

LITURGY THIS WEEK

ORDINARY TIME

MONDAY 17 AUG – Weekday, Ordinary Time 20

07:00 AM Holy Mass

12:00 NN Holy Mass

TUESDAY 18 AUG – Weekday, Ordinary Time 20

07:00 AM Holy Mass

12:00 NN Holy Mass

WEDNESDAY 19 AUG – Weekday, Ordinary Time 20

07:00 AM Holy Mass

12:00 NN Holy Mass

THURSDAY 20 AUG – St Bernard, abbot, doctor

07:00 AM Holy Mass

12:00 NN Holy Mass

FRIDAY 21 AUG – St Pius X, pope

07:00 AM Holy Mass

09:15 AM Holy Mass

05:30 PM Holy Mass

SATURDAY 22 AUG - The Queenship of the Blessed Virgin Mary

08:00 AM OLA Chapel TM (1962 Missal)

09:00 AM Holy Mass

06:00 PM Holy Mass of Sunday

SUNDAY 23 AUG - 21ST SUNDAY in ORDINARY TIME

08:00 AM Holy Mass of Sunday

10:00 AM Holy Mass of Sunday

11:00 AM Solemn Mass with Choir (Latin Chant)

04:30 PM Solemn Vespers & Benediction

05:30 PM Holy Mass of Sunday

SACRAMENT OF RECONCILIATION (Cathedral)

30 MINUTES BEFORE MASS (for 20 mins) as well as

FRIDAY 04:45 – 05:15 PM

SATURDAY 09:45 – 10:15 AM & 05:00 – 05:45 PM

Cathedral Parish Child & Vulnerable Adults Protection and Safeguarding Statement

Commitment to Safety

Our parish is dedicated to creating a safe, respectful, and welcoming environment for all, especially children and vulnerable adults.

Zero Tolerance for Abuse

We have a strict zero-tolerance policy for any form of abuse, neglect, or exploitation of children or vulnerable adults.

Compliance with Safeguarding Standards

Our parish follows the National Catholic Safeguarding Standards, Integrity in Our Common Mission, and adheres to the NSW Child Safe Standards to ensure our practices are aligned with best-practice safeguarding principles.

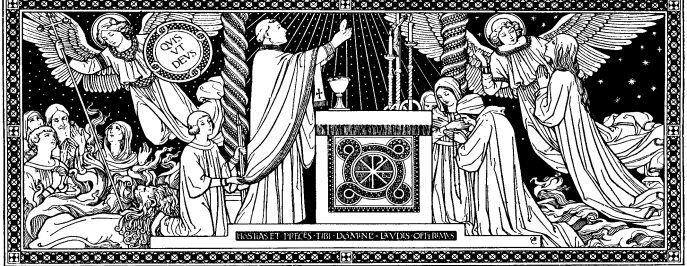
The Diocesan Safeguarding Policy is available on the Diocesan & Parish websites, in the Parish Office and in the Cathedral foyer.

Parish Safeguarding is a shared responsibility & feedback from both children & adults is welcomed & encouraged.

Feedback can be made through Parish email or the Diocesan website

Parish Safegurading Contact: Ms Tina Clarke (Parish Secretary)

In the interests of child safety & Parish Safeguarding, please ensure that your children are accompanied when leaving the Cathedral during Mass to go to the toilet or for any other reason.



IN YOUR CHARITY,PLEASE PRAY FOR OUR:

RECENTLY DECEASED: Margaret Wood, Sr Coral Hedley rsm, Barry Bourke, Fr Michael Mullane, Dympna Brazier, Shelley English

DEATH ANNIVERSARIES: Don Bacigalupo, Nola Saladine, Inge Woodyard, Mary Howie

PERPETUAL INTENTIONS: The Holy Souls in Purgatory, Michael O'Connor, Pam O'Connor, Joyce Heferen, Christine Nugent

SICK: Anne Bacigalupo, Albert Holmes, Liam English, Colin Ahoy, Kourtney Holzhauser, Roger Patricks, Fr Bernie Frize, Aaron Lucas, Robert Loh, Kelemete Hefe, Brian Bible, Craig Elliott, Eric McLeod, Pauline Godschalk, Estela & Nelson Segovia, Joseph Hanna, Kristine Sevilla, James Righetti, Lisa Hallman, Elizabeth Williams, Cristina Arellano, Billy Steller, Ben & Jessie Hanson, Maria Grezl, Wili Suluma, Mary Peter, Carmen & John Gallagher, Bob Watson, Ferg Watson, Raymond Watson, Robert Watson, Maureen Campbell, Ann Haydon, Irene & Leigh Owen, Robyn Keogh, Robert Markeljic, Don Armatage, Molly Burke, Melissa Gamblen, Hannah Whitton, Tom Britt, Danny Jones, Aeron Ryan, Blake Ross, Frederic Kelmeyer, Silvia & Ralph Bowles.

