

The second week of our First Holy Communion preparation continues this weekend. Last week, the focus was on what we do when we come to Mass – *We gather, we listen, we focus on the altar*, and then *we are sent*. This weekend, our attention is drawn to the Eucharistic Prayer and Jesus' command at the Last Supper, **"Do this in memory of me"**. We gather at Mass because we are faithful to Jesus command – that is what brings us to Mass today! We keep all our younger members of our Parish Family who are preparing to receive their First Holy Communion in our prayers today.

Welcome to the Eighteenth Sunday in Ordinary Time.

Our scripture this weekend comes from **Ecclesiastes 1:2,2:21-23, Colossians 3:1-5,9-11** and the Gospel is from **Luke 12:13-21**, and it tells the story of the rich young man.

Embracing the faith communities of **St Mary's Buderim, St Peter's Coolum, Stella Maris Maroochydore and St Catherine of Siena, Sippy Downs.**

STELLA MARIS CATHOLIC PARISH

Our Parish has zero tolerance for all forms of abuse and is committed to safeguarding everyone involved in its activities, ministries and services. The safety and wellbeing of children and adults-at-risk are paramount.

Lord, teach us to pray

It is one of the great paradoxes of life that the easiest things can be the most difficult. The same is true for prayer. I have at times been asked something along the lines of **"I want to start praying more intentionally, what should I do?"**.

The answer is both incredibly easy and incredibly difficult; just sit in silence and clear your mind of anything but God. It sounds very easy, sit quietly, sit still, and clear your mind, but very quickly we discover what a task this is. The Spiritual Director of the Seminary, Fr. Paul Chandler, describes it as turning off little radios all over your house so you can have a conversation with God. We can hardly pray, have a conversation with God, if our little radios are blaring "That report is due Monday", "I should text James back", or "Where did I put my keys?".

Part of prayer is to go around and turn off these little radios, to try and take ourselves out of our busy life and sit quietly with God. Sometimes all we end up doing in our prayer is finding more radios to turn off and that's okay, the more we try, the easier it becomes. Sometimes we need to bring those radios into our prayer, the fact that we can't get rid of them may be an invitation from God to say, **"God, I am struggling with this, please give me the Grace to get through it"** rather than pushing them away or ignoring them, bring them to God. Unlike some other faiths or meditative practices, the goal is not to reach some kind of thoughtless bliss, a state of detachment or to rise above the world. Instead, we are opening up a space for God, leaving a place of silence in our noisy lives where God can touch our hearts. That can be the scariest part sometimes, often silence is just an invitation for the things we normally try to avoid becoming even louder.

Silence is like a magnifying glass that we look at ourselves with, it tells us what we think is important, what we are running away from and what has hurt us. It's in the silence that God will often meet us, just as he met Elijah. Elijah went into the desert and heard great winds and the sounds of massive rocks smashing and a great fire raging, but God wasn't in any of those things; instead he found God in the "voice of a thin silence".

When the Patron Saint of Parish Priests, Fr. John Vianney, was asked what he did while he sat in front of the Eucharist for hours at a time, he just said, **"I look at Him and He looks at me"**. This is the great 'secret' of prayer. There's no trick or formula or secret handshake, just sit with God and let Him sit with you. It is hard, it takes time, but just like the man in the Gospel, if we keep knocking, God will open the door.

Dylan Asmus Seminarian

Don't be Shy—Let's be Friends!

It has never been so easy to get in touch and keep up to date with the many ministries and activities of our Sunshine Coast Parish. Why not start by visiting our Parish Facebook page? You will receive updates on what's happening within the parish, religious articles and content of interest. It is also a way we contact you with urgent news. **"Like"** our Facebook page, and you will be kept notified of new posts and help to promote the Parish page to more viewers. Our Parish Instagram page also offers a wealth of information, while our E-Newsletter delivers our weekly Parish newsletter straight to your inbox!



The Week Ahead

We acknowledge the traditional owners of the land on which our communities celebrate liturgies and live out our faith. We pay respects to leaders past, present and emerging. May their example of stewardship be reflected in our lives.

