

Since God is love, a community/family of love, Father, Son and Spirit, It is worth exploring the idea of whether the five love languages (see the book by Gary Chapman) throw some light on our relationship with God and our family. The languages are the ways we like **to be loved**.

First of all, we can look at the practical ways we can love God. **Words of affirmation:** words of praise and thanksgiving to God in prayer for all God does for us. "Thank God for **everything**" is worth reflecting on, teasing out the meaning of EVERYTHING. Then there's **quality time:** this means spending time in prayer, especially listening to God speaking to us in what we hear at Mass, for example, in what others say to us and the way they treat us, or in the thoughts and feelings that come into our minds and hearts, or what is happening to us. We can gradually become prayerful. The third love language is **receiving gifts:** here the Mass finds its place and value. At Mass we offer Jesus to God our Father as our gift, a gift we know God accepts. What better gift can we give, and so often. The fourth and fifth love languages are **acts of service** and **physical touch**. They can be considered together. Acts of service for others are taken by Jesus as acts of service done for him, as he said: "Whenever you did this for one of the least of my brothers and sisters, you did it to me" (Mt 25:40). And the same applies for physical touch: for example, when we give someone a hug, Jesus takes it as hugging him. I have a great fridge magnet which reads: "A hug is a great gift, one size fits all".

Let's now apply the five love languages approach to our family interactions. *Words of affirmation* can be very powerful and effective expressions of love. There's the story about an unruly boy who was forever being corrected by his parents, but when they discovered that words of affirmation was his love language and acted accordingly, his behaviour changed within weeks. Such is the power of the right love language. Better to compliment a boy when his socks are pulled up than correct him when his socks are down. Everyone will agree that quality time with our spouses, children and parents as a way of loving is indispensable for a family to flourish. We all agree, but things like work, computer games, TV encroach on precious family time. **Quality time needs to be structured into our regular family timetables, especially some quality family meal times.** Most people like to *receive gifts*, but unexpected gifts, the fruit of time, effort and thoughtfulness, remind recipients that they are special and valued. Likewise, for those whose love language it is, *acts of service* are much appreciated. Finally, *physical touch* is most important, especially for littlies; how you hold a baby speaks volumes to the baby subconsciously. Hugs are a great gift, one size fits all, except perhaps for some teenage boys who may require a more robust alternative (Mums, leave it to Dads, if feasible!), such as part of doing things together. Gary Chapman's advice is to give children as they grow up a balanced diet of each of the five love languages.

Doug Smith msc



The Parish and National Shrine of
Our Lady of the Sacred Heart, Randwick
St. Margaret Mary's, Randwick North
Land of the Gadigal People, Eora Nation

Conducted by Missionaries of the Sacred Heart

Tel: 9399 6775
Emergency After Office Hours: 0452431815
www.sacredheart.org.au
PO BOX 309, Randwick, NSW. 2031

聖母聖心堂歡迎您光臨
olshchinesecommunity@gmail.com

28/29th January, 2017

4th Sunday in Ordinary Time-Year A



Accessible Seats - Rows
5,6,7 and cross aisles.
Front 6 seats either side
of centre aisle.

Switch to T.

1st Reading: Zeph 2:3; 3:12-13 : **2nd Reading:** 1 Cor 1:26-31. **Gospel:** Matthew 5:1-12

Entrance Antiphon: Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.

Responsorial Psalm: Happy the poor in spirit; the kingdom of heaven is theirs!

Gospel Acclamation: Alleluia, alleluia! Rejoice and be glad: your reward will be great in heaven. Alleluia!

Communion Antiphon: Let your face shine on your servant. Save me in your merciful love. O Lord, let me never be put to shame, for I call on you.

Parish Office

Monday- Friday 9am-5pm (Closed 1pm-2pm)

Parish Staff

Trish Myers (Parish Secretary)

parishoffice@sacredheart.org.au

Anita Micallef (Accounts (9am-2:30pm))

anitamicalef@sacredheart.org.au

Fr. Peter Hearn msc

Fr. Doug Smith msc

pdsmsc@hotmail.com

Fr. Alfin Buarlele msc

alfinbuarlelemsc@gmail.com

Fr Tim Brennan msc

Professional Standards Office

Fr. Tru Nguyen msc

truducnguyen@gmail.com

Brigidine House Chaplain

Fr Patrick Sharpe msc

Hospital Chaplaincy

9382 2222 then page Catholic Chaplain

Our Lady of the Sacred Heart

Monday: Midday Mass

Tuesday: 6:30am Mass, 11am (Holy Hour), Midday Mass.

Wednesday: 6:30am Mass, Midday Mass

Thursday: 11:30am (Novena), Midday Mass, 5:40pm Mass.

Friday: Midday Mass (Anointing Mass 2nd Friday), 5:40pm Mass, 6pm (Holy Hour)

Saturday: 11am (Reconciliation), Midday Mass, 5pm (Reconciliation), 6pm Vigil Mass.

Sunday: 8am, 10am, Midday, 6pm.

St. Margaret Mary's

Saturday: 5:15 (Reconciliation), 5:30pm Vigil Mass.

Baptisms

Held at OLSH, 1:15pm Sunday. Contact the Office.

