



Newsletter



Catholic Parishes

Kangaroo Point • East Brisbane • Buranda

Pentecost Sunday (Year B)

19 May 2024

Mass Times

ST LUKE'S CHURCH

43 Taylor Street,
Woolloongabba

Friday: 9:00am Mass

Sunday: 8:00am Mass

ST BENEDICT'S CHURCH

81 Mowbray Terrace,
East Brisbane

Wednesday: 8:00am Mass

Saturday: 5:00pm Vigil Mass

ST JOSEPH'S CHURCH

26-36 Leopard Street,
Kangaroo Point

Sunday: 9:00am Mass

Reconciliation: *By appointment*

Your Prayers

We ask you to pray for those whose anniversary occur at this time

John McIntosh, Tony Kelly

Please remember the sick

Brian Prove, Michael Mulligan,

Jeanette McMahon, Betty Bourke.

Baptisms

Baptisms are held on the **Fourth Sunday** following the 9:00am Mass at *St Joseph's Kangaroo Point.*

Preparation is held on the **Third Sunday** at *Sts Peter and Paul's Bulimba*

Please telephone the parish office for further details

We acknowledge the traditional owners and custodians, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationships of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of reconciliation.

Fr Peter's Message

You're Not a Fraud

Imposter syndrome. Apparently it's a real condition, although I had never heard of it before, but a recent magazine article indicated that up to 90% of people experience imposter syndrome at some time in their life. When I discovered that it involves 'the unfounded feelings of self-doubt and incompetence' it started to make sense. Over time and left unaddressed it can fuel anxiety, depression and guilt and we all know how debilitating those issues can be.

The article which also referred to the syndrome as "perceived fraudulence", indicated a higher incidence in graduate students and top executives with a higher incidence in women, although I can now recognise indications in male colleagues and, if I'm being honest, myself on certain occasions. It has a lot to do with how we think the world perceives us and how we interpret the messages and signs we receive from those around us.

Many years ago I read a book by the noted Jesuit writer, John Powell. The book had the confronting title of "Would You Still Love Me If You Really Knew Me?" It was especially challenging for those of us in our adolescent years, who imagined that if we had any sinful thoughts or immoral desires then we were the only one in the world who had those thoughts. Powell's book was liberating as it urged us to name our secret concerns, firstly to ourselves and then later, to someone we deeply trusted, perhaps then to discover that we weren't unique in our apprehensions and ultimately making a closer connection between who we believed ourselves to be and how others might see us. It was such an epiphany experience and a necessary experience for a teenager, as I was at the time.

Powell's point was that most of us don't really love or accept ourselves enough first, in order to let others know who we might perceive ourselves to be. Letting go gradually of the self-doubt was the door to accepting ourselves as an 'authentic person' if only in our own eyes, if not that of others.

The article spoke about four types of people whose internal beliefs do not always match their external presentation of themselves.

The 'perfectionist' is someone who sets unrealistic goals and then feels ashamed or inadequate when they can't achieve those goals. They even try to avoid attempting new activities, believing that if they can't do them perfectly the first time, then they would rather not try.

Then there is the 'natural genius' who believes that if something doesn't come easily to you or you fail to succeed on your first try then they are a complete failure. The 'rugged individualist' believes they should be able to achieve everything without outside help. Needing to ask for help means admitting your inadequacies and showing yourself to be a failure, while the 'expert' believes they should have all the answers and then considering themselves to be a failure when they can't answer a question or encounter some knowledge that they had previously missed.

I have to admit I've spent a bit of honesty time owning up to a little part of each characteristic and I imagine no one is ever free of feelings of inadequacy, but when it stops you from achieving even a part of your goals or paralyses your desire to make a contribution to the lives of others, then we need to start making some concrete changes.

The need for perfect conditions is a waste of time as is expecting success at all times, and it's okay to give yourself permission to make mistakes, as long as we are not repeating the same mistakes. Taking some minor risks with a project and reaching out for assistance might actually achieve some surprising outcomes. Finding someone with whom we can be completely honest and not feel like a patient and not being judged is a real and rare treasure. Nothing to lose, and everything to gain.

