



## 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](mailto:info@stpeter-stjoseph.org.au)  
Parish Website: [www.stpeter-stjoseph.org.au](http://www.stpeter-stjoseph.org.au), facebook: [stpeterstjoseph](https://www.facebook.com/stpeterstjoseph) YouTube: [BeralaParish](https://www.youtube.com/channel/UCBeralaParish)

Holy Mass: Monday to Friday 6.45am, Saturday 8.00am | Holy Hour: Saturday 8.30am-9.30am

Lord's Day Mass : Saturday 5.00pm Vigil - LiveStreamed, Sunday 8.00am & 10.00am

Reconciliation: Saturday 8.30am - 9.30am

For Baptisms, Weddings, Bible Study and Catholic Enquiry, please contact Fr Thomas or the parish office on 9644 7787.

**THIRD SUNDAY OF ADVENT - YEAR A**

**11 DECEMBER 2022**

## Santa Claus of the Real Gifts

It is only a fortnight to Christmas, and it is a crazy time of gift buying frenzy. Many are happy that it is going to boost the economy. Is that the best news of the time? Behind each gift, there is a giver. The worth and joy of the gift depends on the giver and the relationship between the giver and the recipient. The purchased gift may be an electronic toy or some costly and sweet chocolate. But the price tag of it does not matter any more when it is exchanged. What matters is the joy and compassion with which it is exchanged. Therefore, what matters is how the parents touch the hearts minds of their children; how much love and compassion is expressed between friends; how you reach out to the needy and the marginalised. The best of gifts are not distributed through Australia Post or in hampers; they are done from heart to heart.



It is time to rejoice over the real gifts in life. The greatest of them are freedom, joy, peace, dignity, and hope. There is a giver behind every gift, and in this case, it is our Father in Heaven. We want the Father to rule with peace, joy and hope. John the Baptist sent his disciples to ask Jesus whether he is the real gift giver or should they be looking for someone else. Jesus' response was to look around and see for themselves that gifts are being poured around abundantly - the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor (*Ref Matthew 11:3*). God has helped us to get over the limitations and enjoy a life with dignity. He has gifted us with the rule of the Father in Heaven.

As the disciples of Jesus, and in the loving embrace of the Father in Heaven, we are greater than the great prophet, John the Baptist. Jesus said, *"I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is."* (*Matthew 11:11*).

Now it is time for us to take from Jesus the role of giving the gift that matters in lives and distribute them ourselves. Let us excel in reaching out in compassion, touching hearts that are cold and brightening lives that darkened in some way or another. As children of God we are to be the Santa Claus, not of the material gifts, but of the real gifts from the Father in Heaven.

## Christmas Schedule



22 December	Confession 5PM-6PM
23 December	Confession 7PM-8PM
24 December	Christmas Vigil at 5PM Malayalam Mass at 9PM
25 December	Solemn Midnight Mass at 12AM Mass at 8AM & 10AM Luncheon – 11.30AM – 2PM
26 December	(Boxing Day/ Ordination anniversary of Fr Thomas) Mass at 9AM (NOT 10AM), and morning tea to follow

Scan the QR Code to **DONATE**. Thank you for your generosity!



**Parish Priest**

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

**Parish Secretary**

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

**Sacramental Co-ordinator**

Sophia Brewty  
 Tue & Wed 10am-3pm  
 sacraments@stpeter-stjoseph.org.au

**Youth Ministry Co-ordinator**

Annuncia Sinisa  
 0401 291 114  
 youth@stpeter-stjoseph.org.au

**Catholic Inquiry—RCIA**

Andrew Tham 0403 566 001

**Parish Pastoral Council**

Karim Kassis (Chair), Robert McGinn (Vice Chair), Renee Salar (Secretary), Julia Babic (Assistant Secretary), Maria Simeone (Co-ordinator, Social Committee, Jenny Michael (Asst Co-ordinator, Social Committee), Amanda Gahan, Annuncia Sinisa, Roland Javier (Seniors Ministry), Dom Pangilinan, Gai Melville, Jennifer Makerry, Michael Kim, Natasha Ellis, Susie Mravunac

**Finance Committee**

Brendon Nazareth (Chair), Joe Moses, Sylvia Jukic, Nader Badra

**Parish Schools**

St Peter Chanel, Regents Park  
 T. (02) 9644 9083  
 Acting Principal - Amanda Gahan  
 Family Educator - Jenny Michael

