



# JESUS, THE GOOD SHEPHERD PARISH

## ~ East Lake Macquarie ~



♦ St Francis Xavier's Belmont ♦ St Patrick's Swansea ♦ St Pius X Windale ♦

• THE EXALTATION OF THE HOLY CROSS • YEAR C • 14 SEPTEMBER 2025 •

### Parish Presbytery

**Parish Priest** Fr Gerard Mackie PP  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
02 4945 1244  
**Phone**  
**Email** [gem5403@gmail.com](mailto:gem5403@gmail.com)

### Parish Office

**Accounts and Administration Officer** Mrs Liza Ruitenbach  
**Street Address** 40 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 277  
BELMONT NSW 2280  
02 4945 4402  
**Phone**  
**Email** [elmparish@mn.catholic.org.au](mailto:elmparish@mn.catholic.org.au)  
**Facebook**  [Jesus the Good Shepherd Parish-East Lake Macquarie](https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/)  
**Webpage**  <https://mn.catholic.org.au/parish/jesus-the-good-shepherd-east-lake-macquarie/>

**Columbarium** All enquiries via Parish Office

### Office Hours

**Monday,** 8:00AM to 1:00PM  
**Wednesday** 8:00AM to 1:00PM  
**Thursday** 8:00AM to 1:00PM

### Schools

#### St Francis Xavier's Catholic Primary School Belmont

**Principal** Mrs Freda Pascoe  
**Street Address** 42 Ernest Street  
BELMONT NSW 2280  
**Postal Address** PO Box 206  
BELMONT NSW 2280  
02 4945 2404  
**Phone**  
**Email** [admin@belmont.catholic.edu.au](mailto:admin@belmont.catholic.edu.au)  
**Website** [www.belmont.catholic.edu.au](http://www.belmont.catholic.edu.au)  
**OOSH** <https://stnicholasoosh.org.au/belmont>

#### St Patrick's Catholic Primary School Swansea

**Principal** Ms Lucy Harvey  
**Street Address** 213 Northcote Avenue  
SWANSEA NSW 2281  
**Postal Address** PO Box 141  
SWANSEA NSW 2281  
02 4971 1560  
**Phone**  
**Email** [admin@swansea.catholic.edu.au](mailto:admin@swansea.catholic.edu.au)  
**Website** [www.swansea.catholic.edu.au](http://www.swansea.catholic.edu.au)

#### St Pius X Catholic Primary School Windale

**Principal** Mr Stephen Pryde  
**Street Address** 2 Lake Street  
WINDALE NSW 2306  
**Postal Address** As above  
**Phone** 02 4948 8467  
**Email** [admin@windale.catholic.edu.au](mailto:admin@windale.catholic.edu.au)  
**Website** [www.windale.catholic.edu.au](http://www.windale.catholic.edu.au)

### Diocese of Maitland-Newcastle

**Bishop** Bishop Michael Kennedy  
**Street Address** 841 Hunter Street  
NEWCASTLE WEST NSW 2302  
**Postal Address** PO Box 780  
NEWCASTLE NSW 2300  
02 4979 1200  
**Phone**  
**Email** [chancery@mn.catholic.org.au](mailto:chancery@mn.catholic.org.au)  
**Website** [www.mn.catholic.org.au](http://www.mn.catholic.org.au)

### Liturgical Celebrations

#### Weekday Masses

Monday: 8:30AM Belmont  
Tuesday: 8:30AM Windale  
Wednesday: 8:30AM Swansea  
Thursday: 8:30AM Belmont  
Friday: 8:30AM Swansea  
Saturday: 8:30AM Belmont

#### Sunday Mass Times

Saturday: 5:00PM Swansea  
Sunday: 7:30AM Windale  
9:00AM Belmont

#### Live Stream

Our Mass continues to be livestreamed daily and available via Facebook <https://www.facebook.com/pages/category/Catholic-Church/Jesus-the-Good-Shepherd-Parish-East-Lake-Macquarie-105542444421379/>.

#### Morning Prayer

Morning Prayer is prayed 15 minutes before our weekday Mass.

