

Creation-Mental Health-Peace

This October, our church community is called to weave together three beautiful threads of our faith: our care for God's Creation, Pope Leo's prayer intention for Mental Health Ministry, and the maternal guidance of Our Lady, Queen of Peace. At first glance, these themes may seem distinct, but they are deeply interconnected. True peace of mind begins when we quiet our souls, look at the world God has made, and allow His creation to restore our mental well-being.

Pope Leo's intention reminds us that mental health is a vital part of our holistic spiritual life. In a fast-paced, often anxious world, our minds can become cluttered and weary. Yet, God provides an antidote in the natural world. When we step outside and truly see the beauty of creation—the changing seasons, the steady growth of plants, the warmth of the sun—we are reminded of God's constant care for us. Caring for our common home is not just an environmental duty; it is a spiritual practice that brings order, calm and healing to our inner lives.

To live this in our daily routines, we look to Our Lady, Queen of Peace as our ultimate model. Mary's life was defined by a quiet, steady presence that brought comfort to those around her. We see this vividly when Mary visits her cousin Elizabeth. Despite carrying the weight and uncertainty of her own pregnancy, Mary did not turn inward with anxiety. Instead, she journeyed in haste to bring practical help, joy, and peace to her cousin.



Photo — Sr Anne smsm

Later in her life, we find Mary in the upper room with the disciples after the Crucifixion. In a room filled with fear, isolation, and shattered mental peace, Mary stood as a pillar of calm, praying with them and anchoring them in hope as they awaited the Holy Spirit.

How can we become Mary's presence of peace in our own homes and neighbourhoods today? We can do this by building simple, intentional daily routines that nurture our mental health and honour creation:

A Morning Walk of Gratitude: Begin your day by stepping outside for just ten minutes. Leave your phone behind. Notice the trees, the morning air, and the birds. Offer a prayer of thanks for creation, grounding your mind in the present moment before the day's demands begin.

An Evening Examen: Before sleep, look back at your day. Thank God for the moments of beauty you witnessed in creation and the people who brought you peace. Entrust your worries to the Lord, letting go of the day's burdens.

Let us ask Our Lady, Queen of Peace, to guide our hearts, so that we may be instruments of her Son's deep, restorative peace to everyone we meet.

United in Mission
Sr Anne smsm

Carols 2026 – Volunteers needed

We are looking for a few 'new' volunteers to join our existing and dedicated Carols committee to take part in the very rewarding experience of helping to plan and run this year's Carols event.

If you are interested, please contact the parish office for more information.

Thanksgiving Mass
**ALL OLQP
MINISTRY AND SERVICE VOLUNTEERS
ARE WARMLY INVITED TO A
PARISH THANKSGIVING MASS
ON FRIDAY
NOVEMBER 6TH AT 6.30PM
FOLLOWED BY AN INFORMAL CATERED MEAL
AT CAMILLERI HALL
RELAX MINGLE MUSIC CHAT
RSVP ESSENTIAL BY 20TH OCTOBER -
PARISHOFFICE@OLQP.ORG.AU OR 9631 8135**

Faith B4U...

Emmaus Anniversary Mass

The Emmaus Prayer Community will have a Thanksgiving Mass to celebrate 55 years on Saturday 24th October. Praise and Worship begins at 10.45am followed by mass at 11.15am celebrated by Bishop Vincent Long with Fr Paul and Fr Ambrose. All welcome

2026 LIFTED Live in the Forecourt 24 Oct

All are welcome to St Patrick's Cathedral, Parramatta on Saturday, 24 October for LIFTED Live in the Forecourt 2026. Join hundreds of young people and families for a Youth Mass at 6pm followed by festivities in the forecourt. Encounter the variety of talent and passion of Western Sydney and Blue Mountains, with live performances, inflatable games, small businesses, adoration and more. **Register by visiting** parracatholic.org/lifted-live

Public Talk on Nurturing an Australian Spirituality – Pre-Colonisation, Colonisation and Walking Together

Join Aboriginal Catholic leader Evelyn Parkin as she explores the meeting of Aboriginal and Christian spirituality, the impact of colonisation, and pathways for walking together.

