

Genesis 18:1-10; Psalm: 14; Colossians 1:24-28; Luke 10:38-42

As part of the Diocese of Parramatta, St Finbar's is committed to being a community of safeguarding, and echoes Bishop Vincent's zero-tolerance to abuse of any form.

For details on safeguarding, please visit the diocesan safeguarding website:

<https://parracatholic.org/safeguarding/>

Father John ponders.....

"We tell ourselves so many lies and half-truths ... We listen and are duly impressed by these inner voices that turn into unseen judges that nag at us. We give each of these judges a seat of honour in our minds, all the while hating their guts and their never-ending supply of judgements ... We give these judges permission to accompany us on each journey of life, never daring to realize that we can park them, at least momentarily."

-- Eloise Ristad

Most people appear to carry a heavy burden, an inner voice of constant criticism, which does not seem to leave them alone. We carry it around with us even though we haven't invited this critic to be anywhere near us. Its nagging voice depletes our energies and we struggle to get on with the day. The internal judge diminishes our sense of self-worth and pulverises us into believing that we are little more than a worm. Our sense of agency in the world is affected and we end up not achieving as well as we know we can. Is there no end to this barrage of negativity we let loose upon ourselves?

To call it a "guilty conscience" does not do justice to what the conscience is there for. The conscience is an aspect of the intellect, an objective tool to help us distinguish in our behaviour if we have contravened God's commandments. Any other negative emotions or ideas about ourselves are likely to be but dross. Yet we continue to do ourselves a grave injustice by thinking less than we should about ourselves. Given that we are made in the Image of God, we might conclude that our thinking is somewhat grubby. How do we deal with this?

We need to get ourselves on the right footing. Establish a positive foundation and framework for wholesome thoughts and positive achievement. We have acquired negative thinking about ourselves from various sources as we have grown up. These outside messages have formed a swirl of self-condemnation which we have come to believe to be the truth about ourselves. We need to take the bull by the horns and challenge each and every negative thought about ourselves. What is not true needs to be abandoned. What continues to cause disturbance within needs to be jettisoned. We cannot grow in self-esteem and personal confidence while we continue to be assaulted by an internal critic which seeks only to destroy.

We have carried within us these critics for so long that we now presume that they are right. In shifting our perception of them we can learn that these inner critics are not what they appear to be. Most of them are certainly not helpful and leave us in a state of despondency. Not much use for a child of God, is it? If we want to flourish we need to open ourselves up to the grace of God and begin at the beginning knowing that we have been enlightened by Christ.



PARISH INFORMATION

Parish Priest: Fr John Hogan

E-mail: John.hogan@parracatholic.org

Emergencies : 0466 500 880

(Sickness & Death only)

Secretary:

Juliana Khnouf

E-mail:

secretary@stfinbars.org.au

Office Phone:

(02) 47426958

Admin:

Tamar Alzened

E-mail:

admin@stfinbars.org.au

PPC:

Cecilia Zammit (Chair)

E-mail:

stfinbarsppc@gmail.com

Office Hours: 9.30am – 3.00pm

Tuesday to Friday

(Closed on Mondays)

Parish QR Code:

Please use this QR Code to donate to St Finbar's Parish Glenbrook using your Credit Card, or to make any payments. Please select from the list.



Address:

52 Levy Street, Glenbrook 2773

PO Box 123 Glenbrook NSW 2773

Sacraments

Baptisms: By Appointment

Weddings: By Appointment

Web:

www.stfinbars.org.au

Facebook:

Glenbrook Catholic Church St Finbars

Parish School: Principal

Mrs Robyn Clarke

Phone:

4724 3600

WE WELCOME

all visitors to our church today. We extend our greetings to you. If you wish to join St Finbar's Parish, please make yourself known to one of our Wardens so we can give you our Parish Welcome Pack.

WE ACKNOWLEDGE

the Traditional custodians of this land on which we worship at St Finbar's - The Darug and Gundungurra People. We pay respect to their Elders, past, present and emerging.