#### Rosary

We invite everyone to join in and pray the Rosary daily after the 8:30AM weekday Mass from Monday to Saturday. Rosary is also prayed on Saturdays prior to the Vigil Mass at St Patrick's Swansea. We commence forty (40) minutes before the Mass starting 5:20PM Summer and 4:20PM Winter.

#### Feast Days

15 Sept Perpetual Day of Remembrance  
16 Sept Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs  
17 Sept Saint Robert Bellarmine, Bishop and Doctor of the Church  
Hildegard of Bingen  
18 Sept Saint Januarius, Bishop and Martyr

#### Mass at Jesus the Good Shepherd

The following information is to assist parishioners and visitors while attending Mass.

- ✓ **Physical distancing** is still appropriate.
- ✓ The wearing of a **face mask** can help protect you and those around you. Masks are available at the church entrance.
- ✓ **Hand sanitiser** helps to reduce the spread of viruses and is available.
- ✓ **Holy Water** is available and changed regularly.
- ✓ Select your **bulletin** and please take it home with you afterwards. Bulletins are no longer re-used. **Children's worksheets** are now available.
- ✓ The **Sign of Peace** remains contactless except between those residing in the same household.
- ✓ The distribution of **Communion** during Mass. The **Communion host** can be received in the hand, and on the tongue with care. For the latter please, proceed to the Priest only and at the end of the line. The **Precious Blood** is available to receive. A person with symptoms of cold, flu, COVID, or other viruses should not share the chalice with others.
- ✓ There are two (2) **collection plates** during Mass. Thank you for your continued support. The **First** Collection supports all our Diocesan Priests, and the **Second** Collection supports our parish expenses.

#### Parish Office

When visiting the Parish Office:

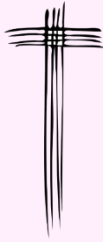
- ✓ For your safety, use the footpath. **Do not** walk across the garden.
- ✓ All on-site visitors are required to sign-in.
- ✓ Physical distancing is still appropriate when entering a building.
- ✓ Hand sanitizer and face masks are available if needed.

## Ode to the Light of Christ

*On this day of Perpetual Day of Remembrance, we pause in silence...*

*We pray...*

Come, let us walk in the Light of the Lord.  
Let us not fear the past  
when our hearts were heavy.  
Let us Shine the Light of Christ.  
Come, let us bring light from the darkness.  
Let us make good come from evil  
and find sweet in the bitter.  
Let us Shine the Light of Christ.  
Come, let us weep together  
when the light grew dark with the clouds,  
from the darkness and distress.  
Let us Shine the Light of Christ.  
Come, let us walk with our brothers and sisters,  
those who have walked in darkness.  
Let them see the great Light of God  
and let us Shine the Light of Christ.



Composed in the spirit of the Prophet Isaiah by **Fiona Duque** © 2019, 2025  
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## Children's Liturgy – Coming Soon!

**JOIN US** at St Francis Xavier Church Belmont for Children's Liturgy of the Word during 9:00AM Mass on the **third Sunday of every month**.

This child-centred liturgy offers a friendly, safe, and engaging space (in the church hall) where children can hear and reflect on the Gospel in a way that speaks to their hearts.

All children are warmly invited to participate – come and share in the joy of faith made simple and meaningful for our youngest parishioners.

Stay after Mass for a relaxed morning tea – a great chance to connect with fellow families and parishioners!

## Prayer Requests

### Please pray for

**Sick:** Therese Smith, Geoff Brown.

(Once the person is no longer in need of prayer, would you kindly inform the Parish Office)

**Recently Deceased:** Thomas (Tom) Anderson.

**Anniversaries:** June Sheehan.

*Eternal rest grant to them, O Lord, and may light perpetual shine upon them. ☩ May their souls and the souls of all the faithful departed rest in peace. Amen*

Mass Intentions for publication may be submitted on an envelope on the collection plate, or to the Parish Office by email, or by phone; by 9:00AM Wednesday each week ahead. **Envelopes are available at the church entrance.** Please write details clearly to avoid errors. A reminder that you need the permission of the person, or their family, to enable us to publish names.