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

**CatholicCare.** CCareline 13 18 19

**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 THIS WEEK**

Mon 12/12	6.45am Mass
Tue 13/12	<i>St Lucy (Memorial)</i> 6.45am Mass
Wed 14/12	<i>St John of the Cross (Memorial)</i> 6.45am Mass
Thu 15/12	6.45am Mass
Fri 16/12	6.45am Mass 6.00pm Christmas Carols, BBQ & Family Picnic
Sat 17/12	8.00am Mass 8.30am Rosary, Confession 5.00pm Vigil Mass
Sun 18/12	8.00am Mass 10.00am Mass

**18 DECEMBER 2022****4TH SUNDAY OF ADVENT**

Mass	VIGIL	8AM	10AM
ACOLYTE	Charlie SCULLY	Jenny MICHAEL	Robert MCGINN
MUSIC & SINGING	PARISH CHOIR	N/A	TONGAN CHOIR
POWERPOINT	Parish Choir	<i>Need Volunteer</i>	Tongan Choir
LECTOR/S	Noeline DONNELLAN	Maria SIMEONE	Amanda GAHAN
	Christine KENSEY	Maris MARSH	Susie MRAVUNAC
CHURCH SHOP	Anita YIP	Winnie CHIU	Alan THAM

**Cleaners SPC:** Roland & Aida  
 Javier, Christian Amarille

**Altar & Sacristy:** Group 3 Korina Kinda; Antoinette  
 Boudaher

**Saturday 8AM****17 DECEMBER**

LECTOR FOR MASS

Christine KENSEY

*Family that pray together stay  
 together"*

**PILGRIM STATUE**

This week at

*Tannous & Moore  
 Families*

To host the Pilgrim Statue and  
 Rosary prayer please contact  
**Mona on 9709 8701 / 0417 282 603**  
 or  
**Phil Lopez on 9646 1756.**

**MASS INTENTIONS****Sick:**

Doreen Stanmore, Pauline Lian, Gerard Del  
 Rosario, Romaine Cheema, Virginia Naidu,  
 Veronica Jacobs, John Shanley, Nazih  
 Melhem, Danilo Carreon, Fiya Gourani, Zekia  
 Al Asady, Rosario Cruz, Tin De Jesus, Jane  
 Aquino, Graham Turner

**Recently Deceased:** Melissa MacRae,  
 Jason Jose Colloppen

**Deceased:** James Ward

**Anniversary:** George Guanzon, John  
 Edmund Graham, Pacita Allarde, Fe Allarde,  
 Lucila Amores, Felicisimo Amores, Jovito  
 Amores, Sandy Amores, Editha Amores,  
 Tarcila Figueras, Elenita Figueras & Cristina  
 Figueras

**Thanksgiving:** Divine Mercy Chaplet

**Other & Special Intentions:** Holy Souls in  
 Purgatory.

## ANTIPHONS & READINGS

### Entrance Antiphon

Phil 4:4-5

Rejoice in the Lord always; again I say, rejoice. Indeed, the Lord is near.

### First Reading

Is 35:1-6, 10

Let the wilderness and the dry-lands exult, let the wasteland rejoice and bloom, let it bring forth flowers like the jonquil, let it rejoice and sing for joy.

The glory of Lebanon is bestowed on it, the splendour of Carmel and Sharon; they shall see the glory of the Lord, the splendour of our God.

Strengthen all weary hands, steady all trembling knees and say to all faint hearts, 'Courage! Do not be afraid. 'Look, your God is coming, vengeance is coming, the retribution of God; he is coming to save you.'

Then the eyes of the blind shall be opened, the ears of the deaf unsealed, then the lame shall leap like a deer and the tongues of the dumb sing for joy, for those the Lord has ransomed shall return.

They will come to Zion shouting for joy, everlasting joy on their faces; joy and gladness will go with them and sorrow and lament be ended.

### Responsorial Psalm

Ps 145:6-10. R. see Is 35:4

### Lord, come and save us.

It is the Lord who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free. **R**

It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan. **R**

It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age. **R**

### Second Reading

Jas 5:7-10

Be patient, brothers, until the Lord's coming. Think of a farmer: how patiently he waits for the precious

fruit of the ground until it has had the autumn rains and the spring rains! You too have to be patient; do not lose heart, because the Lord's coming will be soon. Do not make complaints against one another, brothers, so as not to be brought to judgement yourselves; the Judge is already to be seen waiting at the gates. For your example, brothers, in submitting with patience, take the prophets who spoke in the name of the Lord.