PARISH CALENDAR

DIOCESE OF PARRAMATTA NOTICES

Sunday 20th July <i>16th Sunday in Ordinary Time Year C</i>	7.30am Mass 9.30am Mass 1.00pm Bridge Club P/C 6.00pm Youth Mass Live Streaming has been cancelled for this Sunday. 7.00pm Senior Youth Group P/C
Monday 21st July	No Morning Mass. Office is closed 5.00pm SVDP Meeting M/R
Tuesday 22nd July <i>St Mary Magdalene</i>	9.15am Mass 6.00pm Cantabile Choir Practice 7.00pm Liturgy Committee Meeting M/R
Wednesday 23rd July	9.15am Mass followed by Rosary 9.30am Playgroup P/C 7.00pm Bridge Club P/C
Thursday 24th July	9.15am Mass 1.00pm Bridge Club P/C 7.30pm SFNC General Meeting
Friday 25th July <i>St James</i>	9.15am Mass 1.30pm Bowlers P/C
Saturday 26th July <i>Sts Joachim and Anne.</i>	9.15am Mass 4.30pm Confessions 5.30pm Vigil Mass
Sunday 27th July <i>17th Sunday in Ordinary Time Year C</i>	7.30am Mass 9.30am Mass



Positions Vacant

- Training & Development Specialist – Safeguarding: Diocese of Parramatta
More details at: parracatholic.org/about/jobs/

Secure your seat! Bishop Vincent Presents Mauricio Lopez: 23 July

Mauricio López Oropeza – a leading Latin American lay voice – will share powerful insights on synodality, justice, and the Church's mission as part of the Bishop Vincent Presents series of lectures. Join us at St Patrick's Cathedral Hall, Parramatta, at 6pm or watch the livestream for free. Secure your spot and be inspired! Register now: parracatholic.org/lopez

Rome from Home (Youth and Young Adults): 2 August

A retreat for young adults aged between 13 and 35, who want to grow in faith, find community, and be inspired on their journey. To be held on Saturday 2 August (12:30pm – 6pm) at St Andrew the Apostle Parish, Marayong, 36-40 Breakfast Rd, Marayong. Register by 26 July: <https://parracatholic.org/events/rome-from-home/>

HOPEFEST: 8-10 August

HOPEFEST is a Diocesan Jubilee of Hope three-day experience for all ages hosted by St John XXIII Parish, Glenwood-Stanhope Gardens. Experiences will include praise & worship, a local pilgrimage from Stanhope Parish to the Franciscan Shrine in Kellyville, community activities, life & faith workshops and opportunities to celebrate the sacraments. Register via <https://parracatholic.org/events/hopefest/>

Diocesan Homelessness Week Memorial Service – Wrapped in Love: 8 August

You're warmly invited to a Memorial Service during Homelessness Week on **Friday 8 August 2025, 6:30pm–7:30pm** at St Patrick's Cathedral Parramatta. Together, let us honour and remember those who have died while experiencing homelessness or hardship, through prayer, reflection and a spirit of compassion. Whether you want to commemorate a friend or stand in solidarity, all are welcome. This heartfelt gathering is hosted by the Diocese of Parramatta, St Patrick's Cathedral, Catholic Care, and other community partners. You can find more information at parracatholic.org/events/homeless-memorial-service

JUBILEE YEAR 2025 PILGRIMAGE TO ROME 25 September - 4 October.

Cross the Holy Door in Rome. Celebrate the Jubilee Year 25 September - 4 October 2025 visiting holy places in Rome, Lanciano (Eucharistic Miracle), Assisi, Pompei, Montecassino and the Amalfi Coast. Open to all, it will be extra special for those involved in teaching the faith as it coincides with the Jubilee of Catechists.

Enquiries: pp@mibp.org.au or text 0417 259 617.

PARISH BANKING BECOMES MORE DIFFICULT

Since the start of the new financial year our bank has made it more difficult for the parish to bank coins. It has removed the machine that allowed us to deposit coins directly into the parish account.

Now we are required to count individually each denomination of coin, total them all up, and then prepare a special deposit bag that we have to lodge separately for it to be remotely processed.

It would assist the parish greatly if the amount of coin placed in the collection bags at Mass each weekend could be limited to just \$2 and \$1 coins.

Thank you all for the donations you make – these are vital to keep our parish running, and if you can see your way clear to increasing them slightly this would help even more!

Fr John Hogan P.P

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Is a course designed to introduce people into the life, worship and culture of the Catholic faith.

Do you have an interest in finding out more about what Catholics believe and how they live their lives?

Are you interested in becoming a Catholic and giving your life depth?

Do you know of anybody who would be interested?

At Saint Finbar's we will soon begin this course of instruction by way of friendly and informative evening sessions beginning Wednesday, 24th September 2025 at 7pm.

If you are interested, please contact the parish on admin@stfinbars.org.au

MEETING MYSELF: A SHORT COURSE IN PSYCHOSPIRITUALITY.

