

The West Wagga Wag

Issue 136

June 2014

Coming Events

Ascension of the Lord:	Sun 1
Week of Prayer for Christian Unity:	
Week of National Lament Reflections:	Tues-Thurs
Ho.T Ladies Auxiliary Meeting:	Tues 3
Home of Compassion Auxiliary:	Wed 4
Prayer Vigil for Peace:	Thurs 5
Divine Mercy Prayers:	Fri 6
Pentecost Sunday:	Sun 8
4 Day Renewal of Mind & Heart Program:	11-14
Solemnity of Christ the Priest:	Thurs 12
Parish Retreat: <i>Disciples of Jesus</i>:	13-15
Serra Club Fundraising Dinner:	Sat 14
Holy Trinity:	Sun 15
Ultreya:	Wed 18
Parish Visitation by Bishop Gerard:	21-22
Corpus Christi Solemnity and Procession:	Sun 22
Ho.T Confirmations:	Sun 22
Smart Love Seminar:	Sun 22
Refugee Week:	15-22
Prayer Service for Peace:	Sun 22
John the Baptist:	Tues 24
Sacred Heart:	Fri 27
Immaculate Heart:	Sat 28
Sts Peter & Paul:	Sun 29

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The due date for the next Wag is:
Sunday July 6th.

Welcome to Laura Grace Stephens

Congratulations to Jenny and Ray Stephens on the birth of

Laura
Grace.



Jenny &
Will with
Laura



Largest Flower in the World

Should this qualify as the 8th Wonder of the World?

The largest flower in the world, blooming in Blanco, Veracruz, Mexico. Two meters high and weighing 75 kilos, it blooms only during three days every 40 years.

Amorphophallus Titanum (Araceae) - also called the "cadaverous flower"

Do you suppose God gave us a flower that represents the 40 years in the desert, and it only blooms for 3 days - the length of time Jesus died and rose?



pastor's page



Our Lord Jesus Christ made twelve promises to those who honour His Sacred Heart to St. Margaret Mary Alacoque, a French nun, whom he called "the Beloved Disciple of the Sacred Heart" and the Heiress "of all Its treasures", in the 1670's.

I never tire of speaking of the Most Sacred Heart of Jesus and especially of his 12 wonderful promises. If only every family would grow this devotion within their home. How blessed all would be. The promises of Jesus show us how much he cherishes this devotion. Considering that the blood that redeemed us at Calvary came from His Sacred Heart and that so much love and light still exude from it, we can easily understand why!

The promises were revealed in one of many private revelations that Jesus gave St. Margaret Mary. Our Lord promised the following:

1. I will give them all the graces necessary for their state in life.
2. I will establish peace in their families.
3. I will comfort them in their trials.
4. I will be their secure refuge during life, and, above all, in death.
5. I will shed abundant blessings on all their undertakings
6. Sinners will find in My Heart an infinite ocean of mercy.
7. Lukewarm souls will become fervent.
8. Fervent souls will rapidly grow in holiness and perfection.
9. I will bless every place where an image of My Heart shall be exposed and

honoured.

10. I will give to priests the gift of touching the most hardened hearts.

11. The names of those who promote this devotion will be written in My Heart, never to be blotted out.

12. I promise you, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

Keep in mind in the 12th Promise that our Lord asks us to receive Him in Holy Communion in a state of grace on the First Friday of each of nine *consecutive* months, a First Friday devotion. This is not so hard once a month and the benefits are out of this world! (If for some reason you miss a month, the following month becomes your first again, but considering the graces **Jesus offers us here, it's more than worth following this schedule!**) The Sacrament of Penance (Reconciliation) is also available by request on first Fridays of the month.

As with all of **God's graces**, these promises depend on our **obeying God's Will** for us through prayer, the sacraments, reading and studying about our faith, and listening to His Holy Spirit. This is not as difficult as it may sound, however. What it involves, after all, is trying our best to live a good life pleasing to God,

in obedience to Him, and sharing His love with others! Think also of those parables in the Gospels in which Jesus spoke approvingly of the good and faithful servants who served their master diligently and thus were rewarded when he returned (Matt 24: 45-47 and 25: 14-30).

The ninth promise, incidentally can help with the seventh and eighth. Just as looking at a crucifix can remind you of the immense depth **of God's love for us, so can looking at an image of our Lord and His Sacred Heart** such as the one on this page. Jesus personalizes his love for *each of us*, and for *you* in particular.

