

The West Wagga Wag

Issue 192

March 2019

Coming Events

**Adoration of the Blessed
Sacrament, Holy Trinity**

- 6 to 7am daily;
- overnight from 9pm Friday
through to 7am Saturdays

Ash Wednesday	Wed 6
1st Sunday of Lent	Sun 10
2nd Sunday of Lent	Sun 17
Saint Joseph husband of Mary	Tue 19
3rd Sunday of Lent	Sun 24
The Annunciation of the Lord	Mon 25
4th Sunday of Lent	Sun 31

**Monthly Cuppa, after 9am Mass
on last Sunday of the month.**



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The date for submissions for the next
Wag is: Wednesday April 3rd.

February - Farewell, Concert, Birthday and Annivesary

Vale Mr Frank Aloysius Metz

Those who worship at San Isidore are very familiar with Frank and Marg Metz who attended the 6PM Vigil Mass for many years. Frank died on Saturday, Feb 23 and was buried on the 27th from St Michael's Cathedral. Frank was a police officer for 40 years.

On page 7 we have the words of Inspector Adrian Telfer, spoken at the funeral Mass, regarding "the Police Awards afforded Mr Francis Metz throughout his illustrious career."

Of course, Frank's life of 92+ years was more than just policing. He and Margaret together enjoyed a happy sacramental marriage for nearly 69 years. In that time, they had 7 children, 23 grandchildren, 38 great-grandchildren (another on the way), 1 great-great-grandchild (and another on the way). At his funeral, Fr Gerard spoke of Frank's fidelity to his lifelong faith, his family and their contribution to the community and of his generous service to numerous communities in Australia. May he rest in peace.

More on page 7.



Sacred Concert



What a great evening it was at the DIVINE MERCY and DAVID PARKES' SACRED CONCERT held at Trinity Centre, Ashmont Parish on Wednesday, February 20th, featuring the faith stories of comedian John Canavan from Melbourne and singer David Parkes from Ireland!

Birthday and Annivesary

Happy 90th Birthday to Les Allen!

And congratulations to Ken and Frances Ridley (parents of Libby) who celebrate their 70th wedding anniversary this year!



PASTOR'S PAGE - RENEWING THE LIFE OF BAPTISM

Lent is a time of refreshing our spiritual life, the life of grace. To renew means to make something like new again. So to renew our grace life means to go back in a sense to the beginning, to the day of our Baptism. It was on that day that an amazing transformation took place.

What happened as the water of Baptism ran over our head, and as the Priest or deacon said those God-given words, "I baptise you in the Name of the Father and of the Son and of the Holy Spirit"? Well, actually at the same time many things happened:

- Original sin was washed away from your soul.
- Sanctifying Grace was poured into your soul, filling it with the ongoing Supernatural virtues of Faith, Hope and Divine Love.
- You were transformed into an adopted Child of God.
- The Most Blessed Trinity, God the Father, God the Son and God the Holy Spirit, the One eternal, all powerful, all knowing God, came to live by grace within you.
- Not only did Jesus come into you, but you came into Jesus! You became part of the life of Christ, part of His Mystical Body, so that with St Paul, you can say, "In Him I live and move and have my being."

• You were removed from the control of worldliness and made a co-citizen of heaven.

• You were given the right to be in heaven one day, and even now to take part in Heaven's worship in the Mass and in your daily life.

• A covenant was established between you and God, "I will be his God and he will be my son". We were bound to the One who is love, the Way, the Truth and the Life. And we in a new way were obliged to live as worthy children of our Loving Holy God.

The grace we received at our baptism ought to remain and grow always within us until it blossoms or bears the fruit of eternal life. We begin the life of heaven at the moment we are baptised. In a sense it is then that our eternal life begins. Only serious sin, "mortal sin" can rob us of this gift which is worth more than all the money in the world.

The day of our baptism was the most important day in our life. We need to remember it. In Lent we can meditate on how much our Baptism grace was worth as we think of God's plan to save us unfolding in the Old Testament and coming to the high point as Our Beloved Lord dies for us on the Cross and rises on Easter Sunday. We remember that without baptism we are ashes. The

Holy Water used to bless the ashes can be a reminder of our baptism.

