

**Mid-Winter greetings:** Here's something that might interest you. I Q O R E  
Q ?

***Intelligence has long been defined in terms of being good at maths, science and English. However, emotional intelligence may be just as important, says Dr Bruce Steven.***

**TRAITS OF EQ** The following are characteristics of emotional intelligence (Emotional Quotient):

**1 SELF-AWARENESS.** This includes the ability to know what emotion is presently being felt and why: for instance, the capacity to label emotions accurately, to understand personal motivation and behaviour (psychological insight), and the capacity to be self-reflective even under stress or the grip of intense emotions.

**2 THE CAPACITY TO MANAGE STORMY OR DISTRESSING EMOTIONS.** This includes emotional robustness and dealing effectively with stress and overload. A person with these characteristics is very different from the person who frequently is in a rage or has feelings that swamp his or her capacity to think and act appropriately. At times nearly everyone will have an intense emotional reaction, but then the question is, how long does it take to recover? It is important, for a sense of personal control and well-being, to be able to manage negative moods. Sometimes it is helpful to relax and enjoy leisure.

**3 A SENSE OF WELL-BEING, CONTENTMENT, GENTLE HUMOUR, SATISFACTION WITH LIFE, AND OPTIMISM ABOUT THE FUTURE.** Such a person does not give up hope easily.

**4 A POSITIVE SELF-ESTEEM OR VALUING OF THE SELF.** This includes a realistic assessment of personal strengths and weaknesses, with a clear self-identity. It is usually combined with being non-defensive and being able to admit personal mistakes.

**5 SENSITIVITY, EMPATHY, INTER-PERSONAL SKILLS.** Sensitivity to and empathy with others, inter-personal skills such as the ability to listen to what is said and understand the emotional stream of communication, are important. There is a sense about how to respond in the most appropriate way to another – even to match moods. A necessary part of being sensitive and empathetic is the skill of accurately reading non-verbal communication.

**6 SOCIAL COMPETENCE.** This includes being at ease, tolerant, charming and gracious to others. There is a sense of knowing what is appropriate in emotional display. He or she finds it easy to feel connected and to draw on the support of others in a time of need. Such a person is able to command respect from others.

There are six more items in this inventory which I will publish next week. However, let us remember that our Spirituality is modelled on, and flows from, the Sacred Heart of Jesus. Often, I hear of "spirituality of the heart" – go into any New Age bookstores and there are loads of books about this heart spirituality. Our Spirituality is not simply a spirituality of the heart: it is founded in and flows from the Sacred Heart of Jesus – the Heart of God becoming one of us in Jesus, ("divine love in a human heart" as the hymn sang), a Heart which happens to be wounded, broken, by the sins and ugliness of this world, but still triumphs through love, and is communicated to us in the Spirit of the crucified and Risen Jesus. Hence, everything about us may flow from and be in union with this Sacred Heart – grounded in the timeless love and compassion of God. A sure source of love outside ourselves, but ever desiring to communicate itself to transform our hearts in the Person of Jesus. How blessed are we!

**Peter Hearn 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

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

**8/9 July, 2017**  
**14th Sunday in Ordinary Time - Year A**

**1st Reading:** Zechariah 9:9-10 **2nd Reading:** Romans 8:9,11-13 **Gospel:** Matthew 11:25-30

**Entrance Antiphon:** Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

**Responsorial Psalm:** Ps 144 I will praise your name for ever, my king and my God.

**Gospel Acclamation:** Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth, you have revealed to little ones the mysteries of the kingdom. Alleluia!

**Communion Antiphon:** Taste and see that the Lord is good; blessed the man who seeks refuge in him.



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

#### **Parish Office**

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

#### **Parish Staff**

**Trish Myers** (Parish Secretary)(9am-5pm)  
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 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. 10.30pm

#### **St. Margaret Mary's**

**Saturday:** 5:15 (Reconciliation), 5:30pm Vigil Mass. 9.30am

#### **Baptisms**

Held at OLSH, 1:15pm Sundays. Contact the Parish Office on 9399 6775.

Into your loving care we commend :

**Recently Deceased:** William Boyce, Max Watkins, Margaret O'Farrell, Sr. Colleen O'Brien, OLSH, Sandra O'Connor, Monica Turner, Russell Cox, Fr. Aubrey Collins, MSC

**Anniversaries and Deceased:** Rosanne Di Gori, Natalia Crisafi, William Boyce, Max Watkins, Anthony Chong, William Crothers, Len Jarman, Su Zhaolan, Ermelinda Tecson, Graham Symons, Jeff Chadwick, John Randles, Joan Morris, Paul Fitzgerald, Nilda Coyco, Raymond Leon, Prudence Cox, William Sharpe, Fr. John Ryan, MSC.

**Special Intentions:** Pamela Mattos, Thanksgiving Melvin, Marie Cahalan, Brigidine Sisters celebrating 60 & 70 years

We welcome into our Catholic family:



Ethan Docker, Vienne Llamelo, Indigo Abicic, Leo Abicic.

**OLSH YOUTH GROUP:** Contact [youtholsh@gmail.com](mailto:youtholsh@gmail.com) Next meeting third Saturday of the month – followed by Mass at 6.00pm where the youth sing. This is a beautiful occasion for young people (First Holy Communion – Year 4- upwards – Year 10 or so). They have an opportunity to participate more meaningfully in the life of the parish, together with a time of simple fun time together. Peter Hearn

**CATHOLICCARE** Supporting the people of Sydney for 75 years. Our Family Support Services help families in the Sydney Archdiocese who may be struggling with managing daily life. To find out more call 13 18 19, email [connect@catholiccare.org](mailto:connect@catholiccare.org) or visit [www.catholiccare.org](http://www.catholiccare.org).