Into your loving care we commend +

Recently Deceased : Patricia Bidwell, Zeta Noonan, Dr. William Lennon, Frank Corry, Maria Basile, Anna Maria McGuinn, Monita Santos, Greta Viegas.

Anniversaries and Deceased: Dulcie McBeath, Brenda Carroll, Murray Tate, Norma Abott, Alan Ibbotson, Robert Arevalo, Martin Comeford, Amy Prinsloo, John Yoon, Daphne Weeks, Paddy and Cecilia Whyte, William Crothers, Emmanuel Cruz, Tommaso Culici, Emmanuel Pajarillo, Una Smith, Edith Marcelo, Len Jarman.

Special Intentions: Pauline Flannery, Fr. Kevin Barr.

We welcome into our Catholic family

Alexandre Nonnis, Tala Boyd.

Catholic Weekly: \$2 Bishops' Conference to Senate Committee on exemptions for activities contrary to beliefs-conscience of individuals and institutions; Pope on preparation of couples for marriage; Vatican Museums now on multimedia site, 50 videos and 20,000 items on view; Pope on the battle we all must do with evil; obituary on Peter Birrell – former parishioner of OLSH.

Parish 20-20: surveys are being finalized – more information in the coming weeks. You will remember Archbishop Fisher's talk about the need to rationalize parishes and services in the Deaneries of the Archdiocese – and to see in what ways parishes can assist one another to provide services. A survey will be available for all parishioners to fill in in the coming weeks. PH MSC

Coming Up

- **Tues 31 Jan: St. John Bosco - 9.30 Brigidine College Yr 7 visit to Church**
- **Wed 1 Feb: Blessed Benedict Daswa (Sth Africa) 9.30 Brigidine College Opening Mass**
- **Thurs 2 Feb: Presentation of the Lord. 10am Funeral Dr. Bill Lennon**
- **Sat 4 Feb: Mass of Our Lady**
- **Sat-Sun 4/5 Feb Sun: Catechist Sunday**
- **Wed 15 Feb: 9.30am OLSH Primary Opening Mass. 5.30 CEO Teachers Eastern Region Mass**

Spirituality of Jules Chevalier: "As Missionaries of the Sacred Heart we must be marked as Jesus was with this two fold quality of gentleness and strength." Le Sacré-Coeur.

WELCOME BACK to all our teachers and students entering our schools for 2017. The quietness of our car park and surroundings has been strange. Especially we welcome Mrs Antoinette Harvey as our new Principal for OLSH Primary. Mrs Harvey was formerly the Principal of St Brigid's Coogee, and so is very familiar with this part of the world. Peter Hearn MSC

NOTICE (Reminder): No longer are we able to give tax exemptions for the Envelope (2nd) Collection owing to a change in State Taxation Laws. Christmas Weekend was the LAST TIME we can do so. So, you can claim only for envelopes banked before December 30th. For those who seek tax rebates, it will be for the period July 1 – December 30th 2016. This is beyond our control – coming from State Legislation. Peter Hearn MSC

"Next meeting for MSC Lay Apostolate will be on Sunday, 5th Feb. at 1pm.

Please bring a sandwich for lunch."

Concrete Cancer: Pre-School lintels. This problem is being attended to through engineers and builders. Now that everyone is back from holidays work should begin soon. PHMSC

CATECHISTS NEEDED – for our two Government Schools-next week we will give more details of what is required. Peter Hearn MSC

Fans: the experimental (two) fans have proven to be most popular and so each side section will have five fans installed. If you are a fan of cooler air (no pun intended), you may like to donate all or part of a fan – they are about \$350 installed. Peter Hearn MSC

OLSH Chinese Community

聖母聖心堂華語組: 我們是一組會講華語的堂友, 我們每月一次在本堂相聚, 分享友情及信仰。如果您想了解更多天主教義; 聆聽主耶穌指導的人生旅程和真諦; 認識新朋友, 歡迎參加我們每月第二周星期日下午2:30pm 在 VENTNOR HOUSE 的聚會。
或聯絡: olshchinesecommunity@gmail.com

New Parishioners (Hand to a Priest or Acolyte after Mass)

Name: _____ Contact No: _____
Email: _____
Address: _____ Date Submitted...../...../.....

YOUNG ADULTS: The group meets every Thursday including prayer and reflection and socializing. A great place to make friends and to live the faith in a supportive environment. Contact Fr Alfin: afinbuarlelemsc@gmail.com Fr Tru: truducnguyen@gmail.com

Mums/Dads with Prams Group:

We meet again first week in February, 2017. Please contact Parish Office to confirm.

Church Transept Refurbishment: This work will begin on Monday morning with erection of scaffolding alongside the South Transept. It is estimated the work will take 7 – 8 weeks, at an initial cost of \$145,000. However, with such old buildings, the extent of repairs often unfolds with the work being undertaken – especially one of the windows, beside the Sacred Heart Altar – it is from the original 1885 temporary sanctuary of the Church and placed in its present location when the Sanctuary and side shrines were added in 1919. The work should not interfere with our liturgies.

COMPASS MAGAZINE: This is the last edition of the MSC publication after 50 years. It contains the MSC Provincials report to our Chapter and a fine article by Br. Khoi, MSC on migrants. An article on the humility of God: an article on freedom of conscience by Jesuit Andrew Hamilton.