Seeing His Sacred Heart ablaze with love and light can be a source of great consolation for sad hearts. These promises, like this devotion, **remind us of God's love for us.** The Good Shepherd will search after His lost sheep, but, *we must want to be found.* Next Friday of the first Friday of the month of June and the Solemnity of Sacred Heart is June 27.

Fr Gerard



June Jokes



A mother was telling her little girl what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

I've recently started a course that helps you improve the amount of time you can hold your breath. At the end, there's a passing out parade.

When the local train station went up in flames I got interviewed by the local news. "What did you see? Were people panicking?" I was asked. "I'd say there was more of a low commotion," I replied.

Our five-year-old son Mark couldn't wait to tell his father about the movie we had watched on television, "20,000 Leagues Under the Sea." The scenes with the submarine and the giant octopus had kept him wide-eyed. In the middle of the telling, my husband interrupted Mark, "What caused the submarine to sink?" With a look of incredulity Mark replied, "Dad, it was the 20,000 leaks!" An American tourist asks an Irishman: "Why do Scuba divers always fall backwards off their boats?" To which the Irishman replies: "They have to go backwards. If they fell forwards, they'd still be in the boat."

They say time is a great healer. That's probably why when you go to the doctor's surgery they keep you waiting so long.....

My friend, Carolyn, was frustrated by how often her four-year-old son, Brian, was getting dirty playing outside. At wit's end, she finally said, "Brian, can't you play someplace where it's cleaner?" "If God didn't want us to play in the dirt," Brian logically said, "why did he make so much of it?"

A beaucroatic definition of a spade—they don't call a spade a spade, they call it: "A one-person-operated, manually-controlled, foot-powered implement of simple and robust yet adequately efficacious ligno-metallic composition designated primarily though by no means exclusively for utilization on the part of hourly-paid operatives deployed in the agricultural, horticultural, or constructional trades or industries, as the case may be, for purposes of carrying out such excavational tasks or duties as may from time to time be designated by supervisory grades as being necessary, desirable, expedient, apposite, or germane with regard to the ongoing furtherance of the task or objective in hand or, on the other hand, underfoot, Secretary-General."

A very overweight man decided that it was time to shed a few pounds. He went on a new diet and took it seriously. He even changed his usual driving route on the way to the office precisely in order to avoid passing his favorite bakery. One morning, however, he arrived at the office carrying a large, sugar-coated, calorie-loaded coffee cake. For this he was roundly chided by his colleagues, but he only smiled, shrugged his shoulders and said, "What could I do? This is a very special cake. What happened is that by force of habit I accidentally drove by the bakery this morning, and there in the window were trays full of the most scrumptious goodies. "Well, I felt this was no accident that I happened to pass by

this way, so I prayed, 'Lord, if you really want me to have one of those delicious coffee cakes, let me find a parking space right in front of the bakery.' And sure enough, on the ninth time around the block, there it was!"



A film crew was on location deep in the desert. One day an old Indian went up to the director and said, "Tomorrow, rain." The next day it rained. A week later, the Indian went up to the director and said, "Tomorrow, storm." The next day there was a hailstorm. "This Indian is incredible," said the director. He told his secretary to hire the Indian to predict the weather. However, after several successful predictions, the old Indian didn't show up for two weeks. Finally the director sent for him. "I have to shoot a big scene tomorrow," said the director, "and I'm depending on you. What will the weather be like?" The Indian shrugged his shoulders. "Don't know," he said. "Radio broke."

Six-year-old Angie and her four-year-old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."

What's the most anxious part of the body? The nervous system!

Name 10 body parts that have only three letters—and no, "toe, toe, toe..." doesn't qualify!

Portraits of Reconciliation

20 years after the genocide in Rwanda, reconciliation still happens one encounter at a time.

*Photographs By PIETER HUGO
Text by SUSAN DOMINUS*

Photographer Pieter Hugo went to southern Rwanda, two decades after nearly a million people were killed during the country's genocide, and captured a series of unlikely, almost unthinkable [photographs]. In many of these photos, there is little evident warmth between the pairs, and yet there they are, together. In each, the perpetrator is a Hutu who was granted pardon by the Tutsi survivor of his crime.

