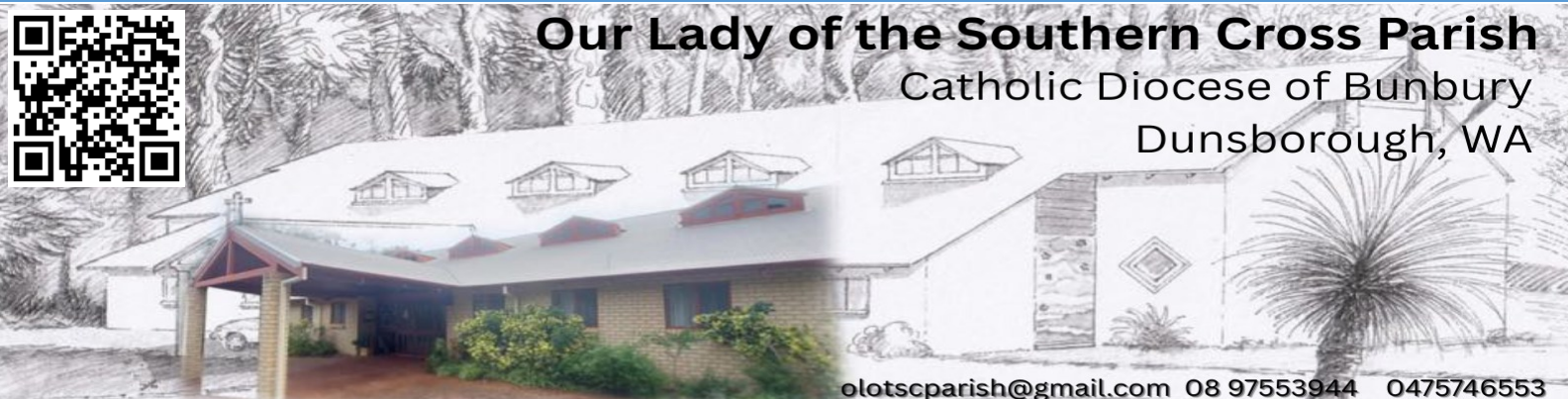




Our Lady of the Southern Cross Parish

Catholic Diocese of Bunbury

Dunsborough, WA



olotscparish@gmail.com 08 97553944 0475746553

First Reading

1 Kings 19:9.11-13

Go out and stand on the mountain before the Lord God.

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.

The Word of the Lord

Responsorial Psalm

Ps 84:9-14. R. v.8

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

1. I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. **(R.)**

2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. **(R.)**

3. The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. **(R.)**

Second Reading

Romans 9:1-5

I would willingly be condemned if it could help my people.

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.

The Word of the Lord.

Gospel Acclamation

Alleluia, alleluia! I hope in the Lord, I trust in his word.

Alleluia, alleluia!

Gospel

Matthew 14:22-33

Command me to come to you over the water.

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.'

The Gospel of the Lord.

Communion Antiphon

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

FOR EVANGELISATION IN THE CITY

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.



REFLECTION

1 Kings 19:9, 11-13

The Lord will be passing by. (1 Kings 19:11)

Today's readings seem to have a lot in common: great displays of God's power, natural disturbances, reasons to fear. But the most important thing that happens in them is the fact that God makes his presence known. Whether it's in Jesus' walking on the water or in the tiny whisper that Elijah heard, the Lord comes to his children.

Fleeing a threat to his life, the prophet Elijah was so frustrated that he didn't want to continue his mission. So, he sat under a tree and asked to die. But the angel of the Lord fed him and guided him to a mountain where "the Lord [would] be passing by" (1 Kings 19:11). God was not in the strong wind, in the earthquake, or in the fire, however. He was in "a tiny whispering sound" (19:12). In today's Gospel, the disciples were in a boat that was being tossed by the wind and the waves when they saw Jesus coming "toward them walking on the sea" (Matthew 14:25). Of course they were terrified!

You can probably relate. There are moments in life when it can feel as if you are being tossed by the "wind" or shaken by an "earthquake": a serious illness, the loss of a job, a loved one who walks away from the Lord. When unexpected situations happen, you might want to look for "shelter" in "a cave" (1 Kings 19:9). You might be afraid or you might have "little faith" (Matthew 14:31). Because it might feel as if the Lord is absent, as if he doesn't care, or as if you're beyond his help.

