

FIRST HOLY COMMUNION

Our first Holy Communion program commences today. **ALL** candidates – whether at Catholic or State schools – will come together in the Upper Room at 4.45pm with their teacher, Mrs Claudia Di Biaggio. Afterwards, they will present their signed commitment cards at the 6.00pm Family Mass.

Let us remember in our prayers ...

Recently deceased: Brother John Baker CSsR, Harold Hardwick, Cynthia O’Hara, Alfina Torrisi, Polly Willis
Anniversaries: Ivan Gugich, Anne Daly, Sr Frances Hardbottle RSM, Murt Flanagan, Quinton Forman
Sick: Judy Kerr, Todd Bennett, Troy Bennett, Rudolph Pinto, Fiona Carr, Fr John Jegorow PP, Pascual Perez, Andy

VATICAN CITY (CNS) by Carol Glatz, Catholic News Service

Read more at catholicnews.com/data/stories

In an interview published in part in the Argentine weekly Viva, the pope listed his Top 10 tips for bringing greater joy to one's life:

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."
2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."
3. "Proceed calmly" in life. The pope used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist -- gaucho Don Segundo Sombra -- looks back on how he lived his life. "He says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool" of water, the pope said. He said he likes this latter image of a pool of water -- to have "the ability to move with kindness and humility, a calmness in life."
4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he said. "Consumerism has brought us anxiety" and stress, causing people to lose a "healthy culture of leisure." Their time is "swallowed up" so people can't share it with anyone. Even though many parents work long hours, they must set aside time to play with their children; work schedules make it "complicated, but you must do it," he said. Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime "doesn't let you communicate with each other", the pope said.
5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said.
6. Find innovative ways to create dignified jobs for young people. "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said. "It's not enough to give them food," he said. "Dignity is given to you when you can bring food home" from one's own labour.
7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"
8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the pope said. "Letting go of negative things quickly is healthy."
9. Don't proselytise; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the pope said.
10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

MUSIC & HYMNS	Entrance	Offertory	Communion	Recessional	Setting
6pm Vigil Mass					
8am Mass	76	181	217	243	Mass Shalom (370)
10am Mass					
6pm Family Mass	272	354	96	82	Rivers Youth Mass

CHILDREN’S LITURGY
 Children’s Liturgy will take place during the 10am Mass this week. Suitable for children 3 to 8 years.

MASS TIMES (Subject to change - refer to Parish Diary for latest information)

Monday	5.30pm
Tuesday/Wednesday/Thursday	9am
Friday	7am
Saturday Reconciliation	5.15 - 5.45pm
Saturday Vigil	6pm
Sunday	8am, 10am, 6pm

CONTACT DETAILS

Office	Monday - Friday: 9.30am to 4.00pm
Phone	9381 0400
Postal	PO Box 568, Wembley 6913
Web	www.stjosephssubiaco.org.au
Email	enquiries@stjosephssubiaco.org.au

Parish Priest	Monsignor Kevin Long PhD kevin.long@perthcatholic.org.au	Pastoral Assistant	Bart Welten
Office Manager	Linda Brandon lbrandon@stjosephssubiaco.org.au	Sacramental Coordinator	sacraments@stjosephssubiaco.org.au
Parish Accountant		Music Coordinator	Michael Peters stjosephsmusic@live.com.au
Wedding Secretary	Elizabeth Ogilvie weddings@stjosephssubiaco.org.au	Youth Coordinator	Paul Curtis youth@stjosephssubiaco.org.au
Sacristan, Funerals, Liturgy	Claudia O’Malley 0408 186 790 com@stjosephssubiaco.org.au	Safeguarding Officers	Lisa Hinton 0450 006 367 Elaine Eng 0426 173 798 safeguarding@stjosephssubiaco.org.au

PARISH ROSTERS Please refer to your respective rosters.

Sanctuary	3 August	Maggie McDonnell & Bev Kinsella	10 August	Paul & Kelly Carpenter
------------------	----------	---------------------------------	-----------	------------------------

GUIDELINES

As we are well into the season of colds and flu, it is worth recalling the Guidelines issued for our Archdiocese: ‘*Acolytes and Ministers of Communion should not distribute Communion when suffering from a cold or other communicable virus. Similarly, communicants suffering from a cold or virus should refrain from drinking from the Chalice.*’ (Guidelines for the Archdiocese of Perth, 22 April 1997 Art. 6.5). For similar reasons we ask that, if you have a cold or flu, please limit your expression of the ‘sign of peace’ to a bow or smile.

ONGOING CHURCH MAINTENANCE

The Parish Administration is aware of the current and long-term water and electrical problems in the Church. Arrangements are in place for a detailed inspection and reporting process to be conducted by professional maintenance and restoration companies. After this, endeavours will be undertaken to thoroughly resolve the issues. If you notice anything concerning either of these two matters, please contact Linda Brandon on 9381 0400 or lbrandon@stjosephssubiaco.org.au.