### Gospel Acclamation

Is 61:1 (Lk 4:18)

Alleluia, alleluia!

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

### Gospel

Mt 11:2-11

John in his prison had heard what Christ was doing and he sent his disciples to ask him, 'Are you the one who is to come, or have we got to wait for someone else?' Jesus answered, 'Go back and tell John what you hear and see; the blind see again, and the lame walk, lepers are cleansed, and the deaf hear, and the dead are raised to life and the Good News is proclaimed to the poor; and happy is the man who does not lose faith in me.'

As the messengers were leaving, Jesus began to talk to the people about John: 'What did you go out into the wilderness to see? A reed swaying in the breeze? No? Then what did you go out to see? A man wearing fine clothes? Oh no, those who wear fine clothes are to be found in palaces. Then what did you go out for? To see a prophet? Yes, I tell you, and much more than a prophet: he is the one of whom scripture says: Look, I am going to send my messenger before you; he will prepare your way before you. I tell you solemnly, of all the children born of women, a greater than John the Baptist has never been seen; yet the least in the kingdom of heaven is greater than he is.'

### Communion Antiphon

Cf. Is 35:4

Say to the faint of heart: Be strong and do not fear. Behold, our God will come, and he will save us.

### Next week's Readings:

1st Reading: **Is 7:10-14**

2nd Reading: **Rom 1:1-7**

Gospel: **Mt 1:18-24**

## REFLECTIONS ON MATTHEW 11:2-11

### Historical Context – Least and Greatest

Jesus declares that the least in the kingdom of heaven is greater even than John whom he has just finishing praising as greatest of all men. It is an indication that in the kingdom, things are not as they are on earth. The blind, lame, deaf, poor and lepers that Jesus named earlier would have been seen as the very lowest of society. Their afflictions were seen as punishments from God and so it was assumed that they, or their parents, had done something to deserve this punishment. Jesus rejects this interpretation and shows these people to be the most open to responding to his message.

### Scriptural context – John the Baptist

Jesus is not recorded as asking the messengers about John's wellbeing. He doesn't appear to express any concern about John's imprisonment. Yet Jesus must have felt this situation very deeply. John the Baptist and Jesus were related; they were cousins. The depth of his feeling is reflected when Jesus speaks so positively and powerfully about John. It reads almost as a eulogy that might be given at a funeral; praising the greatness of the deceased. Yet regardless of John's greatness, Jesus assures his audience that even the least in the kingdom is greater than John.

### Living the Gospel – Gaudete!

The third Sunday of Advent was traditionally known as Gaudete Sunday. The word, gaudete, (pronounced gow-day-tay) is from Latin and means Rejoice! The name was given to this Sunday because the entrance antiphon for the day is: 'Rejoice in the Lord always; again I say, rejoice! The Lord is near.' When Advent was observed as a more penitential season, this third Sunday was a break from the sombre mood and was more celebratory. The rose-coloured candle in the Advent wreath and rose-coloured vestments convey a mood of joy and celebration.

## FEASTS & MEMORIALS OF THE WEEK

### Tuesday, 13 December - St Lucy (Memorial)



Died at Syracuse in Sicily, probably in the persecution of the emperor Diocletian in 304. Widely venerated from the earliest times, her memorial has long been kept on this day. Probably because her name is suggestive of light, her intercession has been sought for eyesight problems. Named in Eucharistic Prayer I (The Roman Canon) and

remembered as a youth, radiant with Christian faith and courage.

*Mass of the Feast at 6.45am.*

### Wednesday, 14 December - St John of the Cross (Memorial)



Born in 1542 at Fontiveros (Spain). Died on this day in Ubeda. A Carmelite priest who joined Saint Teresa of Jesus (15 October) in the work of Carmelite reform and, despite opposition and imprisonment, organised the discalced Carmelites. Remembered for his mystical writings, which

combine theology and poetry to describe the spiritual journey through darkness to union with God.

*Mass of the Feast at 6.45am.*

## NEWS

### Sacraments 2023

Registrations for sacraments 2023 are now open. Please use the QR Code or link under the respective sacrament for further information and registration.