**YOUNG ADULTS:** The group meets first and third Thursdays of the month in Ventnor. We are following the "Sycamore Program" from London. Last Thursday we reflected on Belief in God: Why does something exist, rather than nothing? Can we "prove" the existence of God? How does/did everything come into existence? Faith and reason – science and religion is there is conflict, and why? Great discussions... Contact Fr Tru: [trudcnguyen@gmail.com](mailto:trudcnguyen@gmail.com)

### Coming up

- **Tues 11 July: St Benedict**
- **Thurs 13 July: Eucharistic Ministers In-service 7pm. Clergy Conference Brighton le Sands**
- **Fri 14 July: St Camillus de Lellis**
- **Sat 15 July: Eucharistic Ministers In Service 9.30am**
- **Sat 15 July: St Bonaventure**
- **Sun 23 July: Fr. Doug's Golden Jubilee Middy Mass**
- **Sat/Sun 29/30: ST V de Paul Winter Collection.**

**FINANCES:** Thanks for your generosity in upping the contributions of our Envelopes and Loose Collections. We were looking at quite a lowering of income, especially from the envelopes collection – especially as we had one less collection for the year as Christmas fell on a Sunday, as you may recall. However, you have surpassed our hopes:

The following are our collections for the past four years: 2013/14: Envelopes \$248,100; Loose: \$117,208; **Total: \$365,308.** 2014/15 Envelopes \$249,223; Loose \$117,794; **Total: \$367,107.** 2015/16 Envelopes \$240,651; Loose \$117,259 **Total: \$357,910.** **2016/17:** Envelopes: \$241,692 Loose \$121,692 **Total \$363,384.** **Thank you. Fr. Peter.**

**OLSH Chinese Community:** 聖母聖心堂華語組:

我們每月一次在本堂相聚，分享友情及信仰，聆聽主耶穌 指導的人生旅程和真諦，認識新朋友。歡迎大家參加**每月第二周星期日下午2:30pm**的聚會，每三個月一次下午**1:30pm**的聚餐。

聚會地點: VENTNOR HOUSE

联系电话: 9399 6775

**SOCIAL JUSTICE ISSUES:** As always there are a huge number of issues, all pressing: Here are but two that you might support:

**1. Sydney Homelessness and Accommodation Crisis:** 12 July: Invitation from Archbishop Anthony Fisher and *Sydney Alliance* – a disparate group of Churches, Community Groups and Trade Unions formed some years back to keep local issues before the power brokers and legislators: at St Mary's Cathedral School Auditorium from 6 to 8pm. To urge the Housing Minister and members of the Sydney Development Corporation State Government to place a requirement on all new multi-storey developments for 15 % of floor space to be allocated to low rental / affordable housing for those on low to moderate incomes. Big developers have an obligation to promote the common good.

To register: [diannemullin@bigpond.com](mailto:diannemullin@bigpond.com) Di- anne is coordinator of St Brigid's Social Justice Group and we often combine with their very active group.

Google: Sydney Alliance website Housing Affordability Assembly

**2. Timor-Leste (East Timor) Maritime Border disputes with Australia:** at present there is no border signed between the two countries. It is resource rich sea and Timor-Leste is one of the poorer nations on the planet. **There is a Petition which will remain in the front foyer for the next three weeks for you to sign.** Australia helped out wonderfully in the crisis as the country gained its independence – but has been less than helpful and generous in getting this maritime border finalised. The petition is from the Timor Sea Justice Forum of which the Josephite Sisters are a member. You will find 6 clip boards with the petition on it to facilitate your signatures...blessings and thanks. Peter Hearn, MSC

**FIRST HOLY COMMUNION - ST. MARGARET MARY'S.**

**Information Night - 6pm Tues -25th July.**  
**First Holy Communion:- Sunday 27th August.**

**FIRST HOLY COMMUNION - OLSH RANDWICK.**

**Information Night - 7pm Tues-1st August**  
**First Holy Communion: Saturday/Sunday 16/17 September.**

**EXTRAORDINARY MINISTERS OF THE EUCHARIST REQUIRED:**

We are short of EMHCs at some Masses. This is a very simple, but necessary, ministry distributing Holy Communion at the Masses on a roster – not onerous at all. Some also take Holy Communion to nursing homes, hospitals and homes – not all have the time to do that. We do need a few more men in this ministry. You will note that we have two brief introductory training sessions coming up:

**Thursday evening July 13, 7.00pm in Cloister Room OR**

**Saturday morning July 15, 9.30am in Cloister Room. Peter Hearn MSC**

**SPRITUALITY OF JULES CHEVALIER:**

"God's gift is not the spirit of timidity and fear but the Spirit of power and love. I can do all things in him who strengthens me." Jules Chevalier quoting St Paul.

**TAX RECEIPTS** for financial year 2016/2017 are now available in the foyer of the Church. Any queries, please contact the Parish Office.

**KNITTING GROUP:** Please join us in knitting rugs for people in need to keep them warm on cold winter nights., Meet at Ventnor on the 2nd and 4th Mondays 10--11.30am. All welcome.

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

Name: \_\_\_\_\_ Contact No: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ Date Submitted: \_\_\_/\_\_\_/\_\_\_