Our Lenten efforts to do more praying, helping and fasting also helps us to realize how we ought to value grace above all material things and not take heaven for granted. We might also take time to study Baptism in the Catechism of the Catholic Church and research our baptism date so we remember to celebrate it each year.

This Lent our parish is also committing to fundraise and obtain a Baptismal Font for our Holy Trinity Church which is more solid and noble, as a reminder to everyone of the solid and noble grace of Baptism, that holy Gift which keeps giving. We are hoping to raise enough to have a sand-stone baptism font which will fit in with the Church design and also last into the future. We have already had some very kind donations and it is a worthy cause that many families and individuals can have the opportunity to support.

By Baptism we have also become one family in Christ. We thank God for each other, baptised brothers and sisters, children of God and of our Mother Mary.

Fr Thomas Casanova
CCS

Why Join the Pray More Lenten Retreat?

- Learn how to have a holy, prayerful and transforming Lenten season.
- Slow down and reflect on your walk with Jesus and how you can strengthen your relationship with Him and get to know Him and His word better.
- Become more intentional with your prayer life.
- Deepen your faith and pray more this Lenten season from the comfort of your own home!
- Renew your hope as you wait expectantly & joyfully for God's answers to your prayers.

PrayMoreRetreat.org



March Merries



A Scotsman paying his first visit to a zoo stopped by one of the cages "An' whut animal would that be?" he asked the keeper. "Thats a moose from Canada", came the reply. "A moose!!", exclaimed the Scotsman. "Hoots, mon, if that's a moose then they must ha' rats the size of elephants over there!"

Caller: Finally! I got through! I've been trying to call the zoo for hours!
Zookeeper: Yes, all our lions were busy!

What is a crocodile's favorite drink?
Gator-ade.

Which side of a cheetah has the most spots?
The outside.

What did the buffalo say to his little boy when he left for work?
Bi-son.

What steps would you take if you were being chased by an elephant?
Big ones.

A father and his small son were standing in front of the tiger's cage at the zoo. Father was explaining how ferocious and strong tigers are, and junior was taking it all in with a serious expression.



"Dad," the boy said finally, "if the tiger got out of his cage and ate you up ..."

"Yes, son?" the father said expectantly. "What bus should I take home?" the boy finished.

What do you get if you cross a parrot with a woodpecker?
A bird that talks in Morse Code.

What do you call two spiders who just got married?
Newlywebs.

What's as big as an elephant but weighs nothing?
An elephant's shadow.

What did the orangutan call his first wife? His prime-mate.
What do you get if you cross a parrot with a centipede?
A walkie-talkie.



Why did the salamander feel lonely?
Because he was newt to the area.

What do you get if you cross a snake and a Lego set?
A boa constructor.

FRED: Did I ever tell you about the time I came face to face with a very fierce gorilla?

BERT: No, what happened?

FRED: Well, I stood there, without a gun . . . The gorilla looked at me and snarled and roared and beat his chest. Then it came closer and closer . . .

BERT: What did you do?

FRED: Oh, I'd had enough, so I moved on to the next cage.



Which hand would you use to pick up a dangerous snake?
Someone else's.

What did the snail say when she road on the turtle's back?
"Wheeeeeeeeeee!"

What goes dot-dot-croak, dot-dash-croak? Morse Toad.

What's gray, carries a bunch of flowers, and cheers you up when you are sick? A get wellephant.

How do fleas travel from place to place? By itch hiking.

Little Jordan wanted to go to the zoo and pestered his parents, Al and Elaine, for days. Finally Elaine talked Jordan's reluctant father into taking him. And so Jordan and Al got into the car and left. "So how was it?" Elaine asked when they returned home. "Great," Little Jordan replied. "Did you and your father have a good time?" asked Elaine. "Yeah, Daddy especially liked it," exclaimed Jordan, excitedly, "especially when one of the animals came racing home at 30 to 1!"



