

**CHRISTIAN MEDITATION** as a form of contemplation was revived last century by Fr. John Main, who taught that meditation is as natural to the spirit as breathing is to the body. While meditation is common in many religious traditions around the world, the methods of practice may differ. The discipline as taught by John Main, based on the teachings of the Desert Fathers and Mothers, is done for twenty to thirty minutes twice daily, morning and evening in the following way:

- Choose a quiet place.
- Sit down comfortably with your back straight.
- Close your eyes lightly.
- Sit as still as possible.
- Breathe deeply, staying both relaxed and alert.
- Slowly and interiorly, begin to say your mantra (= prayer word). The one recommended is **MA-RA-NA-THA** (an unfamiliar word, and therefore less distracting). Listen to the word as you say it.
- Say it once breathing in & once breathing out, or **MA-RA** breathing in and **NA-THA** breathing out
- Continue repeating it gently for the whole time of the meditation.
- Return to it as soon as you realize you have stopped saying it.
- Stay with the same word throughout the meditation and from day to day.

Do not evaluate your meditation. Do not be discouraged by distractions. Rather, let them come and go, always keeping your attention on the mantra. You stop praying only when you become **aware** of a distraction and **stay** with it. In time, the fruits of your meditation (the fruits of the Spirit as in Galatians 5:22 – **love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control**) will appear in your self, your life, and in all your relationships.

The greatest test whether your meditation is working or whether you are making progress (I do not advise you to rate yourself), is: Are you growing in love? Are you growing in patience? Are you growing in understanding and compassion? That is the effect of our meditation. For some of us it takes longer, for some of us the end of egoism requires a big struggle and sometimes we are carried more or less kicking into the Kingdom of Heaven. But the important thing is not to bother how long it takes. It does not matter how long it takes. The only thing that matters and the thing that I wish I could communicate to everyone of you here this evening – **the only thing that matters is that we are on the journey. The journey is a journey away from self, away from egoism, away from selfishness, away from isolation and it is a journey into the infinite love of God.** Jesus says "unless you become like a little child you cannot enter the Kingdom of heaven. " Saying our mantra every morning and every evening is just this entry into a childlike state where we place our full confidence and trust in God. Whatever gift he gives us we receive with simplicity and joy. Whatever barrenness he leads us though we accept with the same simplicity and joy. The Door to Silence (John Main)



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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www.sacredheart.org.au  
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PO BOX 309, Randwick, NSW. 2031

聖母聖心堂歡迎您光臨



OLSH Accessible Seats  
Rows 5,6,7 and cross  
aisles. Hearing Aid  
Users front 6 seats  
either side of centre

## 2nd Sunday in Ordinary Time -Year A 19th January, 2020

**1st Reading:** Isaiah 49:3, 5-6

**2nd Reading:** Corinthians 1:1-3

**Gospel:** John 1:29-34

**Entrance Antiphon:** All the earth shall bow down before you, O God, and shall sing to you, shall sing to your name

**Responsorial Psalm:** Here I am Lord; I come to do your will.

**Gospel Acclamation:** Alleluia, alleluia! The Word of God became flesh and dwelt among us. He enabled those who accepted him to become the children of God.

**Communion Antiphon:** You have prepared a table before me, and how precious is the chalice that quenches my thirst.

### Parish Office

Monday- Friday 9am-4.30pm (Closed 1pm-2pm)

### Parish Staff

**Trish Myers**

Parish Secretary 9am– 4.30pm  
parishoffice@sacredheart.org.au

**Anita Micallef**

Accounts 9am-2:30pm  
anitamicallef@sacredheart.org.au

**Fr. Peter Hearn msc**

Parish Priest

**Fr. Peter Antony msc**

peterkurisinkalmsc@yahoo.co.in

**Fr. Bill Brady msc**

Assistant Priest

**Parish Safeguarding Officer:**

Mary Croke: 0400 620 335

**Monday:** Midday Mass

**Tuesday:** Midday Mass.

**Wednesday:** 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 @ 1.00pm on Sundays.

Contact the Parish Office on 9399 6775 to book.

