

# ST JAMES' PARISH

St James Muswellbrook  
St Thomas Aberdeen

We acknowledge the traditional owners who cared for this land for thousands of years and their descendants who have maintained these spiritual connections and traditions.

## PARISH CONTACTS

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PO Box 35, Muswellbrook NSW 2333

Phone: 6543 1167

Office Hours: Tue, Wed and Fri 9.00am – 3.00pm

Safeguarding Promotor: Jane Jacobs

THE 28TH SUNDAY IN ORDINARY TIME – YEAR B

13<sup>th</sup> October 2024

### **Entrance Antiphon** Psalm 129:3-4

If you, O Lord, should mark iniquities,  
Lord, who could stand?  
But with you is found forgiveness,  
O God of Israel.

### **First Reading**

Wisdom 7:7-11

A reading from the book of Wisdom

*In comparison to wisdom, I held riches as nothing.*

I prayed, and understanding was given me;  
I entreated, and the spirit of Wisdom came to me.  
I esteemed her more than sceptres and thrones;  
compared with her, I held riches as nothing.  
I reckoned no priceless stone to be her peer,  
for compared with her, all gold is a pinch of sand,  
and beside her silver ranks as mud.  
I loved her more than health or beauty,  
preferred her to the light,  
since her radiance never sleeps.  
In her company all good things came to me,  
at her hands riches not to be numbered.

### **The Word of the Lord.**

### **Responsorial Psalm**

Ps 89:12-17. R. v.14

(R.) Fill us with your love, O Lord,  
and we will sing for joy!

1. Make us know the shortness of our life  
that we may gain wisdom of heart.  
Lord, relent! Is your anger forever?  
Show pity to your servants. (R.)
2. In the morning, fill us with your love; we shall  
exult and rejoice all our days.  
Give us joy to balance our affliction  
for the years when we knew  
misfortune. (R.)
3. Show forth your work to your  
servants;  
let your glory shine on their children.  
Let the favour of the Lord be upon  
us:  
give success to the work of our  
hands. (R.)



### **Second Reading**

Hebrews 4:12-13

A reading from the letter to the Hebrews

*The word of God discerns the thoughts and intentions of the heart.*

The word of God is something alive and active; it cuts like any double-edged sword but more finely: it can slip through the place where the soul is divided from the spirit, or joints from the marrow; it can judge the secret emotions and thoughts. No created thing can hide from him; everything is uncovered and open to the eyes of the one to whom we must give account of ourselves.

### **The Word of the Lord.**

### **Gospel Acclamation**

Matthew 5:3

Alleluia, alleluia!  
Happy the poor in spirit;  
the kingdom of heaven is theirs!  
Alleluia!

### **Gospel**

Mark 10:17-27

A reading from the holy Gospel according to Mark

*Go and sell whatever you have and come follow me.*

Jesus was setting out on a journey when a man ran up, knelt before him and put this question to him, 'Good master, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.' And he said to him, 'Master, I have kept all these from my earliest days.' Jesus looked steadily at him and loved him, and he said, 'There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.' But his face fell at these words and he went away sad, for he was a man of great wealth.

Jesus looked round and said to his disciples, 'How hard it is for those who have riches to enter the kingdom of God!' The disciples were astounded by

these words, but Jesus insisted, 'My children,' he said to them, 'how hard it is to enter the kingdom of God! It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.' They were more astonished than ever. 'In that case' they said to one another, 'who can be saved?' Jesus gazed at them. 'For men' he said, 'it is impossible, but not for God: because everything is possible for God.'

### The Gospel of the Lord.

#### Communion Antiphon

Cf Psalm 33:11

The rich suffer want and go hungry,  
but those who seek the Lord lack no blessing.

#### Homilette Mk 10 17 30 Rich Man or Riches of God

Fr. Jim Reilly (R.I.P. of Armidale Diocese) tells the story that after hearing today's Gospel of the rich man and the eye of the needle a bloke said to him "I have heard this gospel for years, since I was a kid, and I used to think to myself that only priests and nuns get to heaven". Speaking for himself, all Fr. Reilly could answer was "Poor God!".

