

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 is paramount.

POPE FRANCIS & HIS TEN SECRETS TO HAPPINESS

Several years ago Pope Francis was interviewed by the Argentine weekly, *Viva*, and he put forward his own tips for happiness. As we look forward to the beginning of another new year it might be timely to reflect upon that age old "what will make me happy?" No matter what age we are along the journey of life, it is an important question. Oblate Father, Fr Ron Rolheiser, has synthesized the article and provided us with not a bad checklist.

1. Live and let live -- All of us will live longer and more happily if we stop trying to arrange other peoples' lives. Jesus challenged us not to judge but to live with the tension and let God and history make the judgments. So we need to live by our own convictions and let others do the same.

2. Be giving of yourself to others -- Happiness lies in giving ourselves away. We need to be open and generous because if we withdraw into ourselves we run the risk of becoming self-centred and no happiness will be found there, since "stagnant water becomes putrid."

3. Proceed calmly -- Move with kindness, humility, and calm. These are the antithesis of anxiety and distress. Calm never causes high blood pressure. We need to make conscious efforts to never let the moment cause panic and excessive hurry. Rather be late than stressed.

4. A healthy sense of leisure -- Never lose the pleasures of art, literature, and playing with children. Remember that Jesus scandalized others with his capacity to enjoy life in all its sensuousness. We don't live by work alone, no matter how important and meaningful it might be. In heaven there will be no work, only leisure, we need to learn the art and joy of leisure, not just to prepare for heaven but to enjoy some of heaven already now.

5. Sundays should be holidays -- Workers should have Sundays off because Sunday is for family. Accomplishment, productivity, and speed must not become our most valued commodities or we will begin to take everything for granted – our lives, our health, our families, our friends, those around us, and all the good things in life. That is why God gave us a commandment to keep the Sabbath holy. This is not a lifestyle suggestion, but a commandment as binding as not killing. Moreover, if we are employers, the commandment demands too that we give our employees proper Sabbath-time.

6. Find innovative ways to create dignified jobs for young people -- If you want to bless a young person, don't just tell that person that he or she is wonderful. Don't just admire youthful beauty and energy. Give a young person your job! Or, at least, work actively to help him or her find meaningful work. This will both bless that young person and bring a special happiness to your own life.

7. Respect and take care of nature -- The air we breathe out is the air we will re-inhale. This is true spiritually, psychologically and ecologically. We can't be whole and happy when Mother Earth is being stripped of her wholeness. Christ came to save the world, not just the people in the world. Our salvation, like our happiness, is tied to the way we treat the earth. It is immoral to slap another person in the face and so it is immoral too to throw our garbage into the face of Mother Earth.

8. Stop being negative -- Needing to talk badly about others indicates low self-esteem. Negative thoughts feed unhappiness and a bad self-image. Positive thoughts feed happiness and healthy self-esteem.

9. Don't proselytize, respect others' beliefs -- What we cherish and put our faith into grows "by attraction, not by proselytizing." Beauty is the one thing that no one can argue with. Cherish your values, but always act towards others with graciousness, charity, and respect.

10. Work for peace -- Peace is more than the absence of war and working for peace means more than not causing disharmony. Peace, like war, must be waged actively by working for justice, equality, and an ever-wider inclusivity in terms of what makes up our family. Waging peace is the perennial struggle to stretch hearts, our own and others, to accept that in God's house there are many rooms and that all faiths, not least our own, are meant to be a house of prayer for all peoples.

We all want happiness. We are continually asking ourselves "what will make us happy?" Every day of this coming year we will make choices directly impacting our happiness. Perhaps if we give Pope Francis' ten points a realistic chance in our lives, we just might capture some of that happiness for which we long!

Fr Peter Brannelly

As we leave 2022 behind and look forward to better days in 2023 we still have many things to be grateful for as a Parish Family. Despite all the financial uncertainty and the constant threat of the re-emergence of Covid, we are blessed with many parishioners and friends who generously gave of their time and talent to keep our Parish motoring along – for this we are eternally grateful. How many ways can a faith community say thank you to so many people?

Sacristans: They arrive early and set up for the liturgy. They are so efficient we hardly notice them; and they clean up and close up! Also, for those who support our sacristans - who wash and iron; clean and repair; who quietly, behind the scenes, keep everything ready and working. **Merci**

Music Ministry: Where would our liturgy be without music? If it is true that to sing is to pray twice then we particularly thank all our musical volunteers for leading us throughout the year. **Danke**

Liturgical Ministers: From those who proclaim the Word of God to those who serve at the Altar of God, we are blessed. Thank you also to all who are commissioned from our Sunday Masses to take Holy Communion to those who cannot be with us to celebrate the Eucharist – you powerfully remind us of how big God's family is! **Xièxiè**

Church Environment Decorators: We don't take for granted the creative artists/decorators who add colour and verve to the ambience of the liturgical space. They wake us up to the different feel and texture of the liturgy as our senses are alerted to the mystery we are about to celebrate. **Grazie**

Technology & Communication: Our parish has moved with the flow of current technology. From the creation of our new parish website to those who volunteer with our PowerPoints each Sunday - **Gràcias**

And you: Who, like St Joseph, quietly support and encourage, who trust enough to build up and not tear down, who are prepared to be part of the great drama of faith and parish life – may the blessings of the Christ Child be with you and yours as together we all embark on the great adventure of 2023.

MASS TIMES FOR COMING WEEK

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, 2 January

No Mass

Tuesday, 3 January

Communion Service (9am, *Stella Maris School Chapel*)

Wednesday, 4 January

♦ **Mass** (7am, St Mary's Church)

♦ **No Mass** (9am, St Catherine's Church)

Thursday, 5 January

♦ **Mass** (8.30am, St Peter's Church).

Friday, 6 January

♦ **Mass** (9am, Stella Maris)

Saturday, 7 December

♦ **First Saturday Mass** 8.00am (Stella Maris Church)

♦ Reconciliation **8:30 to 9:30am**, Stella Maris.

♦ **Mass** (4.30pm, St Peter's Church)

♦ **Mass** (6.00pm, Stella Maris Church)

Sunday, 8 January

♦ **Mass** (6.30am, Stella Maris).

♦ **Mass** (7.30am, St Peter's Church)

♦ **Mass** (8am, St Catherine's Church).

♦ **Mass** (9am, Stella Maris).

♦ **Mass** (9.30am, St Mary's Church).

♦ **Mass** (5pm, Stella Maris)

Your Priests of the Sunshine Coast want to thank you for your support and friendship over the past twelve months. Wishing you all the best for 2023.



(Around the table, Left to Right) Fr Tijo Devasia, Fr Peter Brannelly, Fr Josh Whitehead, Fr Dudley McMahon, Fr Francis Fernandes, Fr William Aupito Iuliano, Fr Tyrone Deere, Bishop Brian Heenan, Fr Valentine Ejikeme Ntamaka and Fr Joseph Hien Van Vo.

Gluten-Free Hosts

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

Infant Baptism

The next Baptismal Preparation meeting will be on Thursday 2nd of February at 6.00pm, at Stella Maris Church. At this short meeting we explain the significance of the symbols used in the sacrament, answer any questions and complete relevant paperwork. For more information please contact the Parish Office after the 9th of January.

Exodus 90

For those who were unable to sign up or attend our information session last Thursday there is still time to join. Please speak to Fr William.

Parish Office Closure

To take advantage of the post Christmas period and to allow our administrative staff some of their annual leave, the Parish Office will be closed until the 9th of January. In case of a pastoral emergency you can always contact a priest through the emergency number 0455 325 098.