7 Step Survival Guide for Returning to Confession

Ruth Baker - If you're thinking of going to Confession, but it has been a while, this post is for you. Going to Confession is ... is always worth it. However, it can feel so much worse if you've not been in years. Maybe it has been so long ago, and you simply feel overwhelmed and don't know where to begin.

We know it is scary.

If Confession wasn't so important, it wouldn't feel like such a big deal. Maybe you have been thinking of going to Confession soon but you don't know where to start. If so, welcome back! The following is especially for you.

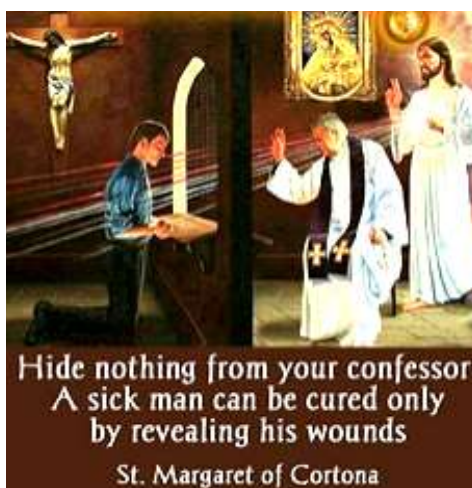
1. Know Your Options

Doing a little bit of preparation beforehand can really help you feel more at ease. You could find a parish with a regular time for Confession, turn up at the time and join the queue. Many parishes have a Service of Reconciliation during Lent and Holy Week. These can attract a crowd. Maybe company, even anonymous company, makes you more comfortable. Going to a larger, regular Confession time allows you to feel part of a community of people all there for the same reason, while making an appointment with a priest for another time may help you feel relaxed time-wise, if you want to discuss a few things. Either way is fine and either way you will still experience the miracle of the Sacrament. In an ideal scenario, you should have the choice ... to see a priest behind a screen (so you can remain anonymous).

2. Before You Go

So hopefully you've done a bit of preparation and have found somewhere to go to Confession. Now is the time to make an 'Examination of Conscience', prayerfully reflecting on what sins we need to confess in Confession itself. If we have any mortal sins -

very grave sins - they must always be confessed. You may be aware of something in particular, or behaviours or patterns that you know are wrong and are holding you back from God. Always pray to the Holy Spirit to show you clearly what it is your need to say and how to say it. Sometimes things may not always be obvious to us, or might be forgotten in the depths of time. Finally, remember here that God is always calling to us, waiting for us, making the first move to bring us back to Him. He doesn't stop gently nudging us!



3. What to Say: 'The Script'

At some point you probably learnt, or are aware of the fact that there is a certain 'script' of what to say in Confession. Don't panic if you can't remember it- particularly if you decide at the last minute to go to Confession. The main thing in this scenario is to tell the priest you are not sure of the wording and he will guide you through it.

4. What to Say: Your Sins

Be clear when stating your sins. Don't be vague, but neither do you need to go in-depth with the detail. If you're anything like me and your mind tends to go blank in critical moments, it is fine to take a list in with you. You could jot down one word reminders on a piece of paper. You might want to remember to destroy it afterwards! If there is one

particular sin that is causing you a lot of shame, it can be helpful to say it first, so then it is out of the way.

5. The Priest

Worries and fears about confessing to a priest can be a very real block to going to confession. 'What if I know him? What if I work with him?! Will he remember my sins? What if I have something terrible to say? What if I don't have anything bad enough to say?...'

Firstly, as reassurance, nothing you could say to a priest could shock him- no matter who you are or your age or state in life. Priests have heard it all before. Likewise, if you feel you don't have anything very interesting or major to say, don't let that stop you going! Sin is like dust- it builds up over time. Even if we feel we're not doing anything too terrible, all that dust needs a good clean-up. Don't be ashamed to say the little things that you know are stopping you from having a close relationship with God.