Monday 04 August *St John Vianney*

Happy Birthday Bishop Brian Heenan

- ♦ Benediction (5:15pm, Stella Maris Church)
- ♦ **Mass** (5:30pm, Stella Maris Church)
- ♦ Catholic Formation (Stella Maris)

Tuesday 05 August

- ♦ **Mass** (9:00am, Stella Maris School Chapel)
- ♦ RCIA All Saints Group (6:00pm, Duffy Room)
- ♦ Young Adults Formation –Reclaim Vocations Night (7:00pm, Brisbane)

Wednesday 06 August *Transfiguration*

- ♦ **Mass** (7:00am, St Mary's Church)
- ♦ **Mass** (9:00am, St Catherine of Siena Church)
- ♦ Pray & Play (9:30am Stella Maris)
- ♦ Scripture Study Group (9:30am, Zoom)

Community Meetings:

Coolum 12:00pm; **Buderim** 2:30pm;
Sippy Downs 4:00pm; **Stella Maris** 6:00pm

- ♦ Latin American prayer group meets every Wednesday in the Duffy Room (6:00-8:00pm)

Thursday 07 August

- ♦ **Mass** (8:30am, St Peter's Coolum)
- ♦ Baptism Preparation (6:00pm, Stella Maris)

Friday 08 August *St Mary of the Cross*

- ♦ Stations of the Cross (8:00am, Stella Maris)
- ♦ **Mass** (9:00am, Stella Maris Church)
- ♦ Community Meal for the Homeless/Disadvantaged/Vulnerable

Saturday, 09 August

- ♦ **Mass** (8:00am, Stella Maris Church)
- ♦ Reconciliation (8:30—9:30am, Stella Maris)
- ♦ Jesus Shine Catholic Charismatic Prayer Group meets (11:00am, Sippy Downs)

- ♦ **Vigil Mass** (4:30pm, St Peter's Church)
- ♦ **Vigil Mass** (6:00pm, Stella Maris Church)

Sunday, 10 August

19th Sunday of Ordinary Time

- ♦ **Mass** (6:30am, Stella Maris Church)
- ♦ **Mass** (7:30am, St Peter's Church)
- ♦ **Mass** (8:00am, St Catherine's)
- ♦ **Mass** (9:00am, Stella Maris)
- ♦ **Mass** (9:30am, St Mary's)
- ♦ Junior Minsters (3:00pm—Stella Maris)
- ♦ 10:10 Youth Group (3:00pm—Stella Maris)
- ♦ **Mass** (5:00pm, Stella Maris)

Gluten-free hosts are available. To arrange, simply contact the sacristan or Mass coordinator before Mass. The priest will always distribute the gluten free host at communion.

Parish Clergy

Fr Peter Brannelly
Fr Isaac Falzon
Deacon Michael Khoury
Bishop Brian Heenan
Bishop Emeritus



Stella Maris Parish Office

Adjacent to the Stella Maris Church
Office Hours 9:00am—2:00pm Weekdays
Telephone: 5443 3488
Email: suncoast@bne.catholic.net.au
Website: maroochyshoreparish.com.au

On the first weekend of every month across our Parish Family we have a special focus on **hospitality**. All parishioners and visitors are warmly invited to enjoy the hospitality of our community and a big thank you to all those who coordinate and generously support this important Parish ministry.

Don't Procrastinate

If you have not already collected your Funeral Preparation Pack they are available at the entrance to the church. The purpose of the preparation envelope is not to be taken home and collect dust but to be opened, reflected upon, discussed with the people who need to be discussed with, filled out and then returned to the parish office (or some obvious place at home) where hopefully it will not be opened for many years to come! The trick with the preparation pack is – don't procrastinate! Because none of us what to be like the rich young man in this weekend's gospel!!!

Best Practice

The protocol for all our Eucharistic Ministers who take Communion to our sisters and brothers who are sick, housebound, in hospital or nursing homes is that before you place your pyx on the offertory table, please record your name and the names of those whom you are going to see (the folder is at the entrance of each church). This important ministry always takes place on the day, ideally following when commissioned at the end of Mass, and only commissioned Eucharistic Ministers are allowed to take the Blessed Sacrament from the church.

Local Groups

This Wednesday, being the first of the month, all local groups are reminded of your respective meetings – **Coolum** 12 noon, **Buderim** 2:30pm, **Sippy Downs**, 4:30pm, **Maroochyshore** 6.00pm. A grateful parish thanks all members of our local groups for helping to coordinate the many activities within our Parish Family and for always being willing to oversee new pastoral initiatives in our community.

Change of Plans!

After not having received the registration numbers we had anticipated to make Trivia Night possible, we have made the difficult decision to change how we will fundraise for this year's Ignite Conference. Sadly we will no longer be holding Trivia Night on Saturday, August 9th and instead will be holding a fantastic raffle event on Sunday, August 31st with all the prizes that have been already donated. Stay tuned for more details and how you can get your tickets.