Fr Peter Dillon,, Administrator



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St Joseph's and St Benedict's

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Buranda Parish
St Luke's

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E: stlukes@bne.catholic.net.au

W: www.stlukesburanda.com

Administrator: Fr Peter Dillon

Around our Parishes

What's happening


Parish Lucky Number (KPEB)

The winner of last week's lucky number was: **KATHY WESSELL**

Any parishioners interested in being part of the Lucky Number Draw simply need to speak with Isobel at the foyer of St Benedict's Church at Mass on Saturday evening.

Proceeds of the lucky number draw go to support the St Vincent de Paul and other social needs in the Parish. **GOOD LUCK!!!**

VOCATION VIEW:

 Be guided by the Holy Spirit because with the Spirit comes love, joy, peace, patience, kindness, goodness, trustfulness, gentleness, and self-control. With God's help, come forward to proclaim to those searching for meaning in life. As the Spirit is our life, let the Spirit direct us. Please pray for vocations. Scan the QR code, phone 1300 133 544 or www.vocationbrisbane.com

TWO MINUTE HOMILY by priests from the Brisbane Archdiocese. You are able to watch this week's homily at — <https://shorturl.at/dotuG>

PARISH SCRIPTURE GROUP (NOW MONTHLY)

The next meeting is **Tuesday 28 May** at St Benedict's Church, East Brisbane at 7pm. Everyone is welcome.


MOTHER'S DAY THANK YOU – it was wonderful to welcome so many parishioners following Mass last Sunday to enjoy morning tea in celebrating Mother's Day. We enjoyed meeting new friends and chatting with 'old' ones. The community spirit is certainly alive and well. Thank you to the helpers who made it possible.
PPC Committee

SACRAMENTAL PROGRAM for FIRST COMMUNION

Just a reminder for families enrolled in the sacramental program, the **Celebration of God's Mercy** will take place at 6pm on Thursday 23 May at St Joseph's, Kangaroo Point. Part of the resource pack included a 'Sorry' worksheet which your child will hand to Father Peter on the evening. This celebration of forgiveness will be followed by a rehearsal for the Sacrament of First Communion taking place on Sunday 26 May. Please pray for our children as they prepare for their special day.



CORPUS CHRISTI PROCESSION
"HE WHO FOLLOWS ME WALKS NOT IN DARKNESS" JOHN 8:12
MEETING AT ST STEPHEN'S CHAPEL
1:30PM, 2 JUNE 2024




Starting and ending at the Cathedral of St Stephen

marriage encounter



Reminder
YOU OWE IT TO YOUR SPOUSE TO BOOK YOURSELF ON A MARRIAGE ENCOUNTER WEEKEND
21 - 23 June, 2024
The Hub, 58 Opperman Drive, Springfield Lakes
For more information, contact:
Leisha Razario & Joseph Deasmen
Phone: 0481 307 821
Email: qldbookings@wwme.org.au



Domestic and family violence prevention month MAY 2024
Get involved www.qld.gov.au/dfvmonth


DOMESTIC VIOLENCE AWARENESS VIGIL – May is the month of Mary, Mother of Jesus, Crucified and Risen! How apt it is for us in our needy society that May is also Domestic Violence Awareness month—for learning, prayer and action. Up to 29 April, 26 women in Australia including six from Queensland have died due to domestic violence incidents. In response to this issue, you are invited to attend a **Candlelight Vigil on Friday 31 May at 6pm** at Regina Caeli Catholic Parish, 81 Waverley Road, Camp Hill. Their hope is for our Catholic communities to grow in how we recognise, learn about and hold in prayer all affected by this issue.



catholic encounter KIDS
Camp Hill Parish

ENCOUNTER CATHOLIC KIDS DAY: CAMP HILL is a special event for **primary school aged children**. The day is filled with fun, games, activities and engaging messages and prayers designed to give children a positive and powerful experience of the

Catholic faith. The program runs from **10am-3pm on Sunday 9 June at St Thomas' Camp Hill**. Morning Tea is included. The day is facilitated by a team from the Archdiocese of Brisbane's Children and Families team and a team from the Camp Hill parish. For further details visit tickets.org.au - Australia's Premier Ticketing System For Organisations

OUR LADY HELP OF CHRISTIANS NATIONWIDE HOLY ROSARY will occur across Australia on Saturday, 25th May between 2-4pm. You are invited to unite in prayer with the Blessed Mother Mary for God's peace and love in our lives. It is hoped that by praying altogether our faith will be nourished and strengthened by the fruits of the Holy Rosary and the intentions of Australia will reach the heart of our Heavenly Mother and given to her Son.

