



July 5 2018

Statement on Sydney Catholic Schools (SCS) Fees

As Executive Director of Sydney Catholic Schools (SCS), I wish to assure all families considering a Catholic education for their children of the following three key priorities.

As a system of schools, we are committed to maintaining low-fee affordability for all families seeking an enrolment in a systemic school in the Archdiocese.

The Board of Sydney Catholic Schools has determined to keep fee increases to a minimum. We anticipate that over the next three years, increases across the system will be on average three to four per cent, with lower increases in the areas of greatest need.

The Archdiocesan Catholic Education Foundation provides significant fee assistance (bursaries) to eligible Catholic families who require fee relief. Some criteria for low income families could include those who live in government housing and are on a Centrelink health card. Bursaries are also available for Aboriginal and Torres Strait Islander and refugee families.

To enquire about enrolment at your local Catholic school, or to find out more about our bursary and fee assistance program, please contact the school Principal who will be pleased to talk to you about a Catholic school education for your child.

With warmest wishes

Dr Dan White

Executive Director: Sydney Catholic Schools

White



Take the time to step back from everyday distractions and rediscover your relationship!



Alternatively contact Adrian and Janet Sullivan: on 0490 774 419 or adrian.janet1@bigpond.com

St Peter Chanel & St Joseph Berala

Streams of living water will flow from within. ~John 7:38 Parish Office: 60 Kingsland Rd, Berala, 2141, Ph. 96447787 E: info@stpeter-stjoseph.org.au Parish Website: www.stpeter-stjoseph.org.au, facebook: stpeterstjoseph

Holy Mass at Berala: Monday to Friday 6.45am, Wednesday to Friday 9.15am, Saturday 8.00am, Saturday 9.00am Adoration & Novena. Holy Mass at Auburn South: Tuesday 9.00am (during school term only) Lord's Day Mass Berala: Saturday 5.00am (Vigil) Sunday 10.00am Lord's Day Mass Auburn South: Sunday 8.00am Reconciliation at Berala: Saturday 9.00am - 10.00am. Or contact the parish office for any other time. For Baptisms, Weddings, Bible Study and Catholic Enquiry, please contact Fr Thomas or the parish office on 9644 7787.

FOURTEENTH SUNDAY IN ORDINARY TIME - YEAR B

8 JULY 2018

First Reading Ez 2:2-5

The spirit came into me and made me stand up, and I heard the Lord speaking to me. He said, 'Son of man, I am sending you up to the Israelites, to the rebels who have turned against me. Till now they and their ancestors have been in revolt against me. The sons are defiant and obstinate; I am sending you to them, to say, "The Lord says this." Whether they listen or not, this set of rebels shall know there is a prophet among them.'

Second Reading

2 Cor 12:7-10

In view of the extraordinary nature of these revelations, to stop me from getting too proud I was given a thorn in the flesh, an angel of Satan to beat me and stop me from getting too proud! About this thing, I have pleaded with the Lord three times for it to leave me, but he has said, 'My grace is enough for you: my power is at its best in weakness.' So I shall be very happy to make my weaknesses my special boast so that the power of Christ may stay over me, and that is why I am quite content with my weaknesses, and with insults, hardships, persecutions, and the agonies I go through for

Christ's sake. For it is when I am weak that I am strong.

Gospel Mk 6:1-6

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, 'Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him. And Jesus said to them, 'A prophet is only despised in his own country among his own relations and in his own house'; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

ANTIPHONS & READINGS

Entrance Antiphon Cf. Ps 47:10-11

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

Responsorial Psalm:

(R) Our eyes are fixed on the Lord, pleading for his mercy.

- 1. To you have I lifted up my eyes, you who dwell in the heavens: my eyes, like the eyes of slaves on the hand of their lords. (R.)
- 2. Like the eyes of a servant on the

hand of his mistress, so our eyes are on the Lord our God till he shows us his mercy. (R.)

3. Have mercy on us, Lord, have mercy. We are filled with contempt. Indeed all too full is our Next Week's Readings: soul with the scorn of the rich, with the proud man's disdain. (R.)

Gospel Acclamation See Lk 4:18 Alleluia, alleluia!

The Spirit of the Lord is upon me; he sent me to bring Good News to the poor.

Alleluia!

Communion Antiphon Ps 33:9

Taste and see that the Lord is good; blessed the man who seeks refuge in him.

