



St. Finbar's Catholic Parish, Glenbrook

The Barra

15th Sunday in Ordinary Time - Year A

11th & 12th July 2026



Isaiah 55:10-11; Psalm 64; Romans 8:18-23; Matthew 13:1-23

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.....

*"If you had a friend who talked to you like you sometimes talk to yourself, would you continue to hang around with that person?"
Rob Bremer*

It is often said that we are our own worst enemy. Maybe our quotation today can reveal to us how this may be so! It is surely an aspect of humanity that so many of us are continually at pains to criticise ourselves to little or no advantage. Now, we wouldn't want to relegate self-criticism out of our experience for it can be a very useful tool to keep us on the straight and narrow as we shall see. What sends it in the wrong direction is its incessant nature and the plethora of nit-picking which it does. The mind generally runs along with it and becomes a swirl of negativity amounting to nothing much more than our feeling bad about ourselves and nothing positive accruing. And we think we are doing ourselves a favour?

Although no one else is party to our own negative chatter we tend to believe ourselves which can lead to exhaustion. I don't think we'd be happy if someone else spoke to us in the same way. We would see it as an assault on our personality and reject such propositions. Yet we do it to ourselves. So what is the problem here? A problem to begin with is that we are not satisfied with our performance and castigating ourselves is seen as a positive antidote to failure. Another problem for perfectionists is that the mistakes we make are unforgiveable intrusions into our otherwise perfect self-model. And at the far end of the spectrum are those who are filled with self-loathing who feel a need for continual self-correction in order to feel worthy. And more could be said, but we'll leave it there for now for we have gotten the flavour of the situation.

Where do we go with this? Self-assessment rather than self-criticism is a healthier perspective because it balances the good and the bad. It seeks objectively to establish what needs to be changed and what doesn't need to be changed. Sure, as Christians we need to be aware of the constant call to repentance which doesn't give us leave to enter into a state of being overwhelmed by our little imperfections. If we move to self-assessment we can move far beyond our own criticisms to recognise the beauty in which God made us and that we are still works of art in the making. This helps us to discern the truth behind our ruminations and be able to assess what is valuable to pay attention to in order for self-improvement, one thing at a time. If it stays at the negative then self-criticism is of no value

WELCOME BACK, FR MICHAEL SULLIVAN OSA

We warmly welcome Father Michael Sullivan back to our parish this weekend.

Fr Michael will be celebrating all the weekend Masses.

Thank you Father Michael for your help while Father John is away.

PARISH INFORMATION

Parish Priest: Fr John Hogan
E-mail: John.hogan@parracatholic.org
(on Leave)

Emergencies : 0466 500 880
(Sickness & Death only)

Secretary: Juliana Khnouf
E-mail: secretary@stfinbars.org.au
Office Phone: (02) 47426958

Admin: Tamar Apkarian
E-mail: admin@stfinbars.org.au

PPC: Kylie Mills (Chair)
E-mail: stfinbarsppc@gmail.com

Parish Youth: Brendan Khnouf
[sfynglenbrook@gmail.com](mailto:sfyglenbrook@gmail.com)

Office Hours: 8.30am – 2.00pm
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 Kym Romanous
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.

<p>Sunday 12th July</p> <p><i>15th Sunday in Ordinary Time Year A</i></p>	<p>7.30am Mass</p> <p>9.30am Mass</p>
<p>Monday 13th July</p>	<p>No Morning Mass -Office is closed</p>
<p>Tuesday 14th July</p>	<p>6.00pm Cantabile Choir Practice</p>
<p>Wednesday 15th July</p> <p><i>St Bonaventure</i></p>	<p>No Morning Mass</p> <p>7.00pm Bridge P/C</p>
<p>Thursday 16th July</p>	<p>No Morning Mass</p> <p>1.00pm Bridge P/C</p>
<p>Friday 17th July</p>	<p>No Morning Mass</p> <p>1.30pm Bowlers P/C</p>
<p>Saturday 18th July</p>	<p>No Morning Mass</p> <p>12.30pm MET Diocese Pastoral Plan meeting P/C</p> <p>4.45pm Confessions</p> <p>5.30pm Vigil Mass</p>
<p>Sunday 19th July</p> <p><i>16th Sunday in Ordinary Time Year A</i></p>	<p>7.30am Mass</p> <p>9.30am Mass</p> <p>1.00pm Bridge Club P/C</p> <p>7.30pm Youth Group P/C</p>