#### Reconciliation



<https://www.stpeter-stjoseph.org.au/reconciliation/>

#### First Holy Communion



<https://www.stpeter-stjoseph.org.au/holy-communion/>

#### Confirmation



<https://www.stpeter-stjoseph.org.au/confirmation/>

If for any reason you do not have access to the above options or are having difficulty with the above process, please do not hesitate to contact our office via email. Wishing each one of you a blessed Christmas and may Jesus be the reason for the season! Happy Holidays!

**Sophia Brewty** | Sacramental Coordinator | [sacraments@stpeter-stjoseph.org.au](mailto:sacraments@stpeter-stjoseph.org.au)



You are cordially invited to join us for a night of

# Christmas

## CAROLS & BBQ BYO FAMILY PICNIC

Friday, 16 December  
from 6PM

**ST PETER CHANEL CHURCH LAWN**  
62 Kingsland Road, Berala

*Special Performance by Fr Mirko Integlia*



# Parish & School Picnic Day

JOIN US TO WELCOME THE NEW SCHOOL YEAR

Bring your family and a picnic lunch and be ready to enjoy a day of fun activities and family games. This is a wonderful way for our parish and school communities to get to know each other, and especially for families who are new to our parish and school.



CAMPBELL HILL PIONEER RESERVE  
LARGE CAZEBO  
67 CAMPBELL HILL RD  
GUILDFORD, NSW, 2161

*When?* JANUARY 29TH, 2023  
10AM - 2PM

WE LOOK FORWARD TO SEEING YOU AND ENJOYING A FUN DAY TOGETHER




ST PETER CHANEL & ST JOSEPH PARISH OF BERALA INVITE YOU TO OUR ANNUAL

# COMMUNITY Christmas LUNCH

SUNDAY | DECEMBER 25 | 11:30AM - 2PM

ST PETER CHANEL AND ST JOSEPH PARISH HALL  
KINGSLAND RD, BERALA

FOOD AND DRINKS SUPPLIED  
PLEASE REGISTER ON 96447787 OR  
INFO@STPETER-STJOSEPH.ORG.AU  
GUESTS AND VOLUNTEERS WELCOME  
TRANSPORT AVAILABLE ON REQUEST



SCAN ME

### WE NEED YOUR HELP

*Annual Christmas Luncheon*

DONATIONS NEEDED TO MAKE THIS EVENT A SUCCESS. PLEASE TAKE A TRAY FROM THE CHURCH AND RETURN ON CHRISTMAS MORNING. DONATIONS OF CASH AND DRINKS CAN BE MADE TO THE PARISH OFFICE. PLEASE CALL 96447787 FOR MORE INFORMATION



### Church Shop

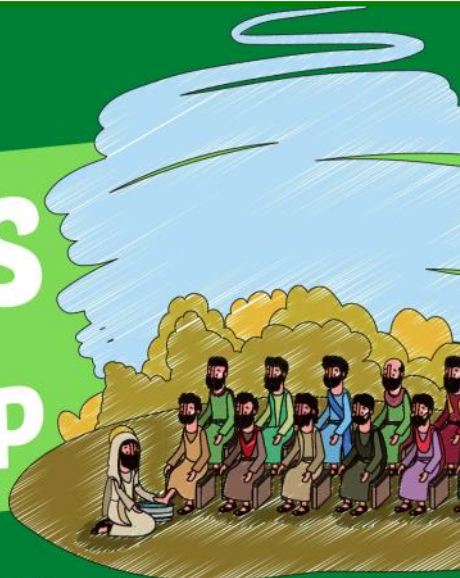
The Church Shop is looking very festive and is now stocked with great Christmas gifts! God's Word 2023 and the Columban calendars are selling fast! Get your copy before it runs out.



The Church Shop is open on Saturdays before and after the 5.00pm Vigil mass and on Sundays after the 8.00am & before the 10.00am masses. Drop by our Church shop and grab a gift for that special someone. The shop is filled with a range of religious items perfect as presents for those celebrating the Sacraments of Holy Communion, Baptism, Reconciliation and Confirmation.

ST PETER CHANEL &  
ST JOSEPH PARISH  
BERALA  
INVITE YOU TO JOIN:

# KIDS PARISH CAMP



FUN GROUP GAMES AND  
ACTIVITIES FOR ALL AGES  
OVER 3 DAYS!