Am 7:12-15, Eph 1:3-14, Mk 6:7-13

2018 Holy Father's Appeal

Our thanks go to all of you who opened your hearts and gave generously towards the Holy Father's Appeal. Our Parish collected a total of \$350. Because you chose to give, you have given hope to those who are in most need of our generosity and compassion. If you missed appeal weekend, you can still give by phoning the Fundraising Office on 1800 753 959.

Parish Priest

Fr Thomas Kurunthanam pp@stpeter-stjoseph.org.au T. (02) 9644 7787

Priest in Residence

Mgr Michael Berbari, Cor Bishop T. (02) 8723 9192 M. 0418 459 431

Parish Secretary

Lea Baldoria

info@stpeter-stjoseph.org.au Tues to Fri 9am -3pm T. (02) 9644 7787

Catholic Inquiry—RCIA

Andrew Tham 0403 566 001

Pastoral Council

Karim Kassis (Chair) T. 0408 404 130

Charlie Scully (Vice Chair, Project Manager) T. 0402 071 849

Maureen Hynes (Secretary, Parish Choir) Jennifer Rush (Asst Secretary, Safeguarding) Anthony Kasule, Arthur Doumit (SVDP, Retreats), Brenda Wendt-Hussein (Catechists), Jenny Michael, Joji Salar,

Micheline Botham (Sacramental Program), Rani Sebastian, Renee Salar, Rhia Victorino, Vinita Nazareth (Pilgrimages), and Principals of the Parish Schools.

Finance Committee

John Le Mottee (Chair) T. (02) 9644 8859 Joe Moses, Brendon Nazareth (Finance Controller)

Parish Schools

St Peter Chanel, Regents Park T. (02) 9644 9083 Principal - Phil Townsend Family Educator - Barbara Mucha

St Joseph the Worker, Auburn South T. (02) 9646 1434 Principal - Gai Melville Family Educator - Angela Finnane

CatholicCare. CCareline team provides caring advice and advocacy to help families navigate their way through the social service sector. CCareline 13 18 19 | CatholicCare.org

Alcohol & Drug Information Service:

(Confidential) 02 9361 8000

Spiritual Retreats: Benedictine Abbey Jamberoo - www.jamberooabbey.org.au/

retreats Ph: 4236 0533 Carmelites Varroville -

www.carmeliteretreats.com.au

Ph: 8795 3400

Healing After Abortion: 0400 092 555 Vincentian Retreat Centre Somersby www.divineretreatcentre.org.au

Ph: 4372 1598

Sara's Place: For pregnancy support or grieving after abortion visit

www.sarasplace.org.au Ph: 9699 8190

| | | PARISH DIARY |
|-------------|--------------------------------------|--|
| Mon 9/7 | 6.45am | Mass |
| Tue 10/7 | 6.45am | Mass |
| Wed 11/7 | 6.45am 9.15am 10.00am | Mass |
| Thu 12/7 | 6.45am 9.15am 7.00pm | Mass Mass Psalmist Practice followed by General Choir practice at 8 Wallace St Sefton |
| Fri 13/7 | 6.45am 9.15am | Mass Mass |
| Sat 14/7 | 8.00am 8.30pm 9.00am 5.00pm | Mass Rosary Novena, Adoration, Confession Vigil Mass |
| Sun 15/7 | PARIS 9.00am | SH DAY Mass (SPC) |



THIS WEEK

"Family that pray together stay together

PILGRIM STATUE

FROM ST PETER CHANEL at Ryan Home 206 Harrow Rd, Berala Please join them any evening at 7.30pm for the Rosary.

To host the Pilgrim Statue and Rosary prayer please contact Mona on 9709 8701 or 0417 282 603.