The people who agreed to be photographed are part of a continuing national effort toward

reconciliation and worked closely with AMI (Association Modeste et Innocent), a nonprofit organization. In AMI's program, small groups of Hutus and Tutsis are counseled over many months, culminating in the perpetrator's formal request for forgiveness. If forgiveness is granted by the survivor, the perpetrator and his family and friends typically bring a basket of offerings, usually food and sorghum or banana beer. The accord is sealed with song and dance.

At the photo shoots, Hugo said, the relationships between the victims and the perpetrators varied widely. Some pairs showed up and sat easily together, chatting about village gossip. Others arrived willing to be photographed but

unable to go much further. "There's clearly different degrees of forgiveness," Hugo said.

In interviews conducted by AMI and Creative Court for the project, the subjects spoke of the pardoning process as an important step toward improving their lives. "These people can't go anywhere else — they have to make peace," Hugo explained. "Forgiveness is not born out of some airy-fairy sense of benevolence. It's more out of a survival instinct." Yet the practical necessity of reconciliation does not detract from the emotional strength required of these Rwandans to forge it — or to be photographed, for that matter, side by side.



François Ntambara Perpetrator (left):

"Because of the genocide perpetrated in 1994, I participated in the killing of the son of this woman. We are now members of the same group of unity and reconciliation. We share in everything; if she needs some water to drink, I fetch some for her. There is no suspicion between us, whether under sunlight or during the night. I used to have nightmares recalling the sad events I have been through, but now I can sleep peacefully. And when we are together, we are like brother and sister, no suspicion between us."

Epiphanie Mukamusoni Survivor: "He killed my child, then he came to ask me pardon. I immediately granted it to him because he did not do it by himself — he was haunted by the devil. I was pleased by the way he testified to the crime instead of keeping it in hiding, because it hurts if someone keeps hiding a crime he committed against you. Before, when I had not yet granted him pardon, he could not come close to me. I treated him like my enemy. But now, I would rather treat him like my own child."



Jean Pierre Karenzi

Perpetrator (left): "My conscience was not quiet, and when I would see her I was very ashamed. After being trained about unity and reconciliation, I went to her house and asked for forgiveness. Then I shook her hand. So far, we are on good terms."

Viviane Nyiramana Survivor:

"He killed my father and three brothers. He did these killings with other people, but he came alone to me and asked for pardon. He and a group of other offenders who had been in prison helped me build a house with a covered roof. I was afraid of him — now I have granted him pardon, things have become normal, and in my mind I feel clear."



Laurent Nsabimana

Perpetrator (right): "I participated in destroying her house because we took the owner for dead. The houses that remained without owners — we thought it was better to destroy them in order to get firewood. Her forgiveness proved to me that she is a person with a pure heart."

Beatrice Mukarwambari

Survivor: "If I am not stubborn, life moves forward. When someone comes close to you without hatred, although horrible things happened, you welcome him and grant what he is looking for from you. Forgiveness equals mercy."

Actor Jim Caviezel & his 2 adopted disabled children

by Steven Ertelt | LifeNews

He acted in the starring role in major movies like *The Thin Red Line* and *Count of Monte Cristo*. He played Jesus in *The Passion of the Christ* and can be seen on television in a variety of roles.

But it's Jim Caviezel's steadfast faith and pro-life views that have endeared him to millions of people worldwide. And not only is Jim strongly pro-life. He puts those views into action. Here is more on Caviezel's story:

Bo was abandoned on a train in China soon after he was born. He was raised in an orphanage until he was 5 years old & told that he never had a mum – he came from dirt. A large, visible brain tumor threatened his young life & took away any real hope of love or family.

A challenge from a friend led Jim Caviezel into Bo's life. Caviezel said, "This guy I know said,



'You're pro-life. Tell you what, if you really believe in what you speak, adopt a

child — not any child, he's got to have a serious deficiency.'" Caviezel was "completely terrified" at the possibility of adopting a child with a disability, but deep within his soul, he knew that God wanted him to do it.

When Caviezel first met Bo in that Chinese orphanage, he knew that adopting Bo would mean a life of doctors and surgeries and worry and heartbreak. But, in an interview for *Catholic Digest*, Caviezel said, "I saw his eyes and — this sounds like such sentimental hogwash, but I'm telling you the truth — in my heart I heard this boy calling to me, saying, 'Will you love me?'"

Later, Caviezel & his wife, Kerri, decided to adopt another child, a healthy newborn girl. However, before the adoption took place, they met a five year-old girl – also with a brain tumor. "The couple stated that they knew the healthy baby would find a good home," reports *Catholic News Agency*, "however it was likely that the sick girl would not. They decided to adopt the five year-old and have been blessed ever since."