**WHEN?**  
January 19, 20 & 21,  
2023  
10am-2pm

**AGES?**  
5-12 year olds

**WHERE?**  
Parish Hall  
62 Kingland Rd

**COST?**  
1st child: \$30  
\$25 for each  
consecutive child

**Provided:**

- ✓ Lots of Fun
- ✓ Lunch
- ✓ Morning Tea
- ✓ Prayer
- ✓ Activities for all ages

**Registration Link**  
[shorturl.at/bfiH1](http://shorturl.at/bfiH1)



**More Information** [info@stpeter-stjoseph.org.au](mailto:info@stpeter-stjoseph.org.au)

ST. PETER CHANEL & ST. JOSEPH  
PARISH

# Kids Parish Camp

Volunteers needed

\*WWCC required\*

**WHEN?**  
JAN 19, 20 & 21  
2023  
10AM-2PM

**WHAT?**  
KITCHEN HELP  
ACTIVITY ASSIST  
GROUP LEADERS

**HOW TO SIGN  
UP?**  
EMAIL YOUR  
INFO AND DAYS  
AVAILABLE



[YOUTH@STPETER-STJOSEPH.ORG.AU](mailto:YOUTH@STPETER-STJOSEPH.ORG.AU)

## GIFTS THAT DON'T COST A CENT



### THE GIFT OF LISTENING

Listen without interrupting.



### THE GIFT OF A SMILE

Give a smile to those around you.



### THE GIFT OF LOVE

Give a hug, a compliment or a loving detail.



### THE GIFT OF GRATITUDE

Say "thank you" to the people in your life.



### THE GIFT OF FAVOR

Every day try to do someone a favor.



CatholicLink



# The Gospel Of Matthew Today

*A Course by Fr Thomas  
on reading the Gospel  
with Historical and  
Old Testament  
Background*

**7 pm on Tuesdays  
starts on 7 Feb 23  
at Berala Church**

## Advent Companion 2022

Let us come closer to Jesus this Advent! Let us stay awake! Let us set aside time to pray, to reflect on His Word, and to avail ourselves of the Sacraments, so that when we celebrate His birth at Christmas, we can offer Him the gift of hearts and lives truly transformed.

Printed booklets of the ADVENT COMPANION, produced by the Sydney Centre for Evangelisation, is available at the church foyer and also available for download at [www.gomakedisciples.org.au/](http://www.gomakedisciples.org.au/)

## Just for Laughs

A gingerbread man goes to the doctor and complains that his knee is sore. Doc says, 'Did you try icing it?'



## Susie Mravunac Appointed Acting Principal



Susie Mravunac is appointed Acting Principal of St Joseph the Worker School for 2023. Gai Melville, the principal is taking leave for a year from January due to family commitments. Susie is currently acting Assistant Principal at SPC School. After due process, Sydney Catholic Schools appointed her to SJW as Acting Principal. Since she's moved only to another school within the parish, we can be happy that the parish will continue to benefit from her service. We wish Susie all the best in her new role and Gai a blessed and peaceful time with her family.

An appointment to the position of the Assistant Principal of SPC School will be announced in the very near future.

A Christmas without joy is no Christmas at all. Yet that's what too many people are facing this December.

A Christmas without family, after fleeing from domestic violence. A Christmas without comfort and peace of mind, after bills have mounted up. Or a Christmas without a roof over your head, after loosing your home.



This advent, the Berala conference of St Vincent de Paul will be collecting donations for our local families. We know that many of you like to reach out to others during Advent. This year we are asking for donations of new toys, non-perishable food, Christmas table decorations, new clothes etc. We would also like to have vouchers for kids to use to buy school supplies for 2023. If you would like to help out with this we are accepting gift cards from Woolworths, Coles, Kmart, Officeworks etc.

As usual monetary donations are more than welcome and are tax deductible. Donations can be made to the school or Church before December 17. Thank you for your ongoing support!

## Archbishop's Flood Appeal

Archbishop Anthony Fisher OP has announced that proceeds raised at this year's Christmas at the Cathedral event will go directly towards providing relief and recovery to the victims of the NSW flood disaster.

Donations can also be made online here: <https://www.ourfaithourworks.org/flood-appeal/>

Congratulations to the newlywed

*Joshua Esmero & Elva Vuong*

*May the One who brought you together bless your marriage, enrich your lives and deepen your love throughout the years.*



This week we welcome into the Catholic faith

*Isla May Doherty*

May she always know the love of God and feel His guiding hand throughout her life.