> FROM S J W Church at the Langi Home

To host the Rosary Statue from SJW contact Phil Lopez on 9646 1756.

| 15 JULY 2018 | ILY 2018 15 TH SUNDAY IN ORDINARY TIME | | |
|-----------------|---|-----------|------------|
| Mass | VIGIL (SPC) | 8AM (SJW) | 10AM (SPC) |
| ACOLYTE | Bob KENSEY Dom PANGILINAN | | |
| MUSIC & SINGING | Renee SALAR & SCHOOL CHOIR | Parish | Feast |
| LECTOR/S | Roshan SEBASTIAN | _ | |
| | Sharon SEBASTIAN | Special | Roster |
| COMMENTATOR | Katrina YIP |] | |
| SP. MINISTER | Warren RYAN |] | |
| CHURCH SHOP | Margaret HEYS |] | |
| GREETERS | Roshan SEBASTIAN & Sharon SEBASTIAN | | |
| | C i l D Llicc Ali | | |

| Hospital Visitation Sat: Jann Rockliff | Altar & Sacristy: Group 1 Gloria De | | |
|---|---------------------------------------|--|--|
| & Phil Lopez | Alkstrand; Moya Lewis; Anna Manganaro | | |
| Hospital Communion Sun: Charlie Scully & Kay Scully | | | |
| Cleaners SPC: Rey & Brilla Quinoy | Children's liturgy: School Holidays | | |

| Saturday 8AM | 14 JULY |
|-----------------|------------------|
| LECTOR FOR MASS | Christine KENSEY |

MASS INTENTIONS

Recently Deceased: Ray Mills, Giovanni Santangelo (23/6), Vinh Van Le

Deceased: Albino & Caterina Bertuzzi, Giovanni & Amabile Cicuto, Matta Vu Thi Thinh, Gloria Astrid, Marcelo Amores, Anita Amores-Avila, Amelia Mores Figueras, Pancho Parel, Herminio Z Florendo

Anniversary: Percy Q Mappatao (4/7), Giuseppe Cicuto (4/7), Maria Camua Martin (12/7), Ronald James Hullt (13/7), Avelina Carbungco-Florendo (23/7)

Deceased Members and Friends of: Ross & Mitchell Families, O'Dwyer & Erwin Families, Amores & Domingo **Families**

Other Intentions: Lola O'Dwyer good health.

Birthday: Nahida (6/7) MASS INTENTIONS FOR THE WEEK



Appreciate the Fragrance in Your Own Garden

There is a Malayalam saying which is roughly translated, "People do not appreciate the fragrance of their own garden". Such was the experience of Jesus. When Jesus came back to his hometown after much preaching, "They said, 'Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him' (Mk 6:2-3). Therefore we do not trust him to do anything of much significance here'. Since they did not believe in Jesus, he could not do much for them. Openness to God's work and trust in Christ are important for God's Kingdom to bear fruits for us.

The same Christ has come here now. People who come together to share a Holy Communion at the Eucharist is the real presence of Christ in our time. That means our parish is the real presence of Christ in our locality. If only we trust the worshipping Community of our parish as Christ we can work miracles here. But if we dwell mostly on the limitations of various people involved in different ministries of the parish, we are not going to get anywhere. You may know the limitations of your priest, your pastoral Council, the staff of the parish schools, various ministry groups like Legion of Mary, Catechist, and so on. But we should also know that we ca receive forgiveness for our sins. We can 'Come into a Union with Christ' at Eucharist celebrated in the Church. We have the power to lift people from their loneliness. We can offer the healing touch of Christ to the sick. As Christ to the world we can offer hope to those feeling hopeless because of failures of one kind or another in their lives. This is possible for you and with you because you are part of the Body of Christ. An 'occasional Catholic' who shop around for the best Church to attend, is more of a consumer than part of Christ's Body. We should deliberately decide to the Disciples of Christ so that we can present Christ to the world around us.

As intentional Disciples of Christ, rather than accidental Christians, we shall celebrate our fellowship with one another and with Christ. We shall enjoy the woe and wonder of transformation in and around us. Don't fail to appreciate the fragrance in your own garden, which is your parish. Trust yourself in Christ. Miracles will surely happen.

REFLECTIONS ON MARK 6:1-6

Scriptural Context. Lack of faith.

The final sentence of today's gospel tells us that Jesus was amazed at the lack of faith displayed by his home town. It is a feature of the Gospel of Mark that the accomplishment of miracles is associated with the faith of those involved. The section of the gospel that surrounds this passage deals with the lack of faith and understanding displayed by the disciples. The home town experience is a lesson to the disciples that in the absence of faith, the ministry of Jesus and those who follow him will falter. Only those who truly believe can participate in this ministry and share in the miraculous works of Jesus.

Living the Gospel. Acknowledging the close at hand.

Today's gospel reminds us that we can fail to see the value of those with whom we are very familiar.