Craft Group

Our very busy and creative Stella Maris craft group gathers in the Bliss Room twice a month. The next gathering is **this** Friday, August 8th, at 9.45am (following the 9am Mass). Occasionally, the group has a stall after Mass displaying their creativity, and last year the funds raised assisted in our Parish sending some of our youth to the annual Ignite Youth Conference in Brisbane. In Coolum, the St Peter's Craft Groups, meets on Tuesday, August 12th.

Infant Baptism

On the first Thursday of every month, we host a baptismal preparation meeting for all parents with infant children. At this short meeting that begins at 6:00pm at Stella Maris, we simply look at some of the symbols used in celebrating the sacrament, answer any questions and confirm dates and times. Please go to our Parish web page and download the registration form. before attending the meeting.

Mums and Dads = Grandmums and Granddads

Every Wednesday morning from 9:30 to 11:00am parents with pre-school age children gather at Stella Maris for our **Pray & Play group**. It is an excellent opportunity for young children to interact with each other while at the same time for adults to share the wisdom for experience and in the process have some fun! Grandparents are especially welcome to share your experience and stories while at the same time enjoying the energy and inquisitiveness of those just starting out on the great adventure of life. *Please join us this Wednesday!*



Your continued generous financial support enables the mission and ministry of your Stella Maris Parish Family to flourish — *thank you.*

Catholic Formation – Understanding, Praying and Living the Scriptures

Discover the Living Word: Register Now for Module 2 of the Archdiocese Centre for Catholic Formation

We warmly invite all parishioners to join Module 2 of the Archdiocese Centre for Catholic Formation — a journey deep into the Scriptures. This module will explore how the Bible is inspired, canonised, and united, guiding you to interpret Scripture within the rich Catholic tradition. You'll also gain an introduction to key books of the Bible and the theological principles behind our Catholic reading of God's Word. More than learning the mechanics, this course offers an experience of truly listening to God speaking through Scripture, helping the Word come alive in your heart and daily life.

Who is this for?

This module is designed for all baptized Catholics, especially:

Those seeking to deepen their love for God and others

Parish staff or volunteers without formal theological training

Anyone eager to share their faith with others

Don't miss this opportunity to grow in faith and understanding. This module **begins this Monday**

August 4th for 10 weeks in the Bliss Room, the cost is \$150. Please scan the QR Code to register using the discount code Maroochydoremod2. Contact Carrollyn Watt at the Parish Office for more information (5448 3488)



Every Sunday afternoon from 3pm to 5pm our **Junior Ministers** meet for an afternoon of training, fun and games. All primary school children who have made their confirmation are welcome to join us – for more information, please contact Bernie (bbaillie811@gmail.com)



Right next door, gathering also at 3pm at Stella Maris, is our **10:10Highschool Youth Group**. Coordinated by our NET team, it is an afternoon of fun, faith and friendship. If you would like more information, please email us (maroochydore@netministries.com.au)

You might have heard us talking about the **RCIA**. The initials simply stand for the **R**ite of **C**hristian **I**nitiation of **A**ddults. When people decide they would like to know more about the Catholic Faith, we invite them to COME AND SEE by joining the **RCIA** Group. The **RCIA**, also called the Catechumenate, is the process by which adult persons are brought into membership of the Roman Catholic Church. Over the past two years we have welcomed over 60 adults into the faith and currently have an **RCIA** group journeying towards baptism and full communion towards the end of the year.

We have received several inquiries from adults wanting to discover more about what we believe as Catholics, so we are in the process of starting a new **RCIA** group, probably in September – are you interested? If you would like more information please talk to either Fr Peter or Fr Isaac or email Dylan Asmus, asmusd@bne.catholic.net.au

Last Saturday, the women of our community gathered for their annual retreat at Stella Maris school. It was an occasion to reflect on life and the challenges that are part and parcel of living, while at the same time listening to some inspirational speakers and refocusing on priorities.

This year our annual Men's Retreat will be held on Saturday, October 18th. The retreat master will be Fr Paul Chandler, a Carmelite priest and currently the Spiritual Director at Holy Spirit Seminary, Banyo. Fr Paul will bring his years of wisdom and experience to us and help us navigate what it means in practical ways to be people of faith living in a very busy, secular world. In the midst of all the demands and pressures that we face here on the Sunshine Coast, this one-day Men's retreat is an ideal opportunity to pause and reflect on what is important and where life is taking us. You can't be too young or too old to be part of this day of reflection and prayer so please mark the date in your diary - Saturday October 18th—*why not invite a friend?*



Celebrating and Remembering

We welcome into God's Family, the Church,

Hunter Carr

who will be baptised this weekend in our parish.