Caviezel told *Catholic Digest* that he has become a new man since adopting his children. "Dennis Quaid told me a long time ago when he had

his son Jack, 'You'll have emotions in you that you didn't even know existed before you had a child,'" Caviezel said. "I now know what that feels like. Even though they're adopted, it's as strong as any instinct. That's what blew me away. I always thought if I adopted that I wouldn't have the same feeling [as I would] if they were genetically my own children. Nothing could be further from the truth."

In seeking to actively live out his faith, Caviezel has seen his life fulfilled more than he ever thought was possible. "We took the harder road," the actor said in a *Catholic.org* article. "That is what faith is to me; it's action. It's the Samaritan. It's not the one who says he is; it's the one who does – and does without bringing attention to himself. I'm saying this because I want to encourage other people."



SmartLoving Break-Through Workshop

Overcoming relationship grid-lock

All couples go through periods where their relationship gets stuck. Stress, sleep-deprivation, demands from family and work combine to starve your marriage of the positive energy it needs and deserves. Soon, you find yourselves arguing more often, making up with less enthusiasm and becoming someone even you yourself don't like.

If this sounds like you, or someone you love, it's time to do something about it!

The **SmartLoving Break-Through Workshop** is a practical, solution-focussed event for all stages of marriage. Drawing on contemporary research and Catholic theology, this workshop will arm you with skills and insights to transform your relationship into the thriving, joy-filled encounter that it is meant to be.

Identify your conflict triggers

Learn strategies to de-escalate an argument

Understand what the real issues are

Find constructive ways to re-establish connection

When: Sunday June 22, 2-5pm

Location: Holy Trinity Hall, 5 Bardia St, Ashmont

Cost: Donation (afternoon tea provided)

Bookings Essential for catering purposes.

Register now or contact Jess on 9319 6280



How to Slap Shame in the Face

by Life Teen

“Guilt is feeling bad about what you’ve done. Shame is feeling bad about who you are.”

I was listening to a podcast when I heard this sentiment. I was floored. As someone who has struggled with shame for a long time, I had never thought about it that way before.

Shame was something that I thought that I deserved. It was something that, for a long time, I assumed came with the territory of who I had become: a sinner, a mistake-maker, a terrible person.

Shame is a simple word, only five letters, one of those words everyone spells right on a spelling test without needing to study. In my life, however, shame has not been simple. Shame is an ice-cold hand, clutching at my heart, grabbing my face and forcing me to look at who I used to be and what I have done. It uses its cold, sharp fingers to point to each individual mistake, hissing questions and accusations into my ears that are all too eager to hear them.

“Remember when you messed up?”

“Look at the time you made that mistake.”

“You are not what everyone thinks you are.”

“You can’t fix this.”

“You ruined everything.”

“You’re not who you were before your mistakes.”

“Do you really believe that you’re forgiven?”

“You are your mistakes.”

Though harsh, shame’s words are enticing. **They appeal to the doubts I hold inside me and the image that I too often have of myself.** But then I begin to think about the questions. At first, I answered the questions and accusations in a way that carried out shame’s plan to hold



me in its dark clutches. I believed shame’s lies and fell for its traps.

Then I went to confession. I experienced the Sacrament of Reconciliation, which is the most complete and lethal antidote for shame. **There is no room for shame in Confession, only grace.** Now, whenever shame creeps into my heart, I have a different answer to its prompts.

“Remember when you messed up?”

Of course I remember. I always will. But that’s all it is now — something I remember. It is a memory, it is the past, and it holds no power over my future actions or me.

“Look at the time you made that mistake.” Look at the time I confessed that mistake. Checkmate, shame.

“You can’t fix this.” Not on my own, I can’t. However... “I can do all things through Christ who gives me strength.” Philippians 4:13, look it up.

“You ruined everything.” In the hands of God, nothing is ruined. No circumstance, no mistake, no person is wasted or ruined.

“You’re not who you were before your mistakes.” No, I am not, and I never will be. However, through Confession, I am made new and pure. **My mistakes and my sins led me to seek the one thing that could heal me and make me a better person than I was before.**

“Do you really believe you’re forgiven?” You bet I do. Jesus suffered and died on a cross so that I could be made new. In John 20:22-23, Jesus gave His disciples the authority to forgive sins, and Confession is this authority in action. **Some days, I may not feel like I am forgiven, but Jesus is love and love is infinitely more than a feeling.**

“You are your mistakes.”