## Pope's Prayer Intentions

**September Intention is for our relationship with all of creation.**

Let us pray that, inspired by Saint Francis, we might experience our interdependence with all creatures who are loved by God and worthy of love and respect.



## Safeguarding in Our Parish

### Our Children and Vulnerable Adults

The Parish of Jesus, the Good Shepherd is committed to the safety, welfare and wellbeing of children and vulnerable adults. Information brochures are available at the entrance to the Church. Our **Parish Promoters of Safeguarding** are all the members of the Parish Pastoral Council.

## Reflection

by **Richard Leonard**



It's said that if we laid out, end-to-end, all the parts of the True Cross found throughout Europe today, the line would stretch from Rome to Jerusalem! Today's feast has its roots in such piety, and is an extraordinary story.

In 326 the Emperor Constantine's mother, Helena, at the grand age of eighty set sail for Jerusalem to find the cross of Jesus and his tomb. To her satisfaction she found the site of

the Holy Sepulchre and established a church on the site, which is venerated as such to this day.

The true cross was more elusive. It was claimed that the leaders of the Jews had hidden the cross in a Jerusalem well. One of the Jewish leaders told the Empress Helena in which well to look. The story goes that they dug for days and found three crosses. They weren't sure which one was the true cross, so the Bishop of Jerusalem, the later Saint Macarius, sent the crosses off to the bedside of a dying woman. She touched the first two crosses to no effect, but on touching the third cross she immediately recovered. St Helena had found the True Cross.

The True Cross remained in the Church of the Holy Sepulchre in Jerusalem until the early 7th Century when the entire city was looted by the Persian king, Chosroes II who took the cross back to Persia. In 628 Emperor Heraclius II overthrew the regime in Persia and carried the cross, firstly to Constantinople, his capital city, and then in the spring of 629, to Jerusalem. Today's feast, the Triumph or the Exaltation of the Cross, commemorates this triumphant return of the Holy Cross to Jerusalem.

On the one hand it's a rather ghoulish tradition which pays so much attention to the instrument of torture used to kill Jesus. The only modern equivalent we might have is the pilgrimage people make to the ovens of Auschwitz and Dachau. No one goes there to gloat. These are places at which we remember past evils so that it might never happen again.

In a similar way this is what today's feast calls us to focus on. The triumph of Jesus' cross is that in it, through it, and beyond it, he has shown us how to let go of the evil that can trap us in the most destructive of behaviours, and embrace a life that is loving, just and good. We see in the Cross the price to be paid for living our humanity to the full, for sacrificial and saving love, and for confronting evil head-on. To the degree that we do these things, we share in the Cross as well, and in the final and never-ending triumph of Christ's resurrection.

Whatever jokes might be made about how far the fragments of the True Cross might reach today, the love between Father, Son and Spirit for all people around the world who suffer, reveals the degree to which our God wants us to know his solidarity with our lot.

The Cross stands as the sign that God does not condemn us, nor want us to perish, but that the Son came to us, and suffered, died and was raised so that we might know the way which leads to love and eternal life. © *Richard Leonard SJ*

If you have any concerns for a child or vulnerable adult, contact the Office of Safeguarding via P 02 4979 1390 or

E [childprotection@mn.catholic.org.au](mailto:childprotection@mn.catholic.org.au).

**For further information visit:**

Website: [www.officeofsafeguarding.org.au](http://www.officeofsafeguarding.org.au)

Facebook: <https://officeofsafeguarding.org.au/>

Complaints: <https://officeofsafeguarding.org.au/making-a-complaint/>



## Parish News

### Welcome

We welcome new parishioners and visitors. We invite you to pick up and complete our 'New to the Parish?' flyer.

### Bulletin Notices, Flyers and Posters

To avoid disappointment, all items for the parish bulletin need to be received at the Parish Office by 9:00AM on Wednesdays. A reminder that ALL posters, flyers, newsletters, etc, need to be submitted via the office.

### Thank You

A special thank you to our Craft Group for putting together our lovely "Decorate Your Gate" displays at our churches to commemorate Safeguarding Sunday. Thank you to all our parishioners for making a commitment to keeping everyone safe.