16 AUGUST, 20TH SUNDAY in ORDINARY TIME

	6PM	8AM	10AM	11AM	5:30PM
Welcomer	T Rice	P Stier	T Rimpici	A Pike	Steller
Reader 1	C Doherty	A Rogers	NBrennan	L Quast	J Chin
Reader 2	A May	B Mackson	R Menz	MVanGend	D Roff
PoF	J Carson	F Miron	K Frazier		J Roff
ExMin	Clergy	Clergy	Clergy	Clergy	Clergy

23 AUGUST, 21ST SUNDAY in ORDINARY TIME

	6PM	8AM	10AM	11AM	5:30PM
Welcomer	KMcMahon	M Barry	T Rimpici	A Pike	Turley
Reader 1	P Boston	N Ramazani	A Dinh	L Quast	R Camilleri
Reader 2	D Fittler	C Stephen	J Turner	MVanGend	J Maher
PoF	W Clark	J Toakley	P Hordern		N Chin
ExMin	CKhan	Clergy	Clergy	Clergy	Clergy

SUPPORTING OUR PRIESTS & PARISH

1ST COLLECTION (cash or eft only)

(supports the clergy: food, housekeeping, annual retreat & monthly stipend)

Account Name: St Mary's Presbytery Account

BSB: 082-105 Acc. No: 001023527

2ND COLLECTION (cash, eft or tap & go - credit card)

(supports the Cathedral Parish: insurance, employees' salary, repair & maintenance, office and church requisites, utilities, etc)

Account Name: St Mary's Cathedral Parish

BSB: 082-105 Acc. No: 001006225

(Ref: Planned Giving Number and/or your name)

Thank you for your support!

WEEKLY COLLECTION

	Actual	Target	Difference
1st Collection	\$2,500.00	\$2,114.00	\$386.00
2nd Collection	\$5,353.00	\$6,350.00	-\$997.00
Special Collection for PRF & Seminarians			\$1350.00

Saints Mary & Joseph Cathedral Parish Armidale

PARISH - 132 DANGAR St (PO Box 2025), ARMIDALE 2350, PH 6772 2218

E: armidaleparish@armidale.catholic.org.au W: www.smjccathedral.org.au

Administrator: Rev Fr Paul Chandler PhD | frpchandler@armidale.catholic.org.au

Assistant Priest: Rev Fr Ernie Matibag OSJ | frmatibag@armidale.catholic.org.au

Parish Secretary Ms Tina Clarke | Office Hours: Mon-Fri 9am - 1pm

Principal, St Mary's Catholic Primary School: Mrs Belinda Burton

Principal, O'Connor Catholic College: Mr Philip Gibney

Parish Finance Council Chair: Mrs Fiona Miron

Most Reverend Peter Mel Murphy Ph.D | Bishop of Armidale

CHANCERY - UNIT 3/31 BARNEY ST (PO Box 93) ARMIDALE

P: 67718700 | E: chancery@armidale.catholic.org.au | W: www.armidale.catholic.org.au





August - Month of The Immaculate Heart of Mary & The Blessed Sacrament

20TH SUNDAY IN ORDINARY TIME (A/2) 16TH AUGUST 2026

ENTRANCE ANTIPHON

Ps 83: 10-11

Turn your eyes, O God, our shield;
and look on the face of your anointed one;
one day within your courts
is better than a thousand elsewhere.

FIRST READING

Isaiah 56:1,6-7

Thus says the Lord: Have a care for justice, act with integrity, for soon my salvation will come and my integrity be manifest.

RESPONSORIAL PSALM

Psalms 66(67):2-3,5-6,8

R: O God, let all the nations praise you!

SECOND READING

Romans 11:13-15,29-32

Let me tell you pagans this: I have been sent to the pagans as their apostle, and I am proud of being sent, but the purpose of it is to make my own people envious of you, and in this way save some of them. Since their rejection meant the reconciliation of the world, do you know what their admission will mean? Nothing less than a resurrection from the dead! God never takes back

his gifts or revokes his choice.

Just as you changed from being disobedient to God, and now enjoy mercy because of their disobedience, so those who are disobedient now – and only because of the mercy shown to you – will also enjoy mercy eventually. God has imprisoned all men in their own disobedience only to show mercy to all mankind.

GOSPEL ACCLAMATION

Matthew 4:23

Alleluia, alleluia!
Jesus preached the Good News of the kingdom
and healed all who were sick.
Alleluia!

