



Sunday, 9th August 2026

Nineteenth Sunday
in Ordinary Time

Our Mission:
Building a Loving Christ-Centred Community



Parish Administrator:

Fr Joy D'Souza OCD

Chief Executive Officer:

Michael Darragh

Pastoral Associate:

Margaret Ryan

Church

Corner of East Street & Fourth Avenue, Sawtell

Parish Office - 02/6658 3544

1/44 Boronia Street, Sawtell
NSW 2452. Office Hours are
Monday to Friday, 9am to 3pm.

Regular Church Mass Times

Tuesday 9:30am

Thursday 9:30am

Saturday 5pm

Sunday 7:30am & 9am

Reconciliation every Saturday

4:30pm, no appointment necessary

Regular Chapel Mass Times

Our Lady of the Way at SCC

Marian Grove, Toormina

Wednesday 9:30am

Friday 9:30am

PARISH GIVING

First & Second
Collection &
Donations



Ignite Conference Brisbane 2026

24-27 September | St Laurence's College, Brisbane

A national Catholic youth conference for high school students, young adults, and leaders. Registration: \$320

Accommodation: \$250 (optional for young adults)

Free transport available (limited places)

Subsidies available for Yr 9-10 students.

👉 Scan the QR code to express interest
Expressions of Interest close Friday 7 August



Children's Choir

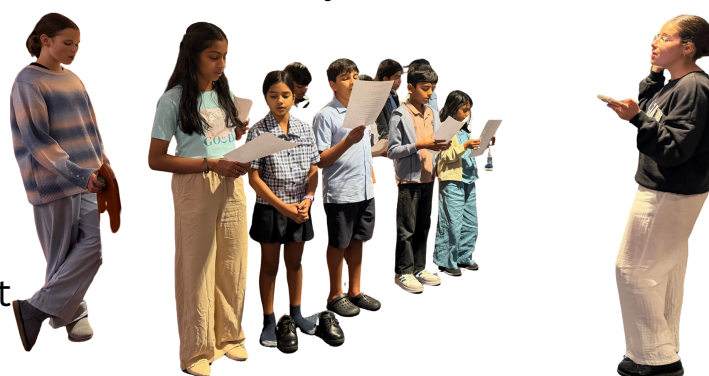
Every Wednesday

5:30pm-6:30pm

in the Church

Come along and
practice every
Wednesday.

Learn new hymns.
Get ready to sing at
a scheduled Mass.



Saturday Coasters



On 1st August the Saturday Coasters enjoyed great company, barista coffee, delicious bacon & egg rolls, and a fascinating talk by Dr Bruce Watts on men's health. Thank you Coasters for coming and Dr Bruce Watts for your talk.

Building faith, friendship, and community ~ one breakfast at a time.

We look forward to seeing 'men and a friend' at our next Coasters Brekkie on Saturday 3rd October.

First Reading 1 Kings 19:9.11-13

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

Responsorial Psalm

(R.) Lord, show us your mercy and love, and grant us your salvation.

Second Reading Romans 9:1-5

I What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

Gospel Acclamation Psalm 129:5

Alleluia, alleluia!

I hope in the Lord, I trust in his word.

Alleluia!

Gospel Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

*"Take courage. it is I:
do not be afraid."*

Matthew 14:27

Reflection

by Dianne Bergant CSA

Although divine power is manifested in dramatic ways, it is also present in what is unassuming. Traces of God can be seen in the delicacy of a violet, in a cool summer breeze, in the blush of innocence, in the fiery eyes of justice. Every one of us lives in the midst of God, breathes the breath of God's life, and is constantly touched by the exquisite artistry of God's creativity. Life itself is a mountain experience of God.

As wonderful as life may be, it can also be very frightening at times. There are misunderstandings and rancour, jealousy and vindictiveness, greed and a hunger for power. Our personal lives can come unravelled and we can feel that we are genuinely 'at sea'. Every human being is tossed about by the exigencies of life. It is at times like these that we need faith in Jesus. Even though we do not recognise him, he is there in the midst of our chaos. Having the power of God, he is the definitive champion of all chaos, and so he is able to allay our fears and calm the sea.

A true experience of God, whether it be within the ordinariness of life or one of life's tribulations, is both transformative and effusive. It is a reality that cannot be contained; it must be proclaimed. Disciples must be ready to do what they can in order that the good news of God's revelation be made known to others.

Is God Calling you?

Are you ready, to say, "Speak Lord, your servant is listening," and to begin listening to know if God may be calling you to be a priest, deacon or religious?

To begin that journey of discernment contact the Director of Vocations Lismore.

Email: vocations@lismore.catholic.org.au

Mobile: 0494 656 854

Phone: 02 6621 9444



Date

September 12

Location

Mary Help of
Christians Catholic
Church -
2 Fourth Ave,
Sawtell, NSW

Time

11:30am – 2:30pm

All young people across the Diocese are invited to join us for the launch of Catholic Youth Lismore.