What about all those people who battle daily to keep food on the table; those who have to pay grocery bills, council rates, medical expenses, clothing bills; those who make great sacrifices to raise families—surely they can get through the eye of the needle? Of course, Jesus is not talking about what material possessions we have or don't have. He's talking about our attitude. He's basically saying to the young man "Don't tell Me the sins you've avoided, or the temporal good you've done to survive. Tell me the good you have done back to God and neighbour to show that they matter to you for eternal live."

Take the first reading today, the Wisdom Book of Solomon. (I did this with the 156 children in SRE/Chapel at Scone Public School 25/9/24.) King Solomon asks in prayer for (the Confirmation Holy Spirit gift of) the wisdom to understand God's will. He did not pray for a child's trail bike or pony. That rich request is a poor innocence in a child. And God looks on us as His children for we are that in comparison to the Lord. Solomon wants an understanding heart instead of the world's riches. He was given that wisdom for which he became legendary. Every one of us has the potential to share in that wisdom. It is the Holy Spirit to decide and discern eternal virtues, not temporal, worldly ones.

Take the gift of speech: No matter how many millions we have in the bank, not how poor we may be, how often do we fail to show wisdom when we speak ill of others, and how wise are we when we speak well of them?

Take our bodies: Whether we are millionaires or on the dole—if our only desire is to satisfy the hunger of the body (necessary as that is), we are still like the rich young man. We have not separated ourselves from animals, but hoard to self, or with little or nothing, do not look beyond self to doing the virtues which enrich us even in our poverty and say "I have the riches of God's humanity, not the world's". Then you pass through the eye of the needle.

And the heart: If we love only ourselves, like today's 'influencers', (look at moi), then we are like the rich man too. What do we and the world esteem? Self-esteem looks inward with pride in self, rather than esteeming the values that please the Lord. That is a sell-out. Sell everything and in the humility of prayer and worship get in relationship with the Lord in a living way. We are not self-made. We worship our Maker. Allow Him the penetration of the Holy Spirit to re-make us and work out our salvation in that Wisdom with (as St. Paul says) fear and trembling.

#### Parish Updates

##### Keegan/Wood Family Group Outing



##### 21 October 2024: Train trip to Newcastle

Interchange leaving Muswellbrook at 10.09am, arriving Newcastle at 11.46am. **Please ensure you have your OPAL card organised, activated and cashed up.** Pensioners' Excursion Fare \$2.50 covers all public transport. The train departs Newcastle at 4.29 pm, arriving in Muswellbrook at 6.05pm. Perhaps you have a 'rellie' or friend in Newcastle who'd like to meet up with you. We'll travel by Light Rail to **Great Northern Hotel** for lunch. (Phone 4077 3910). **Lunch specials \$16 or select from menu \$25+.** (Confirm details of times of trains nearer the date of the excursion.) **R.S.V.P. to Robyn – 6542 5426 or Margaret – 6543 1238 for Restaurant booking by Friday 18 October.**

##### Cuppa After Communion Service - 13<sup>th</sup> October

Please stay for a cuppa after the Communion Service this Sunday 13<sup>th</sup> October, as we say thank you to Deacon Viane for providing this service in Fr Victors absence.

It would be appreciated if you could bring a small plate to share.

##### Advent Daily Reflection Books

"The Light" Advent and Christmas daily reflection books have arrived and are now available to purchase for \$6 each. (Books are in Church boxes.) Please fill in the table on the envelope and place your money inside before taking your book.

*The parishioners of St James Muswellbrook  
and St Thomas Aberdeen would like to  
sincerely thank Fr Graham for offering  
Sunday Mass and Deacon Viane for offering  
weekend Communion Services while  
Fr Victor has been away.  
We appreciate you taking the time to offer  
these services.*

*Thank You*



## Diocese Updates

### Advent 2024: Awaiting Hope

We are called during this holy time to wait with hope knowing the joys of what is to come with the arrival of Christ. Awaiting Hope is a Diocesan resource that invites all members of the community to gather a circle of people – family, friends, colleagues, ministry teams to reflect mystagogically on the Advent Gospels. This is an opportunity to encounter Christ where we are, to pay attention to what Christ reveals in the scripture and the living tradition of our faith, to share this, to connect it to our life now and to be changed by it.