GOSPEL

Matthew 15:21-28

Jesus left Gennesaret and withdrew to the region of Tyre and Sidon. Then out came a Canaanite woman from that district and started shouting, ‘Sir, Son of David, take pity on me. My daughter is tormented by a devil.’ But he answered her not a word. And his disciples went and pleaded with him. ‘Give her what she wants,’ they said ‘because she is shouting after us.’ He said in reply, ‘I was sent only to the lost sheep of the House of Israel.’ But the woman had come up and was kneeling at his feet. ‘Lord,’ she said ‘help me.’ He replied, ‘It is not fair to take the children’s food and throw it to the house-dogs.’ She retorted, ‘Ah yes, sir; but even house-dogs can eat the scraps that fall from their master’s table.’ Then Jesus answered her, ‘Woman, you have great faith. Let your wish be granted.’ And from that moment her daughter was well again.

COMMUNION ANTIPHON

Ps 129: 7

With the Lord there is mercy;
in him is plentiful redemption.

AUSTRALIA’S NEXT SAINT - VENERABLE MARY GLOWREY

There are cards with both information and prayer in the Cathedral foyer.



NEWS/ANNOUNCEMENTS

FIRST PENANCE (Confession/Reconciliation) & FIRST HOLY COMMUNION SACRAMENTAL PROGRAM | The First Penance Program has now commenced. For more information contact the Parish Office.

VERSOL'ALTO - FOR YOUNG CATHOLIC ADULTS

Exploring the heights of our Catholic faith under the patronage of St Pier Giorgio Frassati. Fortnightly in the **Ursula Room** 7-9pm. Holy Rosary, faith formation, refreshments.

Next gathering **Mon 24 Aug**

STUDY GROUP with Bishop Peter Murphy on the "**Mere Christianity**" by **CS Lewis** (BYO copy) Wednesday evenings, 7:30 - 8:30 pm in the Ursula Room (Chancery Building), Please contact the Chancery Office for any enquiries on 67718700.

MASS OFFERINGS FOR SPECIAL INTENTIONS

The suggested donation for a Mass offering is now \$20. If you would like a Mass offered for a special intention, envelopes are available in the Cathedral foyer and at the Parish Office.

EUCCHARISTIC ADORATION

Our Lady of the Angels Chapel: 8am- 8pm Monday-Friday and overnight Friday from 8pm-Saturday 8am- a total of 72 hours a week. Rostered Adorers are needed to cover all hours. Please contact the Armidale Adoration Team on: armidaleadoration@gmail.com or 0459 089 778.

HOLY FACE DEVOTION | Tuesday at 5:45 pm in the Parish Prayer Room .

FISHERS OF MEN PRAYER GROUP | meets in the Parish Meeting Room, Mondays 5:30-7:00pm. For enquiries contact Nirmal on 0430871064 .

HOME ROSARIES | If you would like to attend or host a home rosary or receive a home visit by the Legion of Mary, please contact Kathy 0417023704 or Barbara 0408235877. Location is not advertised for privacy purposes.

FIVE FIRST SATURDAYS DEVOTION

Next gathering **5th Sept. at 9.30am**

Marian devotion on the first Saturday of each month immediately after the 9am Mass in the Cathedral. This devotion has been part of our parish for 20 years. It was asked for by Our Lady when she appeared to Ven. Lucia in 1925 and again in 1930. The devotion is an act of reparation to the Immaculate Heart of Mary and she promised to assist those who make this devotion at the hour of death. She also taught us at Fatima to pray the Rosary for peace and an end to war.

GUILD OF ST ANNE | Caring for the sacred vestments and the cleaning of the altar linen. Any enquiries or questions can be directed to Kathy McCartney 0418 465 996

SUPPORTING THE PERSECUTED: HELP REBUILD A CATHEDRAL IN THE PHILIPPINES

In 2017, Christians in the city of Marawi in the southern Philippines faced brutal persecution from Islamist militants. More than 800 people were killed and thousands of families were displaced. During the five months of violence, the Cathedral of St Mary was bombed, desecrated and destroyed.

Nine years on, there is a growing desire for healing and reconciliation. The poor and faithful people of Marawi have asked for our help to rebuild their beloved cathedral so they can once again gather, pray, and be witnesses of Christ in this Muslim-majority region.

To learn more or provide your support, please scan the QR code or visit: aidtochurch.org/monthlyproject
Thanks to generous supporters, every contribution during August will be doubled.



Come Adore the Lord in Eucharistic Adoration!



"A thousand years of enjoying human glory is not worth even an hour spent in sweetly communing with Jesus in the Blessed Sacrament."
~ St Padre Pio

Can you commit to a Holy Hour each week and be a **Guardian of the Blessed Sacrament**?

Monday: 8am, 12pm, 2pm
Tuesday: 10am, 12pm, 2pm, 6pm
Wednesday: 9am, 12pm, 5pm
Thursday: 9am, 12pm
Friday: 8am, 5pm, 11pm
Saturday: 12am, 4am

Contact the Armidale Adoration Team:
armidaleadoration@gmail.com
0459 089 778

WHAT IS SAFEGUARDING?

