

PARISH NEWSLETTER FOR 5TH SUNDAY OF ORDINARY TIME

Weekend of the 03/04 February 2024

First Reading: Job 7:1-4, 6-7 Second Reading: 1 Corinthians 9: 16-19, 22-23 Gospel: Mark 1:29-39

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.

A Year of Prayer

“In the morning, long before dawn, (Jesus) left the house and went off to a lonely place and prayed there”.

Pope Francis has named this year, 2024, as the Year of Prayer, in preparation for the Church's Jubilee Year in 2025. The Holy Father sees a need for a praying church that brings us, her People, closer to the Heart of God through a deeper prayer life that enables us to receive the gifts God desires to pour out on us, and wishes that prayer would become a way of life for each of us. He invites schools, parishes and dioceses to create opportunities where people can 'learn how to pray' so that we can open ourselves to the Holy Spirit in ways that will draw us closer to God and to each other.

In today's Gospel and on several other occasions in the Gospels, Jesus takes time alone to communicate with His Heavenly Father in prayer. There are many ways to pray. We use prayers of petition in times of need, prayers of contrition when we regret something we have done, prayers of adoration, liturgical prayer, contemplative prayer and prayers that we pray from the depth of our hearts. We do not need to enter a monastery to pray but use different forms of prayer in different situations in our everyday lives. The challenge for us, in our rushed and busy lives, is setting aside some time when we can be, simply and fully, present to God.

One cannot share or build a relationship without communication. We know that when we first meet someone, we have to spend time, usually a lot of time, to get to know and build a relationship with them. Prayer is about our relationship with God. Like any relationship, it requires time. Some of us are used to praying on the run, but our relationship with God cannot flourish unless we find time to be fully present with God: speaking and listening, sharing silence, joy or sorrow. Intimacy grows when we invest in this kind of quality time – both in human relationships and in our relationship with God. If we want to get to know God and build a relationship with Him, we need to spend time with Him in prayer.

A good way to start is by actively setting aside some time, perhaps just 10 minutes a day, that is purely for the purpose of being with God. It may be on waking in the morning, resisting the urge to reach out and check our phones, or with our morning coffee, reading a Psalm or using journaling to connect to God. Begin with 10 minutes but soon, we may find it easy to pray for 15 or 30 minutes, and then there may be a gradual discovery that prayer comes gently into our hearts many times a day. What we pray for may not always transform the situation we pray about, but more importantly, prayer will transform us. Through prayer, we are changed and the more we pray, the more it becomes a way of life, in which we are drawn closer to the heart of God and to each other. May we respond to Pope Francis' call and, like Jesus, make time to connect with our God through prayer.

Wishing you every blessing for the coming week,

Deacon Michael Khoury

Parish Clergy

Fr Peter Brannelly

Fr Isaac Falzon

Deacon Michael Khoury



Stella Maris Parish Office

Adjacent to the Stella Maris Church

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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, 5 February

St Agatha

Adoration 4.30pm, Stella Maris

- ◆ **Mass** (5.30pm, Stella Maris Church)
- ◆ Spanish Prayer Meeting (6:30pm Stella Maris)

Tuesday, 6 February

St Paul Miki and Companions

- ◆ **Mass** (9.00am, Stella Maris School Chapel).

Wednesday, 7 February

- ◆ **Mass** (7am, St Mary's Church)
- ◆ **Mass** (9am, St Catherine of Siena Church).
- ◆ Scripture Study Group (9.30am, Zoom).
- ◆ Coolum Team Meeting 12 noon, Buderim 2pm, Sippy Downs 4:30pm, Maroochydhore 6pm.
- ◆ Spanish Prayer Meeting (6pm Stella Maris)

Thursday, 8 February

- ◆ **Mass** (8.30am, St Peter's Church)
- ◆ 2pm Rosary & Divine Mercy (Stella Maris)

Friday, 9 February

- ◆ **Mass** (9am, Stella Maris)
- ◆ 2pm Stations of the Cross (Stella Maris)
- ◆ Community Meal for the Homeless, Vulnerable and Disadvantaged (6pm, Stella Maris)

Saturday, 10 February

St Scholastica

- ◆ Reconciliation **8.30 to 9.30am** (Stella Maris)
- ◆ 11am El Shaddai group meets (Sippy Downs)
- ◆ **Vigil Mass** (4.30pm, St Peter's Church)
- ◆ **Vigil Mass** (6.00pm, Stella Maris Church)

Sunday, 11 February

6th Sunday of Ordinary Time - Year B

- ◆ **Mass** (6.30am, Stella Maris Church)
- ◆ **Mass** (7.30am, St Peter's Church)
- ◆ **Mass** (8am, St Catherine of Siena Church)
- ◆ **Mass** (9am, Stella Maris Church)
- ◆ **Mass** (9.30am, St Mary's Church)
- ◆ **Mass** (5pm, Stella Maris Church)

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.

Being the first weekend of the month across our Parish Family hospitality is our special focus – please accept this invitation to join your fellow parishioners after Mass today. A big thank you to our fellow parishioners whose generosity and commitment makes this ministry possible each month.