But God wants to reassure you. He is passing by! He's inviting you to the "mountain"—a quiet place where you can pray and pour out your heart—to spend time with him. He wants you to remember that he comes to you, he stretches out his hand, and he holds you and keeps you steady. Then he says: "Take courage . . . ; do not be afraid" (Matthew 14:27).

"Lord, I know you come to my aid. Help me to trust in you."

-from *The Word Among Us*



PRAYER INTENTIONS

Special Intentions:

- For the intentions of our EMHC, acolytes, commentators, lectors, musicians, mass servers, sacristans, greeter, and collectors;
- For the intentions of our PPC members, Parish Finance Committee members, bookkeeper, and bankers;
- For the intentions of our church and ground cleaners, morning tea manpower and food donors;
- For the intentions of God's Farm & Bove Farm; and for all the

residents of Cape Care Dunsborough;

- We also pray for some members of our parish, and our families who are sick - we pray for their speedy recovery.

We Pray for the Repose of Souls (Death Anniversaries):

- 8/08 - Kalid Sloan Potts, Brian Woods, Harry Lee
- 9/08 - Gus Carnazola, Biddy McMullen, Keith Nicholls
- 10/08 - Gordan Richard Rowan
- 11/08 - Audrey Pianta
- 12/08 - Edith Robinson, Jenny Hanson
- 14/08 - Allan McNamara, Joe Nickleach



ADULT CATECHISM

From our Diocesan Assembly

The Voices of the Diocese

Over the month of June our parishes facilitated 55 Parish Conversations, involving 622 of our parishioners. We came together with Conversations in the Spirit guiding our rich conversations.

We have acknowledged what we are grateful for in our Parishes, the opportunities that we can aspire to embrace as we journey together and the priorities for both our Parishes and our Catholic Diocese of Bunbury.

The Voices of our Diocese have been grouped into six Pathways:

- Pathway One: Discipleship
- Pathway Two: Youth
- Pathway Three: Families
- Pathway Four: Communion
- Pathway Five: Mission
- Pathway Six: Stewardship

PATHWAY ONE:

Discipleship: Growing in faith and forming lifelong disciples of Jesus Christ.

What are we grateful for?

- Our priest is available and encourages us
- Our priest is dedicated and visible
- Approachable priests who are connected to the school and parish
- Bunbury is a training place for new priests: forming strong relationships parish, schools and families
- Our priests are supported by Bishop George and Fr Tony
- Dedicated clergy, parish leaders, volunteers and ministry leaders
- Energetic priest
- Blessed with great priests who are invested & welcoming
- Our Parish Priest
- Leadership of our Parish Priest

[to be continued]

LITURGICAL ROSTERS

MARCH	Acolyte	EMHC	Greeter	Commentator	Reader	Altar Servers	Music
8th Aug Sat	Steve Carmody	Kath Rooney	Judy Malcolm	Amie Meyer	Judy Malcolm	Haydn Channing Xanthe Smart	OLOTSC Choir
9th Aug Sun	Ronnel Casas	M A McMullen Loellen Clark	Alice Kusal	Kath Lim	Mary Cooper	Isabelle Casas	Richard Clark
15th Aug	Steve Carmody	Kath Rooney	Jenny Huembs	Amie Meyer	Tricia Mothersole	Haydn Channing	Fr. Archie
16th Aug Sun	Ronnel Casas	Diane Richards Robyne De	Joan Embry	Trish Romanillos	Loellen Clark	Isabelle Casas	Richard Clark

Mass Schedule		
Monday 10th August	2:00 PM	NO MASS Group Meditation
Tuesday 11th August	9 AM	Mass of the Day
Wednesday 12th August	9 AM 9.30 AM	Holy Rosary Mass of the Day Prayer Session
Thursday 13th August	9 AM	Mass of the Day
Friday 14th August	9 AM 6 PM	Mass of the Day Vigil Mass: Assumption
Saturday 15th August	9 AM 5 PM 6 PM	Feast of the Assumption Confession Vigil Mass
Sunday 16th August	9.00 AM	20th Sunday in Ordinary Time

LITURGIES & DEVOTIONS

Rosary: You are invited to come and join in praying the Holy Rosary every Wednesday at 9 AM, just before the 9:30 AM Mass.

