

**Please remember in your prayers**

**Recently deceased:** Beverly Stone, Maria Bea Bainca Poticar, Lucia Secula, Maximo Secula, Cardinal George Pell, Pope Emeritus Benedict XVI, Elizabeth Walsh, Michael James Cummins  
**Sick:** Mary Lucock, Patricia Macpherson, Paul Cutmore, John Thomas Mann, Kenneth Harris, Sandy Cross, Natalie Nicholas, Max Paul, Leone Brown, Ned O'Brien, Hillary Goldman, Danial Chisholm, Eileen Ford, Isabella Mauri, Michael Fenton, Peter Kinnear, Darcy Hetheron, Jan O'Brien, Connie de Dassel, Maria Moran, John McCain, Pauline Cahill, Gregory Shield, Georgio Franco, Judy Brooks, Val Browning



**Perpetual Eucharistic Adoration  
Our Lady of Mercy Chapel**

Located at the Curran Centre  
(ramp access available via Parish Office)

“Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Saviour who sets us free from evil. Adoration is homage of the spirit to the “King of Glory,” respectful silence in the presence of the “ever greater” God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications” (CCC 2628)

**Opening hours:**

8:30am - 4pm Monday to Friday  
**Our Chapel will be closed on the AUSTRALIA DAY PUBLIC HOLIDAY  
 Thursday 26 January**

**HELP NEEDED: Vacant hours**  
 Tuesday 9am, 3pm,  
 Wednesday 8:30am, 12noon  
 Thursday 9am, Friday 2pm

Anyone who can help with any vacant hours on either a temporary or permanent basis, please contact Doreena 0481 764 164 or Maurice 0407 934 088

**Digital Donations to our parish**

For those parishioners wishing to make donations to the First or Second Collections or for other Special Purpose Donations, using your mobile phones, you can now do so using this QR Code displayed at the entrance to the Church.



**THIS WEEK IN THE PARISH**

**Mass Times**

<b>Monday 23 January</b>	9am	St Augustine's, Coffs Harbour
<b>Tuesday 24 January</b>	7:30am	St Augustine's, Coffs Harbour
<b>Wednesday 25 January</b>	7:30am	St Augustine's, Coffs Harbour
<b>Thursday 26 January</b>	9:30am	St Francis Xavier, Woolgoolga
<b>Friday 27 January</b>	5:30pm	St Augustine's, Coffs Harbour
<b>Saturday 28 January</b>	9am	St Augustine's, Coffs Harbour
<b>Vigil Saturday 28 January</b>	5:30pm	St Augustine's, Coffs Harbour
<b>Sunday 29 January</b>	9am	St Augustine's, Coffs Harbour
	5:30pm	St Augustine's, Coffs Harbour
	9am	St Francis Xavier, Woolgoolga
	10:30am	St Therese's, Coramba

**Confession Times SATURDAYS, St Augustine's Church, Coffs Harbour**

after 9am Mass (9:30am—10:30am) and before 5:30pm Mass (4:45pm - 5:15pm)

**SUNDAYS, St Francis Xavier Church, Woolgoolga**

before 9am Mass (from 8:30am)  
 Confessions are also available at any time by appointment by calling the Parish Office on 6651 0000

**REMINDERS**

Please note our parish Office will be closed for the Australia Day Public Holiday on Thursday 26 January.



**Novena to Our Lady of Perpetual Help 2pm Wednesdays, St Augustine's Church**

**Rosary - after Saturday 9am Mass, St Augustine's Church**



Wesley LifeForce  
**FREE Suicide Prevention Full Day Workshop,**  
 Coffs Harbour NSW  
 Six hour suicide prevention training  
 Tuesday 31 January 2023  
 9am – 4pm  
**Coffs Coast Community College, The Vault**  
 98 Harbour Drive Coffs Harbour, NSW 2450

LifeForce Suicide Prevention Workshops are designed to teach people how to identify the signs that someone may be at risk of suicide and appropriate action to take. Effective interventions can make a real difference and save lives.

