

Nineteenth Sunday after Pentecost

TECH BITES

By Fr Michael Kearney, SSPX

#2 Separating ourselves from our phone

If we were monitoring our phone over the last week, we are probably shocked at the time we spend on our phone. We did know we use our phone more than we should, but not that much! Perhaps we also noticed that we are more distracted when our phone is close to us, especially when we can see it. We know that we will work better, play better, sleep better, pray better, and be more present to those around us if we separate ourselves from our phones during these activities.

We can separate ourselves physically, temporally, and by elimination:

1. Physically, by 'Landlining' our phone at home or the office - we plug it in at a set place, such as in the kitchen and only use it there while we are at home or put it in a drawer at work. This place should be out of our sight and out of easy reach.
2. Temporally, by selecting certain times and activities where we don't use our phone or have them with us. The phones themselves can help with this if we set up Focus in iPhone or Focus Modes on Android to disable distracting apps at certain time periods.
3. The most effective separation is elimination: Remove the apps that waste your time and that you don't need. Or even eliminate your smartphone and replace it with dumbphone.

Challenge: Choose one of the strategies to help separate yourself from your phone, landlining is probably the easiest, implement it, and make a commitment to stick with it for the next week.

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, 4 th October: Nineteenth Sunday after Pentecost (II cl)		
Solemnity of the Holy Rosary		
8:00 am	Low Mass- 19 th Pentecost	2 nd Collection: Flowers
10:30 am	Sung Mass of Holy Rosary	
5:30 pm	Vespers, followed by Rosary and Benediction	
Monday, 5 th October: Feria (IV cl) St Placid & Companions, Mm		
7:15 am	Low Mass, <i>Requiem for deceased SSPX members & benefactors</i>	
9:00am	Low Mass	
6:00pm	Rosary & Benediction	
Tuesday, 6 th October: St Bruno, C (III cl)		
7:15 am	Low Mass	
6:00pm	Rosary & Benediction followed by Low Mass	
Wednesday, 7 th October: The Most Holy Rosary (II cl) St Mark I, PC		
7:15 am	Low Mass	
9:00 am	Low Mass	
6:00 pm	Rosary & Benediction	
Thursday, 8 th October: St Bridget of Sweden, Widow (III cl)		
Sts Sergius, Bacchus, Marcellus & Apuleius, Mm		
7:15 am	Low Mass	
10:30 am	Funeral Mass for Miss Mary Byrne (<i>Holy Hour cancelled</i>)	
6:00 pm	Rosary & Benediction	
Friday, 9 th October: St John Leonardi, C (III cl)		
St Dionysius, BM; Sts Rusticus & Eleutherius, Mm		
7:15am	Low Mass	
8:50 am	Low Mass <i>with children's sermon</i>	
6:00 pm	Rosary& Benediction	
Saturday, 10 th October: St Francis Borgia,C (III cl)		
7:15 am	Low Mass	
9:00 am	Low Mass, followed by Novena to the Holy Infant of Prague	
6:00 pm	Rosary & Benediction	
Sunday, 11 th October: Twentieth Sunday after Pentecost (II cl)		
Commemoration of the Maternity of the Blessed Virgin Mary		
8:00 am	Low Mass	
10:30 am	Sung Mass	
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.

Parish Help		
Cleaning Roster –10th October: Cargando Family		
Morning Tea and Cakes: Sunday – 11th October		
8:00am	Mr & Mrs Macandog	Coffee: Donna Laurianto
10:30 am	Mr & Mrs Baxter	Coffee: Rachel Sloane
In your charity, please remember those whose anniversaries occur at this time: Magdela McArthur; Francis Cadogan; Mary Coghlan; Mary Gertrude Fisher; Noel Mosen; Mariannina Cusolito; Helen Fitzpatrick; John Verleg; Elsa Koziol; Jim Gallagher; Mary Byrne		
Other Mass Centres Sunday, 11 th October 2026		
Singleton @ 10:00 am	Nakavu/Suva, Fiji	Vunapisu, Vanuatu

Daylight Savings Time: Begins today 4th October. Clocks move forward 1 hour.

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

Year 7+ Girls After-school Catechism: Wednesday at 4:00 pm.

Adult Catechism: Please join us this Friday at 7:30pm for a class given by Fr. S. Elias on the Victories of Mary by the Rosary: Lepanto.

No School on Monday: St Dominic Savio's Primary School will not be in session this Monday due to the public holiday. School resumes on Tuesday 6th October.

Sister Mary Michael's Golden Jubilee: The celebration in Goulburn, on Tuesday 29th September, in the presence of Father Pagliarani, the Superior General of the SSPX and all the Priests, Brothers and Sisters of the district, was truly magnificent. Sister thanks you warmly for your prayers, cards & kind wishes.

RIP+ Miss Mary Byrne: Please remember Mary and her family in your prayers. She passed away on 24th September at the age of 79. Her funeral will be here this Thursday 8th October at 10:30 am. *The Vocations Holy Hour will be cancelled.*

Month of October: There will be Benediction and Rosary every day during the month of October in honour of Our Lady of the Rosary. Please come with your families as often as you are able. What better way to prepare for Christ the King?

13th October: Save the date. Evening procession in honour of Our Lady of Fatima.

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 High Mass in the Rockdale Town Hall at 9:00am, followed by a procession through the streets. More details will follow.

100's Club Winners: Week 4 - 1st prize \$100: Mr Joshua Pepping; 2nd prize \$50: Mrs Felicity Mamae; 3rd prize: \$25 – Mr & Mrs Dundovic