First Friday Devotion: We expose the Blessed Sacrament right after the 9 AM Mass; Adoration continues until 12 noon. We end this devotion with the Benediction.

Healing Mass: Mass on the First Tuesday of the month is a Healing Mass. You may receive the anointing oil at Mass.

Group Meditation: Every Monday at 2 PM.

Group Prayer Session: Every Wednesday after the 9:30 AM Mass.

Second Friday of each Month: Catholic Men's Prayer Fellowship at 9:30 AM.

Adoration of the Blessed Sacrament: One hour of Adoration immediately after the 9 am Mass on 3rd & 4th Fridays.

WE MIGHT AS WELL KNOW: The Meaning of “I Confess” at Holy Mass. This prayer reminds us that we are all sinners in need of God’s forgiveness and that no one approaches the altar by their own merits, but by His grace.

1. **WHAT IS THE CONFITEOR?** The word Confiteor comes from Latin and simply means “I confess.”

2. **WHY DO WE PRAY THE CONFITEOR AT MASS?** Before celebrating the Sacred Mysteries, the Church invites us to examine our conscience and recognise our need for God’s mercy. It reminds us that we come before God not because we are perfect, but because He is rich in mercy.

3. **WHY DO WE STRIKE OUR BREAST?** The striking of the breast is an ancient biblical gesture of repentance. It symbolizes heartfelt sorrow for sin and the desire for interior conversion.

4. **DOES THE CONFITEOR FORGIVE SINS?** The Confiteor is a genuine act of repentance and, when prayed with sincere contrition, helps prepare us to receive God’s mercy. Together with the Penitential Act at Mass, it contributes to the forgiveness of venial sins. However, it does not replace the Sacrament of Reconciliation for those conscious of mortal sin.

Now you know.

“A contrite spirit, O God, you will not despise.”
— Psalm 51:17

“Glory be ascribed to you, O Mary, a virgin.”
— Luke 1:28

THE CONFITEOR EXPLAINED

The Meaning of “I Confess” at Holy Mass

1. I CONFESS TO ALMIGHTY GOD

BIBLE: 1 John 1:9
“If we confess our sins, He is faithful and just and will forgive our sins and cleanse us from all unrighteousness.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

2. AND TO YOU, MY BROTHERS AND SISTERS

BIBLE: Matthew 18:20
“For where two or three are gathered in my name, I will be there and will share with them my Father’s power.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

3. THAT I HAVE COMMITTED SINS

BIBLE: Psalm 119:133
“Open my eyes, O Lord, that I may not offend, for my eyes have been looking for your righteousness and your mercies.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

4. IN MY THOUGHTS

BIBLE: Matthew 12:34
“For out of the heart, evil thoughts, murders, adulteries, thefts, covetousness, envy, anger, and such like, come forth and defile the man. But the things which are inward cannot defile the man, but only the things which come forth from the heart.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

5. AND IN MY WORDS

BIBLE: James 3:2-6
“We will be tempted by the wind of the tongue, which is set on fire by hell. The tongue is unbridled, it defiles the whole body, it sets on fire the wheel of life, it is set on fire by hell. The tongue is unbridled, it defiles the whole body, it sets on fire the wheel of life, it is set on fire by hell.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

6. IN WHAT I HAVE DONE

BIBLE: James 3:2-6
“We will be tempted by the wind of the tongue, which is set on fire by hell. The tongue is unbridled, it defiles the whole body, it sets on fire the wheel of life, it is set on fire by hell. The tongue is unbridled, it defiles the whole body, it sets on fire the wheel of life, it is set on fire by hell.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

7. AND IN WHAT I HAVE DONE

BIBLE: James 4:17
“Whoever knows the right thing he ought to do and does not do it, sins.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

8. THROUGH MY FAULT, THROUGH MY FAULT, THROUGH MY FAULT

BIBLE: Luke 18:13
“The publican stood at a distance and would not lift up his eyes to heaven, but beat his breast and prayed: ‘God, be merciful to me, a sinner!’”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

