

# The West Wagga Wag

Issue 177

November 2017

## Coming Events

### Adoration of the Blessed Sacrament, Holy Trinity

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

The Dedication of the Lateran Basilica	Thu 9
St Leo the Great	Fri 10
St Martin of Tours	Sat 11
St Margaret of Scotland	Thu 16
St Elizabeth of Hungary	Fri 17
Dedication of the Basilicas of Saints Peter and Paul	Sat 18
The Presentation of the Blessed Virgin Mary	Tue 21
St Cecilia	Wed 22
Pope St Clement I	Thu 23
St Andrew Dŭng-Lạc and Companions	Fri 24
St Catherine of Alexandria	Sat 25
Feast of Christ the King	Sun 26
St Andrew	Thu 30
Monthly Cuppa, after 9am Mass on last Sunday of the month.	

## Inside this issue:

Pray for souls in Purgatory	2
Water bears in space!	3
Rosary on the Borders	6
Zombie Catholic?	6

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The date for submissions for the next Wag is: Wednesday Nov 30th.

West Wagga Wagga Parish & Holy Trinity Ashmont

*Golden Jubilee*

December 16, 2017

You are invited to join us for Mass at Holy Trinity Bardia St 6pm Followed by a parish dinner

For further information, call 02 6931 3601 or 0 408 492 632

### The West Wagga Catholic Parish is turning 50!

You are invited to Mass at 6pm and dinner afterwards, on December 16th at Holy Trinity, Ashmont.

**RENEWAL AND HEALING RETREAT**, In English

At Holy Trinity, Ashmont, Wagga

POWERFUL HEALING AND EMPOWERING MINISTRY

By Agape Retreat Ministry

### "Renewal and Healing Retreat"

Friday evening through to Sunday evening, November 17-19th. Conducted in English at Holy Trinity, Ashmont by Fr Sabu, Br Gigimon, Br Alex and Br Sony of the "Agape Retreat Ministry". All invited.

Call Reji on 0401 524 132

### World Apostolate of Fatima Prayer Hour for Australia

Sunday November 19 from 2.45pm until 3.50pm.

Our Lady of the Blessed Eucharist Church

Benedict and Eugene Avenue, San Isidore. All welcome.

## pastor's page - You're Catholic? Pray for the souls in Purgatory



The Catholic Church offers us November, which begins with All Saints Day and All Souls Day, as the Month of the Holy Souls in Purgatory—those who have died in grace, yet who failed in this life to make satisfaction for all of their sins.

In recent years, perhaps no Catholic doctrine has been more misunderstood by Catholics themselves than the doctrine of Purgatory. Consequently, we tend to downplay it, even seem a little embarrassed by it, and it is the Holy Souls who suffer because of our discomfort with the doctrine. But Purgatory is one of the defined teachings of the Church. If someone knows it is taught by the Church but doesn't accept and believe it, he has actually cut himself off from the Catholic Faith.

Purgatory is not, as many people think, one last trial; all of those who make it to Purgatory will one day be in Heaven. Purgatory is where those who have died in grace, but who have not fully atoned for the temporal punishments resulting from their sins, go to finish their atonement before entering Heaven. A soul in Purgatory may suffer, but he has the assurance that he will ultimately enter Heaven when his punishment is complete. Catholics believe Purgatory is an expression of God's love, His desire to cleanse our souls of all that might keep us from experiencing the fullness of joy in Heaven.

As Christians, we don't travel through this world alone. Our salvation is wrapped up with the salvation of others, and charity requires us to come to their aid. The

same is true of the Holy Souls. In their time in Purgatory, they can pray for us, and we should pray for the faithful departed that they may be freed from the punishment for their sins and enter into Heaven.

We should pray for the dead throughout the year, especially on the anniversary of their death, but in this Month of the Holy Souls, we should devote some time every day to prayer for the dead. We should start with those closest to us—our mother and father, for instance—but we should also offer prayers for all the souls, and especially for those who have no one else to pray for them. We believe that those Holy Souls for whom we pray will continue to pray for us after they have been released from Purgatory.

### Eternal Rest

One of the most commonly recited of Catholic prayers for the dead goes:

*Eternal rest grant unto all the Holy Souls O Lord, and let perpetual light shine upon them. Through Your mercy may they rest in peace, Amen.*

### A Prayer for a Deceased Mother or Father

*O God, who hast commanded us to honour our father and our mother; in Thy mercy have pity on the soul of my father/mother, and forgive his/her trespasses; and make me to see him/her again in the joy of everlasting brightness. Through Christ our Lord. Amen.*

### Prayer for All the Deceased

This beautiful prayer, drawn from the Byzantine Divine Liturgy, reminds us that Christ's victory over death brings us all the possibility of eternal rest. We pray for all of those who have gone before us, that they, too, may enter into Heaven.

