

THE GOULBURN MISSION

Goulburn Crookwell Taralga

Office hours: Mon-Fri 8.30-12.30pm Ph 62399863

Crookwell: Tues & Thurs 8.30-1.30 Ph 4832 1633

Parish Priest: Fr Joshy Kurien **Ast. Priest:** Fr Alex Osborne

2 Sunday Advent

Yr A

7/8 Dec 2019

Entrance Antiphon: O people of Sion, behold, the Lord will come to save the nations, and the Lord will make the glory of his voice heard in the joy of your heart.

Advent Wreath: Prophets Candle:

P Lord Jesus, your coming was proclaimed by the prophets of old. The prophet Isaiah calls us to be a signal to the nations and to recognise the Messiah in our midst.

R Come, Lord Jesus

P Lord Jesus, you come among us now. St Paul reminds us to treat each other as Christ treats us and to give to the God and Father of Our Lord Jesus Christ.

R. Come, Lord Jesus

P Lord Jesus, you will come again in glory. John the Baptist calls us to 'repent for the kingdom of heaven is close at hand.'

R. Come, Lord Jesus

Sprinkling of Holy Water:

Let us pray, May the sprinkling of this water remind all of us gathered here of our first sharing in the grace of baptism. During this time of Advent may we prepare for the Lord's coming with open hearts and minds. May this wreath be a symbol to us of this time of prayerful watching and waiting for the coming of the Lord.

R. Amen

Response: Justice shall flourish in his time, and fullness of peace for ever.

Alleluia, Alleluia! Prepare the way of the Lord, make straight his paths: all people shall see the salvation of God. **Alleluia!**

Communion Antiphon: Jerusalem, arise and stand upon the heights, and behold the joy which comes to you from God.

Commissioning Prayer: May you, our ministers of Holy Communion, be blessed as you take the great gift of Christ himself to those who are sick and housebound. May they find new hope and healing in Christ's presence in their lives.

MISSION MASS TIMES:

Ss Peter & Paul's:	Sat. 6.00pm (Sept-April) 5.00pm (May- Aug.)
Our Lady of Fatima:	7.00am Sunday
Ss Peter & Paul's:	10.00am Sunday
Taralga:	Sat. 6.00pm (Sept-May) 5.00pm (June-Aug.)
Crookwell:	Sun. 9.am
Binda (1,2,3)	Sun 10.30am
Tuena (5)	Sun 11.30am
St Patrick's, Marulan:	8.00am (2/4 Sun. month)
St Joseph's, Tarago:	8.00am (3 Sun. Month)
Confessions:	
	9.30 - 10 am Saturday (Our Lady of Fatima)
	5.30-5.45pm Saturdays (Ss Peter & Paul's)

Recently Deceased: Mary Sinclair, Eileen Edwards, Kit McCabe, Helen Arnall, Johanna Adameitis, Jake Apps, Bill Watson, Connie Snare, Max Hogan, Betty Quinn, Rogelio Gimay, Mary Adams, Bill Watson,

Anniversaries: James Teirney, Partick Hart, Dulcie & Charles Millynn, Dorothy Selmes, Shanahan & Ardill families,

Prayer List: Elsie McLoughlin, Terry Druett, Pat Keough, Marianne Barling, Kevin King, Jim Hill

Mass intentions: Ellen Ryan, Gail Warton, Gillian McAuliffe, Mackay Family,

SVdP Conference: With Christmas approaching we welcome the donations of food items. Hampers are restricted to non-perishable items that are within the specified "use by date. Donations can be left at OLOF, SPP or 27 Verner St. SVdP thanks all parishioners for their ongoing support. 14/15th Dec. last Weekend.

Taralga Parish:

Sunset Lodge Mass, Friday 20th December 11am. Parishioners welcome. (No Mass in January)

CHRISTMAS CAROL SERVICE

This year the combined churches carol service will be held at Christ the King Church Taralga. Sunday 15th Dec. 6pm. Supper will be served in the convent following the service. A plate appreciated.