9. THEREFORE I ASK, BE MERCIFUL, MARY, EVER VIRGIN

BIBLE: Luke 1:28
“The angel said to her, ‘Greeted art thou, O favored one, with God’s grace!’ (Mary) ‘I am a sinner.’”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

10. ALL THOSE ANGELS, SAINTS

BIBLE: Revelation 5:11
“They sang the new song, and sang before the throne, and sang as if to the Lord, saying, ‘Worthy art thou to take the scroll and to open it, for thou wast slain, and hastenest to redeem us to thyself by thy blood.’”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

11. MY BROTHERS AND SISTERS, FOR US TO THIS HOUR FORGIVE US

BIBLE: James 5:16
“Confess your sins to one another, and pray for one another, that you may be healed. The prayer of the righteous is powerful and effective.”

CHURCH TEACHING: We acknowledge that we are sinners and need God’s mercy and forgiveness. We confess our sins to God, not to anyone else.

CATHOLIC DAILIES

“Create in me a clean heart, O God, and restore a right spirit within me. Do not cast me away from your presence, and take not your Holy Spirit from me.”
— Psalm 51:10-11



OUR LADY OF THE SOUTHERN CROSS PARISH

36 Naturaliste Terrace, Dunsborough, Western Australia 6281

OUR PARISH VISION: To be a thriving Catholic community, engaging and welcoming.

OUR PARISH MISSION: Journeying together with God; growing in FAITH, HOPE and LOVE, through fellowship, outreach and service.

- Parish Pastoral Council: Steve Carmody (Chair), Angela Corrigan, Carmen McFaull, Joan Smurthawaite (Secretary) Amie Meyer, Angela Hegney, Father Archie.

Safeguarding Officer: Angela Corrigan

Parish Finance Committee: Tony Smurthwaite (Chair); Jack Robinson; Jim Triglone; Father Archie
- Sacristans: Robyne de Garis, Mary Cooper, Rebecca Channing, Diane Richards

Parish Bookkeeper: Kathleen Lim

Parish Priest: Fr. Roberto Archie R. Carampatan

PARISH NOTICES

A Much-Appreciated Spiritual Formation

We thank the visiting Jesuit Priest, Fr. Firmo Bargayo who gave a talk on Ignatian Spirituality to a good number of our parishioners last Wednesday, 5-6.30 pm. We hope to continue having formation activities in the months to come.

Church Heater/AC Installation Project

An update: We are delighted to share that two of our parish families responded immediately to our appeal to support the Heater/Air Conditioner Project. Their generous donations have fully covered the total project cost of \$17,961.69. Installation is scheduled to commence sometime before August ends.

Although the full cost of the project has already been met, we will continue our small fundraising initiatives to help defray the ongoing electricity costs in the future. As part of this effort, Judy Malcolm has generously begun selling Aspidistra plants for \$10 each. If you would like to support this initiative, please have a look at the display in the church foyer. Thank you for your continued generosity and support.

Invite from Pregnancy Assistance Inc

The Board of Pregnancy Assistance Inc. warmly invite you to attend the 30 Year Celebration of Pregnancy Assistance Saturday 31 October 2026. Since establishment in 1996, Pregnancy Assistance has continued to serve women and their families by providing compassionate care, professional counselling, emotional and practical support to those impacted by pregnancy and pregnancy loss. Please join to celebrate three decades of hope, life and service: 10.30 AM: Mass. All Saints Catholic Church Celebrated by the Most Rev Bishop Donald Spoxton Auxiliary Bishop of Perth; 12Noon. Catered lunch Parish Centre. All Saints Catholic Church. 7 Liwara Place Greenwood; Registration for the Mass and lunch are essential by 5 September via <https://30YearsofPA.eventbrite.com> or phone 08 9328 2929; invite from **Lisette Jas**, Person in Charge/Counsellor

Parish Directory

A gentle reminder to our parishioners who have not filled in the Parish Directory Form yet. Please get the form at the foyer, and once accomplished, please give it to Father Archie.

Calling for Church Cleaning Volunteers

We still have few months of 2026 that have no volunteers. Please consider helping out in keeping our church tidy. Please check Church Cleaning Roster at the foyer.

