

Twentieth Sunday after Pentecost

TECH BITES

By Fr Michael Kearney, SSPX

#3 The Technology Curfew

We need to sleep well to live effective lives. There are many factors involved in getting a good night's sleep, but even if we do everything else right, we can still have poor sleep if we use our smartphone or another screen too close to our bedtime. The blue light of the phone will disrupt the hormones that help us go to sleep and interaction with the phone will stimulate our minds so that we will have trouble winding down.

We need to protect our sleep from our phones using a **technology curfew**. This curfew should extend from one hour before our bedtime until the next morning after we get out of bed and get ready for the day. To make this curfew effective we also need to separate ourselves physically from our phones, for having our phone close by is too much a temptation for many of us. Our phone and other screens should be banished from our bedrooms or at least placed out of reach of the bed. We should get out of the habit of using the phone for an alarm, because it gives us an excuse to keep it close at night, and places it in front of us first thing in the morning. The price of an alarm clock is a small price to pay for good sleep.

Challenge: Select a technology curfew time one hour before your bedtime (making sure that the bedtime itself is not too late). Find a place outside your bedroom to charge your phone and put it to sleep and purchase a separate alarm clock.

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, 11 th October: Twentieth Sunday after Pentecost (II cl) <i>Commemoration of the Maternity of the Blessed Virgin Mary</i>		
8:00 am	Low Mass	2 nd Collection: Parish
10:30 am	Sung Mass	
5:30 pm	Vespers, followed by Rosary and Benediction	
Monday, 12 th October: Feria (IV cl)		
7:15 am	Low Mass	
8:45 am	School Benediction followed by Low Mass	
6:00pm	Rosary	
Tuesday, 13 th October: St Edward the Confessor (III cl) <i>The Miracle of the Sun at Fatima</i>		
7:15 am	Low Mass	
6:00pm	Procession , Rosary, Benediction & Consecration to the Immaculate Heart of Mary, followed by Low Mass	
Wednesday, 14 th October: St Callistus I, PM (III cl)		
7:15 am	Low Mass	
9:00 am	Low Mass	
6:00 pm	Rosary & Benediction	
Thursday, 15 th October: St Teresa of Avila (III cl)		
7:15 am	Low Mass	
10:00 am	Holy Hour followed by Low Mass at 11:00 am	
6:00 pm	Rosary	
Friday, 16 th October: St Hedwig, W (III cl)		
7:15am	Low Mass	
8:50 am	Low Mass <i>with children's sermon</i>	
6:00 pm	Rosary & Benediction	
Saturday, 17 th October: St Margaret Mary Alacoque, V (III cl)		
7:15 am	Low Mass, followed by Novena to the Holy Infant of Prague	
9:00 am	Low Mass	
6:00 pm	Rosary & Benediction	
Sunday, 18 th October: Twenty-first Sunday after Pentecost (II cl) <i>Commemoration of St Luke, Evangelist</i>		
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 –17th October: Pasi Family		
Morning Tea and Cakes: Sunday – 18th October		
8:00am	Mr & Mrs Ramos	Coffee: Achilla Canazares
10:30 am	Mr & Mrs Moran	Coffee: Simone Babate
In your charity, please remember those whose anniversaries occur at this time: John Verleg; Elsa Koziol; Maria Bela; Frances Patricia Hogan; Michael Mahy; Norman Nehma; Edith David; Mary Bultitude; Jessica Louise Catherine Memmolo; Bernard Joseph Waterford; Clarence James Barnes; Antonio Rossi.		
Other Mass Centres Sunday, 18 th October 2026		
Singleton at 10:00 am		Armidale at 9:30 am

Sunday Catechism: Classes resume today for all ages, from 9:40 am to 10:10 am.

Year 7+ Girls After-school Catechism: Classes resume this Wednesday at 4pm

Adult Catechism: Please join us this Friday at 7:30pm for a class given by Fr Cranshaw on The Knights of the Immaculata and Their Work. Wine and cheese will follow this class. Please bring a plate and a bottle to share.

Please Pray for the Women's Retreat this Week: At Goulburn, the women's retreat will take place from 12-17 October. Please keep the ladies in your prayers.

13th October Procession in honour of Our Lady of Fatima: Come and honour our Heavenly Mother by a procession around the property followed by Rosary, Benediction and Consecration to the Immaculate Heart of Mary. Start time 6:00 pm followed by Low Mass.

100's Club Winners: **Week 5** - 1st prize \$100: Moran Family; 2nd prize \$50: Mr Babate; 3rd prize: \$25 – Miss Monica Massey (QLD)

Feast of Christ the King, 25th October: The Feast of Christ the King is only 2 weeks away. ***The only public Mass that day will take place at Rockdale Town Hall at 9:00am***, followed by a public procession through the streets of Rockdale. After the final Benediction in our church, there will be a parish get-together for the King of All Nations meal. Sign up sheets for your meal contributions are posted in the hall. Please help us make this a great celebration of Christ's Kingship!

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?