We pray for all those who have died, especially **John McCormack OAM** whose funeral rites were celebrated last Wednesday at Stella Maris. .

May John's soul, and the souls of all our deceased priests, religious and family members, through the rich mercy of God,

Rest in Peace.

Catholic Education in our Sunshine Coast Parish

Siena Catholic Primary School

58 Sippy Downs Drive,
Sippy Downs
psippydowns@bne.catholic.edu.au
Principal: Eric Ellems



Grandparents' Day was a heartwarming celebration of love, joy, and connection. Guests were welcomed with performances by our school concert band and semitone choir, while enjoying a delicious morning tea catered by Caloundra Meals on Wheels.



We then gathered for a special liturgy, asking God to bless and thank our grandparents for their unwavering love and care—whether present or remembered in eternal life. A heartfelt thank you to Dylan, our seminarian, for leading the prayer, and to our students and staff for creating a truly meaningful experience.

Following the liturgy, grandparents visited classrooms where children proudly shared their work and learning spaces. A beautiful balloon arch provided the perfect backdrop for memorable photos.

To conclude the day, students and grandparents added flowers to our "Love Blossoms" poster, symbolising the flourishing love that binds our Siena community.

Stella Maris Primary School

Stella Maris Way,
Maroochydore
pmaroochydore@bne.catholic.edu.au
Principal: Mark Ballam



Last Friday, the Prep students at Stella Maris Catholic Primary School marked a joyful milestone—100 days of learning, growing, and discovering. The celebration was a vibrant reflection of our school's commitment to nurturing young minds through curiosity and fun.

This year we have seen our Prep students have embraced the Stella Maris values of compassion, commitment, creativity, confidence, and courage. These first 100 days have been filled with wonder and excitement as they explored literacy and numeracy, built friendships, and began their journey of faith and learning.

To celebrate, classrooms were transformed into festive spaces with colourful displays, counting activities, and 100 themed dress-ups. Our Prep teaching team joined in the fun, recognising the incredible growth and resilience shown by our youngest learners.

The celebration also served as a reminder of the strong partnerships between home and school, with families contributing to the festivities and sharing in the pride of this special moment.



Siena Catholic College

60 Sippy Downs Drive,
Sippy Downs
ssippydowns@bne.catholic.edu.au
Principal: Sharon Collins



This week, we paused to celebrate the heart of Catholic Education — a way of learning and living that is transformative, revolutionary, and deeply rooted in the Gospel. Our College joined with our primary community as they hosted a beautiful, combined Liturgy on Tuesday morning. This year's Catholic Education Week theme was *Communities of Faith, Hope and Love*, which is in harmony with the Jubilee Year theme, Pilgrims of Hope.

Catholic Education Week invites us to reflect on our "why":
Why we teach?
Why we lead?
Why we serve?

It's a time to reconnect with the vision that guides our mission — a vision where faith and learning walk hand in hand, where every student is seen, known, and loved, and where the Gospel inspires us to build a more just and compassionate world.

May this week be a reminder that Catholic Education is not just about what we teach, but how we live — with courage, compassion, and conviction.

Misa en Español

On the second Saturday of every month, our Spanish chaplain, Fr Luis, celebrates Mass in Spanish at St Mary's, Buderim. It is a great celebration with hospitality and a warm welcome to new faces. The next Mass in Spanish will be on *Saturday, August 9th*, 6:00pm at St Mary's. Their Facebook page is Comunidad Catolica Latina de Sunshine Coast. Also, every Wednesday evening at 6pm in the Duffy Room, our Spanish-speaking prayer group members meet, and all Spanish speakers are warmly invited to join them.

Następna polska Msza św

On the Fourth Sunday of every month, Mass is celebrated in Polish. The next Mass in Polish will be on *Sunday, August 24th* at 4:00pm - tell your Polish friends—all welcome.

Brasileiros Católicos em Sunshine Coast

On the first Sunday of every month at Our Lady of the Rosary Church, Edmund Street, Caloundra, Mass is celebrated in Portuguese at 11:30am. The Brazilian Catholic Community's email address is bcsc.contato@gmail.com

Available at the entrance of all four of our churches, we have new information envelopes containing details about our **Parish Planned Giving** programme and the many ways you can support your Parish and our **Endowment Fund**, which will provide your Parish Family with financial security into the future. For new and returning members of our Parish, there is a **Welcome Pack**. It contains valuable information about your new Parish Family. Please feel free to take an envelope home with you today. To all new members of our Parish Community, you are welcome— *thanks for being part of our Parish*