St Luke's Buranda will remember former parishioner Greg Smith during Mass on Sunday 26 May. Greg was an active member of the parish as a Reader at Mass. In the wider community he had a significant role in Chaplaincy, serving as and training others for the ministry. All are welcome to attend.

The Order of the Mass

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.

We praise you, we bless you, we adore you,
we glorify you, we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the holy one,
you alone are the Lord,
you alone are the most high, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen

FIRST READING: Acts 2:1-11

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome - Jews and proselytes alike - Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

RESPONSORIAL PSALM:

Lord, send out your Spirit and renew the face of the earth.

SECOND READING: Galatians 5:16-25

If you are guided by the Spirit you will be in no danger of yielding to self-indulgence, since self-indulgence is the opposite of the Spirit, the Spirit is totally against such a thing, and it is precisely because the two are so opposed that you do not always carry out your good intentions. If you are led by the Spirit, no law can touch you. When self-indulgence is at work the results are obvious: fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling, jealousy, bad temper and quarrels; disagreements, factions, envy; drunkenness, orgies and similar things.

I warn you now, as I warned you before: those who behave like this will not inherit the kingdom of God. What the Spirit brings is very different: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control. There can be no law against things like that, of course. You cannot belong to Christ Jesus unless you crucify all self-indulgent passions and desire.

Since the Spirit is our life, let us be directed by the Spirit.

GOSPEL: John 15:26-27; 16:12-15

The Spirit of truth will guide you into all the truth.

Jesus said to his disciples:

'When the Advocate comes,
whom I shall send to you from the Father,
the Spirit of truth who issues from the Father,
he will be my witness.

And you too will be witnesses,
because you have been with me from the outset.

'I still have many things to say to you
but they would be too much for you now.

But when the Spirit of truth comes
he will lead you to the complete truth,
since he will not be speaking as from himself
but will say only what he has learnt;
and he will tell you of the things to come.

He will glorify me,
since all he tells you
will be taken from what is mine.
Everything the Father has is mine;
that is why I said:

All he tells you
will be taken from what is mine.'

APOSTLES CREED:

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

(At the words that follow, up to and including 'the Virgin Mary', all bow.)

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day, he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting,

Amen.

Hymns

Buranda Parish

ENTRANCE

HOLY SPIRIT, COME, CONFIRM US

Holy Spirit come, confirm us
In the truth that Christ makes known,
We have faith and understanding
Through your helping gifts alone.

Holy Spirit, come, console us,
Come as Advocate to plead,
Loving Spirit from the Father,
Grant in Christ the help we need.

Holy Spirit, come, renew us,
Come yourself to make us live:
Holy through your loving presence,
Holy through the gifts you give.

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GOSPEL ACCLAMATION

Alleluia, Alleluia, Alleluia, Alleluia.
Come, Holy Spirit,
Fill the hearts of your faithful
And kindle in them the fire of your love.
Alleluia, Alleluia, Alleluia, Alleluia.

OFFERTORY

Quiet Music

COMMUNION

ONE BREAD ONE BODY

REFRAIN

*One bread, one body, one Lord of all,
One cup of blessing which we bless.
And we, though many, throughout the earth,
We are one body in this one Lord.*

Gentile or Jew, servant or free,
Woman or man, no more.

Many the gifts, many the works,
One in the Lord of all.

Grain for the fields, scattered and grown,
Gathered to one, for all.

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RECESSIONAL

DEEP IN THE SPIRIT

Chorus

*If the Spirit of God lives in you,
Sing to the Lord!
Praise him for his goodness!
Deep in the spirit your song!*

I will play for him!
Joy filled is my song!
My life is my melody!
To him I belong!

Deep in Christ I live!
Faith in him my prayer!
When my soul is torn and dry,
Faith to sense him there!

Spirit in my heart,
Sing for me my prayer!
Deep within my heart I know;
You are always there!

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