Positions Vacant:

- Parish Secretary – St Patrick’s Cathedral, Parramatta
- Housekeeper Supervisor – Holy Spirit Seminary, Harris Park
- Sacramental Coordinator – St Nicholas of Myra Parish, Penrith

More details at: parracatholic.org/jobs

Synod Gathering DEANERY CLUSTER– Parish Participation

Our parish will be hosting a special gathering as part of the Diocese of Parramatta’s journey of **synodality** on **Saturday 18 July** from 2pm to 4pm. This gathering is an opportunity for parish communities to come together in local groups to **reflect, share, and celebrate** how we are living out our Diocesan Pastoral Plan, and to listen to how the Holy Spirit is guiding us forward as a Church.

If you would like to be part of the Synod Gathering, please email the parish office at secretary@stfinbars.org.au.

We look forward to this important moment in the life of our parish and diocese. Please keep this gathering in your prayers.

Sing a New Song – Music Workshop for Children: 14 July

Do you have a child in Year 4-12? Invite them to come along to our ‘Sing A New Song Holiday Music Workshop’, for a fun day of singing and exploration of sacred music. When: Tuesday 14 July 2026, 9.30am-2pm Where: St Patrick’s Cathedral Hall, 1 Marist Place Parramatta Morning tea and lunch provided. Student participants will form a choir that will sing at the Solemn Mass at St Patrick’s Cathedral Parramatta on Sunday 19 July at 6pm. Register here: parracatholic.org/events/school-holiday-music-workshop/

CYP Annual LIFTED Retreat for year 10-12’s: 15 July

You’re invited to LIFTED Retreat! A one-day retreat for 16-17 year olds from across the Diocese at St Paul’s, Winston Hills on Thursday, 15 July. Together we will enter a weekend of connection, prayer and reflection on the theme of Abundance, inspired by John 10:10. Whether you’re just beginning your faith journey, looking for community or need a mid-year renewal, the LIFTED Retreat welcomes you with open arms. Limited spots available. Registrations parracatholic.org/events/lifted-high-school

Schoenstatt Sisters ‘Come & See’: 10-12 July

A live-in experience for young women with the Schoenstatt Sisters of Mary. This will be a weekend dedicated to prayer and reflection where young women can experience and learn more about the community by working and praying with the sisters. Details and expressions of interest to Sr M Olivia at sister.m.olivia@gmail.com or 0473 201 525.



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UPDATE FROM FATHER JOHN.

Father John has emailed me this week to let you all know that his brother's ordination and his first Mass went well and he sends you all his regards and thank you for your prayers.

VOLUNTEERS NEEDED – OFFICE & MEETING ROOM CLEAR-OUT – FRIDAY 24TH JULY FROM 8.30AM

To prepare for the replacement of the Parish Office and Meeting Room carpets, we are seeking volunteers to help clear these areas before work begins on Tuesday, 28th July.

We will need assistance with dismantling office desks and computers, moving furniture, including bookcases and boxes of books, and relocating the office printer and other items to the Parish Hall. Any help, even for an hour, would be greatly appreciated and will help ensure everything is ready for the carpet installers.

If anyone has a **bed trolley** that we could borrow to assist with moving heavier items.

If you are available to lend a hand, please contact the Parish Office on **4742 6958**.

Thank you for your generosity, support, and willingness to help. Your assistance is greatly appreciated and valued by our parish community.

SAFEGUARDING AUDIT – A HEARTFELT THANK YOU

Last Wednesday morning, our parish welcomed the Safeguarding Auditors, who conducted a review of our volunteer records and safeguarding compliance.

We are delighted to report that the auditors were very impressed with our parish and the large number of dedicated volunteers who generously serve our community. They also commended the excellent response from our volunteers in obtaining their **Working With Children Checks**, completing their **Safeguarding Training**, and signing the **Acknowledgement of Code of Conduct**.

