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**We welcome Fr. Brian back
after his Harvest Pilgrimage to Portugal, Spain and France.**

LIVING WITH GRIEF - PART 2

(A continuation from last weekend)

PRACTICAL WAYS OF LIVING WITH THE EXPERIENCE OF GRIEF *from the website "Support After Suicide" at <http://www.supportaftersuicide.org.au>*
THIS IS APPROPRIATE FOR ANY TYPE OF GRIEVING:

- Be gentle and take time for yourself: have a longer bath/shower, go on walks, sit in a warm nurturing space, visit special places you connect with your loved one, breathe deeply.
- Give yourself time to remember, to look at photos, to share stories, to laugh and cry.
- Create a memory book or a memory box; create or build a special memento to your loved one: a garden, a CD, photo album or DVD.
- Be with people you are comfortable spending time with in conversation or in silence.
- Involve yourself in some light activity: golf, walking, fishing.
- Prepare for special days and holidays with your family/friends. Christmas, birthdays and anniversaries can be difficult times. Plan a visit to the cemetery, light a candle or maybe spend some time at the person's favourite place.
- Make resolutions for new and renewed directions in your life and in the life of your family.
- Keep a journal. Fill it with your thoughts and memories. Take time to reflect and think.
- Avoid increased use of alcohol, smoking, prescription medication and other drugs; avoid too much coffee and tea to help you sleep at night.

PRAYER FOR STRENGTH WHEN GRIEVING

Lord, at the moment nothing seems to be able to help the loss I feel.

My heart is broken and my spirit mourns.

All I know is that Your grace is sufficient.

This day, this hour, moment by moment

I choose to lean on You,

for when I am at my weakest Your strength is strongest.

I pour out my grief to You

and praise You that on one glorious day

when all suffering is extinguished and love has conquered

we shall walk together again.

GRIEF AFTER THE DEATH OF A PET

When a person you love dies, it's natural to feel sorrow, express grief, and expect friends and family to provide understanding and comfort. Unfortunately, the same doesn't always hold true if the one who died was your companion animal. Many consider grieving inappropriate for someone who has lost "just a pet." Nothing could be further from the truth.

People love their pets and consider them members of their family. Caregivers celebrate their pets' birthdays, confide in their animals, and carry pictures of them in their wallets. So when your beloved pet dies, it's not unusual to feel overwhelmed by the intensity of your sorrow.

Animals provide companionship, acceptance, emotional support, and unconditional love. If you understand and accept this bond between humans and animals, you've already taken the first step toward coping with pet loss: knowing that it is okay to grieve when your pet dies.

PRAYER FOR ONE WHOSE BELOVED ANIMAL HAS DIED

God the refuge and strength of those who mourn:

hear our prayers for those who grieve the death of their beloved animal.

Bring solace in loneliness, peace in distress, and comfort in remembering;

and lift their hearts in thanksgiving for the gift of companionship they have known.

Be near to all who have mourned the loss of dear animals we pray in Jesus' name.

Amen.

RECENTLY DECEASED: Carmelo Tranchida (Husband of Nunzia, Father & Father-In-Law of Sarina & Fred Lenihan, Peter & Gail [Dec], Tony & Pam - Funeral Mass-Monday 1PM), Bev Hayes (Dalby: Mother of Terry), Bernie Denham (Formerly of Inglewood: Husband of June), Sr. Mary Jo Mulligan (Sr. Mary Aiden) (30.10.15 Former Stanthorpe Sister of Mercy), Bernie Ryan, Emily Rose Mahony (35 minutes old - We pray for Emily's parents and family at this time.), Deborah Garlin, Karen Anderson

TO REMEMBER: Albino & Maria Volpato & Deceased Family Members of the Gasparin Family, Alfio Musumeci, Sarina Giacca, Bruno Tomasel

FOR THE SICK: Aiden Finch (Nine months - Son of Adrian & Miriam), Elsie Leake, Nancy Kimlin, Cathy Sullivan, Dr. Frank Carmody, Doris Gray, Sophia Pereira, Elaine Burton, Julia Johnstone, Ned Sparksman, Gloria Keats, Juan Pereira, Lisa Hopgood, Greg Keen, Danny Mahoney, Linda Vinciguerra, Ev Hayes, Rosemary Paget, Marie Keen, Bridey Kelly, Enid McCarthy

FIRST CELEBRATION OF THE SACRAMENT OF PENANCE will take place in **St. Joseph's Church** at **6.30PM** this **Monday night (9th November)**.

At the Masses this weekend, the children will come forward before the Lord's Prayer, receive the Sign of Peace from Fr. Brian and return to their families and share the Sign of Peace with them.

This reminds us of an important aspect of the Sacrament of Reconciliation – God is generous in mercy when God forgives us our sins. God wants us to be forgiving and at peace with each other.