For information contact Wesley LifeForce | 1800 100 024 or Register at the Eventbrite link below:

<https://www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-full-day-workshop-coffs-harbour-nsw-tickets-482670840477>

**From The Carmelite Fathers**



**Introduction to THE INTERIOR CASTLE  
By St Teresa of Avila**

St. Teresa of Avila was a 16th century Spanish mystic, writer, and founder of the Discalced Carmelite Order. She is a prominent figure in the Church known for her deep spiritual writings and her mystical visions. Her famous works include "The Interior Castle," which describes the journey of the soul towards God, and "Way of Perfection," which is a guide to the spiritual life. Her teachings emphasized the importance of personal experience with God, the need for a deep and intimate relationship with Him, and the importance of humility, detachment, and constant prayer. She is the patron saint of Spain and of headaches.

Let us have a look into the teachings of St. Teresa on the interior life, as narrated in "The Interior Castle." The book describes the journey of the soul towards union with God using the metaphor of a castle with seven Mansions (or the dwellings) with many rooms, each representing a different stage of spiritual development.

The book begins with an introduction to the first mansion, which introduces the Soul which is known as the "Purgative Way," which is the initial stage of the purification of the soul on the spiritual journey towards Union with God where the soul begins to detach itself from the distractions and attachments of the world and focus on its relationship with God. Each mansion represents a deeper level of spiritual growth and understanding, leading to the final place that is the "Seventh Mansion," where the soul reaches the ultimate goal of union with God.

Throughout the book, St. Teresa provides guidance and advice on how to navigate the spiritual journey, including the importance of humility, self-knowledge, and self-surrender. She also emphasizes the importance of mental prayer as a means of developing an intimate relationship with God.

The book also includes several accounts of St. Teresa's own mystical experiences, which provide insight into the deeper spiritual realities she describes. Her writing style is simple and direct, which makes the book accessible to a wide range of readers.

"The Interior Castle" is considered as a classic work on Christian mysticism and continues to be widely read and studied by spiritual seekers, theologians, and scholars. It is considered a valuable guide for understanding the spiritual journey and the nature of the soul's relationship with God.

**Covid Awareness:** Communion can be distributed on the tongue. If you are receiving communion on the tongue please come forward at the end of the communion lines.

**St Augustine's Roster**

	28 January	29 January	29 January
	Sat 5.30pm Vigil	Sun 9am	Sun 5.30pm
Co-ordinator	G. McCann & D. Barrett	G. Luchetti & M. Lill	B. Van Ryswyk
Commentator	S. Sercombe	R. Mott	B. Hackett
Reader1	E. Hartley	F. Davis	T. Baker
Reader 2	R. Sercombe	E. Holmes	M. Henry
Extraordinary Minister	J. Plummer	M. Woods & A Pius-Usiubaifo	L. Doherty
Screen Operator	J. Sercombe	R. & A. Mott	R. Durham
Gifts	Vacant	Vacant	S. Garvey
Altar Servers		Joely, Francis & Mikael	
Morning Tea		D. Garcia	
Home Communion	J Foggiano, Duty Priest, A Pius-Usiubaifo, A Robertson		

**PIOUS GOODS SHOP AT ST AUGUSTINES CHURCH**

After over thirty years of involvement with the shop Margaret Lill is retiring from the position of coordinator and manager. The parish thanks her for this absolutely outstanding service over such a long period. Her work has involved making hundreds of Baptism candles, ordering supplies, financial control, maintaining the shop and its roster of volunteers and faithfully serving in the shop all of that time. We pray for God's abundant blessings on Margaret in her retirement.

Susan Hayward has very kindly agreed to step forward and act in similar capacity to that of Margaret Lill. Susan's tenure has already commenced and if there are parishioners who are willing to assist in the shop after weekend masses, and particularly Sunday mornings, please see Susan at the shop or contact her via the parish office.

The time involved is only for about 15 minutes after each mass or when most parishioners have departed after completion of mass. If any volunteers cannot commit to any regular commitment but are willing to be on a reserve list for occasional attendance that would be fine also.