To access the resource, go to:

<https://www.mn.catholic.org.au/church-mission/catholic-life/liturgy/liturgical-year/advent-christmas-1/>

### Revelation in the Old Testament

The units from the Christian Formation Course are now being offered as short courses.

Over five weeks we will cover:

- The nature of God revealed in the Hebrew Scriptures
  - The cycle of biblical themes: creation, call, covenant, exodus, exile
- The different types of literature found in the Hebrew Scriptures
- The call of the prophet
  - Biblical prayer.

When: Tuesdays, 15th October - 12th November.

Time: 6:00pm-9:00pm

Where: Diocesan Resource Centre

Cost: \$60

REGISTER HERE:

<https://www.eventbrite.com.au/e/christian-formation-course-unit-3-tickets-1003286967327>

### Wisdom of the Heart: Contemplative Workshop Series 2024

This series is designed to energise and strengthen your spiritual journey and will suit both beginners and experienced practitioners of meditation and other disciplines. Workshops are held in a comfortable and peaceful local environment with access to parklands. Saturdays 12 & 19 October, 9 & 16 November from 2pm – 5.30pm

Mercy Centre, 20 Union Street, Tighes Hill

(Newcastle). All 4 workshops in this series: \$250

Waged or \$200 Concession. Individual workshops:

\$75 Waged or \$50 Concession. Workshop Series – [wisdomspiritualityservices.com.au](http://wisdomspiritualityservices.com.au)





## COMMUNION SERVICE LOCATION CHANGES FOR THIS WEEKEND

Saturday 12th October - **NO SERVICE**  
Sunday 13th October - 10am **Convent Chapel**

St Thomas will continue with 7.30am Mass on Sundays.





In the harsh Mongolian winter, where temperatures can dip to minus 40 degrees Celsius, survival is often difficult. In two weeks, we'll share with you the story of Chuluunbaatar, who faces the realities of homelessness on a daily basis. You'll learn how your generous support will help with essential services to people in need like Chuluunbaatar.

**You have the opportunity to partner with this life-giving work, as your prayers and support are crucial in ensuring this program can move forward.**



Freecall: 1800 257 296  
[catholicmission.org.au/mongolia](http://catholicmission.org.au/mongolia)

SCAN ME



**Mass Diary**

<b>MONDAY</b> 14 October	<b>TUESDAY</b> 15 October	<b>WEDNESDAY</b> 16 October	<b>THURSDAY</b> 17 October	<b>FRIDAY</b> 18 October	<b>SATURDAY</b> 19 October	<b>SUNDAY</b> 20 October
	St Teresa of Jesus		St Ignatius of Antioch	St Luke, evangelist		29th Sunday Ordinary Time
<b><u>NO MASS</u></b>				9.00am <b>Mass</b> Convent Chapel	9.00am <b>Mass</b> Convent Chapel  5.30pm <b>Vigil Mass</b> St James School Hall	10.00am <b>Mass</b> St James School Hall Muswellbrook
						8.00am <b>Mass</b> St Thomas Aberdeen

**Minister Roster Sunday 20th October**

<b>3rd Sunday of Month</b>	<b>Readers</b>	<b>Cantors</b>	<b>Musician</b>	<b>Gifts</b>	<b>Counters</b>	<b>Altar Server</b>	<b>Sacristan</b>
<b>5.30pm Saturday Muswellbrook</b>	S. Bernard J. Jacobs	C. Hayes	Sr. Dorothy			Ryan	C. Hayes
<b>7.30am Sunday Aberdeen</b>	K. Mason	M. Edwards	C. Bowen				M. Hamilton
<b>10.00am Sunday Muswellbrook</b>	C. Lumaban T. Furlong	M. Kelly	C. Kelly		Therese & Joel Bristow	Stella Liam Cyrus	<b>Volunteer Needed</b>

**MASS AND PRAYER REQUESTS:**

**We remember and pray for those who are ill at home and in hospital at this time, may they know the healing presence of Christ:** Judy Chlebowicz, Mick Chisolm, Pat Hogan, Helen Tumbers, Anne Rawson, Michael Dolahenty, Jenny Paul, Sebastiammal, Kym Mason, Anne Hugo James McGrath, David Curran, Beate Shanahan, Rochelle Ashman and Benito Bicol.