At the Sign of Peace we try to remember how important it is to love and forgive each other because God loves and forgives us. Let us hold in prayer the children celebrating this Sacrament for the first time on Monday night.

NOVEMBER MASSES: **Special Envelopes are available in the foyer for those who wish to have Mass offered for deceased loved ones.** Please write the names of those to be remembered on the envelope and return to the Parish Office or place on the collection plate on Sunday. The names of all for whom Masses will be offered are placed in a basket in front of the altar during November. ***These names do not appear on the Bulletin.***

BOOK OF DECEASED: The special Book of the Deceased is another way in which we remember our deceased loved ones during the month of November, when we pray for the Holy Souls. **If you wish to add to the names which have been placed in the Book in previous years,** please add names to the sheet on the table in the foyer and they will be included in the Book.

THIS WEEK:

THE YEARLY MASS OF REMEMBRANCE and THANKSGIVING for those who have died in our Parish and elsewhere during the last twelve months and their families will be held **this Tuesday night 10th November at 7PM** in **St. Joseph's Church.**

Parishioners are encouraged and invited to this Mass to pray for our loved ones who have died, and to support all the families who have who have lost loved ones during the past year.

A letter has been sent to an immediate family member of those who have died in our Parish or elsewhere during the past year. **Whoever in the family receives the letter is asked to contact the other family members informing them of the Mass and extending an invitation for them to attend.**

Let us warmly support all those who have lost loved ones this last year.

It would be appreciated if parishioners (even if you are not coming to the Mass), could provide a plate for the light supper. This can be brought on the night or left at the Presbytery during the day.

MASSSES: MON: NO 7AM Mass – FUNERAL MASS for CARMELO TRANCHIDA – 1PM;
TUES: NO 7AM Mass - 7PM YEARLY MASS OF REMEMBRANCE AND THANKSGIVING for those who have died during the last twelve months; **WED: 11.45AM; THURS: 9.15AM;**
FRI: 5.30PM; SAT: 7AM; SATURDAY VIGIL: 6.30PM; SUNDAY: 8.30AM

FEAST DAYS: MON: DEDICATION OF THE LATERAN BASILICA; TUES: ST. LEO THE GREAT, Pope & Doctor; WED: ST. MARTIN OF TOURS, Bishop; THURS: ST. JOSAPHAT, Bishop & Martyr

FOR SALE: Two Draw Fisher & Paykel Dishwasher. Excellent condition. \$400.00. Contact Cheryl Carletti 0412 692 651 or Denise Hilton 4681 1672.

COMING UP:

“A JOURNEY OF JOY, HEALING AND COMPASSION”: Some of you may remember that last year there was a day entitled “Walking the Emmaus Journey” held in Warwick for the Southern Downs Deanery as well as in other deaneries of the diocese. Again this year, a **“day of inner nourishment”** is being offered in various deaneries of the diocese – the theme this year is **“A Journey of Joy, Healing and Compassion - Tuesday 17 November 2015 - 9.30AM to 2.30PM - St. Mary’s Parish Centre, Palmerin Street, Warwick.** Please bring lunch to share. No cost involved. Facilitator: Sr. Elaine Morzone MFIC
For any queries contact Sr. Elaine via **Email : emorzone@twb.catholic.org.au**
Phone: (07) 4632 427 Mobile: 0458 020 906.
Please contact Sr. Esther 4681 2137 or Bernice Steele 4681 2086 if needing transport.

SACRAMENT OF BAPTISM will next be celebrated on **Sunday 22nd November**, and again on **27th December**. Parents wishing to have their child Baptised need to contact the Parish well in advance to prepare for Baptism which is celebrated usually once a month during the 8.30AM Mass.

Extraordinary Jubilee Year of Mercy

**The Extraordinary Jubilee Year of Mercy begins on 8th December 2015
—the 50th anniversary of the closing of the Second Vatican Council—
and concludes on 20th November 2016.**



Pope Francis will open the door of St Peter's Basilica to officially welcome the Jubilee Year.

He has said that the door will become

“a Door of Mercy through which anyone who enters will experience the love of God who consoles, pardons, and instils hope.”

The Jubilee Year's theme is:

“Be merciful, just as your Father is merciful.”

A jubilee year is a special year called by the church to receive blessing and pardon from God and remission of sins. The tradition started about 700 years ago and 26 jubilees have been celebrated since. Of those, only three have been “extraordinary” (including this Year of Mercy).

The official proclamation (bull of indiction) of the Extraordinary Jubilee Year of Mercy is entitled *Misericordiae Vultus* (“The Face of Mercy”) and explains how in Jesus Christ, in His words and actions, the mercy of God has been revealed.