### Become a CatholicCare Companion

CatholicCare is searching for volunteers to be with people as they experience times of change, challenge and uncertainty.

If you are a good listener who is caring, non-judgemental and compassionate, we'd love to hear from you.

To find out more, please call Jacqui Willoughby, Volunteer Co-ordinator on 0426 773 630 or 13 18 19.

To find out more call

**131819**

[Catholiccare.org](http://Catholiccare.org)

✉ [connect@catholiccare.org](mailto:connect@catholiccare.org)



## Celebrating recovery from cancer

*Over Catechist Sunday weekend, I shared my testimony with Berala Parishioners at our three Advent Masses.*

**By Brenda Wendt-Hussein, Catechist Coordinator**

One year ago, I was diagnosed with Grade 3 cancer which my surgeon/oncologist described as “very aggressive and very nasty”. Covid restrictions were in place but I was able to have surgery within a few weeks. God opens doors! I fasted from midnight and received Holy Communion at 6.45am Mass before surgery.

A radiation oncologist then recommended 29 radiation treatments before Christmas 2021 and I asked her endless questions at our first consultation and during multiple follow-up phone consults and took the time to pray and research my options.



**Juicing: Vegetables and fruits.**

I would love to say that it was just plain sailing from there but it wasn't. I booked in for radiation twice and then cancelled both bookings after much prayer and deliberation. When my faith ebbed, prayer warriors in Australia and overseas carried me on the back of their faith and prayers. I was also nourished with Holy Eucharist daily, and Sacramental gifts and support from parishioners.

Finally, I conceded and agreed to radiation treatment. Once more, I received Holy Eucharist at early Mass, and then drove to the hospital for the treatment. Calling my oncologist en route, I asked her even more questions.

### Probing questions

She had never met a probing patient like me before. Meanwhile, the staff were waiting to prep me. We stopped the car outside the hospital and I prayed. I then cancelled my treatment again and we turned the car around and headed back home.

My decision followed persevering prayer to the Holy Spirit; He is wonderful. He's



### 25 October 2021: Surgery.

given me the wisdom and the discernment to make choices. He's given me peace and fresh infilling of grace and blessing, absolutely everything I need.

### Fiji scientist

Later, I asked my radiation oncologist how many of her patients had declined the treatment and what had been the outcome. She replied “none” and added that “I would be her guinea pig”.

After declining treatment, I took a supplement donated to me by a Berala parishioner along with other herbal remedies and supplements. I developed a protocol that included vegetable and fruit juicing. Later I balanced my pH levels with a lemon water mixture created by an amazing and caring Fiji scientist who also recommended lymphatic massage.

*Continued next page...*



# Thanksgiving for amazing CT scan

## Celebrating cancer recovery

... from previous page

My diet received a major overhaul eliminating white products, meat, sugar and alcohol, and incorporating raw and cooked vegetables, beans, lentils, berries, nuts and seeds. After also doing some intermittent fasting, I went from 68kg to 52kg and have maintained this weight ever since.

### Naturopathic way

I chose the naturopathic way to treat cancer and this has been my journey but it is not the easiest way and it is not for everyone. My girlfriend, a faithful Christian, chose the traditional path of surgery, chemotherapy and radiation. And along with her strong faith in God, she has survived cancer for more than 20 years. She is one of my many wonderful prayer warriors.



**Lemon water to balance pH.**



### Adoration: Deep gratitude.

#### 'No sign of cancer'

God has blessed me with another year with my family and friends. I am grateful for this time to love Him and to get to know Him more deeply.

Because my cancer was staged as high grade, my oncologist is monitoring me for five years and refers me for regular CT Scans. I have declined the scans much to the concern of my family. I asked my prayer partners to pray for my family.

Finally I agreed to do a scan. Later, my surgeon rang me with good news, "The scan is clear with no sign of cancer".

Recently, he presented my case study at a conference in Germany. Last month he told me that only three of his patients had ever declined radiation. His advice was, "Keep on doing, whatever you're doing".

#### 'Treasure of Life'

And what have I been doing? God has been my guiding light through this whole journey and I have embraced everything the Catholic Church has to offer including the 'Treasure of Life' in the Tabernacle – the Holy Eucharist – and the Anointing of the Sick. After each anointing of Holy Oil, I am renewed and restored.

