



Parish Bulletin

Our Lady Help Of Christians, South Lismore

T 6626 0200 (24/7) | W stcarthages.org.au | E admin@stcarthages.org.au | PO Box 3 LISMORE NSW 2480 **13 September 2026**

THE 24TH SUNDAY IN ORDINARY TIME, YEAR A

The Exaltation of the Cross

On the Feast of the Exaltation of the Cross (or Triumph of the Cross) we honour the Holy Cross by which Christ redeemed the world. The public veneration of the Cross of Christ originated in the fourth century, according to early accounts. The miraculous discovery of the cross on September 14, 326AD, by Saint Helen, mother of Constantine, while she was on a pilgrimage to Jerusalem, is the origin of the tradition of celebrating the Feast of the Exaltation of the Cross on this date. Constantine later built the Church of the Holy Sepulchre on the site of her discovery of the cross. On this same pilgrimage she ordered two other churches built: one in Bethlehem near the Grotto of the Nativity, the other on the Mount of the Ascension, near Jerusalem.

Christians “exalt” (raise on high) the Cross of Christ as the instrument of our salvation. Adoration of the Cross is, thus, adoration of Jesus Christ, the God Man, who suffered and died on this Roman instrument of torture for our redemption from sin and death. The cross represents the One Sacrifice by which Jesus, obedient even unto death, accomplished our salvation. The cross is a symbolic summary of the Passion, Crucifixion and Resurrection of Christ — all in one image.



The Cross — because of what it represents — is the most potent and universal symbol of the Christian faith. It has inspired both liturgical and private devotions: for example, the Sign of the Cross, which is an invocation of the Holy Trinity; the “little” Sign of the Cross on head, lips, and heart at the reading of the Gospel; praying the Stations (or Way) of the Cross; and the Veneration of the Cross by the faithful on Good Friday by kissing the feet of the image of Our Saviour crucified.

Placing a crucifix (the cross with an image of Christ’s body upon it) in churches and homes, in classrooms of Catholic schools and in other Catholic institutions, or wearing this image on our persons, is a constant reminder — and witness — of Christ’s ultimate triumph, His victory over sin and death through His suffering and dying on the Cross.

We remember Our Lord’s words, “He who does not take up his cross and follow me is not worthy of me. He who finds his life will lose it, and he who loses his life for my sake shall find it” (Mt 10:38,39). Meditating on these words we unite ourselves — our souls and bodies — with His obedience and His sacrifice; and we rejoice in this inestimable gift through which we have the hope of salvation and the glory of everlasting life.

Diary Dates

Christian Meditation

Tuesdays, 12 noon at the Parish Centre.