No. I am much more than my mistakes. I am a sister, a daughter, and a friend. I am a listener, a consoler, a volunteer, a leader, and a light for those in the darkness. I am a C.S. Lewis enthusiast, a lover of every carbohydrate, an advocate for life in all its stages, and a college student. I am someone who loves and is loved. I am a passionate Catholic. **I am a daughter of the one true almighty God, who sees my sins and forgives each one as I place them in His Son’s pierced hands.** I am, according to His word, fearfully and wonderfully made in His image and likeness. I am good, I am beautiful, and I am beloved to the God of the universe.

I am more than any mistake I have made or will make. I am more than shame... and so are you.

For anyone who is struggling with shame, know that I am praying for you. No mistake that you have made or sin you have committed is bigger than God’s forgiveness. Let Him in, let Him forgive you, and let Him love you.

.....
Our Lord Himself I saw in this venerable Sacrament . . . I felt as if my chains fell, as those of St. Peter at the touch of the Divine messenger.

--St. Elizabeth Ann Seton

Don't hand the kid the phone - by Tamara Rajakariar

It cannot be denied that technology has become like a compact pocket-sized babysitter, as much as we know in the back of our heads that kids really should be more active or getting some fresh air, rather than playing Angry Birds. Well, best to obey your conscience - research shows that the excessive use of handheld devices is not having the best long-term effects. A recent article in the Huff Post points out 10 reasons to remove or limit the use of technology by young kids:

Brain growth

An infant's brain triples in size between the age of 0 & 2 years. An overexposure to technologies at this age has been associated with executive functioning & attention deficit, cognitive delays, impaired learning, increased impulsivity & less ability to self-regulate.

Delayed development

Using technology usually means less movement. This can result in delayed physical development, which also has an impact on literacy and academic achievement.

Obesity

Statistics show that more TV and video game use correlates with in-

creased obesity, which also brings with it the further risks of diabetes, early stroke and heart attack.

Sleep deprivation

Too often, parents don't regulate their child's use of technology, especially in their bedrooms late at night. A lack of sleep can impact negatively on school grades as well as physical health.

Mental illness

Studies show that technology over-use has been identified as a causal factor in rising rates of child depression, anxiety, attachment disorder, attention deficit, autism, bipolar disorder, psychosis and problematic child behaviour. Scary!

Aggression

Lots of media use means that kids are likely to stumble across violent content. The things they see can normalise aggressive behaviour, and therefore also leads more children to exhibit it.

Digital dementia

High speed media content, instant results and continuous updates can contribute to problems in paying attention and decreased concentration - making it a lot harder for kids to learn.



Addictions

One in 11 children aged 8-18 are addicted to technology. This is partly due to the fact that they attach to technology as they find it hard to attach to their parents, who are often distracted with their own attachments to technology.

Radiation emission

Technological devices emit radiation, which children are more sensitive to as their minds & bodies are in important stages of development.

It's unsustainable

Children are our future - but really, how good is our future looking with all of the problems listed above? All of this is not to say that technology is bad, as that would be untrue. It is however, like anything else, best used in moderation and best used appropriately (dependent on age group and necessity).



Disciples of Jesus - Silent Parish Retreat

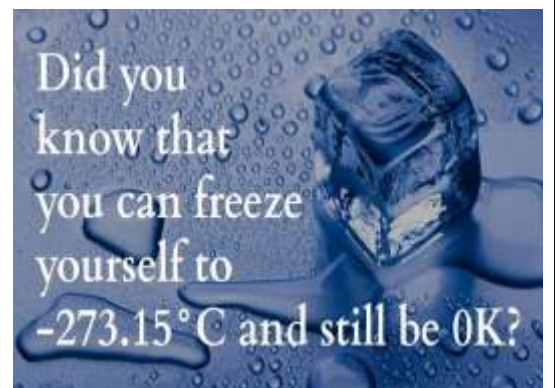
Starts 7pm on Friday 13th June, finishes 5 pm Sunday 15th June.

Take part in all - or any part - of the retreat.

For parishioners and non-parishioners alike.

