

Eighteenth Sunday after Pentecost

TECH BITES

By Fr Michael Kearney, SSPX

Are you using your phone, or is it using you?

Smartphones and indeed all technology are **tools**; they help us to do certain things or to do them better. But we should only pick up a tool when we need it. We only use a hammer when we want to put in a nail. We don't carry it around all the time, and we don't let it tell us to pick it up!

We need to ask ourselves: *Are we using our smartphone, or is it using us?* We can answer this question by seeing how much we use our phone and its different apps. This usage information can be found using Screen time on the iPhone and Digital Wellbeing on Android Phones.

We often lose track of how much time we have spent using our phone, so it is good to first estimate how long we think we have used our phone and then learn the truth from Screen Time or Digital Wellbeing. Many of us are not aware of how much we are using our phones.

Challenge: Spend the next week monitoring how much you use your phone and its apps. Before you check Screen Time or Digital Wellbeing, estimate how long you used your phone the previous day to see how aware you are of the time you are using the phone.

Church of the Child Jesus & St Joseph



Society of St Pius X

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Parish Bank Account Name: Society of St Pius X, Ltd

BSB 012395 and Account No. 230356299

Regular Confession Times:

Sundays: 7:20-7:50am; 9:50-10:20am

Thursdays: 10:30-10:50am

First Fridays: 6:30-6:50pm

Saturdays: 8:30-8:50am

Liturgical Offices		
Sunday, 27 th September: Eighteenth Sunday after Pentecost (II cl)		
8:00 am	Low Mass	2 nd Collection: School
10:30 am	Sung Mass	
5:30 pm	Vespers, followed by Rosary and Benediction	
Monday, 28 th September: St Wenceslaus, Duke & Martyr (III cl)		
7:15 am	Low Mass	
9:00 am	Low Mass (<i>No Benediction</i>)	
Tuesday, 29 th September: Dedication of St Michael the Archangel (I cl)		
---	NO MASS	
Wednesday, 30 th September: St Jerome, Priest, CD (III cl)		
---	NO MASS	
Thursday, 1 st October: Feria (IV cl) <i>St Remigius, BC</i>		
---	NO MASS	
Friday, 2 nd October: Holy Guardian Angels (III cl) <u>FIRST FRIDAY</u>		
7:15am	Low Mass	
6:00 pm	Rosary	(6:30 pm Confessions: Fr Stafki)
7:00 pm	Low Mass, followed by First Friday Devotions and adoration of the Blessed Sacrament until 11:00pm	
Saturday, 3 rd October: St Therese of the Child Jesus (III cl) <u>FIRST SATURDAY</u>		
7:15 am	Low Mass, followed by First Saturday Devotions and Benediction	
9:00 am	Sung Mass of the Immaculate Heart of Mary	
6:00 pm	Rosary	
Sunday, 4 th October: Nineteenth Sunday after Pentecost (II cl) <i>Solemnity of the Holy Rosary</i>		
8:00 am	Low Mass- Nineteenth Sunday after Pentecost	
10:30 am	Sung Mass- Solemnity of Our Lady of the Most Holy Rosary	
5:30 pm	Vespers, followed by Rosary and Benediction	

Eucharistic Crusade October Intention: For our bishops.

2026 End of Year Youth Event in Goulburn: 27-30th December, ages 18 to 30. Please sign up by contacting Holy Cross at (02) 4829 5177 or goulburn@sspx.au. Limited spaces. Please see the flyer that has been posted.

Sister Mary Michael's Golden Jubilee: On Tuesday 29th September, the feast of St Michael the Archangel, Sister Mary Michael will celebrate the 50th anniversary of her religious profession. Her first profession was made in the presence of Archbishop Lefebvre, 50 years ago, on this day, in Albano, Italy. Please join us in praying for her on that day and thanking God for the grace of fidelity. *Ad multos annos!*

Parish Help		
Cleaning Roster – 3rd October: Boniface Moran		
Morning Tea and Cakes: Sunday – 4th October		
8:00am	Mr & Mrs Ortiz	Coffee: Mrs Barber
10:30 am	Mr & Mrs Suttie	Coffee: Clara & Josephina Suttie
In your charity, please remember those whose anniversaries occur at this time: Dennis Haggerty; Eileen Tasker; Catherine Brown; Dennis Cadogan; Michael Dineen; William Sly; Vaclau Kalina; Gertrude Braacksma; Mary Brown; Magdela McArthur.		
Other Mass Centres Sunday, 4 th October 2026		
Singleton @ 10:00 am	Suva, Fiji @ 10am	Nakavu, Fiji @ 5pm

Sunday Catechism: No classes today. Classes resume 11th October.

Year 7+ Girls After-school Catechism: No classes due to school holidays.

Adult Catechism: No class due to First Friday Devotions. Come, let us adore!

Priests' Meeting in Goulburn: Please note that from Tuesday 29th September through to Thursday 1st October, there will not be Mass available in Rockdale as the priests will all be away for the annual Priests' Meeting. Please pray for your priests. *Please see the announcement below for emergency contact information.*

Emergency Contact Information: If there is a sacramental emergency during the Priests' Meeting this week, please contact us on our emergency line **0409 200 273** or at Goulburn **(02) 4829 5177 or 0448 417 000**.

Daylight Savings Time: Begins next Sunday 4th October. Clocks move forward one hour.

100's Club Winners: Week 3 - 1st prize \$100: Mr Norman Ayoub; 2nd prize \$50: Mr Primo Medves; 3rd prize: \$25 – Mr & Mrs Tupaz

Ora et Labora - Men's Prayer and Work: Fr McNamara invites the men of Rockdale to Goulburn for October Long Weekend, 3-6 October. There is plenty of work to be done. Please see the flyer that has been posted. RSVP (02) 4829 5177

Save the Date! 25th October: The Feast of Christ the King will take place on Sunday 25th October. We will once again have the opportunity to bear public witness to the King of Kings by a Solemn High Mass in the Rockdale Town Hall at 9:00am, followed by a procession through the streets. More details will follow.

Ladies' working Bee: Thank you for all your good work. So much was accomplished! May God reward you one hundredfold.