Water supplies have been contaminated by volcanic ash and saltwater.

**Tonga needs your support urgently. Give now to help with emergency response.**

**Visit [www.caritas.org.au/donate/emergency-appeals/pacific](http://www.caritas.org.au/donate/emergency-appeals/pacific) or call 1800 024 413 toll free to make your donation.**





25 January 2022

Page 1

## **AN APPEAL**

### **OF THE UKRAINIAN CATHOLIC CHURCH IN AUSTRALIA**

**"PRAY FOR PEACE AND JUSTICE FOR UKRAINE. BE INFORMED. SUPPORT THE SUFFERING"**

*"Herod is going to search for the child to destroy him" (Mt 2,13)*

As we celebrate Australia Day, we give thanks to Almighty God for the blessings we receive living in this Great Southern Land of the Holy Spirit. Australia Day also allows us to reflect upon our accomplishments as well as our failures as a nation. It is a day of national celebration for many, and for others a day of sorrow. Above all, our national day should be a day of hope for a better future, building on past accomplishments whilst at the same time learning from our mistakes. A day of reconciliation amongst all the diverse people that make up our great nation.

His Holiness Pope Francis has asked that the whole world join with him in praying for peace in Ukraine on 26 January – Australia day for us. "I am following with concern the increase of tensions that threaten to inflict a new blow to the peace in Ukraine, and call into question the security of the European continent, with wider repercussions," the pope said after his weekly Angelus address on 23 January. "I make a heartfelt appeal to all people of good will, that they may raise prayers to God Almighty, that every political action and initiative may serve human kind, rather than partisan interests," he stated.

In our Eastern Christian Christmas tradition, we rejoice and celebrate that "God is with us," singing the praises of the Prince of Peace in hymns and carols. Yet as we reread the Nativity account, we encounter the homelessness of the Mother of God, the anguish of Joseph, and the refugee status of the newborn Jesus. Herod appears, a homicidal tyrant craving hegemony, who massacres innocent children in Bethlehem in order to kill the Messiah – a vivid image of the lust for power. In fact Herod's determination to dominate was so overpowering that he even murdered three of his own sons. The Holy Infant, who bringing salvation to all, was a threat to a tyrant pathetically clinging to his self-importance.

During this Christmas season, more than 100,000 Russian troops have been positioned on three sides of Ukraine: a nascent democracy, a country on a pilgrimage to freedom and dignity from the fear of a totalitarian past in which 15 million people were killed on Ukrainian territory.

Today, the world watches and wonders: Are religious freedoms, free press, robust public debate, and accountable government in a sovereign state to be punished through the escalation of an invasion that began in 2014? Are the Ukrainian people's exercise of their God-given dignity a threat to a modern Herod's thirst for power and hegemony?

This is a question of life and death, as nostalgia for an empire lost, has led to senseless slaughter and immense suffering throughout Ukraine.

President Putin has repeatedly stated that "the dissolution of the Soviet Union was the greatest geopolitical catastrophe of the 20th century" not the genocides perpetrated against Armenians, Cambodians, or Rwandans, not the Nazi Holocaust of European Jews, not the Ukrainian Holodomor terror-famine or the deaths in the Soviet Gulag labour camps or China's Great Leap Forward; not even the two world wars with their tens of millions of deaths. No, according to President Putin, the greatest catastrophe of the past century was the collapse of a murderous totalitarian empire, a prison house of nations. And that, Mr. Putin insists, is what must be restored in one form or another.





God-given human dignity and freedom threaten rulers who seek to dominate others, build empires, enslave, and colonize. Those with the audacity to resist, who dare to move from the fear of totalitarianism to freedom and dignity – people in Georgia and Ukraine, Belarus and Kazakhstan – are mercilessly punished.

"A voice was heard in Ramah, sobbing and loud lamentation; Rachel weeping for her children, and she would not be consoled, since they were no more." (Mt 2,18) After eight years of war initiated by Russia, Ukraine has lost a substantial part of its territory. 14,000 people, including children, have been killed, 1.5 million have been internally displaced, several hundred thousand agonize near the frontline, and millions suffer from post-traumatic stress. There are 400,000 traumatized veterans of the Ukrainian-Russian war and thousands who have lost their loved-ones.

Since February 2014, Revolution of Dignity on the Maidan, when 100 peaceful protestors were killed in cold blood in Kyiv, Ukrainian society has lived under a cloud of mourning and grief. Just one of our brother bishops in Ukraine, Stefan Sus, has officiated at 134 funerals of Ukrainian soldiers. Every city and town, and hundreds of villages, have fresh graves – sons and sisters, husbands and daughters, fathers, and grandfathers who gave their lives for what God promises to every human being – freedom and dignity.