Llamando a todos los hispanohablantes Calling all Spanish Speakers.

Great news! From next month we will be coordinating regular Masses in Spanish and all Spanish speakers are warmly invited. Firstly, on Ash Wednesday, 6pm, February 14th, there will be Mass in Spanish at St Mary's church, Buderim. Then, Spanish Masses will be celebrated every second Saturday of the month at St Mary's Buderim starting on Saturday, March 9th. In preparation for Easter there will also be a day of reflection at St Mary's on Saturday, March 16th from 9am to 5pm. For further details please contact: Patricia 0480 304 643. Tell your Spanish speaking friends!

Lenten Programme

The Archdiocesan Lenten program this year is titled, "A Resurrected Life". We have two parish groups gathering to reflect on the Lenten programme— How about joining one of them? St Catherine of Siena Church, will meet weekly on Wednesday's 6.30 – 7.30pm, during Lent, - note it will start on Thursday 15 February. El Shaddai Group – Weekly on Saturday morning at St Catherine of Siena Church. Would you like to organize a group in our community? Call the Parish Office for more details.

Disrupted Service

As part of our planned audio-visual upgrade at Stella Maris will be an overhaul of our ability to live stream our Masses, funeral & wedding services and other church events and ceremonies. This upgrade is scheduled to take place in the first week of March and unfortunately during the time leading up to the upgrade we will not have the ability to live stream our Sunday Masses. When the upgrade is completed it is envisioned that the live streaming of our Parish life will be an important ministry and will connect our Parish family to those who cannot join us to celebrate the Eucharist.

Local Group Meetings

Will local community members please note the meetings scheduled for this Wednesday, **Coolum** members 12 noon, **Buderim** 2pm, **Sippy Downs** 4:30pm and **Maroochydhore** 6pm. Thank you to our fellow parishioners who serve on these teams and play an important role in ensuring good communication and in coordinating our Parish life and ministry.

New To The Neighbourhood?

We live in an extremely mobile society, and especially here on the Sunshine Coast there are always people coming and going. If you are new to our Parish, or if you are reconnecting with the Church, we would love to welcome you more formally to our Parish Family. You will find "welcome packs" at the entrance of our churches, and if you complete and return the forms we will be in contact with you. Once again, *welcome*.

PLEASE REMEMBER THAT DRIVING UNDER ST VINCENT'S, MAROOCHYDORE IS ONLY ONE WAY FROM BAYDEN POWELL STREET.

Thank you for your continued financial support

Celebrating and Remembering

We welcome into God's Family, the Church,
Koben & Leon Crothers, Eva & Tommy Denny
who will be baptised this weekend in our parish.

We pray for all those who have died, especially **George Fitzpatrick**. May George's soul and all the souls of all our departed priests, religious, parishioners and family members, through the rich mercy of God, rest in peace.

Believe it or not, this is the last full week before the start of Lent! In 10 days time, February 14th, we celebrate Ash Wednesday and the start of the journey which will cumulate with Holy Week and our Easter celebrations. Over these next 10 days we have a great opportunity to think ahead and plan on how you are going to live these 40 days; otherwise you run the risk of squandering the opportunities that are unique to your Lenten journey. An excellent complement to your Lent this year is the **Little Black Book** which contains daily reflections and meditations. It is published in America and once you see past some of the American themes, it has the potential to be a great companion. The challenge is to find 6 minutes each day during Lent. The daily reflections begin from next Sunday so in preparation for Lent the Little Black Books are available from today. We ask for a gold coin donation to help cover the cost of the books. Thank you.

Of course, the other great opportunity this Lent is our annual **Lenten Mini Mission**. This year we are pleased that **Jo Hayes** has accepted our invitation to lead our Lenten Mini Mission. Jo Hayes is a television news reporter, Catholic evangelist, and Benedictine Oblate. She holds a Bachelors degree in Speech Pathology, and a Masters degree in Journalism. Jo has spent 15 years as a reporter/presenter in the mainstream media - most recently working for Seven News Australia. In the past three years, she moved into Catholic television, and is a regular presenter/host on Shalom World TV.

Jo has spent the past 7 years in an immersive study of Sacred Scripture, and travels extensively around the world, speaking and teaching on The Word of God, and hosting silent retreats.



2024 Lenten Mini Mission Session Outlines

During our 2024 Mini Mission, Jo Hayes will present three sessions over three days across Caloundra (9am Mass followed by the Lenten session) and Maroochydore (at Stella Maris beginning with Mass at 4:30pm and then the Lenten Mission from 5 to 6pm).

Monday 19th Feb: How to Hear from God

It is possible to hear from God on a daily basis. To have an intimate, personal relationship with God that practically transforms our everyday life - leading to greater peace, joy, clarity, direction and freedom.

Tuesday 20th Feb: Living a life of radical holiness - sin and the Sacrament of Confession

'Holiness' is not just for 'the great saints'. Holiness is possible for everyday folk, like you and I. What it looks like to pursue holiness, the consequence of sin, and the freedom that comes with regular Confession.