Hospital Chaplaincy - 9382 2222– Catholic Chaplain



*Into your loving care we commend :*

**Recently Deceased:** Noel Sheridan, Eric Michael, Jack Simonian, Eileen McMahon, Kieran Leonard.

**Anniversaries and Deceased:**

Michael Roarty, John Harley, Daniel Scott, Shaun Harkin, Fr. John Rate, Frank and Dolores Corry, Andrea Gelches, Michael Gay, Michael O'Driscoll, Daphne Weekes, Anthony Chong, Raymond Leon, Alfredo Gelche, Len Jarman.

**Special Intentions:**

All in our parish who are sick .

We welcome into our Catholic family:

**Aria Fay, Charlotte East, Hendrik Unterstein .**

**The Catholic Archdiocese of Sydney Safeguarding Office**

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please contact the police. Alternatively you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5810 or

[safeguardingenquiries@sydneycatholic.org](mailto:safeguardingenquiries@sydneycatholic.org).

You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

**Senior Women's and Men's Group will resume again in February .**

Monday 3rd Feb 10am- Women's

Tuesday 4th Feb 10am-Men

**Coming Up**

- 21 Jan Tues: St. Agnes
- 24 Jan Fri: St Francis de Sales
- 26 Jan Sun: Australia Day

**Young Adults:** We will meet again in February and endeavor to rebuild a group. Peter Antony MSC, Peter Hearn MSC

**Spirituality of Jules Chevalier:** Let us not forget that the love of the heart of Jesus is the source of all graces, a centre of light and love, an abyss of mercy.

**Catholic Care Services for Seniors**

Do you know seniors in your community who could use a little help at home? CATHOLIC CARE SERVICES help seniors to enjoy living independently in their own home with comfort and confidence. Call [CCareline on 13 18 19](tel:0293901318) to find out more.

**Parish Safeguarding Officer:**

Please be aware that we have a Parish Safeguarding Officer, Mary Croke. Her number is 0400 620 335.

**Movie in Cloister Room**

recommences on Wednesday 29th January at 2pm for Seniors.

**Ways to pray:**

+set vocal prayer - eg, Our Father, Hail Mary  
+Conversational  
(see below)

+Reflective: \*\*\*meditation  
(eg, the Gospel, hymns, life)

+Contemplative -  
Christian Meditation  
(Silence is the language of God)

+4 common forms of talking to God:

+ Adoration:  
acknowledge God is number one

+Thanksgiving: "thank God for *everything*"

+Sorrow for sins: its basis is a sense of sin

+Asking: primarily to see things from God's point of view.

There where you are you will find God

There is nothing so like God as stillness

Believe the whispering of God in your heart.

St. Mary MacKillop

**Collection at all Masses next weekend (Australia Day) for the St Vincent De Paul bushfire appeal.**

Friends, the sad tragedy of the bushfires has impacted upon our Catholic community across the Archdiocese of Sydney in a very real way. A brave Rural Fire Service volunteer Andrew O'Dwyer was farewelled at a Requiem Mass this month at Our Lady of Victories Parish in Horsley . The parish is providing ongoing support to his widow Melissa and 19 month old daughter Charlotte and our prayers are with them.

Amidst the devastation of the fires, it has been encouraging to witness the support of so many ordinary Australians, including so many men and women of faith. While much of the response must be at a local parish and diocesan level, such a great crisis also requires a national response. Alongside my brother bishops across the country, I encourage you to donate to a parish collection at Masses over the Australia Day weekend (25 and 26 January) through the St Vincent De Paul Society. Through this bushfire appeal, you can make a tangible difference in the lives of those affected, whether that be to cover basic clothing or the food bill for a family evacuated from their home. The support may also come through psychological counselling services for families left traumatised by the disaster or financial counselling as they struggle to pay unexpected bills. Together we can offer real comfort and long term support to families left struggling after the bushfires.

+Anthony Fisher,OP

If you would like to donate to the appeal at this Parish and require a receipt, please use the envelopes provided by St. Vincent De Paul .

For those who would like to make a donation without a receipt, please give to the second collection and all donations (envelopes and second collection) will be sent

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

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

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

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