



# Welcome to the Catholic Parishes of Lithgow and Portland

We acknowledge the Wiradjuri and Gamilaraay peoples, the Traditional Custodians of the Land and pay respect to the Elders both past and present.



## 24th Sunday in Ordinary Time B

12 September 2021

### Liturgy of the Word

**1st Reading:** **Is 50:5-9**

*The Lord stands with his prophet during opposition.*

**Responsorial Psalm:** **114:1-6. 8-9. R. v.9**

**(R) I will walk in the presence of the Lord, in the land of the living.**

1. I love the Lord for he has heard the cry of my appeal; for he turned his ear to me in the day when I called him. (R.)
2. They surrounded me, the snares of death, with anguish of the tomb; they caught me, sorrow and distress. I called on the Lord's name. O Lord my God, deliver me! (R.)
3. How gracious is the Lord, and just; our God has compassion. The Lord protects the simple hearts; I was helpless so he saved me. (R.)
4. He has kept my soul from death, my eyes from tears and my feet from stumbling. I will walk in the presence of the Lord in the land of the living. (R.)

**Second Reading:** **Jas 2:14-18**

*Faith without action is useless.*

**Gospel Acclamation:** **Gal 6:14**

Alleluia, alleluia!

**My only glory is the cross of our Lord Jesus Christ, which crucifies the world to me and me to the world.**

Alleluia!

**Gospel** **Mk 8:27-35**

*A follower of Christ must take up the cross.*

**Next Week: 25th Sunday in Ordinary Time B:**

**1st** - Wis 2:12, 17-20; **PS** - 53:3-6. 8. R. v.6;

**2nd** - Jas 3:16 - 4:3; **GA** - See 2 Thes 2:14; **Gospel** - Mk 9:30-37

### Gospel

A reading from the holy Gospel according to Mark

You are the Christ ... the Son of Man was destined to suffer much.

Jesus and his disciples left for the villages round Caesarea Philippi. On the way he put this question to his disciples, 'Who do people say I am?' And they told him. 'John the Baptist,' they said, 'others Elijah; others again, one of the prophets.' 'But you,' he asked, 'who do you say I am?' Peter spoke up and said to him, 'You are the Christ.' And he gave them strict orders not to tell anyone about him.

And he began to teach them that the Son of Man was destined to suffer grievously, to be rejected by the elders and the chief priests and the scribes, and to be put to death, and after three days to rise again; and he said all this quite openly. Then, taking him aside, Peter started to remonstrate with him. But, turning and seeing his disciples, he rebuked Peter and said to him, 'Get behind me, Satan! Because the way you think is not God's way but man's.'

He called the people and his disciples to him and said, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it.'



**Mk 8:27-35**

### MASSES ONLINE

- ❖ **St Patrick's, Lithgow**, 10.00 am Sunday 12 September, Mass on Zoom details will be forwarded separately via email to the Parish mailing group, or contact the Presbytery 0263513092
- ❖ **Cathedral (Bathurst)** with the Bishop presiding, on Sunday at 10.00am via Facebook and <https://www.youtube.com/watch?v=SKuGx6oK5mU>
- ❖ **Dubbo Parish** - Mass on Thursday at 5.45pm and Sunday at 9.00am via Facebook
- ❖ **Mudgee Parish** - Mass on Sunday at 10.00am via Facebook
- ❖ **Cowra Parish** will livestream Mass each Sunday at 9.00 am via Facebook
- ❖ **Daily Mass** from Lavender Bay [https://www.youtube.com/channel/UCYRq7AjVimr-hcHFJD\\_HVaQ](https://www.youtube.com/channel/UCYRq7AjVimr-hcHFJD_HVaQ)

#### LITHGOW PARISH

Presbytery Telephone: 6351 3092  
Address: PO Box 229 (69 Lett St)  
Lithgow 2790