Although we proclaim that we seek the face of Christ in the face of those we meet it may not at times occur to us to look on our family and close friends in the same way. It may seem unlikely that God might come to us in the guise of a family member.

Perhaps next time we are irritated by a brother or sister or the overly protective actions of a parent we should remind ourselves that we are looking into the face of God.

Have you thought? Brothers of Jesus.

The reference to the brothers of Jesus has caused a lot of controversy in the past and continues to do so. One opinion, now regarded as heresy, was that these brothers were the younger children of Mary and Joseph. Another argument, grounded in the apocryphal gospels of Peter and James, maintains that they were Joseph's sons by an earlier marriage. The view generally held is that they were actually cousins of Jesus. The problem appears to arise because of a problem in translation from one language to another. The original Aramaic word was translated into a Greek word for brothers, or brethren.

FEASTS & MEMORIALS OF THE WEEK

Wednesday, 11 July - St Benedict, abbot



St Benedict was born at Nursia in c.480, the brother of St Scholastica. Most of what is known of his life comes from St Gregory the Great's writings. He left his studies in Rome to become a hermit in the mountains near Subiaco, and after a while many followers joined him. It is believed that some monks tried to poison him, possibly out of jealousy or due to his strict discipline. He moved to Monte Cassino, where he completed his Rule; a written guide for those living a monastic life, with a strong emphasis on obedience, moderation and community life. Although Benedict never became a priest or ever intended to found a religious order, his Rule became the fundamental monastic code in Europe and is still observed by many religious orders throughout the world.

PARISH NEWS

Thank you to Sacred Linen Launderer

Thanks to Marianna Tannous and Jenny Michael for volunteering to help Micheline Botham with Altar Linen Service.

Parish Day

Donations & Volunteers

Thank you to those who have already signed up to donate food & drinks or to volunteer on the day. There's still time to donate or sign up. Please nominate in the form provided at the church foyer what kind of food you are bringing or what you would like to volunteer for.

Music

The final music practice for the Parish Day Mass will be tomorrow Sunday, 8th July at 4.00pm in SPC Church. All welcome! ~Maureen Hynes

Celebrating years of service.....



We will be recognising and celebrating the many years of service of Lynette Lawrence, the Crossing lady from St. Joseph the Worker,

from the 1990's until recently in 2018. Lynette served our community every school day morning and afternoon helping keep our children and grandchildren safe.

We were blessed by her warm smile and friendly presence and we will paying tribute to her in at the St. Joseph the Worker School Assembly on Friday 3 August from 2:30pm. We warmly invite anyone that attended St.Joseph the Worker during this time to come to Lynnette's farewell assembly

When: Friday 3 August (2:30pm-3pm) | Where: St Joseph the Worker, Auburn School (Fr. Mark Spora Room) | Please sign in at the school office upon arrival.

Plenary Council

There are 3 questions you may like to answer.

- 1. What do you think God is asking of us in Australia at this time?
- 2. What questions do you have about the future of the Church for the Plenary Council to consider in 2020?
- 3. Do you have a story of your experience of faith or the Church you would like to share?



Tell your stories and responses to some other friends, parishioners, or family. Listen to their responses. Reflect how has another perspective influenced your own. Then you are welcome to write down your response to the three questions above and submit to the Plenary Council directly online at plenarycouncil.catholic.org.au/ or to the parish office (info@stpeter-stjoseph.org.au) from where it will be collated and submitted to the Plenary Council. In the near future the parish will be organising forums for parishioners to share their stories and present their responses. All responses will be noted and submitted to the Plenary Council by the parish. For more information, contact Fr Thomas or visit on web plenarycouncil.catholic.org.au.

Catholic Mission Appeal This Weekend

'How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news...' Isaiah 52:7



In Hakha, a remote town in the mountainous north of Myanmar, St John's School is educating local children with a child-centred methodology. Three of the teachers at St John's have been trained through the Pyinya Sanyae Institute of Education (PSIE) in Yangon, and have been posted to this school to help local children learn in a modern way that maximises their potential. Your support through Catholic Mission can enable PSIE to continue training teachers and help improve education across the country. You can also help St John's School add grades to ensure continuity of education, and become economically sustainable. You will have an opportunity to become an integral part of this inspiring work by joining as a monthly giving partner. This regular contribution will directly support education in Myanmar. Freecall: 1800 257 296 catholicmission.org.au/Myanmar.