**St John Paul College**

**Uniform Shop trading hours this week**

Monday 23 January - 9 a m - 1 2 n o o n  
 Tuesday 24 January - 9 a m - 1 2 n o o n  
 Wednesday 25 January - 9 a m - 1 2 n o o n  
 Friday 27 January - 9 a m - 1 2 n o o n

Please contact the  
**Catholic Schools Office**  
 for Tuition Fee enquiries:  
 Phone: 6653 1655  
 Email: cofhs-fees@lism.catholic.edu.au

**BAPTISM** For Catholics Baptism is one of three Sacraments of Initiation. The other two being Confirmation and Eucharist. Following on from when Jesus was baptised by St John the Baptist in the River Jordan this ritual has been carried on through the ages in some form or other. The symbols of a Catholic Baptism are water and oil. The water represents the washing away of the original sin passed on by our first parents to those who were born before and after the death and resurrection of Jesus. Thus the Sacrament of Baptism makes us a member of Christ's family and hopefully a light in the world.

Baptism is available to anyone who wishes to become a follower of Jesus. It is available to adults, adolescents, young children and babies and on offer at St Augustine's parish after a short period of instruction. If you or a family member or friend would like to enquire about Baptism in our parish please contact me, Bill Van Ryswyk, Pastoral Associate on 0419 538330.



**ENTRANCE ANTIPHON**

O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.

**READING 1** **Isaiah 8:23 - 9:3**

In days past the Lord humbled the land of Zebulun and the land of Naphtali, but in days to come he will confer glory on the Way of the Sea on the far side of Jordan, province of the nations. The people that walked in darkness has seen a great light; on those who live in a land of deep shadow a light has shone. You have made their gladness greater, you have made their joy increase; they rejoice in your presence as men rejoice at harvest time, as men are happy when they are dividing the spoils. For the yoke that was weighing on him, the bar across his shoulders, the rod of his oppressor – these you break as on the day of Midian.

**RESPONSORIAL PSALM**

**RESPONSE: The Lord is my light and my salvation.**

**Lector:** The Lord is my light and my salvation; whom shall I fear: The Lord is the stronghold of my life: before whom shall I shrink? **R.**

**Lector:** There is one thing I ask of the Lord, for this I long, to live in the house of the Lord, all the days of my life, to savour the sweetness of the Lord, to behold his temple. **R.**

**Lector:** I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord. **R.**

**READING 2** **1 Corinthians 1:10-13,17**

I appeal to you, brothers, for the sake of our Lord Jesus Christ, to make up the differences between you, and instead of disagreeing among yourselves, to be united again in your belief and practice. From what Chloe's people have been telling me, my dear brothers, it is clear that there are serious differences among you. What I mean are all these slogans that you have, like: 'I am for Paul', 'I am for Apollos', 'I am for Cephas', 'I am for Christ.' Has Christ been parcelled out? Was it Paul that was crucified for you? Were you baptised in the name of Paul? For Christ did not send me to baptise, but to preach the Good News, and not to preach that in the terms of philosophy in which the crucifixion of Christ cannot be expressed.

**GOSPEL ACCLAMATION**

Alleluia, alleluia! Jesus proclaimed the Good News of the kingdom and cured all kinds of sickness among the people. Alleluia!

**GOSPEL** **Mt 4:12-23**

Hearing that John had been arrested, Jesus went back

to Galilee, and leaving Nazareth he went and settled in Capernaum, a lakeside town on the borders of Zebulun and Naphtali. In this way the prophecy of Isaiah was to be fulfilled:

*'Land of Zebulun! Land of Naphtali!  
Way of the sea on the far side of Jordan,  
Galilee of the nations!  
The people that lived in darkness has seen a great light;  
on those who dwell in the land and shadow of death  
a light has dawned.'*

From that moment Jesus began his preaching with the message, 'Repent, for the kingdom of heaven is close at hand.' As he was walking by the Sea of Galilee he saw two brothers, Simon, who was called Peter, and his brother Andrew; they were making a cast in the lake with their net, for they were fishermen. And he said to them, 'Follow me and I will make you fishers of men.' And they left their nets at once and followed him. Going on from there he saw another pair of brothers, James son of Zebedee and his brother John; they were in their boat with their father Zebedee, mending their nets, and he called them. At once, leaving the boat and their father, they followed him. He went round the whole of Galilee teaching in their synagogues, proclaiming the Good News of the kingdom and curing all kinds of diseases and sickness among the people.