Readings Next Week: 3 Week Advent

1/ Is 35:1-6, 10 2/ Jas 5:7-10 Gosp: Mt 11:2-11

II Rite of Reconciliation:

7pm Wed. 18/12 (Crookwell),

7pm Thurs. 19/12 (SPP Goulburn),

5pm Sat. 21/12 (Taralga)

Cast our sins into the sea of forgiveness. Come and celebrate the love and mercy of God in the Sacrament of Reconciliation. Let us start again during this Christmas.

Christmas Mass Times: are displayed on the boards at the entrance of the church, also on parish web page.

Crookwell Parish:

School Mass 9.30am Thursday 12th

Mass at Viewhaven Thursday 12th at 11am

Late night shopping singers needed to join in community carols. Please contact Sr Rosemary if available.

SVdP News: Christmas cards and Columban Calendars available at the piety stand – Back of Church and the St. Vincent de Paul Centre Shop

Advent Special - Mantra Meditation

A mantra is a single word or short phrase that the person repeats throughout the meditation period. Mantra is a Sanskrit word, now a recognised English word; it means 'that which clears the mind.' The mantra helps us clear our mind of distractions. The result is increased focus and attention on God within. You can choose any mantra for your meditation, for example Abba, Jesus. The ancient Christian prayer word 'Maranatha' (Come Lord) is ideally suited as a mantra. It is recommended to choose one mantra only and not change it. In this way the mantra can become rooted in the heart; it eventually becomes spiritually part of us.

Steps...

1. Adjust your seat height and angle so that your back is relatively straight, and also relaxed, very comfortably. Just let the breath flow naturally in and out of the body, and let your gut move freely with the breathing. Let your spine move with your breathing, so that you can be sure you're not holding yourself rigidly.
2. Make sure that your hands are supported so that there's no strain in your shoulders or between the shoulder-blades. Relax your shoulders, letting them roll back to open your chest. Let your shoulders move with your breathing.
3. Take a few deep breaths. Adjust the angle of your head, so that the back of your neck is relaxed.
4. Close your eyes gently and relax your jaw, your tongue, your eyes, and your brow.
5. Let go all kinds of thoughts, good or bad, and all the distractions.
6. Begin to recite your mantra inside
7. Listen to your mantra in the depth of your heart.

Goulburn Parish

Mon.9/12

Our Lady's Hour of Grace.12n-1pm

Feast of the Immaculate Conception. OLOF. Hour of prayer. All welcome.

Tues. 10/12

7.30am Mass Convent Chapel

Wed. 11/12

7.30am Mass Convent Chapel

11am Exploring The Sunday Gospel.

11am Nursing Home Mass. Masonic

2pm Legion of Mary Gather. Mtg Rm

Thurs. 12/12

7.30am Mass Convent Chapel

7pm Rosary Bungonia Church

Fri. 13/12

12n Mass SPP

3pm Eucharistic Adoration STJ Chapel

Sat 14/12

9am Mass-

Roster info: Christmas Masses are on the board, if you can write your name where you can help out please.

Rosters for Jan/ Feb/March are being compiled now.

**Final copy will be emailed out 16 Dec. ANY changes or availability after this date – you will have to find your own replacements. Please email or ph Eileen 0418458159 bevaleen7@bigpond.com

An Introductory Clinical Pastoral Education (CPE) course is being offered in **Goulburn** and would be suitable for kind hearted people wanting to learn more about providing holistic spiritual and pastoral care to patients in hospital, residents in aged care facilities or people in the parish.

This 40 hour course will commence on **Wednesday January 29, 2020** and comprise of 5 sessions.

Applications are now invited. For more information please contact Barbara Hall at

barbarahall1909@gmail.com or phone: 0418 413 731

2020 Columban & Josephite Calendars plus Christmas Cards are available at the SVDP Kiosk at OLOF Church, open 9.30am-10am Sat. or 7am Mass Sun.

Prayer for the Blessing of Rain

Lord God, bless Australia –

our Great South Land of the Holy Spirit.

Grant, that as the Cross shines in our southern skies, so may Christ bring light to our nation, to its peoples old and new.

May we receive the blessing of abundant rain so that the "desert blooms with the life that lies in wait." We ask this through Christ, Our Lord. **Amen.**