*By Thy resurrection from the dead, O Christ, death no longer hath dominion over those who die in holiness. So, we beseech Thee,*

*give rest to Thy servants in Thy sanctuary and in Abraham's bosom. Grant it to those, who from Adam until now have adored Thee with purity, to our fathers and brothers, to our kinsmen and friends, to all men who have lived by faith and passed on their road to Thee, by a thousand ways, and in all conditions, and make them worthy of the heavenly kingdom.*

### De Profundis

A good prayer to say when you visit the cemetery is Psalm 129 also known as the De Profundis, the Latin for "Out of the depths"

*Out of the depths I cry to You, O Lord; Lord, hear my voice. Let Your ears be attentive to my voice in supplication.*

*If You, O Lord, mark iniquities, Lord, who can stand?*

*But with You is forgiveness, that You may be revered.*

*I trust in the Lord; my soul trusts in His word.*

*My soul waits for the Lord more than sentinels wait for the dawn.*

*More than sentinels wait for the dawn, let Israel wait for the Lord.*

*For with the Lord is kindness and with Him is plenteous redemption;*

*And He will redeem Israel from all their iniquities.*

### November Challenge!

Up for a challenge? Visit a cemetery or grave every day for the whole of November and there say a prayer for the dead. We have the little cemetery on Truscott St, the Carmelite cemetery in Ashmont too, as well as the burial place of the Bishops in the Cathedral. And of course there are the Wagga Wagga Monumental and Lawn cemeteries. It may not be easy, but it is a great way to make November a real time of prayer for the deceased.

*Fr Thomas Casanova CCS*

### Marriage - We, not I

“For love can survive only as a unity in which the mature “we” is manifested; it will not survive as an arrangement of two selfish people.”

(St John Paul II, Love & Responsibility).

# November Jokes



Einstein developed a theory about space, and it was about time too!

I'm reading a book about anti-gravity.. it's impossible to put down!

Q: How many ears does Captain Kirk have?

A: Three. A left ear, a right ear, and a final frontier!

Q: What do you call an alien with three eyes? A: An aliiien!

Q: Why didn't the Dog Star laugh at the joke? A: It was too Sirius.

Q: How do you get a baby astronaut to sleep? A: You rocket!

Q: Why did the star get arrested? A: Because it was a shooting star!

Q: What do you do if you see an aggressive alien? A: Give it some space!

Q: Where do astronauts park their rockets? A: At a parking meteor.

Q: How does one astronaut on the moon tell another astronaut that he is sorry? A: He Apollo-gises.

Q: If athletes get "Athlete's Foot" What do astronauts get? A: Missile toe.

Q: What do you call a crazy spaceman? A: An astro-nut

Q: What do astronauts wear to keep warm? A: Apollo-neck sweaters!

Q: How do spacemen pass the time on long trips? A: They play astronauts and crosses!

Scientists have found that the centre of Jupiter contains the letter "i".

Jupiter came down to Earth one day and helped these two criminals plan a bank robbery. Anyway, they both got caught and after the judge sentenced the two earthlings to fifteen years behind bars, Jupiter was a bit shocked to get arrested and handed a ten year stretch himself. "But your honour. I didn't even take part in the robbery!" said Jupiter. "Yes" replied the judge. "But you did help them Planet!"

Q: What type of songs do the planets sing? A: Nep-tunes!

Q: What did Mars say to Saturn? A: Give me a ring sometime!

The density of Saturn is so low that the whole planet would float on the water in your bath? However, you wouldn't want to try this experiment at home as it would leave a massive ring around the tub.

Q: what do you call a tick on the moon? A: A luna-tick.

Q: What was the name of the first satellite to orbit the Earth? A: The Moon.

Q: How does the Man in the Moon cut his hair? A: Eclipse it.

Q: Did you hear about the bones they found on the moon? A: It seems like the cow didn't make it after all. (hey diddle diddle)

Q: Why couldn't the astronaut book a room on the moon? A: Because it was full.

I was up all night wondering where the Sun had gone... then it dawned on me.

Living on Earth might be expensive but at least you get a free trip around the Sun every year.

Copernicus' parents might deserve some of the credit for his great discovery. Apparently at the age of twelve they said to him: "Copernicus, young man, when are you going to realize that the world does NOT revolve around you."

