



*The Almighty works marvels for me. Holy his name!*



## Welcome to the Catholic Parishes of St Mary's Mudgee, St John the Baptist Gulgong, St Dominic's Kandos/ St Malachy's Rylstone.



We acknowledge the traditional custodians of the land on which we live, work and pray.  
We walk on Wiradjuri country. May we continue to love and respect the land as they have.



## Twenty Second Sunday in Ordinary Time - Year B 29th August 2021



### 40th Anniversary of Ordination Fr Owen Gibbons

Congratulations to Fr Owen, who was Ordained into Priesthood 40 years ago this Sunday, 29th August.

Over the years, Fr Owen has worked around our Diocese, in Lithgow, Dubbo, Oberon, Cowra, Bathurst and currently as the Parish Priest of Mudgee Gulgong, Kandos / Rylstone and Administrator of Dunedoo /Coolah.

It is hoped that when these current restrictions are lifted we will be able to celebrate this milestone with Fr Owen.

In the meantime, we thank Fr Owen for his 40 years of devoted and caring ministry to our Diocese and Parishes.

May God continue to bless Fr Owen and all priest in their vocation and grant them many more years.

As we all know that regional NSW will be in lockdown for at least two more weeks. That means Mass with congregations is not permitted. However, I just want to let you all know that Fr. Owen and I are offering Mass every day in our private chapel and pray for you all: our parish community and each individual parishioner.

It is a difficult time that we are grounded by the current lockdown. However, on our journey of faith, a journey to God and with God, we are invited to always discerning and moving forward. One of the ways to keep going on this journey is that you can take the advantage of not being occupied with many other things to spend more time with God in prayer. One of my favourite ways of personal praying is to simply acknowledge that God is present with me, here and now, no matter who I am and where I am, and let him come to me in his quietness, peacefulness, and gentleness. When we realise that we are in God's presence, we are at prayer.

I understand that listening to the news and keep updated is important. However, I wish that you do not get too distracted or discouraged by what you hear every day on media. Everything is temporary. Only our God and his goodness is eternal.

Finally, If you know of anyone who might need to speak to us, or who would like to receive the Sacraments, please do not hesitate call us. We are very happy to visit and offer our pastoral care.

Thank you, and may God bless you all!  
Fr. Dong

### *And the people stayed home.*

*And read books, and listen, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply.*

*Some meditated, some prayed, some dance. Some met their shadows.*

*And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.*

*And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.*

Kitty O'Meara

**Parish Priest**  
Fr Owen Gibbons

**Assistant Priest**  
Fr Dong Van Nguyen

**Parish Deacon**  
Deacon Charles Applin

**Parish Secretaries**  
Mrs Kristie Newman  
Mrs Krista O'Brien

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#### Parish Office Hours

**Mon 10.00am - 4.00pm**

**Tue, Wed, Thur, Fri 9.00am - 4.00pm**

**Closed for Lunch 1.00pm - 2.00pm**

#### **OUR CATHOLIC SCHOOLS**

**St Matthews Catholic School Mudgee:**

**Principal:** Mrs Angela Myles

Ph 02 6372 1742

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

**All Hallows Catholic School Gulgong:**

**Principal:** Mr Bradley Toole

Ph 02 6374 1582

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

**UNTIL FURTHER NOTICE.  
THE FOLLOWING RESTRICTIONS APPLY...**

To minimise movement and protect regional communities ALL of Regional NSW is in lockdown.

Unfortunately, this means that our Churches and Parish Office are closed. Fr Owen, Fr Dong and staff are still working. We will Livestream the Mass on Sunday at 10am via Facebook and Word and Faith Groups are now online. If you are isolating and need help to get groceries or medication, or you just need someone to talk to, please give us a call at the Parish Office.

**Word&Faith@home**

Do you want to connect with people from all over the diocese? Do you want to know what the first reading has to do with the Gospel? Do you want to hear the Sunday readings before Mass and hear from Bishop Michael?

You are invited to join in Word&Faith@home sessions for the next four weeks.

Pick a time that suits you, grab your device and join in.

Tuesday 7:30pm or Thursday 12 Noon or Friday 9:00am

<https://bthcatholic.zoom.us/j/4582615130>

Sunday 9:00am Blayney parish

<https://bthcatholic.zoom.us/j/4582615130>

Sunday 5:00pm Contact Mudgee parish

<https://us02web.zoom.us/j/77994088826>

**Masses and prayers requested for the following:**

**For the recently deceased...** Harry Lamerton

**We remember the anniversaries of:** Maria Boltersten, Vonnie Gilders, Anne Young, Nell Goodman, Meg Cumberland,

Tony Blazevic, Kevin Robinson, Margaret Neville, Anthony Innes and Bob Prowse.