The war in Ukraine is real. It kills, maims, and destroys daily. An escalated Russian invasion will generate additional millions of refugees, more dead and injured, more tears and pain. Still, the people of Ukraine courageously endure. As they stand with a gun to their head, they ask for our solidarity.

#### What can we do?

**Pray.** Pray for peace and justice in Ukraine. God is the Lord of history and the Lover of Humankind. His grace changes the most hardened hearts. Ukraine was brutally invaded, its territory annexed, the society traumatized. May God convert the promoters of violence. The Lord miraculously liberated the peoples of the Soviet Union without war. May God protect Ukraine and her people from further harm. May God's gift of human dignity be honoured and protected.

**Be informed.** Know the facts and fight falsehood in a public debate being warped by Russian disinformation. Inform others. The world cannot look away; you should not look away. Seek and share the truth, which gives authentic freedom and wisdom.

**Support.** There is a huge humanitarian crisis in Ukraine. People near the frontline often lack the basics – clean water, fuel, food, clothes, medicine. Heal the wounds. Help the victims of this senseless invasion.

*Give ear to my prayer, O God;  
And hide not thyself from my supplication...  
I am distraught by the noise of the enemy,  
Because of the oppression of the wicked...  
But I will trust in thee. (Ps. 55, 1,2-3; 23)*

IN CHRIST OUR REDEEMER,



✙ MYKOŁA BYCHOK, CSsR  
BISHOP OF THE EPARCHY  
OF SAINTS PETER AND PAUL OF MELBOURNE

**For Clergy (1<sup>st</sup> Collection):**

BSB: 062815

Account Number: 00328161

Account Name: CDF 5264

Reference: *Your Surname and Parish***For Planned Giving (2<sup>nd</sup> Collection Boolaroo):**

BSB: 062815

Account Number: 00328161

Account Name: CDF 5263

Reference: *Your Surname and #envelop number.***For Planned Giving  
(2<sup>nd</sup> Collection Booragul):**

BSB: 062815

Account Number: 00328161

Account Name: CDF 48

Reference: *Your Surname and #envelop number.***Ongoing Parish Financial Support Options***You might consider one of the following***Ongoing monthly direct debit for Planned Giving**

To change your planned giving to monthly direct debit on an ongoing basis, please complete the enclosed CDF Direct Debit Request Form and return it to the Parish Office in Warners Bay or post box: PO Box 14, Boolaroo 2284.

**One off payments**

Please use the following link for one-off payments to the parish for the 1<sup>st</sup> collection which supports the clergy or for the planned giving 2<sup>nd</sup> collection which is the parish.

[www.mn.catholic.org.au/about/parish-payments](http://www.mn.catholic.org.au/about/parish-payments)

the webform will allow you to specify the type of payments ('Parish Payment'), your parish (Boolaroo, Warners Bay or Booragul) and notes identify the payment (1<sup>st</sup> or 2<sup>nd</sup> Collection for example.)

If you cannot access the above link, you can make a one off payment through a bank transfer, using the following direct debit details:

**Tap N Go Machine**

The Commonwealth Bank has offered a credit/debit card machine for the front of the church to make payment to the second collection easier.

It can also make it easier for you to pay any of the churches accounts during the week should you choose to.

**LATEST NEWS FROM OUR  
SAFEGUARDING PROMOTERS**

The Promoters of Safeguarding continue to endorse a culture of safeguarding within the Parish. To this end, your attention is drawn to advice on **what to do if you become Covid-positive.**

Professor Michael Kidd (Australia's Deputy Chief Medical Officer) writes (Daily Telegraph Fri 14Jan22 p.19) that most people who test positive to Covid-19 will have no symptoms, or only mild symptoms such as a headache, sore throat, dry cough, runny nose and/or aches and pains. These are symptoms you can manage yourself at home and usually pass after a few days. It is important to remember that people who display symptoms may be suffering from a common cold, flu, allergies or other respiratory illness rather than COVID-19.

If you have a fever above 37.5°C, vomiting, diarrhoea, breathlessness, a persistent cough, are feeling abnormally tired or struggling to get out of bed, you have moderate symptoms of Covid-19. If so, you should seek medical advice from your GP or *National Coronavirus Help Line* (1800 020 080). This *Help Line* provides guidance about managing symptoms, vaccinations, or current restrictions.

If, however, you become seriously unwell, especially with regard to breathing difficulty, have chest pain or feel faint, you should call triple-0 for an ambulance. Inform the operator and the ambulance officers on their arrival that you are Covid positive.

Prof Kidd reminded readers that a Covid-19 booster, following the initial double vaccination, reduces transmission. He also recommends that preparedness for a period of isolation includes already having adequate household supplies as you should not enter shops or pharmacies if you test positive for Covid-19. Such supplies include pain relievers (e.g. paracetamol), as well as cough medicine and throat lozenges to relieve the scratchy throat which is a common symptom of infection. Supplies should also comprise masks, sanitiser and rapid antigen test (RAT) kits. Maintaining fluid is critically important for Covid-19 recovery so your preparation should include hydration salts (check with your pharmacy). This will assist if you suffer from nausea, vomiting or diarrhoea.