## Secrets of the Water Bear, the only animal that can survive in space

The microscopic tardigrade—also known as the water bear—is the only animal that can survive the cold, irradiated vacuum of outer space.

Tardigrades are microscopic animals with eight limbs, which are found everywhere from the highest mountain to the lowest sea.

In 2007, a group of tardigrades were sent to orbit the earth on the outside of a rocket for ten days. When they returned to Earth, 68% were alive.

Wait, what? How is that possible? The tardigrade's space-surviving ability is the result of a strange response to water shortage.

When their environment dries up, tardigrades shrivel up—losing about 97% of their body's water. In this state, they just persists, doing nothing, until it's inundated with water again. Then the creature pops back to life like a re-wetted sponge and continues onward as if nothing had happened.

What's even more astonishing is that tardigrades can survive being in this strange state for more a decade, possibly for 100 years. Yet the average lifespan of a continuously hydrated tardigrade is rarely longer than a few months.

In the desiccated state, tardigrades are ridiculously resilient. They can

endure both an utter vacuum and intense pressures more than five times greater than those in the deepest ocean. They can survive temperatures up to 150 C and as low as - 272 C.

When dried out they replace some cell content with a glass-like sugar called trehalose, and they make heaps of antioxidants which lets them better withstand radiation.



## A Million Pray Rosary on Poland's Border on 7th October, Feast of Our Lady of the Rosary



Rytel-Andrianik, told the New York Times that, while he did not yet have precise figures on the number of participants, he believed the event was one of the largest prayer events ever in Europe, second only to the 2016 World Youth Day which was also in Poland.



What an amazing event!

Thousands of people from across Poland travelled to their country's border Saturday (October 7th), forming a human chain around the country, and prayed the Rosary "to save Poland and the world."

"The rosary is a powerful weapon in the fight against evil," the official website for the event explains. "Therefore, we believe that if the rosary is prayed by about a million Poles on the borders of the country, it may not only change the course of events, but open hearts of our compatriots to the grace of God."

Organized by Catholic laypeople of the Solo Dios Basta ("God Alone Suffices") Foundation, the event was sponsored by various state-owned companies and was approved by the Polish Catholic hierarchy.

A spokesman for the Polish Bishops' Conference, Rev. Pawel



The official website gave a number of reasons why it made sense to have the prayer event on Saturday, including:

(1) It was the feast of Our Lady of the Rosary, which commemorates the Christian victory over Muslim forces in the Battle of Lepanto;



(2) It was the first Saturday of the month, and there's a First Saturdays devotion give by the Blessed Virgin Mary to Sr. Lucia of Fatima;

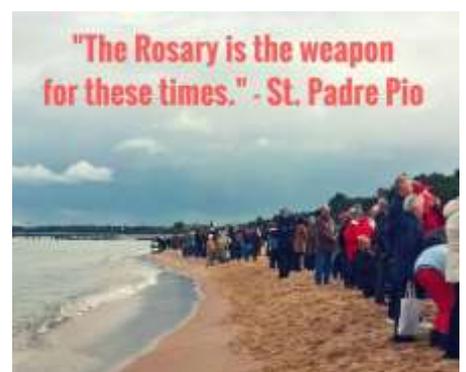
(3) This year is the 140th anniversary of the apparition of Our Lady in Gietrzwałd, a famous apparition in Poland;

(4) This year is the 100th anniversary of the apparition of Our Lady of Fatima;

"Through this unprecedented prayer of the Rosary," the website explains, "we want to show the faithfulness and obedience of Mary, who tirelessly calls us to recite the Rosary. We also want to apologize and pay for all blasphemy and insults against the Immaculate Heart of Mary. We wish to implore for the intercession of the Mother of God to save Poland and the world."

In his homily at Mass Saturday morning, Archbishop Marek Jędraszewski of Krakow exhorted the faithful to "pray for other nations of Europe and the world to understand that we need to return to the Christian roots of European culture if we want Europe to remain Europe."

The event also got an endorsement from Polish Prime Minister Beata Szydło on Twitter.



Do you have friends in Australia's capital cities who might not have posted their "NO" vote?

Let them know they can still mail on Mon 6th Nov or hand deliver their vote before Tues 7th 4.30pm!

# Introducing A Video Game By Xt3! 'The Adventures Of Saint John Paul The Great'



Based on the life of Saint John Paul the Great, the founder of World Youth Day and the Pope for Youth, as you play the game, you are a young Karol Wojtyla (Pope John

Paul II) and travel through the levels of his incredible life.