From the Rule of Benedict, abbot; Put Christ before everything

Whenever you begin any good work you should first of all make a most pressing appeal to Christ our Lord to bring it to perfection; that he, who has honoured us by counting us among his children, may never be grieved by our evil deeds. For we must always serve him with the good things he has given us in such a way that he may never – as an angry father disinherits his sons or even like a master who inspires fear – grow impatient with our sins and consign us to everlasting punishment, like wicked servants who would not follow him to glory.

So we should at long last rouse ourselves, prompted by the words of Scripture: Now is the time for us to rise from sleep. Our eyes should be open to the God-given light, and we should listen in wonderment to the message of the divine voice as it daily cries out: Today, if you shall hear his voice, harden not your hearts; and again: If anyone has ears to hear, let him listen to what the Spirit is saying to the churches. And what does the Spirit say? Come my sons, listen to me; I will teach you the fear of the Lord. Hurry, while you have the light of life, so that death's darkness may not overtake you.

And the Lord as he seeks the one who will do his work among the throng of people to whom he makes that appeal, says again: Which of you wants to live to the full; who loves long life and the enjoyment of prosperity? And, if when you hear this you say, I do, God says to you: If you desire true and everlasting life, keep your tongue from evil and your lips from deceit; turn away from evil and do good; seek peace and pursue it. And when you have done these things my eyes will be upon you and my ears will be attentive to your prayers; and before you call upon my name I shall say to you: Behold, I am here. What could be more delightful, dearest brothers, than the voice of our Lord's invitation to us? In his loving kindness he reveals to us the way of life.

And so, girded with faith and the performance of good works, let us follow in his paths by the guidance of the Gospel; then we shall deserve to see him *who has called us into his kingdom*. If we wish to attain a dwelling-place in his kingdom we shall not reach it unless we hasten there by our good deeds.

Just as there exists an evil fervour, a bitter spirit, which divides us from God and leads us to hell, so there is a good fervour which sets us apart from evil inclinations and leads us toward God and eternal life. Monks should put this fervour into practice with an overflowing love: that is, they should *surpass each other in mutual esteem*, accept their weaknesses, either of body or of behaviour, with the utmost patience; and vie with each other in acceding to requests. No one should follow what he considers to be good for himself, but rather what seems good for another. They should display brotherly love in a chaste manner; fear God in a spirit of love; revere their abbot with a genuine and submissive affection. Let them put Christ before all else; and may he lead us all to everlasting life.

Children's Choir



The parish is establishing a Children's Choir. JOSHUA GEREIS OP is employed to train and lead the choir. He has sung for over 11 years in choirs and is an aspiring primary school teacher. Whether your child can sing or would like to, this is a fantastic opportunity to allow their voices to flourish for the glorification of God.

Induction Day on Friday 20 July 2018,

Time: 10 AM - 12 PM.

Venue: St Peter Chanel Church

Registrations before the Induction Day will be free of charge. For Registration contact Barbara Mucha (SPC School); Angela Finnane (SJW School; and Parish Office (9644 7787 or info@stpeter-stjoseph.org.au)

OTHER NOTICES

EVENTS, WORKSHOPS & RETREATS

Women's Day Retreat 2018. A day for young women to discover more about the Consecrated Life. This day retreat will be an opportunity for young women (Single – 18 to 35) to meet and have conversations with consecrated women from various communities, for confession and adoration. For more information: vocations@sydneycatholic.org or 02 9307 8424. **Saturday 14 July 2018** | Time: 9am – 3:30pm | Location: St Benedict's Broadway Hall, 104 Broadway, Chippendale NSW 2008. RSVP by Wed 11 July 2018

NSW Launch of the National Catholic Medical Association Saturday 21st July: Saturday 21st July: 3pm. Annual NSW Mass and Blessing of the Hands Ceremony at Sacred Heart Parish Darlinghurst Sydney followed by dinner and speakers at St Vincent's Private Hospital. All doctors, nurses and allied health care colleagues including students are warmly invited to attend see http://facma.org.au/news.html or https:// www.facebook.com/events/1591788990944281/ and this week's Catholic Weekly for further information.

