###### *St Pius X Catholic Parish Heidelberg West acknowledges the Wurundjeri people*.

Fr Wayne Edwards: St Pius X Presbytery 419 Waterdale Rd Heidelberg West 3081

Tel: 9457 5794 Fax: 9457 1036 Email: heidelbergwest@cam.org.au

Exodus Community: 273 Liberty Parade Heidelberg West Tel: 9457 7593

School Principal: Barbara Gomez Tel: 9457 3776 Email: bgomez@spxhw.catholic.edu.au

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

MASS TIMES

Sundays Saturday Vigil 7pm Sunday 9am & 11.00am

Exodus Community, 12 Noon in the shed at 273 Liberty Pde, Heidelberg West

Weekdays 9am Tuesday, Wednesday, Thursday, Friday, Saturday

CONFESSIONS & ROSARY After 9am Mass on Saturday mornings

CHURCH OPEN FOR PRAYER 8.30am – 4pm on school days only

PARISH WEBSITE - pol.org.au/heidelbergwest

*St Pius X Catholic Church Heidelberg West actively works to listen to, empower and protect children, and has zero tolerance for child abuse and neglect*.

**SAINTS/FEAST DAYS FOR THE WEEK**

* *Tuesday 24 – St Bartholomew*
* *Friday 27 – St Monica*
* *Saturday 28 – St Augustine*

***Reflection:*** *“If it does not please you to serve the Lord, decide today whom you will serve…As for me and my household, we will serve the Lord.”  JOSHUA 24:15*

When we commit to serve the Lord, we must be willing to become a disciple in the work of the Lord.  A disciple is a person who spends time in prayer every day, joyfully participates in charitable works and generously supports their local parish and Church mission.  If we say we serve God, we must actually do something and not merely talk about it!

****

**ALPHA AT ST PIUS X – POSTPONED UNTIL OCTOBER**

Alpha is a course for those seeking to find out more about Christianity, and those who have recently come to faith in Jesus Christ. The goal of Alpha is to continually support the church with resources and tools that help create a space where people are excited to bring their friends for a conversation about Jesus. Designed to take guests on a journey of faith over multiple weeks, each session covers a key element of the gospel in a way that is easy-to-follow and leaves space for people to explore their questions about life, faith and God.

**Please join our eight week course beginning Wednesday 1st September, 7.00pm in the St Pius X Hall. All Welcome!**

***Prayers for the Sick***; David Tickner, Michael Hehir, Pauline Curlis,

***For the Recently Departed****: Wil Anderson*

***Anniversary of Death***: Michael Kelly, Eugenio Mazzanti, Gwen Gunn,

Bill Cronin, Alessandro De Paulis, Marie King, Antonio Calabrese

**MAKING THE MOST OF LOCKDOWN**

While lockdown can be challenging to many, there are ways to make it

easier if not even enjoyable. Below are some ideas we have

discovered by reading and by listening to others share their experiences.

Accept what you can’t control and focus on what you can control.

**Planning**

Take each day as it comes

Plan your day including special projects you might want to achieve e.g., cleaning out your socks drawer.

**Gratitude**

Enjoy and be grateful for the little things - a new flower in your garden, a delicious meal, an unexpected phone call, the beautiful sunshine……

**Kindness**

Be kind to yourself and to others – your family, friends and neighbours. Maybe cooking a meal for a friend or neighbour, ring someone who you think might be lonely, invite someone to walk with you…..

**Creativity**

Be creative – I’ve been painting or drawing each day, maybe knit, crotchet, make cards or scrapbook, design a new garden, learn something new….there are free short courses on Open Learning, or write a book!

**Be active**

Enjoy the outdoors – try to go for a daily walk, follow YouTube exercises, and work in the garden – whatever you enjoy.

**Spirituality**

For those who are spiritual watch religious services on your computer, join meditation or discussion groups or meditate alone, be grateful for the gifts you are being given.

**Stay connected with others** – stay connected with friends and family through phone calls, texts, messenger and Zoom chats or maybe even by sending cards and letters.

**DAILY MASS**

Follow the link below to join the live streamed daily Mass from St Patricks Cathedral Melbourne - **https://melbournecatholic.org/about/our-cathedral**

Masses are livestreamed daily on the Archdiocese YouTube Channel <https://www.youtube.com/archmelb>

On Sunday’s 11am Mass is available to view on free-to-air TV channel 31 or channel 44 on digital TV’S

**NEXT SUNDAY’S READINGS – 22 SUNDAY ORDINARY TIME**

Deut 4:1-2, 6-8; James 1: 17-18, 21-22, 27; Mk 7: 108, 14-15, 21-23