Adoration of the Blessed Sacrament

Carmelite Missionaries, Thursdays, 4.00 - 5.00pm, St Mary’s Chapel

Carmelite Monastery after the 7am Mass on the first Friday of the Month



St Carthage’s Cathedral 5.00pm on the first Friday of the Month

Mass Times

Our Lady Help Of Christians, South Lismore

Saturday Vigil 4.00pm

St Carthage's Cathedral, Lismore

Tuesday-Thursday 8.00am

Friday 12.05pm

Saturday Vigil 5.30pm

Sunday 9.00am and 11.00am

Reconciliation

Friday 11.30am to 11.50am

Saturday 4.45pm to 5.15pm

St Vincent's Hospital Chapel

Wednesday 12 noon

Carmelite Monastery Chapel, Goonellabah

Monday-Friday 7.00am

Saturday 8.00am

Sunday 7.00am

St Dymphna's Church, Dunoon

Sunday 8.30am

Parish Contact Details

PARISH OFFICE

11 Leycester St, Lismore NSW 2480

8.30am–4.00pm weekdays

P: 6626 0200

E: admin@stcarthages.org.au

W: www.stcarthages.org.au

Postal: PO Box 2, Lismore NSW 2480

Business Manager: Ray Dunn

Operations Manager: Lance Axman

Parish Secretary: Jenny Falls

Pastoral Associate: Sr Evelyn Omosora CM

PARISH CLERGY

Most Rev Gregory Homeming OCD

Bishop of Lismore Diocese

Rev Fr Bing Monteagudo

Parish Administrator

Rev Fr Philip Borla

Assistant Priest

Rev Mr Graeme Davis

Deacon

SCHOOL PRINCIPALS

Our Lady Help Of Christians

Brendan Moloney · Ph: 6621 5490

St Carthage's Primary School

Janelle Heffernan · Ph: 6621 5529

St John's College, Woodlawn

Annette Reen · Ph: 6626 2600

Trinity Catholic College

Jesse Smith · Ph: 6627 6600

COMMUNITY CARE

St Carthage's Community Care

CEO: Ray Dunn · Ph: 6620 0000

W: www.stccc.org.au

Planned Giving and Collections

Bank Deposit: Please use Surname and envelope number (if applicable) as a reference e.g. Smith 23

First Collection (Support of Diocesan Priests) -

Presbyterium Account South Lismore Parish

BSB 012-715 A/c 2089-24747

Second Collection (Support of Parish and Ministries) -

South Lismore Roman Catholic Church

BSB 012-715 A/c 2089-20455

If you would like Planned Giving Envelopes please complete the form at the side of the church and place on a collection plate.

Your envelopes will be available from the following week.

For your prayers

Of your charity please pray for the repose of the souls of those who have died recently: Val Heffernan, Barry Flynn, Jennifer Prodger, Betty Fletcher, Joy Bazzana, Peter Cassidy, Steve Harmon.

And for those whose anniversaries occur at this time: John Doolan, Rhonda Muldoon, Mary Matthews, Teresa Pirlo, Noel Field.

Please also remember the sick and all in need who have asked for our prayers: Bill Nugent, Bernadette Vidler, Dawn Brohier,

Jacob Rixon, Mary Gillard, Cloe Kiely, Jeff Herman, Philomena Hughes, Norelle Elliot, Angela Tucker, Mary Herne, Jo Hancock.

Can You Help?

If you would like to be a volunteer assisting with the ministries for Mass - reading, computer operation, offertory or plate collecting - please call or text Aleisha on 0432 746 903.

There are plenty of opportunities to become more involved in your parish, your company and assistance is always most welcome!

Donation Point - Tap & Go

You may have noticed the new Donation Point located in the Church. This Tap & Go machine offers a simple and convenient way to support the parish. Donations help us to continue operating and maintaining Our Lady Help of Christians Parish.

Simply touch your chosen donation amount on the screen, or select "Other Amount" to enter a donation between \$1 and \$99. Then tap your card or smart device on the screen to complete your donation. Every donation, big or small, helps support our parish community and is greatly appreciated. Thank you for your generosity.

The Tap & Go machines are not replacing the planned giving envelopes. If you would like to be added to the weekly planned giving, please complete the form at the back of the church and place it on a collection plate.



Interest Rate - 4.15% (eft 1/8/2026)

For further information and our current interest rate, please visit our website www.dif.org.au or contact us on 1800802516

Safeguarding Sunday

Catholics around Australia will mark Safeguarding Sunday on September 13. The 2026 theme "Love Protects" recognises that safeguarding is a practical expression of Christian love.

When communities prioritise the safety, dignity, and wellbeing of children, young people and vulnerable adults, they embody the love and care that is at the heart of the Gospel.

"'Love Protects' reminds us that genuine love is demonstrated through action," said chair of the Bishops Commission for Professional Standards and Safeguarding, Bishop Greg Bennet.

"Safeguarding is an essential part of our mission and ministry. It calls each of us to be attentive, accountable and committed to ensuring that every person can participate in the life of the Church safely and with confidence."

Safeguarding Sunday also provides an opportunity to acknowledge the work of clergy, staff, volunteers and safeguarding leaders who work to foster cultures of safety and trust throughout church communities. Their dedication strengthens the Church's commitment to preventing harm, responding appropriately to concerns and promoting the dignity of every person.

As faith communities gather to mark Safeguarding Sunday, they are encouraged to reflect on the example of Jesus, who welcomed and protected the vulnerable and marginalised. His ministry inspires the Church's commitment to care, respect, and justice.

"Love protects when we listen. Love protects when we act. Love protects when we place the wellbeing of others at the centre of our decisions and our ministry," Bishop Bennet said.