**We also pray for:**

Fr Petar Mak OFM, Phyllis Neubeck (Portland), Neil Brodie, Roberto Oracoy (Philippines), Eileen Horan nee Milton (Bathurst)

**Our thoughts and prayers are with those who are sick at this time:**

Robert Simpson, Dyanna Thommeny, Jennifer Ryan (Bathurst), Fr Vincent Doherty CSsR, Ivan Brec, Peter Morris (Lapstone), Anna Blazevic, Sue Kearins, Suzana Marakovic, John Graham, John Cross, John Vros, Enid Auld, Julie Collins,

Tomislav Glavacevic, Mike O’Shea, Maria Leotta,

Debbie Solti, Carmel Thompson, John Carney (Rooty Hill), Vicky Gaffney, Cherylanne Adamson, Rodrigo Jaboneta, Rebecca Fletcher, Eliza and Elena Vasilis, Anthony Spina, Elizabeth Donnelly, Ursula Smieszek, Jasmine Prada, Mary Cannon and all those in our Nursing Homes.

**REFLECTION by Greg Sunter**



No matter how good the intention, sometimes misguided principles can lead to false action. This is what Jesus chastised the Pharisees about. The traditions that had been established through the Pharisees and the Lawyers were certainly based on the Law as stated in the Torah. However, the practices that had been established to try to help people honour the Torah had effectively replaced the Law. In order to maintain spiritual cleanliness, a tradition of physical cleanliness had emerged – particularly around interaction with Gentiles and around eating. However, the purpose of the tradition had become lost. The need for physical cleanliness had replaced the maintenance of spiritual cleanliness.

The Pharisees observe some of the disciples eating without properly washing their hands and challenge Jesus about it. They are upholding the tradition that has effectively become the Law. Jesus reminds them – somewhat forcefully – that these external practices are not the Law; rather the Law is observed internally. Jesus goes so far as to call the Pharisees hypocrites. It is a criticism of them that the gospel writers attribute to Jesus quite frequently. For Jesus, hypocrisy was one of the greatest failings. Because Jesus placed such a high price on integrity of word and action he could not abide those who proclaimed to be just, pious or forgiving and yet acted in ways that were contrary to these claims. His chastisement of the Pharisees – calling them hypocrites – was a challenge to their observation of external practices and rituals instead of seeking to understand the Torah as a call to a change of heart. Jesus points out that no amount of ritual cleansing will make a person clean within. Similarly, evil and uncleanness come from within a person – one doesn’t ‘catch it’ from contact with strangers.

**What is something new with you this lockdown?**

Do you have photo or a short video of something has inspired you or made you laugh during this lockdown. Please share it with us so we all laugh and be inspired.



**Lockdown Joke...**

My husband purchased a world map and then gave me a dart and said, “Throw this and wherever it lands – that’s where I’m taking you when this pandemic ends.” Turns out, we’re spending two weeks behind the fridge!



**Pope’s Universal Prayer for August  
The Church**

Let us pray for the Church, that she may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

**READINGS FOR NEXT SUNDAY: TWENTY-THIRD SUNDAY IN ORDINARY TIME**

*Is 35:4-7*

*Ps 145:7-10. R. v.1*

*Jas 2:1-5*

*Mk 7:31-37*

## COVID-19 Some Useful Tips

*There is a lot of advice and information available at the moment for everyone, regarding measures we can take to protect ourselves from the COVID-19 Virus, and stay well during this time of significant change to our lifestyle. Here is a list of things that we at Centacare think would be of benefit to you. Please remember that this is by no means an exhaustive list.*

### Prayer and Faith

**Prayer and spirituality** - practice spirituality. If prayer strengthens you, please pray. Practice meditation and mindfulness. Take time to keep a routine, be it reading Scripture, praying, being part of an online Mass. Praying as a household is also important, maybe a time of Word and Faith or saying the Rosary. Connect@home is also an option to receive reflections and the daily readings. Sign up [Here](#).

**Gratitude** - reflect on aspects of life for which you are grateful. Especially reflect on those emergency service and health care workers on the front line, trying to heal the sick and minimise suffering under extraordinary and unprecedented conditions. We live in one of the best countries in the world, with a first class health care system. We don't have bombs exploding all over the place or gunfire. We have food to eat, a roof over our heads. We are safe.

### Stay Positive

**Keep informed** - identify and access a reliable source of information such as official government media sources. Avoid media that is sensationalising or scaremongering, as this is not helpful. Protect children from exposure to inappropriate information. Check for regular updates from the Department of Health and Government announcements.

**Limit media exposure** - while it is important to stay informed, ten minutes or so each morning and night watching news is enough. Too much 'information' can be confusing and feed our anxiety. Don't bring the rest of the world and everything that is wrong with it into your living room. Our home is our place of safety. The rest of the world by and large is outside our circle of influence.

**Do the things you enjoy** - Take your mind off your worries by making sure you allow plenty of time for enjoyable activities. This could include listening to music, reading, gardening, spending time connecting with family and friends online, making your friends care packages and writing letters. Try doing something creative or learning a new craft. Starting a project, like making a gift for a friend, can provide a goal to work towards and give you a great sense of achievement when complete.

