

## PARISH OFFICE

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## MASS TIMES THIS WEEK

Tuesday 22 July - Sunday 27 July

**Tuesday** – 9am Coffs Harbour

**Wednesday** - 9:30am - Woolgoolga

**Thursday** - 9am Coffs Harbour

**Friday** - 9:15am - Coffs Harbour

17<sup>th</sup> Sunday in Ordinary Time, Year C

### Saturday

8:30am Woolgoolga

5:30pm Coffs Harbour

### Sunday

9am Coffs Harbour

5:30pm Coffs Harbour

## CONFESSION TIMES

**Friday** Coffs Harbour 9:45am - 10:15am

### Saturdays

Woolgoolga 8am - 8:20am

Coffs Harbour 4:45pm - 5:15pm



## EUCCHARISTIC ADORATION

Our Lady of Mercy Chapel

Located at the Curran Centre.

Ramp access via the Parish Office

### OPENING HOURS

**Monday - Friday 8:30am-3:30pm**

For information call Maurice 0407934088



Scan for digital donations  
to our parish

## NEWS & EVENTS

Visit our website [www.coffscatholic.com](http://www.coffscatholic.com)

**Confirmation** - our parish Confirmation program recommences this week. High school children 4:30pm Tuesday 22 July and primary school children 4:30pm Wednesday 23 July. Bishop Gregory Homeming will be visiting our parish on 30 & Thursday 31 July. Please pray for all our parish candidates that will be receiving the Sacrament of Confirmation.

**Jubilee Year of Hope** - The Prayer & Worship Night will be held at 7pm this Wednesday 23 July at St Augustine's Church lead by the Couples for Christ.



### Jubilee of Charity – Offertory Invitation

As we joyfully celebrate the *Jubilee of Charity* this month, we warmly invite you to participate in a special act of giving. You are encouraged to bring **non-perishable food items or in-kind donations** to be presented during the **Offertory Procession on Sunday 27th July at 9am Mass**. All contributions will be shared with our **seasonal workers**. **Your generosity will bring hope and assistance to our** Coffs Harbour Community and beyond. Let us come together in the spirit of charity and make a meaningful difference in the lives of others.

**Vinnies Winter Appeal** - Thank you to everyone who supported the recent Vinnies Winter Appeal. The Coffs Harbour Conference raised over \$2,200 and the Woolgoolga Conference raised \$2,000.

**High School Youth Group** will return on Friday 1st August 5-7pm at the Curran Centre.

### THIS WEEK AT THE CURRAN CENTRE

#### TUESDAY

• **Playgroup** - 9am 22 July

• **ABIDE Women's Group** - 7pm 22 July. Join us as we learn about St Philip Neri this week.

**WEDNESDAY - Men's Group** - 8pm 23 July

**THURSDAY - Young Adults** - 5:30pm 24 July



## Welcome St Augustine's Catholic Parish

16th Sunday in Ordinary Time, Year C, 20 July 2025



This weekend we celebrate  
**Our Lady of Mount Carmel.**

To listen to Fr Joy D'Souza's  
Podcast on Devotion to the Holy  
Brown Scapular scan the QR  
Code (right) or visit our website  
[www.coffscatholic.com/podcast](http://www.coffscatholic.com/podcast)

*Our Lady of Mount Carmel  
Pray for us*



To listen to  
Podcast in **Spotify**



To listen to Podcast  
in **Apple Podcasts**

## MASS RESPONSES & READINGS

**ENTRANCE ANTIPHON** See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

### READING 1

1 Kings 18:42b-45a

Elijah climbed to the top of Carmel and bowed down to the earth, putting his face between his knees. 'Now go up,' he told his servant 'and look out to the sea.' He went up and looked. 'There is nothing at all' he said. 'Go back seven times' Elijah said. The seventh time, the servant said, 'Now there is a cloud, small as a man's hand, rising from the sea.' Elijah said, 'Go and say to Ahab, "Harness the chariot and go down before the rain stops you."' And with that the sky grew dark with cloud and storm, and rain fell in torrents.

**RESPONSORIAL PSALM:** The just will live in the presence of the Lord.

### READING 2

Colossians 1:24-28

It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was *a mystery hidden for generations and centuries and has now been revealed to his saints*. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans.

*Continued inside*



**SAFEGUARDING IN THE DIOCESE** The Diocese of Lismore Safeguarding Office can be contacted if you have any Safeguarding concerns. We will listen to you respectfully, offer support, and discuss all options available. Contact the Safeguarding Office Phone: (02) 6621 9444 or [safeguarding@lismore.catholic.org.au](mailto:safeguarding@lismore.catholic.org.au)

The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, *this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.*

**GOSPEL ACCLAMATION:** Alleluia, alleluia! Happy are they who have kept the word with a generous heart and yield a harvest through perseverance. Alleluia!

**GOSPEL** Luke 10:38-42  
Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord’s feet and listened to him speaking. Now Martha who was distracted with all the serving said, ‘Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.’ But the Lord answered: ‘Martha, Martha,’ he said ‘you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.’