**Recently Deceased:**

**Anniversary:**

**Baptism:**

**Privacy Laws.** All parishioners are encouraged to pray for the sick. Masses will be offered on request. Due to privacy laws, names of the sick and deceased can only be put in the bulletin with the permission of the immediate family.

*St James and St Thomas - Pray for Us*

**BULLETIN**

Please contact the Parish Office on 6543 1167 if you have any notices for the bulletin, or alternatively email:

[muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au)

The Parish bulletin can be accessed on our website: [muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au).

or on our Facebook page: **Catholic Parish of St James Muswellbrook**

Please email [muswellbrookparish@mn.catholic.org.au](mailto:muswellbrookparish@mn.catholic.org.au) if you would like the bulletin emailed to you each week.

**SAFEGUARDING THE MOST VULNERABLE IN OUR COMMUNITY**

Please visit our 'Safeguarding' page to access a range of safeguarding resources:

[muswellbrookcatholicparish.org.au](http://muswellbrookcatholicparish.org.au)

Have a complaint or wish to provide feedback? Visit: [officeofsafeguarding.org.au/feedback/](http://officeofsafeguarding.org.au/feedback/)

Muswellbrook Parish Promoter of Safeguarding: Jane Jacobs (Contact via the Parish Office).



**“Our mission is to spread the Kingdom by being an alive and informed Community, united as one family in care and consideration for each other in the love of God.”**

## **October is Mental Health Awareness Month.**

World Mental Health Day -  
Thursday 8<sup>th</sup> October 2024

### **So why is looking after our mental health so important?**

In today's fast-paced world, prioritising mental health has become more important than ever. Whether it's the pressures of work, relationships, or the overwhelming amount of information we're exposed to daily, looking after our mental health often takes a back seat.

However, taking care of our mental health is just as important as looking after our physical health. Poor mental health can affect how we function in everyday tasks, strain our personal and professional relationships, and even lead to physical health problems.

Our mental health impacts how we think, feel, and behave, and if we neglect it, this can lead to stress, anxiety, and more serious issues such as depression or burnout. However, if we take the time to support our mental health and look after ourselves, it can boost emotional resilience, help manage stress, and enhance overall quality of life. Sometimes, it can be hard to prioritise our wellbeing over the demands of our jobs, or our children and families. However, giving some attention to our mental health doesn't have to be overwhelming. Small, manageable steps can make a big difference; every little action helps.

Here are ten practical tips to help you get started:

#### **1. Nurture your relationships and connect with others**

Human connection is essential for good mental health; it is what builds us up and keeps us strong. Spending time with friends, family, or trusted colleagues can offer emotional support, reduce feelings of loneliness, and enhance your sense of belonging. If you're feeling stressed or overwhelmed, opening up to someone you trust can help.

#### **2. Practice mindfulness**

Mindfulness helps you stay present and engaged in the moment. This practice can reduce anxiety, stress, and depression by focusing your attention on the "here and now" rather than worrying about the past or future. Regular mindfulness exercises like meditation, deep breathing, or mindful walking can significantly enhance your mental state and help you appreciate the small things.

#### **3. Get active**

Exercise is a natural mood booster due to the release of endorphins – hormones that help reduce stress and anxiety. You don't need to run a marathon; even a 30-minute walk, yoga, or light stretching session can help improve your mental health. Incorporating regular movement into your routine will help you feel better, sleep better, and think more clearly.

#### **4. Limit social media use**

While social media can help us stay connected, excessive use of the platforms can lead to feelings of inadequacy, anxiety, and stress. Setting boundaries is important, such as limiting screen time or having tech-free hours during your day. Be mindful of how social media affects your mood, and take breaks when necessary.