### Maintain Routines

**Boundaries** - if you are working from home, maintain physical, temporal and psychological boundaries between home and work activities. Set up a work-space separate to the rest of your home. Maintain a work schedule. If you are living with others, respect their space and needs.

**Maintain routines** - during the week, including sleep. Maintain hygiene routines and change out of your pyjamas each day.

**Make the best of the situation** - take advantage of this opportunity to spend more time with loved ones with whom you are living. Share activities and play games with children. Be creative and learn new skills like cooking, drawing, etc.

### Avoid

**Avoid making major life changes** - You may not be consciously aware but there is the underlying level of stress and anxiety, both directly and indirectly, related to COVID. This means our threshold for stress is already compromised. So it is better to avoid or delay major life change decisions now. It is possible that we wouldn't be making the same decisions that we make now, had it not been for COVID.

**Avoid unhealthy coping behaviours** - when anxious or bored, it is easy to fall into unhealthy habits. Limit the use of substances such as alcohol, tobacco and recreational drugs. Avoid rumination and worry by distracting yourself with enjoyable activities. Maintain regular mealtimes and avoid snacking and overeating. Instead, eat healthy meals, stay hydrated, and exercise your body and brain. There is a lot of baking going on during lockdown!

**Resolve personal conflicts** - Stress in personal relationships can be a major contributor to anxiety and depression. It is likely that issues in your personal relationships, which may have been there all the time, are put under the microscope at the moment, making them worse than they ever were. Be mindful of the frustrations you carry because you haven't been able to do the things you had planned to do such as holidays, visiting extended family and friends etc. Even if you are absolutely in love with each other, you still need space and time to be individuals. If this doesn't happen, the pressure on the relationship can be too much. This goes for parent-child relationships as well, not just husband and wife. Learning how to communicate honestly with people, and address problems or conflicts as they arise, is important. You might need external help to do this. Centacare can offer this.

### What to continue

**Stay in touch with your emotions** - recognise negative emotions like fear, anxiety, anger and blame. Accept them as a normal reaction to an abnormal situation. Use them to drive positive behaviours. Understand that others are also experiencing mixed emotions.

**Your children are watching you** - you will have to model for them. They will pick up how you are feeling and how you behave. So be good role models. Make sure to share positive stories, have fun with them and play games, anything that will get a laugh out of them.

**Manage your thinking** - imagine two concentric circles. The outer circle is your area of 'if only', things which are outside of your control. The more time you spend there, the larger it gets and you might end up feeling hopeless and helpless. The inner circle is your circle of influence, the 'I can' circle. This is your core. The more you focus on this, the stronger you become mentally. This is your empowering circle.

**Stay connected and other-centred** - the more you can focus on others and take care of their needs, exercise compassion, the better it is for you and for them. Stay connected with people. Give them your time and attention. Provide practical help if you can. Just ring them and see what happens. Even better, use video linking through technology like Facetime, WhatsApp, Google hangout, Zoom, Skype etc. However, this should not be at the expense of disconnecting from those who are physically with you. Please remember physical distancing does not have to mean social disconnection.

**Take one day at a time...**



**Readings for Twenty Second Sunday  
in Ordinary Time**

**First Reading: [Dt 4:1-2. 6-8](#)**

*You may add nothing to the word which I speak to you – keep the commands of the Lord.*

Moses said to the people:

‘Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, “No other people is as wise and prudent as this great nation.” And indeed, what great nation is there that has its gods so near as the Lord our God is to us whenever we call to him? And what great nation is there that has laws and customs to match this whole Law that I put before you today?’

**Responsorial Psalm:**

**[Ps 14:2-5. R. v.1](#)**

**(R.) The just will live in the presence of the Lord.**

1. Lord, who shall dwell on your holy mountain?

He who walks without fault;

he who acts with justice

and speaks the truth from his heart. (R.)

2. He who does no wrong to his brother,

who casts no slur on his neighbour,

who holds the godless in disdain,

but honours those who fear the Lord. (R.)

3. He who keeps his pledge, come what may;

who takes no interest on a loan

and accepts no bribes against the innocent.

Such a man will stand firm for ever. (R.)

**Second Reading: [Jas 1:17-18, 21-22, 27](#)**

*Be doers of the word.*

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoilt religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.

**Gospel Acclamation: [Jas 1:18](#)**

Alleluia, alleluia!

The Father gave us birth by his message of truth, that we might be as the first fruits of his creation.

Alleluia!

**Gospel: [Mk 7:1-8. 14-15. 21-23](#)**

*You forget the commandments of God and hold on to human tradition.*

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, ‘Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?’ He answered, ‘It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

This people honours me only with lip-service, while their hearts are far from me.

The worship they offer me is worthless,

the doctrines they teach are only human regulations.

You put aside the commandment of God to cling to human traditions.’

He called the people to him again and said, ‘Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men’s hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these evil things come from within and make a man unclean.’

**Year of St Joseph**

*“Show yourself a father, and guide us in the path of life”*