Wednesday 21st Feb: Harnessing the power of The Word of God - a session on Lectio Divina

Lectio Divina is the prayerful reading of Divine Scripture.

Learn the what/why/how of this ancient spiritual practice, and how knowing, believing and applying The Word will radically transform your life.

Our Parish Mini Mission will **begin with 4:30pm Mass** immediately followed by the **Lenten Mission from 5 to 6pm**. You can also attend the Lenten Mission at Caloundra each morning with Mass at 9am followed by the presentation.

Ash Wednesday—14th February—Mass Times

St Mary's Church, Buderim 7.00am **St Peter's Church, Coolum Beach 7.30am**

Stella Maris Church, Maroochydore 9.00am

St Catherine of Siena Church, Sippy Downs 9.00am **Stella Maris Church, Maroochydore 5.00pm**

Children and Families Ministry 2024

Welcome to another exciting year for the children and families in our parish.

Children's Church: Children's Church continues this year weekly at 9.00am Mass at Maroochydore and every 3rd Sunday at St Peter's Church, Coolum, it is an opportunity for the children to explore their faith at a level they are able to connect with and understand. The children explore the Gospel reading of that Sunday through various educational mediums (singing, praying, videos and activities) The children are sent forth at the beginning of Mass with a blessing and re-join the congregation at the Lord's Prayer. All primary aged children are welcome to attend.

Sacramental Program: The 2024 Sacramental Program will begin with our enquiry session for older children Baptism (8yo or older) on Sunday 11 Feb Stella Maris Church at 10:15am. Parent information night for Confirmation scheduled on 24 April, followed by First Holy Communion 17 July. All information and registration can be accessed on our website maroochydoreparish.com.au.

Junior Minister's: We have lots of fun planned again this year for our Junior Ministers. Our Junior Ministry involves younger members of the parish who would like to actively participate in our parish by serving at Mass and having lots of fun with your friends. This can be done by being an altar server, a welcomer, a computer operator, or part of the music ministry. This group meets regularly for pizza, fun games and activities. To join this group or to find out more contact the parish office on 5443 3488.

Thank you for Serving: Thank you to the many wonderful volunteers who lead and support these ministries throughout the year. If this sounds like something, you would like to be involved in, please contact the office for further information.

Catholic Education in our Stella Maris Parish Family

Siena Catholic Primary School

58 Sippy Downs Drive,
Sippy Downs

psippydowns@bne.catholic.edu.au

Principal: Glen Bucklar



Welcome to 2024 from Siena Catholic Primary community. We have had such a lovely first few weeks at school. We welcome to our Siena family the many new staff, families and students. Siena is such a warm, welcoming, proactive community where the values of Integrity, Justice, Hope and Excellence are evident in our daily interactions.

As I walked around the school all the children seemed happy and eager to begin work and there was a definite positive buzz of busy learners in all classrooms.

As school begins, we come together with renewed energy and enthusiasm, ready to give of our best and to meet whatever challenges may lie ahead with courage and generosity. This year our school's theme is, **'Siena, Living Gratitude, Empathy and Mindfulness to be who God meant us to be!'** - We are GEMS'.



I am looking forward to the year ahead at Siena. We praise God and ask for his guidance and protection for 2024.



On Monday afternoon we congratulated our Year 6 students as they were commissioned into

their roles as student leaders. They pledged their commitment in front of staff and parents to help serve and lead the school in 2024. Thank you Fr Peter for blessing our year 6 students and asking God for his guidance and love.

Stella Maris Primary School

Stella Maris Way,
Maroochydore

pmaroochydore@bne.catholic.edu.au

Principal: Mark Ballam



No heat or rain could dampen the spirits of the Stella Maris students and staff as the school year began this year. Our huge Air-Conditioning project was completed just in time for everyone to arrive and has made a dramatic difference to the amount of learning and work that can happen while temperatures soar outside.



Our teaching team started the year enthusiastically, reflecting on our Marian charism and considering how Mary can speak to us in contemporary times as we face the challenges of our day. By the time the students arrived on the first day, classrooms were ready, planning was done and the staff were ready to go.



We are all on track now, to follow our school theme to success... **Reflect, Connect, Soar!**



Siena Catholic College

60 Sippy Downs Drive,
Sippy Downs

ssippydowns@bne.catholic.edu.au

Principal: Sharon Collins



Has it really only been a week since school recommenced? It has certainly been a full week as we have settled in for what promises to be a great year!

Our Year 7s started a day early so that they could find their feet in the life stage called 'Secondary School'. Timetables, lockers and locks, computers, classroom spaces and new teachers were all introduced with the assistance of attentive Year 12 buddies and Year 11 leaders.

On their first day, the Year 12s took time out to think about College expectations and their role as leaders. They have hit the ground running and quickly recommitted to their studies and all of the opportunities that the year holds.

Students in Years 8-11 were appreciative of an extra sleep-in but were all on site in their shiny new shoes and freshly pressed uniforms last Wednesday morning. During the morning, we gathered to welcome our new Principal, Ms Collins, and the new students and teachers who have joined our community – and we are confident that they will quickly feel at home.



We can't wait to share the adventures of 2024 with you!