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### Parish Reflection Day - Save the Date

Our 'Pilgrims of Hope Reflection Day' with Fr Kevin Dance CP will be held Tuesday 30 September 2025 from 9:00AM until 4:30PM at St Francis Xavier Church Hall. All are invited. Bring a friend. Bring your own lunch. Bring a donation. RSVP 23/9/2025 to Jan M 0438 252 657. See the flyer for more.

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### Children's Worksheets

Each weekend there is a new Children's Liturgy worksheet available at the Church entrance.

### Children Liturgy of the Word

Our next Children's Liturgy of the Word will be celebrated on Sunday **21 September 2025** during the 9:00AM Mass and on the third Sunday of every month at Belmont Church. A Sign-In Book will be available before Mass. See page 2.

### Sacramental Programmes for Children

The Sacramental Program for children to prepare for the Sacraments of First Penance (Confession), Confirmation and Holy Communion has now begun. Please keep our children and their families in your prayers

### Parish Morning Tea

Belmont - JOIN IN a morning tea at Belmont Hall after the 9:00AM Mass on the third Sunday of every month. All are welcome. Our next one will be on **21 September 2025**. Enquiries: Jan M 0438 252 657.

Windale - JOIN IN a morning tea at Windale Hall after 7:30AM Mass on the fourth Sunday of the month. All are welcome. Our next one will be on **28 September 2025**. Enquiries: Sr Maria.

### 75<sup>th</sup> Anniversary Celebration

St Francis Xavier's Primary School (formerly St Joseph's) Belmont would like to invite you to celebrate our 75<sup>th</sup> Anniversary of Catholic Education, on Friday 26 September 2025 commencing at 9:00AM with Welcome to Country on the playground prior to Mass at 9:30AM, followed by morning tea, school tours, open classrooms and other festivities.

## Safeguarding News

### National Child Protection Week

This year, National Child Protection Week is from 7 to 13 September 2025. The theme is 'Every Conversation Matters: Shifting Conversation to Action'. It highlights that while open discussions are crucial, words alone are not enough. We must turn dialogue into meaningful action.

## Safeguarding Sunday

Catholic Safeguarding Sunday is observed annually by the Catholic Church in Australia on the second Sunday of September to acknowledge the harm caused by child abuse and adults at risk within Church contexts and to reaffirm a commitment to safe environments. It marks the conclusion of National Child Protection Week and includes prayers for survivors and a commitment to implementing safeguarding practices and protocols.

## Diocesan News

### Perpetual Day of Remembrance

Perpetual Day of Remembrance is an opportunity for our whole faith community to come together in prayer and remembrance—honouring survivors, acknowledging the wrongs of the past, and renewing our commitment to building a Church that is safe and life-giving for all.

Each year in September, our Diocese marks the Perpetual Day of Remembrance. This day stands as a solemn commitment to truth, healing, and accountability. It was established in the Catholic Diocese of Maitland-Newcastle as a local, enduring response to the failures of the Church to protect children and the ongoing pain of survivors.

Thank you for joining with us in prayer. (See page 2)

### Children's Ministry Network Meeting

All those involved in children's ministry and those interested in joining the team are warmly invited to gather for an afternoon of inspiration and connection. Join us at 3:30PM on Saturday 27 September in the St Philip's Church Hall, Kotara. Come along to share ideas, explore new resources, and help promote this vital ministry. Whether you're a seasoned leader or just starting out, your voice and experience is valued. Let's grow together in faith and creativity! Contact Nicki Graham 0417 773 444 [nicola.graham@mn.catholic.org.au](mailto:nicola.graham@mn.catholic.org.au)

### MN KIDS Holiday Program

Looking for a joyful day of faith, fun, and friendship for your child these school holidays? The Catholic Diocese of Maitland-Newcastle invites children aged 6–12 to our MN KIDS Holiday Program on *Tuesday 7 October*, 9:00AM – 3:00PM at the Diocesan Resource Centre Newcastle West.

Activities include team games, pilgrim challenges, craft, bible stories, music, and delicious food. Morning tea and lunch provided. Child minding available from 8:30AM – 4:00PM.