**St Patrick's Church, Mort St, Lithgow**  
**St Bernard's Church, Hartley** (by arrangement with NPWS)

**Parish Priest:** Fr Garry McKeown  
pp.lithgow@cdob.org.au

**Seminarian:** Thao Van Nguyen

**P/A:** Sr Anne Houston rsj

**Parish Secretary:** Sandra Ray  
Thurs and Fri (8.30am -4.00pm)  
office.lithgow@cdob.org.au

**Admin Assistant:** Judi Knight

Tues (8.30-2.30) Wed (8.30-4.30)  
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**Schools:**

*St Patrick's School - Yrs K-6*

Tel: 6351 3719 Fax: 6353 1731  
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#### PORTLAND PARISH

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**Churches:**

St Vincent's Portland  
Sacred Heart Wallerawang  
St Matthew's Rydal  
St Mary's Kirkconnell  
St Brendan's Cullen Bullen  
St Jude's Capertee

**Pastoral Council President:**  
Charlie O'Mahony

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#### BATHURST DIOCESE

Web: [www.bathurst.catholic.org.au](http://www.bathurst.catholic.org.au)  
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## HOMILY by Fr Michael Tate

Peter: earthquaked and then upside down

Simon must have felt the earth quake. His Master had just called him: 'Satan'. What had gone wrong?

After all, Peter had been going quite well. He perceived that Jesus was more than just another prophet, another religious leader in the Jewish tradition. In fact he recognised that Jesus was the fulfilment of the hope of that Jewish tradition: the Messiah, the Anointed One, the Christ (in Greek).

But for Peter that word 'Christos' filled his head with all sorts of images of political power and sovereignty. He thought a political revolution was at hand. The Roman occupying army would be expelled and Jesus would rule from Jerusalem as the anointed liberator.

Jesus did not deny that he was the Christ, the Anointed One. But he knew that as he remained true to His mission, the authorities would move against him in deadly fashion.

What was his mission? A mission of embracing those put on the margins of society, the 'untouchables' of his time; the lepers, the prostitutes and the collaborators collecting tax;

his mission of conversing easily with women, and encouraging their discipleship against all the taboos;

his mission to embody and advance the Reign of God.

Our Lord had no illusions. It was Peter who was living in a fantasy world, an imaginary world of easy victory for the kingdom of God.

Jesus had to take the strongest possible stand against Peter's point of view so that Peter would be prepared for the worst. Of course, it didn't work. As we know, Peter denied Jesus three times when the cross eventually loomed as reality.

Can we blame Peter? Here in our Australian democracy, we hardly feel the force of this gospel passage forewarning the followers of Jesus that they could be faced with a cross of persecution.

So we trivialise the meaning of 'taking up the cross' to make it refer to bearing a chronic ailment or putting up with a particularly irritating family member or work colleague: 'the cross I have to bear'.

No, Our Lord is referring to the truly deadly situation where if his followers remain true to *His* way of life so that the dominant powers in society feel threatened, then those powers will try to silence such followers.

It is very telling that the ISIL cult, the most barbaric torturer and

murderer of Christians to emerge in recent times, contemptuously refers to Christianity as 'the religion of the cross'. They have actually perceived that reality. But, of course, not in the perspective and dimension of the resurrection.

There are many examples of Muslim persecution of Christians from Iraq to Nigeria.

Our Lord is saying to his persecuted followers: 'Persevere, don't renounce your allegiance to me. There is a power more dominant than the political power oppressing you. The really dominant power lies in my victory over death and I will give you a share in that victory.'

I know this is easily said from the safety of Australia. But it is our post-Resurrection faith. Even Simon Peter, with the benefit of the Resurrection, eventually understood that Jesus was indeed the Christ, but One whose victory lay through the passage of death on the cross.

Tradition tells us that Peter was crucified upside down at the foot of the Vatican Hill in Rome: no longer 'Satan', but Martyr, co-Founder of the Church in Rome.

Let us pray during this Mass, and where appropriate give our political support, for our fellow Christians wherever they are suppressed and persecuted, forced to bear the true cross in ways barely imaginable to us.

May God give those Christians the victory which was Christ's, victory over the worst those diabolical forces can do, victory over death itself.