People 70 years of age and older, those 65 years and older with chronic medical conditions, people with weakened immune systems and Aboriginal and Torres Strait Islander peoples 50 years and older with a chronic medical condition are strongly advised — for your own protection — to continue to stay at home and avoid contact with others. Wherever possible, you should ask family, friends, neighbours or community members to shop for groceries or collect medicines for you. If you leave home to exercise, try and stay at least 1.5 metres away from others.

Additional excellent advice for older Australians is available at: <https://www.healthdirect.gov.au/coronavirus-covid-19-information-for-older-australians-faqs>

## LATEST NEWS FROM OUR PARISH SAFEGUARDING PROMOTERS

The Parish safeguarding promoters have started meeting for this year. The following are the tentative dates for our meetings, if you would like to be involved, please email Fr Greg or Maryanne we would love to see new faces.

**Meeting dates:** 10 Feb, 3 Mar, 24 Mar, 14 Apr, 5 May, 26 May, 16 Jun, 7 Jul, 28 Jul, 18 Aug, 8 Sep, 29 Sep, 20 Oct, 10 Nov, 1 Dec, 22 Dec.

A new school year is upon us and there is still understandable concern in regard to COVID in our community. Our children have had two years of interrupted and online schooling, it is not difficult to imagine that some of our children (and parents) may be feeling anxious. Anxiety is a part of life and how it is managed depends on our personalities and the reactions of those around us. When does anxiety become a problem – when it affects our ability to carry out daily activities. In children this could be school refusal or not engaging to normal activities. Headspace has listed the following information concerning anxiety.

### Physical symptoms of anxiety can include:

- a racing heart
- faster breathing
- feeling tense or having aches (especially neck, shoulders and back)
- sweating or feeling dizzy
- shaking
- ‘butterflies’ or feeling sick in the stomach.

### Other signs of anxiety can include:

These signs are often seen in children more than the physical signs.

- persistent worrying and excessive fears
- being unable to control the worries
- being unable to relax
- avoiding challenging situations
- being socially isolated or withdrawn
- having trouble concentrating and paying attention
- feeling annoyed, irritated or restless
- poor sleep
- problems with work, social or family life
- panic attacks.

### What are panic attacks?

Panic attacks are sudden rushes of intense anxiety or fear together with frightening thoughts and physical feelings.

During a panic attack, a person may suddenly be overcome by strong fear and physical symptoms of anxiety, like a pounding heart, sweating, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are usually short (about 10 minutes) and often

feel overwhelming. Someone experiencing a panic attack might feel like they’re having a heart attack or an asthma attack or feel like they’re losing control.

### What can I do?

If you are concerned about a young person;

#### 1. Let them know your concerns

If you think your young person may be experiencing anxiety, it’s important to let them know you’re there for them and available for them to talk with you when they’re ready. Be honest about why you’re worried and let them know you care for them. If they aren’t ready to talk, let them know you’d like to check in with again soon. Reassure the young person they are not alone and let them know professional help is also available.

#### 2. Listen to them

Take the time to listen to them and to understand what’s going on for them. Check that you have heard and understood them by saying (in your own words) what you understand about their experience. ***Avoid telling them to ‘just relax’ or ‘calm down’ – it’s not that easy.***

#### 3. Be curious

Ask your young person about what has worked for them; what they have done to manage the anxiety or when they have noticed the anxiety has been less present for them. This builds their capacity to use skills and strategies that are effective.

#### 4. Offer support

Gently support and encourage them to face the situations or objects that make them feel anxious in their own time. Avoidance can make the anxiety worse because the young person never has an opportunity to learn that what they are afraid of may not happen or be as bad as they think. Encourage them to try some of the strategies in this article on managing anxiety.

#### 5. Model healthy ways of managing your own anxiety

You can model healthy ways of managing your own anxiety and share these with your young person, as appropriate.

#### 6. Stay connected to your empathy

Sometimes there can be frustration or impatience with a loved one who is not bouncing back as quickly as hoped. Reminding yourself that this is difficult for the young person and having empathy for them will enhance connection with your young person.

#### 7. Learn more

Learning more about anxiety will help you to understanding what your young person is going through and how you can support them.”