The levels are about 5 key moments of Pope John Paul II's life - growing up in the Tatra Mountains, becoming a priest, studying in the underground seminary in Poland in WWII, the assassination attempt in St Peter's Square and his world travels.

On each level, you collect different tokens, for instance, Saint Medals, Rosaries, Bibles and Kremowka (Pope John Paul II's favourite Polish cake).

The objective of the video game is to get through all 5 levels with the fastest time and the highest score.



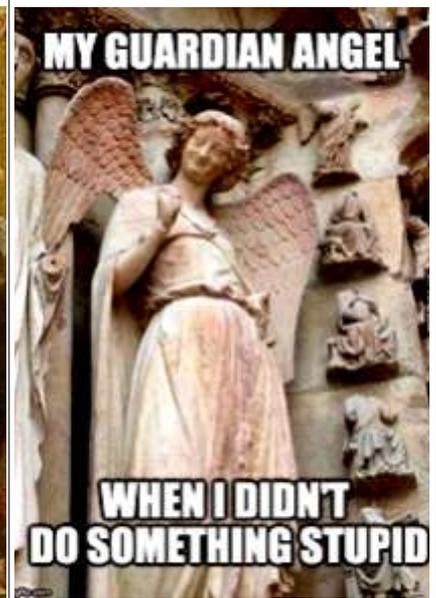
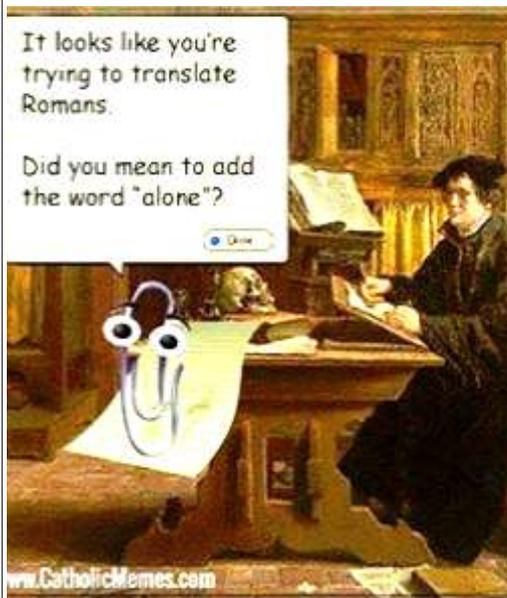
The game will be launched at the Australian Catholic Youth Festival and can be played during The Festival Experience.



As we find in *The Fellowship of the Ring*:

'I wish it need not happened in my time,' said Frodo.

'So do I,' said Gandalf, 'and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.'



# Father Turns His Son With Down Syndrome Into a Flying Superhero and His Pictures Go Viral



We already knew that children with Down syndrome are spectacular. But one Utah dad is using his photography skills to drive home the message that there is no limit to



what people with Down syndrome can accomplish. Alan Lawrence's photo series features his 18-month old son Wil in a variety of settings flying through the air like a superhero.

Lawrence said that he and his wife Nikki didn't know their son had Down syndrome before he was born. While his wife handled the news 'really, really well,' Lawrence said he struggled with it at first.



"I was a little more selfish about it," he said.

However, Lawrence said he quickly grew to understand what a blessing Wil was to his family.

Lawrence says the idea came from Wil's unique crawl that made him look like he was about to take off in flight. It grew from there once Lawrence realized the broader impact the photos could have.



Lawrence hopes the message viewers, especially parents expecting children with Down syndrome, will take from the photos is "A child with Down syndrome can be a blessing to your family."

Raising a child with Down syndrome is not easy but along with great challenges comes great joy.

Leticia Velasquez, co-founder of KIDS (Keep Infants with Down Syndrome), writes this about raising a daughter with Down syndrome, "This is a priceless gift. Each one of us is grateful that living with Christina has made us more patient with their weakness, and more able to give of ourselves



in response. Christina has increased our compassion and our joy."

As pro-life advocates, we know that unborn children who



prenatally diagnosed with Down syndrome face a tragically high abortion rate. It is vitally important that parents receive the information they need to make a life-affirming decision. Hopefully, efforts like Alan Lawrence's photo series will touch people's hearts and help pave the way for a society that fully embraces people with disabilities, before and after birth. An unborn child should not be denied his or her right to live because he or she has an extra chromosome.