Secondly, it is very likely that the priest you are going to see goes to regular confession himself and he therefore knows the very real feelings of nerves you have right now. He understands the courage it has taken you to get there and he will probably be feeling humbled and privileged to be part of your reconciliation with God. From my own experience of regularly confessing to a priest whom I also worked with daily, I can say, they really do forget your sins!

Thirdly, no matter how well or not you know the priest, whether he gives you fantastic advice or just keeps it basic, remember that it is Christ you are confessing to. The priest is 'in persona Christi' which means he is in the person of Christ. The priest is the human channel of God's mercy and forgiveness. The Sacrament still stands valid no matter the priest's own weaknesses,

Returning to Confession continued ...

flaws or lacklustre Confessional advice. We confess to a human priest, who yes, will be flawed, but through him we experience the endless tenderness and mercy of the heavenly Father who loves us.

6. Think About It; It's Free!

Putting aside the very understandable fears and worries for a moment, let's take a look at the Sacrament itself. It is almost scandalous in its simplicity. To put it in very basic terms, you go into a private space with a priest, tell him the bad stuff you have done, he says a prayer and you come out wiped clean, a total fresh start. The guilt of the most terrible things you have ever done is lifted from you. A relationship with God, which you may have thought was damaged beyond repair, is more than just mended again, it is completely

restored. And through that, our own broken human relationships can begin to heal again. And all this is totally free. The fear and the nerves are, in reality, a small price to pay for the peace and beauty and unrestrained mercy of this Sacrament. Don't let fear, or your pride, get in the way of the amazing gift Confession actually is.

"Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool." Isaiah 1:18

"As far as the east is from the west, so far has He removed our transgressions from us." Psalm 103:12

7. Afterwards

When you come out of Confession, you may feel hugely happy or relieved, you may feel at peace, or

you may just feel- normal. All of that is fine. Our feelings are not necessarily indications of the reality of what has taken place- that you have been absolved of your sins and you are at rights with God again. Spend some time in the church or wherever you are, thanking God. Don't forget to do your penance, whatever you have been given. Think about when you could next go to Confession. It does become a little easier to go when you go more regularly. Making a regular date (like once a month) means that things don't build up so much. You get to experience God's forgiveness and love in a very real way far more often. It is like having a wound and making sure you redress the bandages properly. You need to do that very often and it's the same with Confession. Keep going back for more healing and mercy!

In the Confessional

1. The priest welcomes you, you bless yourself and say e.g. "Bless me, Father, for I have sinned. My last confession was ___ days/ weeks/months/years ago and these are my sins."
2. You confess your sins.
3. The priest may ask questions or offer counsel then give a penance

(e.g. "For your penance, please pray two Hail Marys).

4. The priest then invites you to make an Act of Contrition, e.g.:

Oh my God, I am very sorry that I have sinned against You because You are so good and with Your help I will not sin again.

5. The priest then prays the prayer

of absolution (forgiveness), and you answer, "Amen."

6. The priest may then say, "God has forgiven your sins. Go in peace." and you say, "Thanks be to God."

7. You then leave and as soon as possible complete the penance the priest has assigned to you.

Celebrating After Confession? This Little Girl Thinks It's appropriate in this precious story

ChurchPOP Feb 2019

This is so sweet! And true!

Fr. Goyo Hidalgo, an associate pastor for St. Rose of Lima Catholic Church in Simi Valley, Cali., posted an awesome story about a little girl clapping outside the confessional.

While clapping in church is not usually appropriate, this little girl felt she had a good reason to do so!

Fr. Goyo tweeted: "During confessions, every time someone went out, I heard a girl clapping.

"At the end, her mom came to apologize, 'I'm so sorry. I explained to my daughter that confession makes us friends with God again, and she just wanted to cheer for everyone.'

"We need her in every parish!!!"
How precious!



Fr. Goyo
@FrGoyo

During confessions went out, I heard a
At the end, her mo
so sorry. I explaine
confession makes
and she just wante

We need her in eve

5:09 PM - 11 Jan 2019 from Simi Vall



10 Ways Envy Can Hurt, & 11 Ways Not to Let it



The destructive force of envy can destroy a soul.