Date: Tuesday 7 October 2025 9:00AM – 3:00PM

Cost: \$10 per child.

Register via <https://www.eventbrite.com.au/e/mn-kids-holiday-program-7-october-2025-tickets-1613989438859?aff=oddtcreator>

Register by: Monday 22 September – places are limited!

For more contact Mary 0409 033 449 or Nicki 0417 773 444.

Come celebrate Jubilee 2025 with hope and joy!

### RCIA Training

This is an opportunity for anyone in the Catholic Diocese of Maitland-Newcastle to attend a training session in a fresh, relationship-based approach to RCIA. Instead of formal lessons, we'll learn together how to use a simple faith formation plan process, that fosters deep, Spirit-led conversations right from the start.

### Introductory Session

Tuesday 28 October 6:00PM - 8:00PM

Thursday 9:00AM – 11:00AM

Register for one of the sessions via QR code

OR contact the Parish Office at Cardiff via email or phone.





## The Exaltation of the Holy Cross

### Entrance Antiphon

Cf Galatians 6:14

We should glory in the Cross of our Lord Jesus Christ, in whom is our salvation, life and resurrection, through whom we are saved and delivered.

### First Reading

Numbers 21:4-9

#### A reading from the book of Numbers

*When those that were afflicted looked upon it, they were healed.*

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.'

At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.

The Word of the Lord.

### Responsorial Psalm

Ps 77:1-2. 34-38. R. v.7

#### (R.) Do not forget the works of the Lord!

1. Give heed, my people, to my teaching;  
turn your ear to the words of my mouth.  
I will open my mouth in a parable  
and reveal hidden lessons of the past.

2. When he slew them then they would seek him,  
return and seek him in earnest.  
They would remember that God was their rock,  
God the Most High their redeemer.

3. But the words they spoke were mere flattery;  
they lied to him with their lips.  
For their hearts were not truly with him;  
they were not faithful to his covenant.

4. Yet he who is full of compassion  
forgave their sin and spared them.  
So often he held back his anger  
when he might have stirred up his rage.

### Second Reading

Philippians 2:6-11

#### A reading from the letter of St Paul to the Philippians

*He humbled himself, therefore God had exalted him.*

The state of Jesus was divine,  
yet he did not cling  
to his equality with God  
but emptied himself  
to assume the condition of a slave,

and became as men are;  
and being as all men are,  
he was humbler yet,  
even to accepting death,  
death on a cross.  
But God raised him high  
and gave him the name  
which is above all other names  
so that all beings  
in the heavens, on earth and in the underworld,  
should bend the knee at the name of Jesus  
and that every tongue should acclaim  
Jesus Christ as Lord,  
to the glory of God the Father.

The Word of the Lord.

### Gospel Acclamation

Alleluia, alleluia, alleluia.  
We adore you, O Christ, *and we praise you*,  
because by your cross you have *redeemed the world*.  
Alleluia, alleluia, alleluia.

### Gospel

John 3:13-17

#### A reading from the holy Gospel according to John

*The Son of Man must be lifted up.*

Jesus said to Nicodemus:

'No one has gone up to heaven  
except the one who came down from heaven,  
the Son of Man who is in heaven;  
and the Son of Man must be lifted up  
as Moses lifted up the serpent in the desert,  
so that everyone who believes may have eternal life in him.  
Yes, God loved the world so much  
that he gave his only Son,  
so that everyone who believes in him may not be lost  
but may have eternal life.  
For God sent his Son into the world  
not to condemn the world,  
but so that through him the world might be saved.'

The Gospel of the Lord.

### Communion Antiphon

John 12:32

When I am lifted up from the earth,  
I will draw everyone to myself, says the Lord.



## Next Week's Readings

### Twenty-fifth Sunday in Ordinary Time Year C

First Reading	Amos 8:4-7
Responsorial Psalm	Ps 112:1-2. 4-8. R. see vv.1. 7
Second Reading	1 Timothy 2:1-8
Gospel Acclamation	2 Corinthians 8:9
Gospel	Luke 16:1-13 or Luke 16:10-13