*St. Theresa’s Parish Community Newsletter*



Parish Priest: Fr Barry Hughes

Presbytery: 17 Drummartin St., Albion 3020

Phone: 9311 3091

email: caalbion@netspace.net.au

Mobile: 0428 533 391

Polish Chaplain: Fr Marian Szeptak

Residence: 185 William St., St Albans 3021

Phone: 9310 9057

 St. Theresa’s Primary School - 93119070

 16 Drummartin St., Albion 3020

 Principal: Rob Macklin

Mother of God Primary School - 93631734

 Blanche St., Ardeer 3022

 Principal: Assunta Iacovino

*“Do Small Things Well”*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30th SUNDAY IN ORDINARY TIME Year A 28 & 29 OCTOBER 2023

WORLD MISSION SUNDAY APPEAL.

Thank you for your generous partnership with life-changing mission programs we raised $798 last week., to support Sr Carolina and the Salesian Sisters and their work through the Maria Auxilia Dora Clinic in Venilale, Timor-Leste. Your gift is helping to provide life-saving treatment and access to resources on health and well-being. To learn more about the impact of your support, visit catholicmission.org.au/our-work, where you can also sign-up for our regular newsletter.

|  |  |  |
| --- | --- | --- |
| MASSES THIS WEEK ST THERESA’SDrummartin St, Albion *6.00pm Wednesday* *All Saints Day**12.00noon Friday**Anointing of the Sick*10.30am SundayMOTHER OF GODBlanche St, Ardeer*10.00am Wednesday(Pol)* *All Saints Day* *9.00am Thursday* *All Souls Day**10.30am Thursday (Pol)* *All Souls Day* 6.00pm Friday (Polish) 5.30pm Saturday10.15am Sunday (Polish)QUEEN OF HEAVENHolt St, Ardeer  *9.30am Wednesday* *All Saints Day* *7.30pm Thursday* *All Souls Day* 9.00am Sunday |  | MASS WITH THE ANOINTING OF THE SICKFriday 3rd November, 12noon at St Theresa’s Church, will be followed by lunch in the school. All welcomeCUPPA AFTER MASS Join us next weekend 4 & 5 November after each Mass for a cuppa and a chat. Why not take the time to enjoy the company of your fellow parishioners, and get to know one another better? Please bring a plate to share.CLEANERS NEEDEDVolunteers required to clean St Theresa’s Church, you would be rostered on once every 6 to 8 weeks, please talk to Ann-Maree or ring the office.COLLECTIONS RECEIVEDThanksgiving $758 Loose Money $294 Presbytery $493COUNTERS 5th November  Team 5: J Camilleri, M Buhagiar, J ZammitFEAST DAYSAll Saints, 1 November St Charles Borromeo, 4 NovemberREADINGS Today Next WeekExodus 22.21-27 Malachi1.14-2.2,8-10Ps 18.1-2,3+6b,46+50ab (R.1) Ps 131.1,2,3,(Rsee2)1 Thessalonians 1.5c-10 1 Thessalonians 2.7-9,13Matthew 22.34-10 Matthew 23.1-12 |

THANK YOU For those who have provided food for the food bank we are well stocked now thank you for your generosity.

MELBOUNRE CUP LUNCHON Tuesday 7th November, 12noon at Sunshine City Club Albion.

Buffet Lunch $25pp Ph: Ann-Maree 0401 192 079

*St Theresa’s Parish is* committed *to the safety of children, young people and vulnerable adults*

Gospel Reflection

Matthew 18:21-35

In this Gospel reading, Jesus teaches that we must forgive one another as God continually forgives us.

In Mathew’s gospel reading Peter asks Jesus how many times we should extend forgiveness to someone. Peter proposes seven times and Jesus replies with a much bigger amount by saying, “not just seven times should one forgive, but 77 times”. The number to be taken symbolically, not literally, for the never-ending way that we ought to forgive. Through the parable of the unforgiving servant, we come to understand the depths of God's mercy toward us and what can come of it if we are accepting of God's forgiveness.

To forgive someone who hurts you or has caused seemingly irreparable damage in your life can seem like a difficult task or even an impossible one. For example, how can we forgive someone who keeps on backbiting you, who continually shames you in public or (the unthinkable), taken the life of someone close to you?

However, while it can be challenging, there are many benefits of being able to forgive someone who has hurt you. Here are 5 reasons:

1. When you forgive someone, you forgive yourself. That may sound like a nice little catchy phrase but it’s true. Bearing a grudge against someone who has hurt you is not just about what they have done to you. It’s about what you have allowed to happen to you. Sometimes you can’t help what happens to you in a relationship because you’re just going along doing what you do.
2. **Forgiving gets you out of victim mode.** Forgiveness breaks the bonds that tie you negatively to another person.
3. Forgiveness frees you. It allows you to take your power back. The energy and [emotion](https://www.psychologytoday.com/au/basics/emotions) you have so deeply invested in a certain person/situation is now free to be moved to someone/something that is positive for your growth and emotional, psychological, and physical health. You are no longer chained to an entity that saps your energy and takes the life out of you. And freeing yourself may allow you to see this person/situation in a whole different light.
4. Forgiveness helps your health. Negative emotions rob your energy and take a toll on your body, mind, and spirit. Anger, [anxiety](https://www.psychologytoday.com/au/basics/anxiety), [depression](https://www.psychologytoday.com/au/basics/depression), and undue [stress](https://www.psychologytoday.com/au/basics/stress) generate a negative influence on your body. These can cause elevated blood pressure, heart rate, and the feeling of being out of control.
5. Forgiving helps you move forward on your [spiritual](https://www.psychologytoday.com/au/basics/spirituality) path. Forgiveness encourages compassion. You are able to relate to others as part of the human experience.

God does not expect us to deal with these hurts and resentments alone. God walks with us, encourages us and over time, gives us the grace to let go and hopefully to also forgive the one who hurt us. We do need to be patient with this process and we need to keep coming back to God asking him to help us to forgive when necessary. God wants us to ask him to free us of this burden, this pain. God is with us and He will always answer our prayers!

Marie D’Orazio