This presentation is part of a series titled the Stockton Conversation, named after the late Fr Eugene Stockton, STD, LSS, who was its inspiration and patron.

Sunday 1 November 2026, 2.00pm, Mavis Wood Hall, Mid-Mountains Community Centre, 7 New Street, Lawson. All welcome

Design the Catholic Outlook Magazine front cover for Christmas 2026!

We're inviting you to design the front cover of the Catholic Outlook Magazine's Christmas and Summer 2026 edition! People of all ages from across the Diocese of Parramatta are welcome to submit their artwork for consideration. Let's make this Advent and Christmas season a canvas of faith and joy – together. **Submit your entry by Friday 6 November 2026** – with a short description of your artwork – via parracatholic.org/artcomp.

Let us pray...

FOR OUR SICK, that they will be nourished with hope & recognise the loving presence of God in their lives.

Chantel Adrien, Mary Anjoul, Rita Attard, Amara Bewert, Ellen Boissett, Frank Borg, Haryono Budiono, Ann Bugaya, Catherine Buttigieg, Mary Camilleri, Karl Croning, Charlie D'Anastas, Kathleen Davies, Jeanette Dib, Nerida Fabri, Gabrielle Farfus, Delina Galea, Dorothy Gatt, Mary Ghantous, Kay Jaunais, Margaret Jones, Tulla Kavich, Patrick Kelly, Tyler Kenedy, Peter Kennedy, Maxine Kroebel, Michelle Makin, Joyce Mifsud, Elsie Moran, Joseph Moses, Alex Noble, Martin Portelli, Jeizek Reyes, Benjie Santiago, Martin Shaw, Barbara Stanton, Carmel Thompson, Cathy Vella, Eddie Vella, Joe Vella, Sue Watters, Gerard Watts, Grace Widjaya, Maureen Zarb, Joseph Zerafa, Melissa Zerafa, Muna Zora

FOR DEATH ANNIVERSARIES, that they now know the fullness of life & delight in God - may they pray for our active purpose in God's Mission

Margaret Caruana, Teresa Dulisse, Christopher Egan, Paul Falzon, Antonia Vicaretti

FOR OUR RECENTLY DECEASED, may our Lord embrace them with unimaginable joy & bless those who grieve with the power of hope. *Funeral details are correct at time of print, but it's best to not make this your only source*

Elie Aboumelhem, Nicholas Buhagiar-Tue 20/10 @ 11.30, Vincent Mifsud, Alfred Scicluna- 30/10 @ 11 (husband of Anna, recently deceased)

WYD27 Songwriting Competition

Submissions close 16th December.

Young people of the Diocese of Parramatta, we want your original song to inspire our pilgrims on their journey to World Youth Day! Open to individuals or groups aged 16–35. All musical genres welcome. Find out more and submit your song via our WYD27 website: parrawyd.org

Free Legal Clinic – Catholic Care, Emerton

Access FREE legal advice on matters including Family Law, Care and Protection, Local Court matters, Wills and Estates, Traffic offences.

Emerton, every Thursday from 11am at 11 Emert Parade, Emerton.

Make a booking phone 8843 2500. Walk-ins welcome.

Springwood, every second Monday from 11 am at Catholic Care, 3/163 Macquarie Rd, Springwood.

Make a booking phone: (02) 8843 2500 or (02) 8843 2545. Walk-ins welcome.

Rosary Workshops

Come along for a fun evening of community and crafting rosary beads that will then be donated to the sick and dying in hospitals across our Diocese. The craft evening will be held on **5 November**. Costs are \$5 per person – payable on arrival (includes all materials).

To **register and for more information**, please visit parracatholic.org/rosary-workshops

The FaithFeed ECHO: 6 November

Looking for a space that brings together creativity, music and meaningful conversations?

Searching for a place where gifts among those in their 20s, 30s and 40s can be celebrated and empowered? Register for TFF ECHO – an experience from The FaithFeed. Food, drink and live music provided! Doors open at 7pm with live music from a 7:30pm start.