God is so good and merciful. He has answered our prayers. I thank Father God for the gift of his Son; I thank Jesus for his Pure and Precious Blood and the Holy Spirit for courage, fortitude and guidance.

#### Miracle Medal

I thank Our Lady of Perpetual Help for her Novena. She is amazing. I wear her green scapular for the sick, and her Miracle Medal. I thank the Saints for their intercession.

I thank my family and my parish, and prayer warriors in Australia and abroad, for helping me on this journey.

'All glory to God; all praise be to God.'

## John is the voice, and Christ is the Word

*From a sermon by Saint Augustine*

John is the voice, but the Lord is the Word who was in the beginning. John is the voice that lasts for a time; from the beginning Christ is the Word who lives for ever.

Take away the word, the meaning, and what is the voice? Where there is no understanding, there is only a meaningless sound. The voice without the word strikes the ear but does not build up the heart.

However, let us observe what happens when we first seek to build up our hearts. When I think about what I am going to say, the word or message is already in my heart. When I want to speak to you, I look for a way to share with your heart what is already in mine.

In my search for a way to let this message reach you, so that the word already in my heart may find place also in yours, I use my voice to speak to you. The sound of my voice brings the meaning of the word to you and then passes away. The word which the sound has brought to you is now in your heart, and yet it is still also in mine.

When the word has been conveyed to you, does not the sound seem to say: The word ought to grow, and I should diminish? The sound of the voice has made itself heard in the service of the word, and has gone away, as though it were saying: My joy is complete. Let us hold on to the word; we must not lose the word conceived inwardly in our hearts.

Do you need proof that the voice passes away but the divine Word remains? Where is John's baptism today? It served its purpose, and it went away. Now it is Christ's baptism that we celebrate. It is in Christ that we all believe; we hope for salvation in him. This is the message the voice cried out.

Because it is hard to distinguish word from voice, even John himself was thought to be the Christ. The voice was thought to be the word. But the voice acknowledged what it was, anxious not to give offence to the word. I am not the Christ, he said, nor Elijah, nor the prophet. And the question came: Who are you, then? He replied: I am the voice of one crying in the wilderness: Prepare the way for the Lord. The voice of one crying in the wilderness is the voice of one breaking the silence. Prepare the way for the Lord, he says, as though he were saying: "I speak out in order to lead him into your hearts, but he does not choose to come where I lead him unless you prepare the way for him."

What does prepare the way mean, if not "pray well"? What does prepare the way mean, if not "be humble in your thoughts"? We should take our lesson from John the Baptist. He is thought to be the Christ; he declares he is not what they think. He does not take advantage of their mistake to further his own glory.

If he had said, "I am the Christ," you can imagine how readily he would have been believed, since they believed he was the Christ even before he spoke. But he did not say it; he acknowledged what he was. He pointed out clearly who he was; he humbled himself.

He saw where his salvation lay. He understood that he was a lamp, and his fear was that it might be blown out by the wind of pride.

### OTHER NOTICES

#### Catholic Jobs Online: Positions vacant

Payroll Accountant – Catholic Archdiocese of Sydney  
<https://catholicjobsonline.com.au/job/payroll-accountant-sydney-nsw/>

Sacramental and Formation Co-ordinator – Saint Michael's Parish Lane Cove  
<https://catholicjobsonline.com.au/job/lane-cove-nsw-part-time-sacramental-and-formation-co-ordinator/>

#### Marriage Preparation Course: Engaged Encounter

How prepared are you for marriage? Engaged Encounter provides you with deeper insights into each other and into married life. We give you a chance to spend time together to strengthen and enrich your relationship. [www.engagedencounter.org.au](http://www.engagedencounter.org.au) | Register for the weekend of Feb 25-26, May 6-7. If COVID-19 restrictions prevent a face-to-face seminar, the CEE weekend will be held via Zoom.

#### Workplace Giving through Catholic Mission

Want to make a difference while you work? You can reach out and give life through workplace giving to Catholic Mission. It is easy to setup and you receive an immediate tax benefit. For more info visit [cm.org.au/workplace-giving](http://cm.org.au/workplace-giving) today.

#### Catholic Help with Alcoholism and Addiction

Do you, a family member, or friend need help with an addiction concern? You can reach out to the Calix Society. Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12 Step program. Email: [calixsydney@outlook.com](mailto:calixsydney@outlook.com)