[https://headspace.org.au/explore-topics/supporting-a-young-person/anxiety/?gclid=CjoKCQiAoY-PBhCNARIsABcz773vIQCSE6rLJJGoBRwMYToKwZqYQHfhtciW3\\_CJdojDVOKd62G\\_gDoaAuGDEALw\\_wcB&gclsrc=aw.ds](https://headspace.org.au/explore-topics/supporting-a-young-person/anxiety/?gclid=CjoKCQiAoY-PBhCNARIsABcz773vIQCSE6rLJJGoBRwMYToKwZqYQHfhtciW3_CJdojDVOKd62G_gDoaAuGDEALw_wcB&gclsrc=aw.ds)





**S**t Agatha has been honoured since ancient times, although very little is known about her other than legend. Early tradition describes her as a young, wealthy virgin who was devoted to Christ. During times when Christians were persecuted, she refused the advances of the consul Quintinian, who threatened to have her charged. Agatha held firm to her beliefs and was subsequently tortured and martyred. In the early church, St Agatha was invoked against fire, particularly the volcanic eruptions of Mt Etna. She is also a patron against breast cancer.



# Wordsearch

Try to find these words:

cut	found	manure
dig	gardener	master
down	growing	vineyard
figs	leave	year

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

When Jesus began teaching at the Jewish meeting places, people started talking about Jesus and were amazed at the wonderful things he said. Complete the sentences of things that Jesus said during his ministry.

Thy \_\_\_\_\_ come, thy \_\_\_\_\_ be \_\_\_\_\_.

A good \_\_\_\_\_ cannot produce bad \_\_\_\_\_.

I am the \_\_\_\_\_ of life, he who \_\_\_\_\_ to \_\_\_\_\_ shall not \_\_\_\_\_.

Blessed are the meek, \_\_\_\_\_ inherit the \_\_\_\_\_.

I am the light \_\_\_\_\_.





### BAPTISMS

Celebrated most Sundays.  
Contact the Parish Office

### MARRIAGE

Celebrated by arrangement with at least 3 months notice. Contact the Parish Office

### SACRAMENTAL PROCESS

Contact the Parish Office

### CATHOLIC CARE

Phone: 02 4979 1120 for services provided in Newcastle



### PARISH TEAM

**Fr Greg Barker** - Parish Priest  
[gregory.barker@mn.catholic.org.au](mailto:gregory.barker@mn.catholic.org.au)

### Emergencies

PH: 0417321209

**Maryanne Barry** - Parish Secretary  
[parish.boolaroo@mn.catholic.org.au](mailto:parish.boolaroo@mn.catholic.org.au)

**Fr James Odoh** - Assistant Priest  
[James.odoh@mn.catholic.org.au](mailto:James.odoh@mn.catholic.org.au)

### Office Hours:

Mon - Fri 9.00am - 3.00pm  
Phone: 02 4947 3301

### Website:

[www.boolaroocatholicchurch.com](http://www.boolaroocatholicchurch.com)



## PARISH GROUPS

### Real Women

Sue Campbell 0417 091 255

### Ladies Day

June Fava 02 4946 8415  
Gwen Tompsett 02 4956 9596

### Finance Committee

Meetings TBA, Meeting Room,  
Warners Bay

### Parish Council

Meetings TBA, Meeting Room,  
Warners Bay

### Promotion of Safeguarding

Contact Joy, Kath or Peta  
Via the office

### St Vincent de Paul

Meetings Wednesdays fortnightly,  
Meeting Room, Warners Bay  
**Membership enquiries to:**  
Peter Deed 0419106519



**St Vincent de Paul Society**  
*good works*

Don't miss out on anything in your Diocese! Go to **mnnews.today** to view the events calendar, see photos and read stories about what is happening locally.



### RECONCILIATION

5:00-5:15pm Saturday  
Our Lady Help of Christians Church

### RITE OF CHRISTIAN INITIATION OF ADULTS

(RCIA) Parish Office 02 4947 3301

### CATHOLIC SCHOOLS



### St Mary's Primary School K-6

2 Bayview Street, Warners Bay

Ph: 02 4948 8770

E: [admin@warnersbay.catholic.edu.au](mailto:admin@warnersbay.catholic.edu.au)

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

**Principal:** Liz Starling

### St Paul's Catholic College 7-12

70 Primrose Street, Booragul

P: 02 4958 6711

E: [admin@booragul.catholic.edu.au](mailto:admin@booragul.catholic.edu.au)

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

**Principal:** Nick Wickham

### St Mary's Catholic College 7-12

47-49 Pacific Highway, Gateshead

P: 02 4944 4800

E: [admin@gatesheadsm.catholic.edu.au](mailto:admin@gatesheadsm.catholic.edu.au)

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

**Principal:** Larry Keating

Unless otherwise stated, the advertisements placed in the Lakeside Bulletin are placed by independent third parties who have no legal relationship with the Diocese. The activities or services of the advertisers are not supervised or controlled in any way by the Diocese. The Diocese is not in a position to endorse the advertisers or the services provided and makes no representation about those matters. Accordingly, the Diocese cannot accept any responsibility for the advertisers or the activities or services that are the subject of these advertisements.