Mass, Adoration, Rosary and more, with 6 talks: St Anthony of Padua ~ Disciple of Jesus; Being a Disciple of Jesus; St Basil the Great & St Gregory; Disciple Saints of June 14; Holy Trinity Sunday; Disciple Saints of June 15

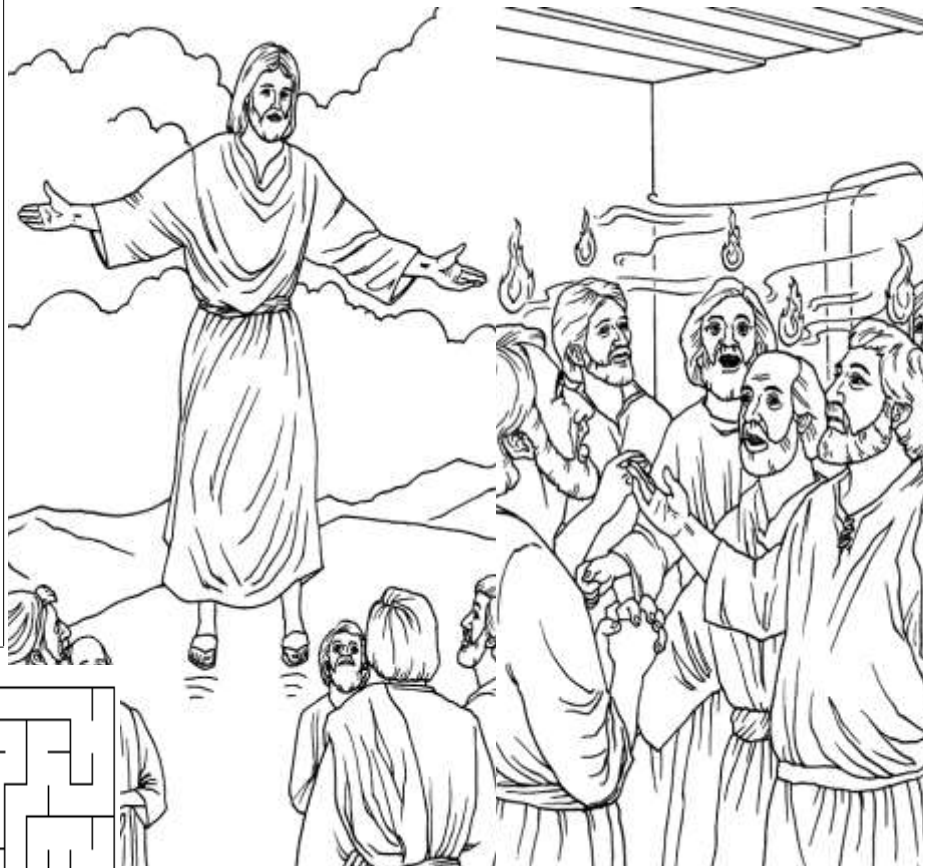
For details please call Fr Gerard on 6931 3601, flyers at the back of the church.



The West Wagga Wag

West Wagga Parish
 Serving: Ashmont,
 Collingullie,
 Glenfield, Lloyd,
 and San Isidore

The Ascension & Pentecost!



The Day of Pentecost

All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them the ability. Acts 2:4

X	T	O	B	P	P	H	W	G	H	X	U	E	X	I
T	G	T	F	Z	J	V	J	Y	I	O	C	G	M	B
Y	B	H	J	P	X	I	L	P	F	F	U	Z	Z	X
L	L	E	L	E	J	O	Z	J	M	D	E	S	I	W
I	W	R	Y	N	H	L	A	N	G	U	A	G	E	L
S	Q	Z	I	T	E	Z	F	I	L	L	E	D	A	L
J	C	C	E	E	L	J	W	H	K	K	A	Q	D	J
R	E	G	G	C	S	F	V	Q	A	T	L	Q	W	X
T	Q	S	G	O	R	W	I	E	S	O	W	H	J	M
M	D	P	I	S	H	G	P	B	O	N	J	I	V	J
F	A	I	M	T	E	S	K	J	U	G	A	R	N	H
I	Y	R	J	N	A	B	Y	N	N	U	H	X	K	D
R	N	I	A	E	V	W	Q	K	D	E	E	R	L	Z
E	L	T	R	H	E	X	M	K	Y	S	A	P	N	A
Z	H	O	C	R	N	S	T	F	I	A	R	K	X	K

PENTECOST	FILLED	HEAR
HEAVEN	FIRE	TONGUES
DAY	HOLY	SOUND
HOUSE	SPIRIT	WIND
LANGUAGE	SPEAK	OTHER