

Welcome to
Innaloo/Karrinyup Catholic Parish

Parish Priest: Rev. Fr Bernard Lanarolle
bernard.lanarolle@perthcatholic.org.au
Deacon: Gregory Lowe
greg.lowe@perthcatholic.org.au
Parish Office 19 Phillips Grove, Innaloo
Parish office phone: 9446 1666
innaloo.karrinyup@perthcatholic.org.au
www.innalookarrinyup.perthcatholic.org.au

18th Sunday in Ordinary Time

Reflection:

Qoheleth is a wake up call directing our attention away from the ephemeral towards what will last. Here is a mantra we repeat as a daily reminder to avoid greed and practice a simpler life, "I have all that I want, I have all that I need." It's a statement that can stir thanksgiving in our hearts as we offer today's Eucharist.

So we ask ourselves:

- Have I placed my trust in what is passing and will not sustain me in times of difficulty?
- What reordering must I do in my priorities to put more balance in my life?

Baptism

We welcome Ruarc Tomas O Ceide son of Paraic and Brid into our parish community. Ruarc will be baptised this weekend. May God continue to bless the O Ceide family.

MASS THIS WEEKEND

The Rosary will be prayed 20 minutes before weekend Masses

Sat 30 July 6pm St Dom
Sun 31 July 8am OLGC
Sun 31 July 9.30am **Maria Fiume** St Dom

MASS DURING THE WEEK

Tue 2 Aug 7pm St Dom
Wed 3 Aug 9am **Adoration after Mass** St Dom
Thurs 4 Aug 9am OLGC
Fri 5 Aug 9am St Dom
Sat 6 Aug 9am **Healing Mass** St Dom

MASS NEXT WEEKEND

Sat 6 Aug 6pm St Dom
Sun 7 Aug 8am OLGC
Sun 7 Aug 9.30am St Dom

Reconciliation celebrated after every Saturday morning Mass and before every weekend Mass.
Contact Fr Bernard 9245 3899 or Maureen Smith 0409 912 359 to receive Communion at home you can't attend Mass.

Mental Health Awareness

As part of the Innaloo - Karrinyup Parish Strategic Plan, we are offering the following to parishioners, our school community, and the wider community.

The Emmanuel Centre will present sections of *Do Not Be Afraid*, a mental health program supported program supported by the Diocese in St Dominic's parish centre, from 10am to 3pm on Saturday and Sunday 11am to 1pm on the **weekend of August 20 and 21**. A light lunch will be provided on both days.
Saturday's topics: What is Mental Health and Drug Use & Mental Illness.

Sunday's topic: Stigma and Mental Illness.

This program is a guide on how we can walk and support those around us who have Mental Health issues. Please put your name down on the list in the church foyer. Places are limited. More information is available on 9328 8113.

Upcoming Events

9 Aug: Senior's Group TBA
13 Aug: Youth Group 4pm St Dominic's
17 Aug: PPC meeting 6.30pm Karrinyup
18 Aug: Sacrament of First Reconciliation OLGC, 6pm
28 Aug: Sacrament of First Reconciliation St Dom, 9.30am

Rosters this weekend	30 July 6pm St Dom	31 July 8am OLGC	31 July 9.30am St Dom
Readers	T Dabbs	B Webb	O Pilot
Acolyte	D O'Sullivan		I Baviah
Altar Society		M Webb I Rodriguez	
Morning Tea		L Howell D D'Souza	

Rosters next weekend	6 Aug 6pm St Dom	7 Aug 8am OLGC	7 Aug 9.30am St Dom
Readers	K Hart	D D'Souza	J Jones
Acolyte	P Wall		P Riney
Altar Society	Group 3	M Webb I Rodriguez	
Morning Tea			

Soup and Bread

Please join us after the 6pm St Dominic's Mass for a shared meal of soup and bread.

Safeguarding Officers

St Dominic's - Isabelle Brewer 0459 537 045
OLGC - Dr Rina Cercarelli (PhD) 0413 835 852