#### **5. Get enough sleep**

Sleep affects our physical and mental health. A lack of sleep can increase irritability and stress and even contribute to mental health issues. Establish a consistent sleep routine by going to bed at the same time each night, avoiding screens before bed, and creating a calm sleep environment. Aim for 7-9 hours of quality sleep each night.

#### **6. Set realistic goals**

Setting small, achievable goals can give you a sense of purpose and accomplishment. Break larger tasks into manageable steps and celebrate your progress along the way. This approach can help prevent feeling overwhelmed and boost your self-confidence. Try to make it realistic to set yourself up for success.

#### **7. Learn to say no**

Establishing healthy boundaries in your personal and professional life is essential for protecting your mental health. Saying yes to everything can lead to exhaustion and burnout. It's okay to say no when you need to or to ask for more time with tasks, allowing yourself time to rest and recharge. Prioritising your own needs helps reduce stress and maintain balance in your life.

#### **8. Take breaks**

Taking regular breaks throughout the day helps reset your mind and reduces stress. Even short breaks—like stepping outside for fresh air, stretching, or doing something you enjoy—can help rejuvenate you mentally and physically. This break can also assist you with your concentration and your focus when you get back to your work or task.





## 9. Practice gratitude

Gratitude helps shift your focus toward the positive aspects of life. Research has shown that regularly practicing gratitude can improve mood, reduce stress, and increase overall life satisfaction. Take a few moments each day to reflect on the things you're grateful for, whether big or small is valuable. Keeping a gratitude journal can help reframe your mindset and build emotional resilience, which is essential for maintaining long-term mental health.

## 10. Seek professional help

Everyone needs support from time to time. Talking to your doctor or one of the many services available can make all the difference. If you are struggling to manage on your own, seeking help from a mental health professional can be incredibly beneficial. Mental health professionals are trained to help you navigate difficult emotions and develop coping strategies to help you manage what you may be going through.


### How do I ask for help?







- Call a local support service and make a counselling appointment to speak with someone about what you are going through (see our table below).
- Make an appointment with your local doctor to discuss your concerns.
- Check whether your workplace has an Employee Assistance Program (EAP) and contact them to speak with a counsellor.
- If you or someone you know need immediate support, call one of the 24/7 national crisis support services and speak to someone about what you are experiencing (see our table below).

Changing habits can be challenging sometimes, but it will be worth it. Your mental health journey is a lifelong process, and it's important to take it one step at a time. By incorporating any of these small, actionable changes into your daily and weekly routine, you can create a strong foundation for a happier and healthier future.

Take the first step today, and remember that support is available when you need it.

# 24/7 Mental Health Services

 **Is it an emergency?** If you or someone you know is at immediate risk of harm, call **triple zero (000)**

<h3>Suicide Call Back Service</h3> <p>Anyone thinking about suicide</p> <p> <a href="https://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a></p> <p> 1300 659 467</p>	<h3>Lifeline</h3> <p>Anyone having a personal crisis</p> <p> <a href="https://lifeline.org.au">lifeline.org.au</a></p> <p> 13 11 14</p>
<h3>Beyond Blue</h3> <p>Anyone feeling anxious or depressed</p> <p> <a href="https://beyondblue.org.au">beyondblue.org.au</a></p> <p> 1300 22 4636</p>	<h3>Kids Helpline</h3> <p>Counselling for young people aged 5 to 25</p> <p> <a href="https://kidshelpline.com.au">kidshelpline.com.au</a></p> <p> 1800 55 1800</p>
<h3>MensLine Australia</h3> <p>Men with emotional or relationship concerns</p> <p> <a href="https://mensline.org.au">mensline.org.au</a></p> <p> 1300 78 99 78</p>	<h3>Open Arms</h3> <p>Veterans and families counselling</p> <p> <a href="https://openarms.gov.au">openarms.gov.au</a></p> <p> 1800 011 046</p>
<h3>13YARN</h3> <p>Aboriginal and Torres Strait Islander people</p> <p> <a href="https://13yarn.org.au">13yarn.org.au</a></p> <p> 13 92 76</p>	