



# Catholic Parishes Kangaroo Point East Brisbane and Buranda Newsletter



Fourth Sunday in Ordinary Time Year B

28 January 2024

## Mass Times

ST LUKE'S CHURCH  
43 Taylor St, Woolloongabba  
**Friday: 9:00am Mass**  
**Sunday: 8:00am Mass**

ST BENEDICT'S CHURCH  
81 Mowbray Tce, East Brisbane  
**Wednesday: 8:00am Mass**  
**Saturday: 5:00pm Vigil Mass**

ST JOSEPH'S CHURCH  
26-36 Leopard Street,  
Kangaroo Point  
**Sunday: 9:00am Mass**

Reconciliation: *By appointment*

## Your Prayers

We ask you to pray for fellow parishioners:

*Brian Prove, Michael Mulligan, Pauline Burnett, and Jeanette McMahon.*

## Baptisms

Baptisms are held on the **fourth Sunday** following the 9:00am Mass at *St Joseph's Kangaroo Point*. Baptism Preparation is held on the **third Sunday** at *Sts Peter and Paul's Bulimba*

**Please phone the parish office for further details**

We acknowledge the traditional owners and custodians, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationships of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of reconciliation.

## Fr Peter's Message

### *Health of Body and Soul*

With all the uncertainty around the Covid19 epidemic, it's easy for us to fall into panic mode, whereas what is needed at the moment is a clear head and a positive outlook. Because most of us fear what we do not know, we tend to fill in the gaps with the worst case scenario, particularly when it comes to things medical. Having dealt with a few health issues over the past 5 years as well as coping with the questions of which advice I should follow, I have recently become interested in some natural remedies and a little bit of "mind over matter". The common recommendation of less stress and more rest, reminded me of an article I read on the internet, which said that attitudes of forgiveness, optimism, happiness and perseverance can actually lower stress, reduce risk of heart disease, high blood pressure and infection. Equally a steady state of worry, hostility, hopelessness, grief and depression increases the risk of infection, inflammatory conditions, and can slow recovery from sickness. In other words, a positive mind-set is as important to good health as exercise and diet. Easy for me to say, but how do we stay positive when there are so many things to worry about? The following simple suggestions might help tip your mental scales toward the positive side of life and cut down on trips to the doctor.

*Smile:* Smiling is free- but its benefits are priceless. Apparently doing so lowers stress hormones in the brain, and may power up the body's immune system.

*Express Gratitude:* People who express gratitude tend to live longer, healthier lives. Mentally rehearsing or writing a list of daily blessings is a powerful buffer against depression.

*Forgive:* Harboursing anger or grudges increases our blood pressure. An act may not be excusable, but it is forgivable. Forgiving allows you to let the injury go. The healing spirit of forgiveness is a gift that God bestows to all who ask.

*Don't Give Up:* Successful people are not mistake-free, they just refuse to give up. Be inspired by the success of others and learn from criticism. Building a more resilient, wholesome attitude will put the oil of enthusiasm back into the mechanics of everyday life.

*Help Others:* Offer to help someone in some way. It takes less than a few seconds to open a door for someone, but the effects of this kindness last a lot longer for you and for them. Taking your mind off your problems for a while can be a pleasant distraction.

*Pray:* It is now clinically proven that people who pray have a noticeable

These are just a couple of non-medicinal suggestions, which, although they make sense, are sometimes quite hard to administer. It is often just too convenient to take a pill or swallow a potion. As with all ailments, if symptoms persist see your doctor, but sometimes the spiritual remedy may be the best medicine.

Chronic worry, anxiety and fear are the opposite of trust. Trust in God is the most potent weapon against mental and physical problems. "Trust in God at all times, you people; pour out your heart before Him; God is a refuge for us" *Psalms 26: 8*

**Father Peter Dillon PP**



**Kangaroo Point East Brisbane Parish  
St Joseph's and St Benedict's**

P: 0467 775 862

E: [kpoint@bne.catholic.net.au](mailto:kpoint@bne.catholic.net.au)

W: [www.catholicparishebkpt.org.au](http://www.catholicparishebkpt.org.au)



**Buranda Parish  
St Luke's**

P: 0467 775 862

E: [stlukes@bne.catholic.net.au](mailto:stlukes@bne.catholic.net.au)

W: [www.stlukesburanda.com](http://www.stlukesburanda.com)

Administrator: Fr Peter Dillon

# Around our Parishes

## Feast Days

Wed: St John Bosco  
Fri: The Presentation of the Lord

## Parish Lucky Number (KPEB)

The winner of last week's lucky number was: **John Wessel**.