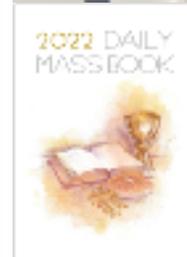
## 2022 Annuals

It is that time again folks! We will be ordering the Annuals in the next few weeks. If you would like a copy of one of the following, please phone (6351 3092, drop a message in the drop box at the Presbytery or email (office.lithgow@cdob.org.au) your order as soon as possible please (payment upon pickup).



### 2022 ORDO - \$15.00 each

A digital version is available at \$12.00 each - order direct through Liturgy Brisbane <https://shop.liturgybrisbane.net.au/collections/>



### 2022 DAILY MASS BOOK - \$24.00 each



### 2022 BREAK OPEN THE WORD - \$24.00 each

## Safe Church Awareness

Here is some information about a Safe Church Awareness Workshop which is happening on the weekend. I'm sharing in case you know of anyone in your parish who needs to complete the workshop and they are available on Saturday.

Our next workshop will be held online on **Saturday 11 September** (this was meant to be a face-to-face workshop in Orange however COVID restrictions mean that we can now offer this training to those outside of Orange).

For more details and to register for the online workshop or to be kept updated about upcoming workshops please click this link <https://forms.gle/4UFxfSLv9YYWorg7>

## Tuesday, 14 September - The Exaltation of the Holy Cross

HOMILY by Richard Leonard

It's said that if we laid out, end-to-end, all the parts of the True Cross found throughout Europe today, the line would stretch from Rome to Jerusalem! Today's feast has its roots in such piety, and is an extraordinary story.

In 326 the Emperor Constantine's mother, Helena, at the grand age of eighty set sail for Jerusalem to find the cross of Jesus and his tomb. To her satisfaction she found the site of the Holy Sepulchre and established a church on the site, which is venerated as such to this day.

The true cross was more elusive. It was claimed that the leaders of the Jews had hidden the cross in a Jerusalem well. One of the Jewish leaders told the Empress Helena in which well to look. The story goes that they dug for days and found three crosses. They weren't sure which one was the true cross, so the Bishop of Jerusalem, the later Saint Macarius, sent the crosses off to the bedside of a dying woman. She touched the first two crosses to no effect, but on touching the third cross she immediately recovered. St Helena had found the True Cross.

The True Cross remained in the Church of the Holy Sepulchre in Jerusalem until the early 7th Century when the entire city was looted by the Persian king, Chosroes II who took the cross back to Persia. In 628 Emperor Heraclius II overthrew the regime in Persia and carried the cross, firstly to Constantinople, his capital city, and then in the spring of 629, to Jerusalem. Today's feast, the Triumph or the Exaltation of the Cross, commemorates this triumphant return of the Holy Cross to Jerusalem.

On the one hand it's a rather ghoulish tradition which pays so much attention to the instrument of torture used to kill Jesus. The only modern equivalent we might have is the pilgrimage people make to the ovens of Auschwitz and Dachau. No one goes there to gloat. These are places at which we remember past evils so that it might never happen again.



In a similar way this is what today's feast calls us to focus on. The triumph of Jesus' cross is that in it, through it, and beyond it, he has shown us how to let go of the evil that can trap us in the most destructive of behaviours, and embrace a life that is loving, just and good. We see in the Cross the price to be paid for living our humanity to the full, for sacrificial and saving love, and for confronting evil head-on. To the degree that we do these things, we share in the Cross as well, and in the final and never-ending triumph of Christ's resurrection.

Whatever jokes might be made about how far the fragments of the True Cross might reach today, the love between Father, Son and Spirit for all people around the world who suffer, reveals the degree to which our God wants us to know his solidarity with our lot.

The Cross stands as the sign that God does not condemn us, nor want us to perish, but that the Son came to us, and suffered, died and was raised so that we might know the way which leads to love and eternal life.

Dear Friends

I was hoping this lockdown would be over by this weekend and we could celebrate Mass together again. But not to be!

