



Parish of Our Lady of the Way

North Sydney | Lavender Bay | Kirribilli

Under the care of the Jesuits since 1878

Sunday, 14th January 2018



Not from the Pulpit: Fr. Andy Bullen



On Monday I am heading south for a break of ten days, so Fr Michael will be the Acting PP during my absence. I need the beach, where land and sea (continent and ocean, if we think big) meet, encroach and retreat, blend and endlessly create waves. The sound of waves is always there, as are the gentle or heavy thuds their breaking makes. The permanent shifting of the shore is somehow soothing for us, so we love to walk along it, sometimes at dawn, or mid-afternoon, or dusk. If we want a poem, indeed THE poem, about walking along the shore and pondering how human creativity interacts with the scene, there is Wallace Stevens' "The Idea of Order at Key West"

(definitely in my top ten poems), which begins "She sang beyond the genius of the sea", emphasis on "beyond"; his Complete Works in my book-hoard going south.

Parish Notices

Parish office phone system

Due to an electrical fault, the parish office phone system is inoperable and is being replaced. In the interim calls are being diverted to a mobile 0448 221 344. If possible please direct enquiries to olw@northsydneycatholics.com.

Musical instruments wanted: Mount Calvary School in Galle, Sri Lanka

Mt Calvary is a Jesuit school in Galle, Sri Lanka providing low cost schooling for over 600 children, many from disadvantaged backgrounds. The focus of the schooling is developing young men and women for others through a holistic approach to education. The school, pictured, is being developed a classroom at a time as funds become available. As part of the co-curricular program, Fr Bernard Jayasinghe SJ, the school principal, is looking to establish a school concert band and is seeking any unwanted musical instruments particularly brass and percussion instruments. If you can help, please contact Michael Paton, the Parish Music Minister on 0450 302 568 or at michaelp@northsydneycatholics.com. Thank you.



Volunteer needed for Mater Hospital

Volunteer required to deliver newspapers to patients each Friday morning, 6.00am – 8.30am. Suitable for an early riser. Contact Peter Walden 0448 474 629.

Manressa Group – Lunch

Sun 21 January at 12:15pm at Springwells Café, 128 Sailors Bay Rd, Northbridge

Cost – own expense. RSVP Rosemary 9955 2997

Sunday's Readings	In Our Prayers
First Reading <u>1 Sm 3:3-10.19</u> Samuel receives the Lord.	Baptisms Eli Houston, Rocca Travers, Urszula Semerda, Joseph Woochuk
Responsorial Psalm <u>Ps 39:2. 4. 7-10. R. vv. 8.9</u> Here am I, Lord; I come to do your will	Weddings Philip Jensen/ Christine Ivanokovic Carlos Syquia/ Olivia Harding
Second Reading <u>1 Cor 6:13-15. 17-20</u> Our bodies are temples.	Sick Craig Chase, Ron Whitmore, Brian McClosky, Rosa Santo, Verdran Simunovic, Tony Breslin, Gavin O'Connor, Tony Smith SJ, Joseph Meagher, Sharon Collins, John Fitzgerald, Sandra Tsui, Mary O'Connor, Domenico Cioffi, Sr Natalina Todeschini, Sr Anna Ventura
Gospel Acclamation <u>Jn 1:41. 17</u>	Recently Deceased Jack MacCaffery, Jill Idillo Boorne, Desmond Adcock, John Buckmaster, Luis Puentas
Gospel <u>Jn 1:35-42</u> John identifies the Messiah, Peter responds.	Anniversaries Kevin Smith
	<i>Please send all prayer requests to communications@northsydneycatholics.com</i>

Conversations

The spirituality of rest

By Gerald O'Mahony SJ

An edited version republished from Thinking Faith, a publication of the UK Jesuits, from July 2017

The benefits of a good holiday are invaluable. Whether you are putting your feet up taking on an action-packed adventure, both can be ways of following God's will if they lead us towards consolation.

But perhaps best to start at the beginning. The Bible starts with the story of creation, and after six days of work God had a rest, we are told. God is pictured as setting us an example, and sure enough the liturgical and legal week thereupon consisted of six days of work and one day of rest called the Sabbath.

Coming to Jesus, the most obvious rest break he took was to sail away with the twelve to find a lonely place so that they could be by themselves for a change. We know that it did not work out, because instead of getting a rest from the crowds they had been dealing with, they found an even bigger multitude waiting for them on the shore. However, Jesus clearly thought that going away for a break was a good plan in itself. Another appealing habit of Jesus seems to have been to escape to Bethany when life got fraught, to the house of Martha, Mary and Lazarus.

The Sabbath day was moved to Sunday, but continued to be a day of rest for Christians. Sunday became the holy day, the day the disciples rested from work; Sunday was the climax of the week of re-creation, so God's day of rest was observed on that day. As Christianity moved on into the early Middle Ages, many more days, about 40 in all, were designated as Holy Days, on which employers were directed to let their employees have a rest day. Once the 'weekend' idea took over, most of these privileged feast days were demoted again, being remembered simply as Days of Devotion – but they had served their purpose with poor people.

Now, to Ignatius and the Spiritual Exercises: what does Ignatius say about rest and holidays? One obvious thing is the fact that he places a space between the 'weeks' of the Exercises themselves, and also that he tempers the amount asked of the exercitant according to how busy he has kept them and their age and state of health. The thrust of the whole 30 days is to leave the exercitant in consolation, and consolation is more restful than desolation, every time.

I am fond of mathematics, and once I devised a mathematical way of talking about consolation and desolation. On the scale, numbers zero to three represent moods of depression, from absolute zero to number one getting better, to number two better still, to number three nearly normal. Four, five and six represent consolation. Seven, eight, nine and ten represent working too hard, number ten being the worst, breaking point. These seven-to-ten states may be either manic or panic.

The best place of all to be is Number Five, which I call the Still Point. If I am depressed, take steps to improve up towards Five. If I am working too hard, or getting carried away in some enterprise that is unreal or manic, then the thing to do is to stop, relax and slow down. Take a holiday.

Of course it follows that there are two kinds of desolation, but only one kind of consolation. My numbers zero to three are depression, but they are desolation. My numbers seven to ten are veering towards panic over a task too great or over some manic scheme that has lost touch with reality. Seven to ten are also moods or states of desolation, but the way down to Number Five is the opposite of the way up out of depression.

The Still Point is difficult to hold, but anyone working towards it, either from up or down, is in a place of safety. To find the will of God for me, the best strategy is not to work myself to the bone and do without holidays or rest, but to aim sensitively at reaching Number Five, the Still Point.

There are of course major obstacles that can stand in the way of taking rest, or of enjoying a holiday. What if one is poor, scarcely able to make ends meet? What if one is homeless, unable to do anything but beg on the streets? These questions should not, I think, be allowed to spoil whatever holiday you may be having. Enjoy the break, then come back refreshed ready to cope with awkward questions. So it seems to me.