Any parishioners interested in being part of the Lucky Number Draw simply need to speak with Isobel at the foyer of St Benedict's Church at Mass on Saturday evening.

Proceeds of the lucky number draw go to support the St Vincent de Paul and other social needs in the Parish.

**GOOD LUCK!!!**

## A VOCATION VIEW:



Jesus speaks as one having authority. As we follow God's call, we remember the same authority passed down to the Church that she might guide us closer to Christ and help us discern our vocation. Please pray for vocations. Scan the QR code to find out more, or please telephone the vocation office on 1300 133 544 or visit [www.vocationbrisbane.com](http://www.vocationbrisbane.com)  
Follow us on @vocationbrisbane

## POPE FRANCIS' PRAYER INTENTION for January 2024

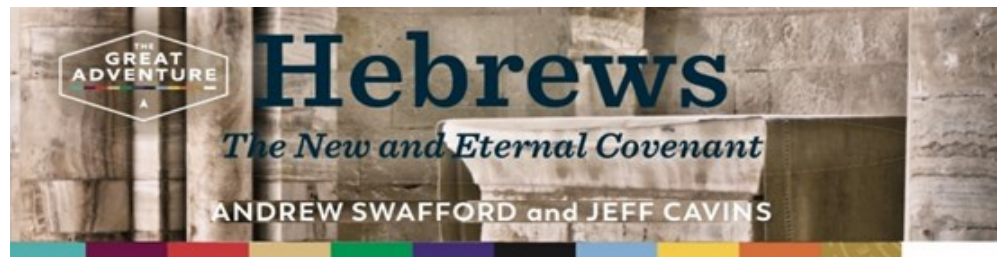
### Prayer for Christian Unity

Let us pray that the Spirit helps us recognise the gift of different charisms within the Christian communities, and to discover the richness of different ritual traditions within the Catholic Church

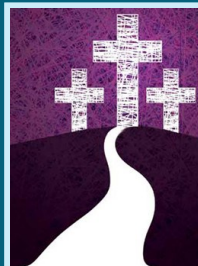
**ITEMS WANTED—OLD or WORN or UNUSED STATUES:** If anyone has old/worn/unused statues, I am happy to collect them. During the floods in Lismore a lot of people lost statues. These will be given to the Carmelite Nuns, Goonellabah, Lismore who will restore/paint them. Contact Annette 0404 247 958.

## What's happening ....

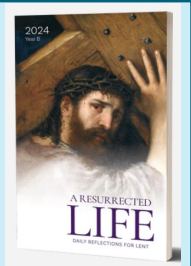
It is with a great sense of relief that we can announce that our parish is now sharing our office administration with the generous Parish of Sts Peters and Paul, Bulimba. Fr. Kevin Smith, the parish priest, along with parish secretaries, Helen Price and Helen Cole, have provide a number of duties to assist with the ever-increasing demands of parish administration. Any other parish requirements will be done by Patricia Prior and Tricia Trebbin, who work out of my city office. This is an ideal solution to the problem of replacing the valuable work done by our recently retired parish manager, Catherine Goldsworthy. Those wishing to make contact with our parish can do so either by calling the local Parish office number (0467 775 862) or Bulimba Parish office (3399 2386), or by emailing the office using the address on the Sunday newsletter.



The BRISBANE EAST DEANERY will begin **Hebrews: The New and Eternal Covenant** – an 8-week study by Dr Andrew Swafford and Jeff Cavins in the **week commencing the 22 JANUARY** with daytime sessions on Wednesdays and Thursdays and evening sessions on Tuesdays and Fridays, ending the week of Friday 22nd March. This study will highlight the critical distinctions between the Old and New Covenants and give participants an appreciation of the riches God has given them in the New Covenant. **Please contact Louise 0456 700 040 as soon as possible for further details.**



The **Lenten Scripture Group** will begin on Tuesday 13 February and will meet every Tuesday of Lent at 7:00pm in St Benedict's Church. We will use the Lenten resource "A Resurrected Life ." This can be purchased for \$6 from the church. Everybody welcome.