Come and celebrate this exciting new chapter in youth ministry as we gather for Mass, hear about the vision for Catholic Youth Lismore, receive exciting announcements about upcoming opportunities, and enjoy a meal together. Whether you're already involved in your parish or simply looking to connect with other young Catholics, this event is for you.

The Australian National Census is on Tuesday, 11th August 2026.

All baptised Catholics, whether you attend Mass every week or only occasionally, are strongly encouraged to tick 'Catholic' on the religion question. Government funding for Catholic schools, hospitals, aged care, and social welfare agencies relies directly on this data. If you belong to an Eastern Rite community (e.g. Maronite, Syro-Malabar, Ukrainian), please select 'Other' and write your specific rite.

Stand up and be counted to help us plan for the future of our faith community.



Formation and Training Opportunities

Reading Ministry

Those who are part of the Reading Ministry at Mass will be invited to take part in a training session on **Wednesday, 2nd September** at 11am with the session repeated at 5pm. A session will be offered for those who only read at OLOW chapel after the 9:30am Mass, on the same day.

Ideally, parishioners who are part of this ministry demonstrate the following qualities:

- A love and understanding of the scriptures
- Knowledge of the principles of liturgy
- Skills in public reading
- Are commissioned by their parish for this ministry

In the light of this, we suggest the following resources for the formation of those in Reading Ministry which can be accessed in the FORMED app or website:

Our Story: A Basic Introduction to the Bible for Catholics

About this series

In a series of 5-minute video segments, get the Bible's big picture, along with a uniquely Catholic approach to the Scriptures. You may like to access the User's Guide which complement these short videos:

- The Old Testament: The Pentateuch
- The Old Testament: The Historical Books
- The Old Testament: The Wisdom Books and Prophets
- The New Testament: The Gospels
- The New Testament: The Epistles
- The New Testament: The Acts of the Apostles
- The Catholic Approach: The Mass
- The Catholic Approach: The Story
- The Catholic Approach: The Catholic Doctrines



If you need assistance in accessing FORMED for free on our parish account, you will find flyers at the doors to the church, or contact the Parish Office. Parishioners who would like to join this ministry in our parish are most welcome to attend.

Altar Servers' Training

Thursday, 27th August at 3:30pm.

If you have not yet registered your child, and they would like to join this ministry, please contact the Parish Office.

Safeguarding Training

Wednesday, 9th September at 10:30am, face-to-face Safeguarding Training.

This is for all parishioners, especially those involved in Mass ministries, and those who take Holy Communion to the sick or housebound.

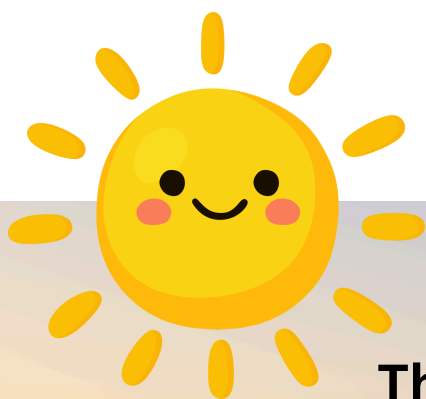
MASSSES	Co-Ordinator	Welcomer	Ex. Minister	Sacristan	Offertory	Reader	Powerpoint Op	Senior Altar Server
Saturday 5pm	Des Cassidy	Pam Conroy	Paula Sercombe	Les Michalik	July & Ivan Wheeler	Trish Maxwell	Sue Newbury	Les Michalik
Sunday 7:30am		Brenda Graham	Ellen Leary	John Hendriks	Kathy & Bob McWilliam	Bernie Moroney	Leanne Gennat	John Hendriks
Sunday 9am	Wal Samut	Dolores Dal Pozzo	Brigid Flannery	Don Kirkaldy		Carol Pye	Kathryn & Megan	Joe Baiada

New Roster Coming

The new Mass Roster for Sept - Nov is currently being developed. Please let us know of your unavailabilities either by email, phone call or note in the suggestion box. Thank you for serving our Parish community.



Cenacle Rosary
Every Tuesday at
3pm in the Church.
All welcome.



Reminder

The Saturday Vigil Mass will return to it's 6pm time slot in September, until winter next year (June, July, August 2027).

Recently Deceased
Fr Troy Bobbin
Carolyn Mash
Pauline Gatenby

The Sick
Marg Bryant



The Catholic Diocese of Lismore Safeguarding Office

the Diocese of Lismore Safeguarding Office can be contactable if you have any Safeguarding concerns. We will listen to you respectfully; offer support and discuss options you have available to you. Contact the Safeguarding Office - Phone: (02) 6621 9444 or Email: safeguarding@lismore.catholic.org.au



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- Catholic Life Magazine
- The Light, Youth Newsletter
- Renewal Journey Newsletter



Scan to subscribe

lismorediocese.org/stay-connected



DIOCESE OF
LISMORE



Diocesan
Investment
Fund

Interest Rate—4.15% (eff 1/8/2026)
For further information and our current interest rate, please visit our website www.dif.org.au or contact us on 1800 802 516