Keeping our Church Open MTThS (10-11 am)

This is an experiment. We make our church welcoming by keeping it open on Mondays, Tuesdays, Thursdays and Saturdays from 10 to 11 am. But we need volunteers to sign up on a roster: "parishioner-on-duty". Will this work?

St Vincent de Paul Society Winter Appeal

Please prepare to respond generously to St Vincent de Paul Society Winter Appeal next weekend, 15-16 August.

OLC NOTICES

Celebrating 30 years in 2026

There will be some celebrations at school next Friday 14 August, on the Feast of the Assumption. There will be a whole school Mass, followed by Mission Markets, with lots of games and fun activities. Each class will be hosting a stall or game, raising funds for Catholic Missions. To celebrate this 30 year milestone with the wider community, the Parish/School Fun Day will be held on Sunday 1 November. If you have some stories to share, please get in touch! Details on the flyer at the foyer, and save the date for 1 November, more information to follow.

DIOCESAN NOTICES

Diocesan Assembly Concluded

Representatives from across the Diocese gathered for our Diocesan Assembly which was held from the 31st of July to the 1st of August. The Assembly was called by the Most Reverend George Kolodziej SDS DD, Bishop of Bunbury to plan for the future. To all representatives that participated in the Assembly - thank you for being part of our Synodal Journey so far. Thank you for your time, efforts, prayers and taking part in this new conversation. The Holy Spirit was truly present and moving with us, in us and between us during the Assembly. We hope you found it a fruitful experience. The Diocesan Synodal Team (DST) would like to express our heartfelt thanks to everyone involved and especially to those present over the three-day Diocesan Assembly. The DST will

now enter a period of reflection, discernment and writing for the next phase of the Assembly – the second consultation. More information about the next phase of journey will be released soon. We encourage everyone to continue Conversations in the Spirit as the next stages of our synodal journey continues.

COMMUNITY BILLBOARD



At Sweet Stylin we style, design and create couture cakes & sweets for any Special Occasion: Cupcakes, Naked Cakes, Macarons, Donuts, and Dessert Bars.

Contact Sweet Stylin on 0411 438 639; eatcake@sweetstylin.com.au or visit our Website: sweetsylin.com.au

WEDDINGS

PARTIES

EVENTS



Drum Lessons for Kids & Adults

Build confidence, coordination, creativity & focus through fun, beginner-friendly drum lessons. Adults welcome too! Learn with Stacey — qualified music educator & performer with 25+ years' experience. Limited spots available. WWCC & TRBWA registered. Contact Stacey: 0418903658.

"Discover God's gifts of the earth through pure doTERRA essential oils, natural supplements, and self-care products - gentle, safe wellness support for sleep, immunity, energy, & emotions. You're warmly invited to connect with Stacey Smart on 0418 903 658.

HOME MAINTENANCE SERVICES

Call CHRIS 0432 294 698. Chris is son-in-law of Judy Malcolm

CHURCH COLLECTION

1st—2nd August 2026

Collection : \$ 852.20
Direct Deposit : \$ 100; \$50
EFTPOS : \$ 130.00
Planned Giving : \$ 20; \$10
10-c Recycling : \$ 19.90
Cape Harmony Choir: \$300.00

A Tap & Donate machine is located in the foyer for the convenience of parishioners and visitors who may prefer to use the EFTPOS Machine.

If you wish to make a DONATION, please deposit it directly to our Parish Bank Account:
BSB: 086-006 ACCT: 848054647

Acct. Name: The Roman Catholic Bishop of Bunbury Dunsborough Parish

Parish Bulletin Editorial Staff:
Jude Kelly, Joan Smurthwaite, Fr. Archie

FREE CONFIDENTIAL SERVICES INCLUDE:

free pregnancy tests
emotional support: before, during and after pregnancy
material assistance: maternity clothing, baby clothing, baby items (nappies & toiletries, prams, cots etc.)
pre-natal and post-natal information
assistance with access to other resources/services

PREGNANCY ASSISTANCE BUNBURY

9792 4759
pregnant@westnet.com.au

151 Spencer Street, South Bunbury
Hours: 11am-5pm Tuesdays & Thursdays
or by appointment



PREGNANCY
ASSISTANCE
BUNBURY

OLOTSC Parish supports Pregnancy Assistance Bunbury.

Please share the information above and donate any items for babies. God bless!