This brief course will introduce us to hidden aspects of ourselves that we may never have considered as impeding ourselves in life and in our relationships with one another and with God.

The eight week presentation will be delivered by Father John Hogan, parish priest in Glenbrook. His hope is to help people flourish in life, unencumbered by underlying traits which can trip people up so easily.

Beginning Thursday 11th September at 7pm. It is essential to book in advance.

Please contact the parish on admin@stfinbars.org.au

NEW WORKING GROUP: SOCIAL JUSTICE & ECOLOGY.

We're forming a new "Social Justice and Ecology Working Group" at St Finbars and warmly invite volunteers to get involved.

If you're passionate about caring for creation, advocating for justice, or simply want to explore how our faith calls us to action, we'd love to hear from you.

An informal info session will be held on **Wednesday 30th July at 7pm** to shape the group's direction together at the parish meeting room.

To express interest or learn more, contact Elizabeth Rowe (Social Justice) on 0456 793767

roweathn@bigpond.com or Melissa McDonald on 0408693042 or melissajmc@bigpond.com

Let's be a voice for justice and a force for hope—together.

PARISH TRIVIA NIGHT.

The Parish Trivia Night will be on Saturday the 9th of August after the 5.30pm Vigil Mass.

Cost: \$10 pp in Cash on the night. Father John has decided that the money raised will go towards the Parish Youth Group. There will be 18 tables in total, and each table will have 8 people.

Please add your name to the list on the Warden's table. For more information please contact the parish office.

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L A W Y E R S

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LITURGICAL ROSTER FOR 26TH & 27TH JULY 2025

Liturgical Ministries	5.30pm	7.30 am	9.30 am
Sacristan	Ahyiesha D'Souza	Carl Moll	Stephen Brown
Senior Server	Ahyiesha D'Souza	Carl Moll	Stephen Brown
Junior Servers	Sophie Lynch & Volunteer Please		Elija & Oscar Baird
Warden	Margaret Richards	Ben Oxley	Frank Zammit
1 st Reading	Jessica Doherty	Kevin Lloyd	Cecilia Zammit
2nd Reading	Naomi Cheeseman	Andrew Teece	Annissa Nilsson
Intercession	Katy Ferris	Peter McMahon	Joanne Stubbs
Music	N/A		Holy Light
IT Operators	Patrick Watson	Robyn Flynn	Joanne Stubbs
Gifts	Steve & Heather Lee	Rivas Family	The Young Family
Communion	Lorraine Brown & Peter McIlvenna	Jessica Tiller & Jean Di Nucci	Annissa Nilsson & Carmel Higgins
Children's Liturgy	Carolyn & Clare		
Piety Stall	Ann Marie King		
Church Care	Jeannine Ashbee, Lessa and Wayne Gillard		
Hospitality	Kerry & Peter Herborn		

PLEASE PRAY FOR THE RECENTLY DECEASED:

Raymond O'Callaghan (Carmel Dobson's Brother), Jeff Cullinan, Ann Sue-Ellen Reardon and George Cottee.

PLEASE PRAY FOR SICK PARISHIONERS, RELATIVES & FRIENDS:

Melissa Mills (Kylie Mills' sister in law), Chris Wilson, Caroline Goosen, Robyn Behrooz, Chris Paine, Norman Fisher (Bernie Fisher's brother), Beryl & Stan Callaghan, Pat Barrett, Noreen Taylor, Jacqui Visser, Mark Bates, Gerard Keenan (Anita Keenan's Son), Maddison Farrugia, Margaret Stevens, Christopher Thomson, Colleen Nolan, Lyn Downes, Terry Stevens, David Haynes (Yvonne Scanlan's Dad), Sophie Hollies, Margaret Christensen, Gwen Cullinan, Harrison Aggar (Margaret & Ian Dickson's Grandson), Joan & Maureen Brown (Marcia Pereira's Sister & Niece), Catherine, Elizabeth and Monika Gawlik.

PLEASE PRAY FOR THOSE WHOSE ANNIVERSARIES OCCUR AT THIS TIME:

Bishop Kevin Manning, Terry Hammond, William Worthington, Thomas Brooks, Antonio Favalaro, Winnifred Jackson, Annie Gillian, Ivan Kucic, Mary Rivas, Roberto Di Nucci, Mabel Barry, Ruby Howling, Doris Ball, Peter Roebuck, Arthur Hibberd, Paul Treble and Janet Tulk.



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