## Kids' Wisdom

- Never trust a dog to watch your food. - Patrick, age 10      Felt markers are not good to use as lipstick. - Lauren, 9  
 Don't sneeze in front of mum when you're eating crackers. Mitchell, 12      Stay away from prunes. - Randy, 9  
 Never allow your three-year old brother in the same room as your school assignment. - Traci, 14  
 When your dad is mad and asks you, 'Do I look stupid?' don't answer him. - Michael, 14  
 When your mum is mad at your dad, don't let her brush your hair. - Taylia, 11  
 Never hold a dust buster and a cat at the same time. Kyoyo, 9

# Signs You Might Be a Zombie Catholic – and How to Be Cured!



Don't chuckle. Zombies exist. They dwell in our midst. I can spot 'em from a mile away because I was once a Zombie Catholic.

After years, maybe decades of having a deadened look in my eye through the whole celebration of the Holy Mass, by the grace of God, the scales have fallen away. So, from someone who's managed to escape the dreaded Zombie Zone, here's how you can spot the signs and combat this haunting inclination.

## Signs You're a Zombie Catholic:

1) Your seating choice at Mass is decided by how best to make a subtle, late entrance and a discreet, speedy exit

You park in one of the last pews, a mere side-step and you're swimming in the baptismal font. No one's making eye contact this far back. You actually scoff at the poor saps who sit up front. Why do you need to see anything?

2) The last time you willingly sang a church hymn with abandon, you were three

I used to cringe when people around me sang too loudly, probably because they were jarring me out of my self-involved day dream.

3) You approach the Holy Eucharist in the same way you would waiting in line for a prescription at the pharmacy

No awe or reverence before the real presence. Just disengaged resignation. You've been told you need this, but you're not exactly sure why. You appear spaced-out as you shuffle along in line.

4) Your idea of fellowship after Mass is grudgingly giving the old lady in the parking lot the right of way as she totters through the cross walk

She nods and you nod back. Then you accelerate and get on with your Sunday plans. You've officially checked the duty box for the day.

If any of this sounds familiar, don't lose heart. There's hope for fighting off the march of the Zombies. Here are some tips that helped me battle my way out of it.

## The Cure for Zombie Catholicism:

1) Make a trip to confession even before you attend Mass again

Do some serious soul searching to uncover the sin that may be creating a barrier to your intimacy with God. There's nothing that will intensify your desire for the Eucharist and the Mass than an encounter with the loving embrace of God's mercy.

It wasn't until I finally got serious about confession that I started to dial into God's voice during the Mass.

2) Take a quiet moment in your car even before entering church to say a quick prayer asking Christ to engage your mind and heart for Mass

Ask him to quiet the noise in your brain so you may hear Him. Ask the Lord to speak to you.

3) Turn off all media while at Mass

Don't just silence them! Truly unplug for the hour you're there. If your phone starts buzzing, it's an invitation for your mind to wander. So-called smart phones can numb our brains, leading us quickly into the zombie trance.

4) Sit closer to the action

For those of you who've never done this, it can be daunting at first, but

there's no Q&A where you'll be quizzed on the words to the Nicene Creed, so take a seat up front and follow along. It's amazing how much more you notice. This even works with my kids. You might even sing a little.

Challenge yourself to truly pay attention especially during the consecration. You don't need to understand it all, but get engaged in what's going on. God will lead you.

Consider getting a book about the Mass. Knowledge is a powerful weapon in defeating the Zombie Catholic.

5) Consider offering up your Eucharist for the needs of a friend or loved one who is suffering

When you lose focus, consider that person's trials. As you approach the Blessed Sacrament, remember you are offering up the graces received in Christ's body, blood, soul and divinity for your friend or loved one. This can heighten the magnitude of Christ's gift in the Eucharist and be a tangible reminder of the solemnity of the occasion.

And above all, keep at it! A Zombie Catholic has stopped trying and is just going through the motions. Once you exert a small bit of effort God will reciprocate in a big way.

You'll soon banish that morbid, pasty-faced Zombie—and in its place a new creation in Christ. Praise God! Because it happened to this former Zombie Catholic.



# The West Wagga Wag

West Wagga Parish



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

# The Greatest Commandment

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.'"



I can show my friends that Jesus loves them.

**Find the words below hidden in the 225 letters to the right.**

- |                  |         |
|------------------|---------|
| COMMAND-<br>MENT | HEARING |
| YOURSELF         | EXPERT  |
| GREATEST         | HEART   |
| PHARISEES        | JESUS   |
| QUESTION         | MIND    |
| NEIGHBOR         | SOUL    |
| SECOND           | LORD    |
|                  | LOVE    |
|                  | LAW     |

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