Lessons from the Long Paddock. Fr Richard Leonard SJ, Sr Michele Connolly RSJ and Bishop Columba Macbeth-Green OSPPE reflect on stories from people in the Diocese and explore the lived experiences of faith in the bush. **Thursday 9th August 2018** 9.30am - 12.30 at the Ron Dyer Centre Our Lady of the Way Parish, St Mary's North Sydney -Admission Free. For enquiries ring Kate Englebrecht on 0420 309 689 or visit http://www.wf.catholic.org.au for more information.

Pro-Life Training LifeChoice Australia. LifeChoice Australia is running pro-life training for young people on Saturday 25th August. Two international speakers will run the workshops -Brendan Malone from New Zealand and Lia Mills from Canada. This will be a great opportunity for young people to learn how to argue against abortion with intelligence and compassion. Tickets are only \$30 and the event will be held in Sydney. More information and to register: www.LifeChoice.org.au

SUPPORT & SERVICES

CatholicCare Sydney. Join the Sydney Catholic Youth Team to raise funds for CatholicCare Sydney's HOPE program in this year's City2Surf. We're aiming to raise \$75,000 to help

vulnerable young mothers and their babies. Challenge yourself and run for HOPE! Register online at https:// fundraise.catholiccare.org/city2surf and join the Sydney Catholic Youth Team today! For further information please contact Ashleigh Green on 0419 954 839 or at community@catholiccare.org.au.

Healing After Abortion. Rachel's Vineyard Ministries, Sydney offers regular healing retreats for those who have experienced an abortion. The retreat offers a sanctuary in which to renew, rebuild and redeem hearts broken by abortion in a safe, supportive, confidential and non judgmental environment. Information: www.rachelsvineyard.org.au or call us on our confidential voicemail number 0400 092 555 or email info@rachelsvineyard.org.au.

Bereavement Support Reflections Mornings. Third Wednesday of Every Month 10.00am – 1.00pm. For family and friends who grieve and their companions. Understanding and managing life's changes in Loss, Grief & Bereavement. Morning tea provided. For further information please contact Bereavement Support Ph: (02) 9646 6908 / bereavementsupport@catholiccemeteries.com.au.

MISCELLANEOUS

St Vincent Pallotti Scholarship: Applications now Open. The St Vincent Pallotti Scholarship Trust offer scholarships to enable lay people to further their understanding and skills in leadership/ministry or a specialised activity, such as promoting faith enhancement, social justice and pastoral care. Applications close 23 July 2018. Details and application: http://www.pallottine.org.au/scholarships/st-vincent-pallottischolarship-for-lay-ministry.html.

St Vincent de Paul – Redfern. Over the last 20 years, St Vincent de Paul Society has been running the Sharing of the Meal at SVDP Catholic Church in Redfern - 117 Redfern St Redfern. Every Tuesday and Friday from 8.45am to 10.45am. We are looking for volunteers. If anyone is interested we would love to hear from you. It could be a once a month support or every week. Please call Jenny Carter on 0407 977 180 if you are interested. It is a gathering place for the homeless and disadvantaged in the community of Redfern.



The Catholic Archdiocese of Sydney Safeguarding Office

If you or a person close to you has been abused by someone working or ministering within the Archdiocese of Sydney we invite you to contact us. We will listen to you respectfully, offer support and discuss the options you have available to you. Please contact the Safeguarding and Ministerial Integrity Office on phone 02 9390 5812.

The Half Cake Diet

A woman in our diet club was lamenting that she had gained weight.

She'd made her family's favourite cake over the weekend, she reported, and they'd eaten half of it at dinner. The next day, she said, she kept staring at the other half, until finally she cut a thin slice for herself. One slice led to another, and soon the whole cake was gone. The woman went on to tell us how upset she was with her lack of willpower, and how she knew her husband would be



disappointed. Everyone commiserated, until someone asked what her husband said when he found out. She smiled. "He never found out. I made another cake and ate half!"

| P | lanned | Giving | Reo | west | Form |
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Your financial contribution to the Planned Giving of the Parish is your appreciation for the Parish. At the end of the financial year you will receive a receipt for your contributions. To join the Planned Giving Program fill this form, tear this part off and place it in the Sunday Collection plate.

| Your Name: | |
|--|--|
| Telephone No | .Email |
| Yes, please organise a set of envelopes. | Yes, please organise automatic credit card deductions. (<i>An authority form will be sent</i>) |