**POSITION VACANT Administrator - Holy Spirit Seminary** The role of the Administrator is to provide effective and efficient administrative and secretarial support primarily to the Rector and subsequently all others working at the Seminary. This is a full-time, 38 hours per week, Monday to Friday. The position will be remunerated under the Clerks – Private Sector Award 2020. For information and to apply for the position, please follow the link: <https://brisbanecatholic.org.au/careers/?ja-job=832702>

**ST STEPHEN CATHEDRAL** - Evening of Music and Reflection to launch the **MASS OF THE ASCENSION**. 6pm Wednesday 8 May 2024. This evening brings together a new composition of the Eucharist, other songs and pieces of music which seek to do just this: to name God in song in ways that help us to pray; to voice God in ways the generations of the future might resonate with. For more information contact [xaviercentre@acu.edu.au](mailto:xaviercentre@acu.edu.au)

# The Order of the Mass

## GLORIA (when spoken)

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory, Lord God,  
heavenly King, O God, almighty Father. Lord Jesus  
Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father.  
**Amen.**

## FIRST READING:

**Deuteronomy 18:15-20**

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."

## RESPONSORIAL PSALM:

Psalm 94:1-2, 6-9

(R.) If today, you hear his voice,  
harden not your hearts.



## SECOND READING: 1 Corinthians 7:32-35

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

## GOSPEL: Mark 1:21-28

*This is a new kind of teaching that speaks with authority.*

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

## APOSTLES CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
(At the words that follow, up to and including 'the Virgin Mary', all bow.)  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day, he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father  
almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting,  
**Amen.**

# Hymns

Buranda Parish

## ENTRANCE

### Seek, O Seek the Lord

*Antiphon:*

Seek, O seek the Lord, while he is near;  
Trust him, speak to him in prayer,  
And he will hear.

God, be with us in our lives,  
Direct us in our calling;  
Break the snares the world contrives,  
Keep us from falling.

Strengthen in our hearts the love  
We owe to one another;  
How can we love God above  
And not our brother?

Tune © 1971 Richard Connolly Published by Willow Publishing Pty Ltd. Text © Estate of James McAuley (through Curtis Brown, Australia) All rights reserved.  
Used with permission ONE LICENCE #A-727377



## GOSPEL ACCLAMATION

Alleluia, Alleluia, Alleluia, Alleluia.  
The people in darkness have seen a great light;  
A radiant dawn shines on those lost in death.  
Alleluia, Alleluia, Alleluia, Alleluia!



## OFFERTORY

*Silent Music*

## COMMUNION

### Companions on the Journey

*Refrain:*

We are companions on the journey,  
Breaking Bread and sharing life;  
And in the love we bear is the hope we share  
For we believe in the love of our God,  
We believe in the love of our God.

No longer strangers to each other,  
No longer strangers in God's House;  
We are fed and we are nourished  
By the strength of those who care,  
By the strength of those who care.

We have been gifted with each other,  
And we are called by the Word of the Lord;  
To act with justice to love tenderly,  
And to walk humbly with our God,  
To walk humbly with our God.

We will seek and we shall find;  
We will knock and the door shall be opened;  
We will ask and it shall be given,  
For we believe in the love of our God,  
We believe in the love of our God.

Text: Based on Micah 6:8 and Matthew 7:7. Text and music (C) 1985, Carey Landry and OCP.  
All rights reserved. All rights reserved. Used with permission. One License #A727377

## RECESSIONAL

### Glory Be to God in Heaven

Glory be to God in heaven,  
Peace to those who love you well;  
On the earth let all your people  
Speak your grace, your wonders tell:  
Lord, we praise you for your glory,  
Mighty Father, heaven's king;  
Hear our joyful adoration  
And accept the thanks we bring.

Only Son of God the Father,  
Lamb who takes our sin away,  
Now with God in triumph seated  
For your mercy, Lord, we pray:  
Jesus Christ, most high and holy,  
Saviour, you are God alone  
In the glory of the Father  
With the Spirit: Three in One!

Contributors: Michael Perry Text: © 1982 The Jubilate Group (Admin Hope Publishing Company)  
All rights reserved. Used with permission ONE LICENCE #A-727377



**Kangaroo Point East Brisbane Parish**  
**St Joseph's and St Benedict's**  
P: 0467 775 862  
E: [kpoint@bne.catholic.net.au](mailto:kpoint@bne.catholic.net.au)  
W: [www.catholicparishebkpt.org.au](http://www.catholicparishebkpt.org.au)



**Buranda Parish**  
**St Luke's**  
P: 0467 775 862  
E: [stlukes@bne.catholic.net.au](mailto:stlukes@bne.catholic.net.au)  
W: [www.stlukesburanda.com](http://www.stlukesburanda.com)

Administrator: Fr Peter Dillon