**COMMUNION ANTIPHON** The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

**DEVOTIONS IN THE CHURCH**  
**St Augustine’s Church**  
**Rosary & Novena for Our Lady of Perpetual Help** 2:30pm Wednesdays  
**Rosary** - after Thursday Mass  
**Divine Mercy** - after Friday Mass  
**Exposition of Blessed Sacrament:** 8:30am on 1st Sunday of month  
**Rosary** 8:30am Sunday( *excluding 1st Sunday*)

**PLEASE REMEMBER IN YOUR PRAYERS**  
**Recently deceased:** Eris Hackett, Lena Johannesson, Elizabeth Larkin, Anne Wiley, Raymond Soo, Gerry Denney, John Daniel,  
**Anniversary:** Margaret Blaney, Betty Lee, Evelina Giust, Geoffrey Rhodes  
**Sick:** Beryl Heelis, Marie Mezher, John Mann, Peter Heelis, Maureen Mobbs, Rex Dignan, Judy Brooks

COFFS ROSTER	26 July Sat 5:30pm	27 July 9am	27 July Sun 5:30pm
Co-ordinator	G. McCann & D. Barrett	M. Lill	G. McCann
Commentator	N. Dick	M. Rugg	L. Walsh
Reader 1	J. Fernandez	R. Mott	V. Soo
Reader 2	M. Beckett	O. Pius-Usiobaifo	M. Walsh
Extraordinary Minister	J. Sercombe	B. Cleaver/N. Loader/ N. Feltrin	M. Carniato
Screen Operator	A. Singleton	M. Woods	K. Kachel
Gifts	W. & L. Murphy	Balais Family	Vacant
Altar Servers		Peter, Michael, Jeffrey, Hezekiah, Michael, Nathaniel	
Morning Tea		D Garcia	

The Little Flower – A Worthy Daughter of Our Lady of Mt Carmel

On July 16, the Universal Church, and in a special way the Carmelite Order, celebrates the feast of their Queen, Mother, and Patroness – Our Lady of Mount Carmel, commemorating her enduring protection over the Carmelite family and her spiritual motherhood of all who seek her intercession. The Order traces its origins to Christian hermits in the 12th century who gathered on Mt Carmel in Israel, dedicating themselves to a life of prayer. These early Carmelites adopted Mary as their patroness, building a chapel dedicated to her, and calling themselves the “Brothers of the Blessed Virgin Mary of Mount Carmel.” They saw in Mary the perfect model of contemplation and discipleship. Therefore, in honour of Our Lady of Mt Carmel, we reflect today on the essential ideals of the Carmelite Order as embodied by our dearest St Thérèse, a Carmelite nun of the Cloistered Convent of Lisieux. The Rule of Carmel, given by St. Albert of Jerusalem around 1209 to the hermits, outlines the essential ideals of Carmelite life; ideals manifested in the life of the Little Flower in a profound yet simple way.

• The Carmelite Rule calls for unceasing prayer, and Thérèse took this to heart. She wrote: *“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love.”* Her prayer was childlike – a continuous conversation with Jesus. Even in spiritual dryness, she remained faithful to the time of prayer, fulfilling the Carmelite ideal of perseverance in seeking God. • The Rule instructs Carmelites to “remain in their cells, meditating on the Law of the Lord” (Ch. 10). The Little Flower immersed herself in Scripture, for in it she found solace, purpose and direction. The Gospels and the Song of Songs in particular shaped her understanding of divine love. • The early Carmelites sought solitude on Mount Carmel, and the Saint of Lisieux embraced this spirit by choosing the hidden life of a cloistered nun. While still at home and preparing to say goodbye to her sister Pauline who was to enter the cloister, the little saint came to understand that *“Carmel was the desert where God wanted me to go and hide myself.”* In 1888 when she entered the convent for the first time, she said, *“Everything thrilled me: I felt as though I was transported into a desert.”* • Responding to Carmel’s call to a life of poverty, Thérèse not only gave up all material goods when she chose to enter the cloister, but committed herself to the practice of spiritual poverty – detachment from self-will, recognition, and even spiritual consolations. She offered everything to God, including her sufferings, in total surrender. *“I understood that to become a saint one had to suffer much... I cried out: “My God ‘I choose all!’ I don’t want to be a saint by halves, I’m not afraid to suffer for you, I fear only one thing: to keep my own will; so take it, for ‘I choose all!’ that you will!”* • The Carmelite charism commands obedience and hence, Thérèse, despite her strong personality, obeyed her superiors with perfect trust, even when it was difficult. Her kindness in community life fulfilled the Carmelite ideal of charity in action. One recalls the incident of a nun unknowingly splashing her with dirty laundry water. Instead of complaining, this daughter of Carmel accepted it as a chance to grow in patience. • The Rule of Carmel prescribes work to avoid idleness. Thérèse, though physically weak, embraced her duties – whether sewing, cleaning, or caring for the sick – as acts of love. • Thérèse transformed suffering into an apostolate. During her tuberculosis, she offered her pain for missionaries and sinners, saying: *“I will spend my heaven doing good on earth.”* This echoes the Carmelite tradition of redemptive suffering. The Little Flower lived the Carmelite Rule in its purest form, and in doing so, became a worthy daughter of Our Lady of Mt Carmel. Her “Little Way” teaches us that the essence of Carmelite spirituality is in the heart’s total surrender to God. Her example reminds us that holiness is accessible to all. Whether in a monastery or the secular world, we can live the Carmelite spirit by constantly reminding ourselves of God’s loving presence, embracing hidden sacrifices with love, and surrendering to God unreservedly every aspect of our life.

Fr. Noel D’Cunha Ocd (Editor Springs of Living Water)