Patti Armstrong

Envy hardly feels like a choice. It is an unwelcome, dark feeling that appears, all at once, as if it was there all along, when something wonderful happens. But not to you. It brings sadness that becomes envy if allowed to grow into anger and even hatred at the person who has the wonderful thing. Maybe you are not as attractive, or popular, or rich, or as successful.

Everyone is at risk, because there is always something that we would like that someone else has more of. Even holiness. St. Benedict was the object of attempted poisoning twice in his life by fellow monks. After St. Bernadette of Lourdes became a cloistered sister, the mother superior treated her very harshly—downright cruelly—because the Blessed Mother had appeared to Bernadette, someone she judged as so “ordinary.” Lots of the saints were targets of envy from others. All goodie-two-shoes are. See? A nasty name we are all familiar with for the crime of being too good.

The destructive force of envy can destroy a soul. As Christians, we know full well that envy interferes with loving our neighbor, but even a non-religious person should want to stop it because who wants a big, dark feeling living in their gut?

Below is a list of 10 problems and another of 11 solutions to envy that

was inspired by a chapter on envy in Father Ed Broom’s book *From Humdrum to Holy: A Step-by-Step Guide to Living Like a Saint*.

10 Reasons to Fight Envy

1. Insecurity. By comparing, we foster the feeling of not measuring up.
2. We miss out. While being envious, we fail to notice what God is doing for us.
3. Gossip and slander. Envy leads to speaking against those we are envious of. After all, if we’ve indulged in envy of others, why wouldn’t we act in ways to lower them?
4. Bad reputation. Envious people are insecure and speak against others. What is your opinion of them?
5. Unhappy and unhealthy. Envy leads to insomnia, anxiety, and stress by obsessing over what others have that we want.
6. Sabotage. An envious person wants to see the downfall of others who have what they want, like with Cain and Abel and David and Saul. In the end, the envious ones fall. Even if the envious person does not actively sabotage, he will delight in the downfall of the other.
7. Family fights and lost friendships. Envy kills relationships causing a person to feel they are getting the short end of the stick. In families, especially around inheritance issues, it leads to arguments and broken relationships.
8. Murder. It sounds drastic, but there are several TV series about murder cases, many of them committed out of envy. And even if a person does not actually kill another, desiring their downfall and even death is still sinning in their heart.

9. Selfishness. The more someone gives in to envy, the more entitled and selfish they come, feeling cheated by life.

10. Spiritual Death. To pursue greater union with God requires loosening our grip on the world and not looking around at what everyone is doing or what they have.

11 Ways to Fight Envy

1. Push aside the feeling and pray.
2. Busy yourself. Find something you enjoy and get busy with it.
3. Examine your life. What are your wounds that lead to envy and insecurity? What are your goals and how do they match up with what kind of life Jesus taught us to live?
4. Force yourself to pray for the person who tempts you to envy as a sort of inoculation against it. It is an act in union with God of sincerely trying to overcome envy.
5. Gratitude. Consider the ways you have been blessed and thank God for them.
6. Aim High. Identify your role models and the qualities you want to emulate. Envy won’t be one of the qualities.
7. Go to confession. Ask God for mercy for times you have been envious and help to stop.
8. Make a list of the times that not getting something you wanted led to better things.
9. Be charitable. Seek out those less fortunate than yourself and help them.
10. Read the New Testament. Pay attention to the words of Jesus and seek to follow him.
11. Talk to a counsellor, spiritual director, or trusted friend who can help you into a better mindset.

**The Will of God never takes you
to where the Grace of God will not protect you.**

Vale Mary Kennedy



Bruce and Mary Kennedy and their six children settled in Ashmont Avenue in 1964, their family grew to 14 grandchildren and five great-grandchildren. Mary's involvement in the parish of West Wagga was very much connected to each of the priests. In the days of Father Duck, the Holy Trinity church property bordered from Ashmont Avenue, where the Kennedys had their home, through to Bardia Street.