Register via parracatholic.org/events/the-faithfeed-echo

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Our Mission: To grow as a community in the likeness of Christ

Cardinal Gilroy Village Open Day

Friday 30th October at 10am-12pm

Cardinal Gilroy Village in Merrylands, offers a welcoming community where residents can enjoy an independent lifestyle and a sense of belonging. The Open Day will be an opportunity to explore our village, view our accommodation and learn more about retirement living options and the support available to older members of our community.

Is your Safeguarding up to date?

All Clergy, employees and volunteers in parish ministry are required by the NSW Children's Guardian Act 2019 to be current and complete their Safeguarding Training every 2 years. This is different to a Working with Children's Check (WWCC).

Check with the Parish Office to see when you are due to update your Safeguarding Training or refer to the points below.

- If you are new to Ministry or have not yet completed any Safeguarding training, you need to complete the Introductory Modules 1 to 3 (Cycle 1) & Sign the Acknowledgement of Code of Conduct Form.
- If you completed Modules 1-3 in 2024 or earlier. You are now due to complete Modules 4 & 5 (Cycle 2)
- If you completed Modules 4 & 5 in 2024 or earlier. You are now due to complete the Refresher Module 6 (Cycle 3)

Safeguarding Training Modules can be completed online at:
<https://learning.safeguarding.org.au/>

Or contact the parish office at: parishoffice@olqp.org.au or phone: 9631 8135

New Choir Members Always Welcome

If you'd like to join the Parish choir, please contact the Parish Office.

We meet on a Monday night at 7:30pm in the church (not all year round). Please contact the Parish Office to check.



Gardens can be where we feel the caress of God, but they can also be where we use a lot of our household water. Suggestions to reduce water usage include:

Add compost or good potting mix into the soil as this will help hold moisture for longer

Using water saving granules or equivalent, especially in pots

Use pots made of glazed ceramic rather than terracotta because water evaporates through the sides of terracotta

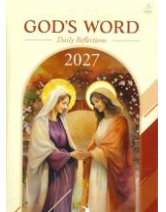
Don't use coir fibre liners as hanging baskets as these really lose moisture

Use larger pots as these hold more soil and moisture, which keeps roots damp much longer than small pots

On Sale in the Parish Office

Columban Calendar 2027 - \$10

God's Word 2027 - \$22



EFTPOS Available

This Sunday's Readings

1st Reading

Isaiah
45:1, 4-6

2nd Reading

1 Thessalonians
1:1-5

Gospel

Matthew
22:15-21

Next Sunday's Readings

1st Reading

Exodus
22:20-26

2nd Reading

1 Thessalonians
1:5-10

Gospel

Matthew
22:34-40

Mass Times

Monday - 9:15am

Tuesday - 9:15am

Wednesday - 6:30am | 9:15am

Thursday - 9:15am

Friday - 6:30am | 9:15am

Saturday - 9:15am (except January

- Vigil 5:00pm (live streamed)

Sunday - 7:00am | 8:30am | 10:30am | 6:00pm

Mass for Peace - all welcome - followed by Anointing of the Sick - 1st Saturdays 9:15am (except January)

Memorial Mass - all welcome - and offered for recent losses and 1st/2nd anniversaries - 2nd Saturdays 9:15am

Reconciliation:

Saturday - 4:00pm - 4.45pm

Please join us via Facebook or Website, olqp.org.au, every Saturday Vigil Mass at 5:00pm

Rosary in the church:

Weekdays at 8:30am & Friday nights at 6:30pm

ZOOM option available Friday night for those who cannot travel to the church for rosary.

Meeting ID: 896 7944 2594 | Passcode: rosary

P: 9631 8135 | E: parishoffice@olqp.org.au

Emergency Contact Only 0447 509 207

Parish Office Hours: 9am – 1pm, 2pm – 4pm Monday to Friday

PO BOX 5035 Greystanes 2145 | 198 Old Prospect Rd, Greystanes

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