Safeguarding is about creating and maintaining a safe environment for all people.

Its foundation is based upon the belief that each person is *created in the image and likeness of God* with inherent dignity that needs to be respected and upheld.

"We are all one family in the world. Building a community that empowers everyone to attain their full potential through each of us respecting each other's dignity, rights and responsibilities makes the world a better place to live."

St John Paul II



SAFE MINISTRY WORKSHOP HERE AT St MARY AND JOSEPH'S

The Diocesan Safeguarding team are touring the Diocese to deliver the Safe Ministry Workshop. They will be coming to our Parish on:

Thursday 20th August (5:30-7:15pm)

Friday 21st August (9:15-11:30am, including Mass)

All parishioners are welcome to attend one session, mandatory attendance is required for particular Parish volunteers and employees.

Please come along to be informed and equipped to help create a more safer and caring Parish environment.



SAFE TRAINING ATTENDANCE VOLUNTEERS WHO NEED TO ATTEND

- Sacristan
- Parish Secretary
- Parish Safeguarding Contact Person
- Parish Council member
- Parish Finance Council Member
- Choir Director
- Children's liturgy coordinator or helper
- Catechesis of the Good Shepherd leader or helper
- Adult altar server (IF children are serving)
- Sacramental Coordinator
- Youth group leader or helper
- Leader or helper in other child related ministry (eg. Mothers' Group, Sacred Music Program)
- Extraordinary ministers of the Eucharist distributing at homes or nursing homes
- Heart of Peace (HOPE) Outreach Volunteer (unless preparing food with no contact with patrons)
- Parish arranged prayer group leader/bible study leader

VOLUNTEERS WHO DO NOT NEED TO ATTEND

However, all are encouraged to attend the session as it provides good formation on how to spot indicators of harm and what to do about it in all areas of life

- Catechists who have already completed some safeguarding training (unless they are involved in another additional ministry in the parish that does require training)
- Readers
- Money collectors/counters
- Choir members
- Ushers/welcomers
- Projectionist
- Flower arrangers
- Piety store
- Extraordinary ministers doing so during Mass
- Gardener
- Cleaner

IMPORTANT NOTICE FOR PARISH VOLUNTEERS

If you are volunteering in a ministry that requires Safe Training, it is mandatory that you attend one of the two sessions provided in the Torreggiani Room. Thursday 20 August 5:30- 7:15pm or Friday 21 August 9:15-11:30am (this session includes Mass at 9:15 followed by morning tea. The training session starts at 10:15am. Please see the information above if you are not sure whether you need to attend. **PLEASE REGISTER** with the Parish Office of when you will be attending or if for some reason you are unavailable to attend either of these sessions so that we can make another arrangement. For any further clarification or information please contact the Parish Office 6772 2218.



Long Term Volunteer Opportunities in the Australia-Pacific Region - The Cagliero Project, Salesians of Don Bosco

We are seeking long term (6-12 month) volunteers for departure in January 2027 to work with young people in our Salesian communities in Samoa, Cambodia, Timor Leste, Solomon Islands and Mongolia. **Applications close October 31st, 2026.** Send us an enquiry - www.cagliero.org.au or lhichaaba@salesians.org.au.

Determination

Many people in sport or the arts achieve high results and receive famous awards because they are supposedly talented. One may surmise that they were just born that way! Well, that is one theory. Others hold that such unique individuals were only average in talent, but became exceptional, because of their determination. The old saying is: Great Success = 30% inspiration + 70% perspiration: that is, it largely depends on hard work. Achieving high results in the spiritual life, or becoming a saint, is much the same. The woman who is blessed by Jesus, is the one who persevered, and was filled with determination

Saint Bernard of Clairvaux



Bernard was a French Abbot and Monastic Reformer in the eleventh century. At 22 years old after the death of his mother, he felt called to enter the monastery of Citeaux. He went not alone but rallied friends, brothers and relatives, all in all, thirty joined him. It was the beginning of the new reform. Very few could resist his preaching and teaching - it was infectious. The Memorare Prayer was written by Saint Bernard.

What is Prayer

What is Prayer? Prayer is a lifting up of the heart and mind to God - it is communication with Him.

Division of Prayer: it is divided into private and public (e.g. Mass). Private prayer is divided into vocal and mental. Mental prayer is divided into contemplation and meditation.

Points of Prayer:

- 1) Prayer is essential for salvation.
- 2) Prayer is never a waste of time.
- 3) Prayer is fruitful - God always hear us - when and how he answers varies.
- 4) Prayer is a habit, that once acquired, becomes a great joy.