Since the inception of the parish of West Wagga Wagga, women have played a significant role in every way. Many of these good ladies have borne more than the heat of the day, with the founding of the church and school. It amounts to many decades of hard work. Good women such as Betty Gallagher, Mary Kennedy, Marg Heffernan, Ellen Roberts, Jean Steinke, Maureen Willis, Denise Goonan, Patricia Drum, Pauline Black and many others.

In the early 1970s, there were very few parish resources, and Mary

remembered well bringing Fr Fulton an early cuppa each day and later a meal while he did the necessary jobs around the property. It was Fr Fulton who started Housie with the help of many parishioners, Mary included.

Fr Fulton encouraged parish families whose other children went to St Maria Goretti School (now called Henschke Primary) to make up the numbers at Holy Trinity School by enrolling their children at Holy Trinity. Again, Mrs Mary Kennedy was one of the first parents involved.

Mary has the distinction of being the very first and only tuck-shop mum in those early years. She would take the orders on Monday morning and go to the Tarakan corner store, (now closed) which was the only shop in Ashmont at that time, buy the necessary meat etc., make the sandwiches for the children and return to the school for their distribution. She did this until more formal arrangements were established.

Mary was a prodigious worker for the church and the school. She was unbounded in charity. When asked she would give a little chuckle and then organise everyone, including the priest. All this along with being president of the Ladies Auxiliary for the Parish, the Home of Compassion and even helping out the Carmel Convent. Holy Trinity Church and School are what they

are today because of people like Mary Kennedy, and many other willing mums and dads.

In the days of Father Andrew Quinn, among those people who helped him was Mary. She along with others would weekly fix the Holy Trinity hall for the bingo by assembling all the trestles and then putting them away for the school or church. Then there was the cleaning up, washing of ashtrays and the sweeping of the floor. Many names come to mind when speaking of the old days, but Mary figured prominently.

In the days of Monsignor Mick Burgess, Mary was a stalwart and a trojan when it came to hospitality, a charism in which she excelled. When the Confraternity came to the parish, Mary again was conspicuous in her Mass attendance and omnipresence with participation and generous service.

We may confidently hope that when Mary Kennedy entered into eternal life after 92 years on Monday, February 25, Jesus said to her:

"Well done good and faithful servant enter into your eternal reward. For I was hungry, and you gave me food, I was thirsty, and you gave me drink, I was sick, and you visited me, I was a stranger, and you made me welcome... Whatever you did to 1 of the least of these little ones, you did unto me."

May Mary Kennedy now rest in the embrace of God's everlasting love.

Vale Mr Frank Aloysius Metz ... continued from page 1

At the funeral Mass, Inspector Adrian Telfer had these words to say:

"In this funeral ceremony today we remember in a unique way Mr Frank Metz, the retired superintendent of the Wagga Wagga Local Area Command. I wish to recall the Police Awards afforded Mr Francis Metz throughout his illustrious career.

Namely:

The Police Long Service and Good Conduct Medal in 1971, the National Medal in 1984, the New South Wales Police Medal in 2008, and the National Police Service Medal in 2016. These medals result from his 40 years of policing, beginning in 1944 as a Cadet, and passing through each of the police ranks and finishing his diligent

service as Superintendent in Wagga Wagga in 1984.

We thank God for Frank's life and service within the New South Wales Police Force and his contribution during his lifetime to the Southern Region of policing, his involvement in the wider community and genuine concern for all persons under his care in the course of his duty as a policeman."

The West Wagga Wag

West Wagga Parish



Serving: Ashmont,
Collingullie,
Glenfield, Lloyd,
and San Isidore



**Find the words below
hidden in the 225 letters**

JERUSALEM	TEMPLE
AUTHORITY	WORLD
KINGDOMS	BREAD
COMMAND	SPIRIT
TEMPTED	FORTY
WORSHIP	DEVIL
HUNGRY	STONE
ANGELS	HOLY
JORDAN	DAYS
DESERT	LIVE

The Testing of Jesus

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tested by the devil. Luke 4



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