I know that many parishioners have availed themselves of watching online liturgies or following our "Zoom Mass" at 10.00 am Sunday from the Presbytery Chapel. This has been an opportunity to pray together and make a "spiritual communion".

There have been a few zoom gatherings with the Word and Faith groups (see below) Monday at 4.30 pm and Friday at 10.00 am. Rosary via zoom is also taking place every Tuesday evening at 7.00 pm (contact Thao [t.nguyen@cdob.org.au](mailto:t.nguyen@cdob.org.au) for connection details).

Thanks to Sandra for the newsletter and reflections. And to Thao for his IT skills - helping us connect with a few people.

Again, if you know of anyone needing a pastoral visit, please contact us at the presbytery on 6351 3092 (and if unanswered, leave a message).

Thanks to all who have been leaving their planned giving envelopes in the Presbytery letter box (which is emptied every day) and some who have contributed to the first collection - we are grateful.

Keep well, safe and sane and keep praying for one another.

### Fr Garry

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Dear friends,

I would like to take this opportunity to express my heartfelt thanks to all of you for your participation in the "Bread Come Down From Heaven" - faith series. It was a very fruitful program that allowed many of us to deepen our appreciation of the Scriptures and the Eucharist.

I have been running the "Word and Faith" online sessions for parishioners of Lithgow and Portland during the lockdown. This program provides us an opportunity to read and reflect on the readings for the following Sunday.

One session is taking place at **4:30 PM on Monday**, hosted by St Patrick's Lithgow, and another one is taking place at **10:00 AM on Friday**, hosted by St Vincent's Portland.

I have always found the Word and Faith very enriching. It not only enables me to contemplate the Sunday readings but also provides me opportunities to learn from the faith journey of others. Therefore, I would like to encourage you all to participate in this faith program.

If you are interested, please contact me via the office or email [t.nguyen@cdob.org.au](mailto:t.nguyen@cdob.org.au). I will send you a Zoom link to access the sessions.

Stay safe and stay connected with each other in prayer.

God Bless,

Deacon Thao

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The Parishes of Lithgow and Portland and the Diocese of Bathurst are committed to the care, wellbeing and protection of children, young people and people at risk in our community. May our message be that child protection and the dignity of every person is the responsibility of every adult.

You can find out more about the Church's work in this area at: [www.catholic.org.au/safeguardingsunday](http://www.catholic.org.au/safeguardingsunday)

# Achieving Calm in Lockdown

## A MENTAL AFFIRMATION TO START THE DAY

I am calm and relaxed in every situation. I decide what thoughts to think, and which thoughts to reject. All worries and anxieties are leaving my mind, making space for calmness and peace. Every breath I take fills me with peace. All unnecessary thoughts are leaving my mind now, letting me experience inner peace. I choose to be kind to myself and others. I will not give up. I fill my mind with positive thoughts.

## MEDITATE

1. Find a time and place that suits you.
2. Find a comfortable position.
3. Bring Your Awareness to the Present.
4. Acknowledge your thoughts.
5. Finish your meditation.

Sample guided meditations:

- ◆ 10 Minute Mindfulness Meditation/Self Soothing [https://www.youtube.com/watch?v=XI\\_B45DpMLU](https://www.youtube.com/watch?v=XI_B45DpMLU)
- ◆ The Mindful Movement - Guided meditation for inner peace and calm - [https://www.youtube.com/watch?v=\\_iGWdUTifIQ](https://www.youtube.com/watch?v=_iGWdUTifIQ)
- ◆ I highly recommend Sue's Yoga - Body Mind Soul Wellness & Yoga Centre in Lithgow run by local Sue Craig, Phone 0418490829, Email [BMSBMSBMSmswellnessyoga@gmail.com](mailto:BMSBMSBMSmswellnessyoga@gmail.com)

## PRAY

Dear Lord,  
I pray for the strength to treat myself and others with love and kindness. I ask that Your Word guide me and Your light fill me with hope. Help me to have faith that You are walking with me as I journey through life. I pray this in Jesus' name,  
Amen

## CORONAVIRUS REFLECTION

The Coronavirus has come as a shock to us, and within a very short time, it has challenged our attitudes and behaviours radically. During these uncertain times, we want to reassure you of our continued prayers for you, your family and our community.