**COMMUNION ANTIPHON**

Look toward the Lord and be radiant: let your faces not be abashed.

**READINGS THIS WEEK**

**Mon 23 Jan:** Heb9:15, 24-28, Ps 97:1-6, Mk 3:22-30  
**Tues 24 Jan:** Heb10:1-10, Ps39:2,4,7-8,10-11, Mk3:31-35  
**Wed 25 Jan:** Acts22:3-16, Ps116:1-2, Mk16:15-18  
**Thurs 26 Jan:** Is32:15-18, Ps84:9-14, 1Cor12:4-11, Mt5:1-12  
**Fri 27 Jan:** Heb10:32-39, Ps36:3-6, 23-24, 39-40, Mk4:26-34  
**Sat 28 Jan:** Heb11:1-2, 8-19, Lk169-75, Mk4:35-41  
**Sun 29 Jan:** Zeph2:3, 3:12-13, Ps145:7-10, 1Cor1:26-31, Mt5:1-12

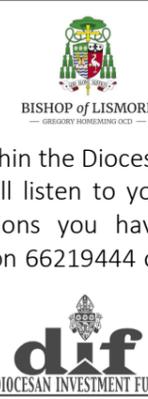
**FROM LISMORE DIOCESE**

**Safeguarding Office**

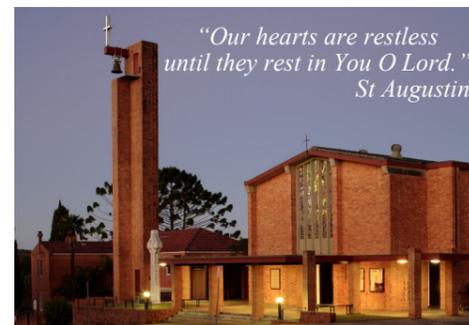
If you or a person close to you has been abused by someone working or ministering within the Diocese of Lismore, we ask you to contact us. We will listen to you respectfully, offer support and discuss options you have available to you. Contact Safeguarding Office on 66219444 or [safeguarding@lismore.catholic.org.au](mailto:safeguarding@lismore.catholic.org.au)

**Diocesan Investment Fund**

This Bulletin is sponsored by the **Diocesan Investment Fund**. Agents: Parish Office & Good Price Pharmacy Warehouse, Bailey Centre. Effective 1 January 2023, the interest rate on investments will be 2.60%. For information call 1800 802 516 or [www.dif.org.au](http://www.dif.org.au)



**St Augustine's Catholic Parish**



**Parish Church:**

**St Augustine's**, Gordon St, Coffs Harbour

**Station Churches:**

**St Francis Xavier**, Scarborough St, Woolgoolga

**St Therese**, Gale St, Coramba

**Administrator:** Fr Joe DSouza OCD

**Assistant Priest:** Fr Joy D'Souza OCD

**Assistant Priest:** Fr Peter Rebello OCD

**Parish Office**

Phone: 6651 0000  
[parish@coffscatholic.com](mailto:parish@coffscatholic.com) (parish enquiries)  
[coffsadmin@coffscatholic.com](mailto:coffsadmin@coffscatholic.com) (administration)

**Parish Business Manager:** John Walker  
[jwalker@coffscatholic.com](mailto:jwalker@coffscatholic.com)

**Pastoral Associate:** Bill van Ryswyk  
[bill.vanryswyk@lism.catholic.edu.au](mailto:bill.vanryswyk@lism.catholic.edu.au)

**Youth & Young Adults Leader:** Amber Scanes  
[ascanes@coffscatholic.com](mailto:ascanes@coffscatholic.com)

Website: [www.coffscatholic.com](http://www.coffscatholic.com)