YEAR OF YOUTH – YOUNG ADULTS FREE EVENT

Saturday 4 August, 6pm, 3 Victoria Road, Westminster

During the Year of Youth, the Bishops’ Catechesis sessions will be held to engage young adults around various topics of the Catholic Faith including teaching, dialogue with the Bishop, music and prayer. This session: ‘*Can I be a Saint?*’ with Bishop Don Sproxtton SDB at the Vietnamese Catholic Community Centre. **FREE** event but registration essential. To register visit cym.com.au.

DISTINGUISHED SCHOLARS LECTURE

Wednesday 8 August, 6pm, Tannock Hall, University of Notre Dame

Prof Tracey Rowland will explore ‘Sensus Fidelium’, Cardinal Newman’s idea that the laity has an understanding of the faith which can be a valuable asset in times of doctrinal confusion and crisis. RSVP: Melissa Southcott on 9433 0138 by 3 August.

NEW NORCIA WRITERS’ FESTIVAL

Saturday 11 August, Benedictine Community, Great Northern Hwy, New Norcia

This year’s festival offers a varied mix of writers, artists and performers in sessions which celebrate this unique Wheatbelt monastery town’s rich history and beautiful architecture. Guests include authors Anthea Hodgson, David Whish-Wilson, Susan Midalia, Michelle Johnston and Laurie Steed; poet Rose van Son; artist Jeremy Kirwan-Ward; and soprano Katja Webb with pianist Chris Milbourn. The set price of \$80 includes four sessions, morning and afternoon tea, wine tasting and an open mic event (buffet or picnic lunch options are available for an extra charge). There will be ample opportunities to explore the New Norcia Museum and Art Gallery and other places of interest. For more information and bookings visit shop.newnorcia.wa.edu.au/collections/special-items.

GOOD SAMARITAN SISTERS RURAL OUTREACH GATHERING

Saturday 12 August, 2-4.30pm, Loreto Performing Arts Centre

This 2018 gathering will include an update of studies and good news stories, along with an Aboriginal Art Silent Auction and raffles. Afternoon tea will be provided. Cost: \$25 donation. Thanks to Como Ukulele Group who will provide the entertainment and Martineau’s Patisserie Nedlands for their contribution to afternoon tea.

NOTRE DAME OPEN DAY

Sunday 19 August, 10am-3pm, University of Notre Dame Campus

Are you a history buff who wants to discover what makes ancient cultures tick? A lover of the outdoors keen to combine your passion with your career? An entrepreneur in the making set to change the world with your creative ideas? Completely unsure and want to try it all? We have everything covered with a wide range of sessions for you to explore. You can listen to our academics, all experts in their fields, meet our Deans and connect with our students to find out everything you want to know about our degree programs. Our Student Association student clubs and Student Services team will also be there to fill you in on everything you need to know about university life. For more information on the Open Day Program visit notredame.edu.au/events.

PARISH ITALIAN EXPERIENCE

Sunday 19 August, 11am, Upper Room

Date change: The next Parish Italian Experience session is now scheduled for Sunday 19 August following 10am Mass.

SYNODALITY IN PRACTICE: LISTENING TO THE SPIRIT AND LEADING CHANGE

Thursday 16 August, 10am-4pm

This eConference will focus on engaging communities around Australia in a landmark discussion around the future vision and direction for the Catholic Church in this country. Screening at Newman Siena Centre. To register, visit cfe.org.au/courses-and-events.

PARISH DIARY

Sunday 29 July	11am 11.30am 1pm 4.45pm 6pm	Sunday, Week 17 in Ordinary Time Baptism: <i>Anna-May & Asher Jackson</i> Baptism: <i>Ethan James Bellombra</i> Baptism: <i>Victoria Marie & Violet Mae Correia</i> Upper Room: <i>First Communion class</i> Marist Association & Marist Youth Ministry Mass	<i>Monsignor Kevin</i> <i>Monsignor Kevin</i> <i>Fr Joe Pelle</i>
Monday 30 July		Monday, Week 17 in Ordinary Time Optional: St Peter Chrysologus, Bishop, Doctor	<i>Monsignor Kevin: Lecturing at CEO</i>
Tuesday 31 July	6pm 7.15pm	St Ignatius of Loyola, Priest, Memorial Upper Room: <i>St Vincent de Paul Meeting</i> Church: <i>Schola Cantorum Rehearsal</i>	<i>Monsignor Kevin: Lecturing at CEO</i> <i>7.30pm: Launch of New Parish Guidelines @ St Mary’s Cathedral (Senior Parish Staff)</i>
Wednesday 1 August	10am 5.30pm	St Alphonsus Liguori, Bishop, Doctor, Memorial Tribune Chapel: <i>Women’s Prayer Group</i> Tribune Chapel: <i>Centering Prayer</i>	<i>Corpus Christi College Bateman: Camino Walk Blessing following 9am Mass</i>
Thursday 2 August		Thursday, Week 17 in Ordinary Time Optional: St Eusebius of Vercelli, Bishop; St Peter Julian Eymard, Priest	
Friday 3 August		St Dominic, Priest, Memorial Optional: St Henry Upper Room: <i>Scripture Study</i>	
Saturday 4 August	7pm	St John Vianney, Priest, Memorial	