In one sense, life continues as normal - and yet it's not normal at all. Should I take the bus? Can I safely go out for a walk? Should I visit the supermarket? That cough I notice, could it be the virus? What of the children's education? What if I lose my job? Are we going to have a recession? How long will this last? Will we ever get back to real normality again?

Sometimes, the anxiety surrounding the publicity is as contagious as the virus itself, spreading fear and nervousness among the community. In the developed world, in particular, we are in shock. In many ways, we have come to believe that we are in control of our lives, that we have a cure for every disease, that we can fend off all the dangers that threaten our securities.

We have built up solid walls to protect us against every unwanted guest, but now our walls have been breached, and the unwanted guest is here. Our securities no longer seem so secure, something in our world is out of our control, and many don't know where to turn. We hope and pray that the vaccine for this disease, is available to all who need it, rich or poor. But in the meantime, we can reflect on our shock. It's a reminder to us that we are never in total control of our lives, that we can never eliminate every misfortune or heal every illness.

Ultimately, our trust has to be in something more solid than we can ever find here on earth. Ultimately, God alone is our security. '

*God is our refuge and our strength, a helper close at hand in times of distress' (PS 46:1).*

Trust Him.

Source: Sacred Space daily prayer online

## GET SOME EXERCISE EVERY DAY

Go for a walk (take a mask), run, put on your favourite music and dance, get out in the garden, pull some weeds, put in some new fresh plants, play golf, play with the dog, drink plenty of water! Practice mindfulness - savour and enjoy every bite of food and mouthful of drink, do puzzles, colouring, painting, carpentry, fix the car!

**Web:** The bulletin is available to view each week on our Diocesan webpage: <http://www.bathurst.catholic.org.au/?i=220&lithgow>. Scroll down to the very bottom of page! If you would like to be added to or removed from our email mailing list, please email [office.lithgow@cdob.org.au](mailto:office.lithgow@cdob.org.au). If you wish to be removed from our email list, please reply with "REMOVE" in the body of the email.

**Facebook:** St Patrick's, Lithgow - [www.facebook.com/stpatschurchlithgow/](https://www.facebook.com/stpatschurchlithgow/) and St Vincent's Portland - <https://www.facebook.com/stpatschurchlithgow/>.

**~ PLEASE KEEP IN YOUR PRAYERS ~**

**Recently Deceased:** Peter Beveridge, Elaine (Pat) Whyte

**Anniversaries:** Coralie McDonald

**Requests for Remembrance:** Mai Waddell, Mildred, Clyde & Frank Baker; Don Compagnoni; Robert Bradford, Ted Howard; Fitzpatrick & Jabour families; Egan & Collins families; Kathleen Fowler; Howard, Burton & Martyn families; Holy Souls in Purgatory; Mavis Inzitari; Inzitari & Fittler families; Cec Kelly; Austen family; Butta family; Davis & McIntyre families

**Relatives, friends and parishioners who have asked for our prayers:** Bernadette Seckold, Margaret Kelly, Peter Cains, Geoff Jones, Scott Elferson, Heather Dowsett, Joyce Williams, Therese Walsh, Barbara Millis, Marcia Williams, Catherine Grey, Jason Komma, Jan Bennett, Frances de Horne, Special Intention, James McCreanor, Colleen Stack, Chris Ryan, Jenny Pietkowski, Noah Coolidge, Leonie Johnstone, Residents of Three Tree Lodge, Cooina, Tabulam and Tanderra Nursing Homes, current patients at all local hospitals and facilities.

The privacy of all people including sick persons and bereaved families is respected by the Parish. While we are happy to receive and offer a Mass for any intention, appropriate written consent from the person/parties to whom whom the intention is directed (except for the deceased, of course) must be obtained in order for that intention to be published in the Weekly Bulletin, otherwise it will be noted as a "Special Intention".