**Catholic Schools Office**

School fee enquiries: Phone: 6653 1655

 St John Paul College  
 Hogbin Drive, Coffs Harbour  
 Ph: 02 6653 3155  
[www.cofhslism.catholic.edu.au](http://www.cofhslism.catholic.edu.au)

 St Augustine's Primary School  
 Gordon Street, Coffs Harbour  
 Ph: 02 6652 1204  
[www.cofhplism.catholic.edu.au](http://www.cofhplism.catholic.edu.au)

 St Francis Xavier Primary School  
 Queen Street, Woolgoolga  
 Ph: 02 6654 1981  
[www.woolplism.catholic.edu.au](http://www.woolplism.catholic.edu.au)

A warm *welcome* to visitors and parishioners (who are new or returning) to our church. If you would like to receive our Church bulletin via email on Friday afternoons please email: [parish@coffscatholic.com](mailto:parish@coffscatholic.com)

**Welcome**

**Conversion is Renewal Inside Out**

The poem in the first reading may have been composed in 732 BC when the King of Assyria destroyed Israel. According to their custom, the Assyrians took many of the people to the other end of their empire. They resided in the territory of Zebulun and Naphtali, which centuries later would become Galilee. Dispersed among the pagans, they were coming out of sacred history to enter into darkness. The liberation promised to them is presented as a crushing victory of the Lord, inaugurating a reign of peace, related to Immanuel. The people who walk in darkness... The Gospel sees in that people the crowds whom Jesus addresses; A people dominated by every kind of oppressors; A people seeking light without hope.

The Responsorial Psalm invites us to reflect that in the struggles of this life, the believer is not discouraged because she/ he clings to the hope the Lord has in store for him at the end of the conflict. A trust without limits. Though Father and Mother forsake me, yet will the Lord receive me. To such a God the psalmist can say: One thing seek....to dwell in the house of the Lord. All the struggles, trials and temptations will not let us forget the house of the Lord at the end of the road. I will place the victor, like a column in the sanctuary of my God. I will write on him the name of my God and my own new name. (Rev 3:12)

In the second reading, we are told that the first sin of the church is the division among believers. "Agree among yourselves and do away with divisions." - Saint Paul admonishes the Christian communities. Understood when the church is a community sharing the same concerns. It is different when the church gathers together large numbers of people of different backgrounds, who are perhaps opposed to one another in daily life. In this case, too, the Christian community must be united not by ignoring reality and never talking of inequalities, but by recognizing individual and collective faults in daily life. The church can never be a reunion of passive or 'heavenly' people. That would be like getting rid of the cross of Christ. St Paul tells the people of Corinth that all Christian wisdom is contained in the cross. The cross should be present in the message we preach and in the way we preach it.

The Gospel reflects on repentance. With Jesus, conversion means a renewal of life from inside out. The Gospel will tell us that this renewal follows the discovery of God's mercy and is the work of his Spirit within us. God becomes human, Jesus shares the life of the people of his time and like the prophets he teaches by what he says and does. The time has come. Be rid of all that hampers you, of all that prevents you from seeing and believe! Believe that it is He! He alone is able to save you.

This conversion was shown by the abandoning of the nets, which means their families, and work and they began to live with Jesus. Simon, Andrew, James and John. Jesus already knew them: he had met them when John the Baptist was preaching. The first nucleus of disciples is this natural group of lake fishermen of which Peter seemed to be the leader. They were most probably young men, ready to make a commitment at a time and in a culture where people were freer than we are from the constraints of work. They trusted Jesus to guide them.

Conversion is also presented by the image of Light. Every Christian is a bearer of light. Enlightened by Christ and by worthy celebration of the Sacraments, every Christian is duty bound to be the light of Christ in a world enveloped by dark clouds. Light is a powerful symbol. A small flicker of light can cast away a thick and heavy surrounding of darkness. Hence each of us have to be lights, who know and show the way to the brightness of goodness and photosynthesis of human living. Let us conclude with the beautiful poem by Card. John Henry Newman. "Lead kindly light amid the encircling gloom"...