We would like to extend our sincere thanks to all our volunteers for their commitment, cooperation, and support. Your willingness to meet these important safeguarding requirements helps ensure that our parish remains a safe and welcoming environment for everyone.

Thank you for all that you do for our parish community. Your dedication and service are greatly appreciated.

JUNIOR SERVERS TRAINING

Over the next few weeks, Peter McMahan will begin training a new group of Junior Servers. We warmly invite any children who would like to join this ministry to contact the Parish Office for further information.

For those children who are already serving and are currently on the roster, could you please confirm with the Parish Office that you are happy to continue on the next roster.

Thank you all for your wonderful help, commitment and support of our parish. Your generosity in serving at Mass is greatly appreciated. We look forward to welcoming new servers and continuing this important ministry together.

SACRISTANS & SENIOR SERVERS

A friendly invitation to all Sacristans and Senior Servers that a *Refresher Course* will be held on **Sunday 26th July**, immediately following the **9:30am Mass**.

This is a wonderful opportunity to revisit and strengthen our understanding of our important ministry, share experiences, and continue serving with confidence and care.

Your presence is warmly encouraged and greatly appreciated. Thank you for your faithful service to our parish community!

PARISH TRIVIA NIGHT REMINDER. Don't forget our **Parish Trivia Night** on **Saturday, 8 August**, commencing at **6.30pm in the Parish Hall \$10/each**. We still have a few tables available, so if you would like to attend, please add your name to the list on the Warden's Table as soon as possible. Come along and enjoy an evening of friendship, laughter, and fun while testing your trivia knowledge with fellow parishioners. We look forward to seeing you there!

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LITURGICAL ROSTER FOR 18TH & 19TH JULY 2026

Liturgical Ministries	5.30pm	7.30 am	9.30 am
Sacristan	Vince Dobson	Peter McMahon	Stuart Sheary
Senior Server	Vince Dobson	Peter McMahon	Martin Rogers
Junior Servers	Volunteers Please		Joseph Sheary & Johnny Hamilton
Warden	Lorraine Brown	Ben Oxley	Frank Fitzpatrick
1 st Reading	Maire Griffin	Kevin Lloyd	Peter or Trish Hurley
2nd Reading	Gideon Goosen	Carl Moll	Erin Kelly
Intercession	Volunteer Please	John Isaksen	Frank Fitzpatrick
Music	Cantabile		Cormac's group
IT Operators	Anne Hobbs	Elizabeth Konza	Dan Kensey
Gifts	Thea & Brian Robertson	Kay Whitty	The Wilson Family
Communion	Volunteers Please	Brian Grech & Helen Keogh	Todd Stanford & Erin Kelly
Children's Liturgy	School Holidays		
Church Care	Volunteers Please		
Hospitality	Peter & Trish Hurley, Irene and Bert Aligno.		

PLEASE PRAY FOR THE RECENTLY DECEASED:

Jeffrie Harsh (Helen's Husband), James McCaughan (Cormac's Father) and Anita Keenan.

PLEASE PRAY FOR SICK PARISHIONERS, RELATIVES & FRIENDS:

Tony Phoebus (Mark's Uncle), Tom Torrance, John Brown, Mila Svehla, Chris Wilson, Chris Paine, Caroline Goosen, Norman Fisher (Bernie's brother), Noreen Taylor, Lyn Downes, Pat Barrett, Beryl & Stan Callaghan, Terry Stevens, Jacqui Visser, Mark Bates, Colleen Nolan, Sophie Hollies, Maddison Farrugia, Gerard Keenan (Anita's Son), Margaret Stevens, Christopher Thomson, David Haynes (Yvonne Scanlan's Dad), Margaret Christensen, Joan and Marcia Pereira, Catherine, Elizabeth and Monika Gawlik.

PLEASE PRAY FOR THOSE WHOSE ANNIVERSARIES OCCUR AT THIS TIME:

Thomas Boyle, Scott Grzonkowski, Janet Noonan, Geraldine James (Boyle), John Kelly, Margaret Frost, Kin Nolan, Jean Cottier, Kevin Bohan, Waclaw Zajicek, Thomas Binns, Kevin O'Donnell, Peter Nash and Kathleen O'Connor.

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