"Together, we can build communities where every person is valued, respected and safe."



R U OK? Day 2026 - September 10 and Everyday!

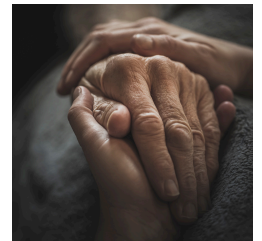


R U OK? Day is not about becoming a counselor, but about noticing, asking and listening. The current theme, "**Ask R U OK? Any Day**," emphasises that conversations should happen whenever someone is on your mind, not just a designated Day. By fostering connection and empathy, R U OK? Day helps reduce social isolation and encourages early support for mental health challenges. So turn to your neighbour, your family, your friends and **Ask - R U OK?**

Beatitude for Seniors

This poem was originally published in the St Carthage's Cathedral bulletin in 1997 and was brought into the office by one of our parishioners. A gentle reminder to take care of our elders as they navigate this part of their life's journey.

Blessed are they who understand my faltering step and palsied hand.
Blessed are they who seem to know that my eyes are dim and my wits are slow
Blessed are they who looked away when my coffee spilled on the table today.
Blessed are they who with a cheery smile stop to chat for a little while.
Blessed are they who never say "you've told that story twice today".
Blessed are they who know the ways to bring back memories of yesterday.
Blessed are they who make it known that I'm loved, respected and not alone.
Blessed are they who know I'm at a loss to find the strength to carry the cross.
And blessed are they who ease the days of my journey Home in loving ways.



Sacrament of First Eucharist

Children from the Catholic Schools in our parish are currently preparing for their First Holy Eucharist.

This will take place at Our Lady Help of Christians on **Saturday 19 September during the 4.00pm Vigil Mass** and at St Carthage' Cathedral this **Sunday 13 September at 5.00pm**.

We ask you to please keep these children in your prayers as they continue this journey.



Photos

We are currently in the process of revamping our website and are looking for past and current photos of the Churches in our area - OLHC, St Dymphna's Dunoon, Carmelite Monastery and the Cathedral.

If you have any we could use please send them to office@stcarthages.org.au

Columban Art Calendar

The Catholic Bookshop in St. Vincent's Hospital - Avondale Entrance, now has 2027 Columban Calendars in stock.

The Catholic Book and Gift Shop is also where you can purchase Sunday Missals. Open Mon - Fri, 9am - 3pm.



First Reading: Ezekiel 33:7-9

Responsorial Psalm

Psalm 94:1-2. 6-9. R.v.8

**(R.) O that today you would listen to his voice!
Harden not your hearts.**

Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. **(R.)**

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. **(R.)**

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.' **(R.)**

Second Reading: Romans 13:8-10

Gospel Acclamation

Alleluia! Alleluia!

God was in Christ, to reconcile the world to
himself;
and the Good News of reconciliation he has
entrusted to us.

Alleluia!

Gospel: Matthew 18:15-20

EUCCHARIST28

Prayer

Lord Jesus Christ, we thank you
for the gift of your real presence
in the Sacrament of the Holy Eucharist.

Grant us the grace
to receive you reverently, worship you truly
and serve you with hearts renewed.

By the power of the Holy Spirit strengthen us,
so that as you gave yourself to the Father
and to us, we too may offer our lives to God
and to others.

Inspire and help us to serve you in those
who are in need, especially
the defenceless and homeless,
the lonely and lost.

Unite us with your sacrifice of the Mass,
so that we may truly become
what we have received, the Body of Christ.

Amen.



Become a Catechist!

- Do you have a desire to grow and share your faith?
- Do you love to work with children?
- Would you like to give back to the community the blessings you receive from God?

Answer the call!
Our SRE Team need you!

We are seeking faithful, enthusiastic, and caring volunteers to serve as Catechists. You do not need to be a professional teacher. You just need a love for your Catholic Faith and a desire to share that love with the children in our parish.

For more information contact Lara Silva on 0422 699 666
or email: lsilva@lismore.catholic.org.au



Baptisms

If you would like to book in a Baptism to be celebrated at Our Lady Help of Christians, please call the parish office on 6626 0200.

Baptisms are normally celebrated on Sundays, however this can be discussed.

