



Holy Trinity Catholic Church

Served by the Jesuits in Southern Africa

16 Stiemens Street, Braamfontein, 2001, Johannesburg, South Africa

P.O. Box 31087, Braamfontein 2017, Johannesburg, South Africa

🌐 trinityjhb.co.za ✉ parish@trinityjhb.co.za ☎ 011 339-2826

20 OCTOBER 2024

Twenty-Ninth Sunday in Ordinary Time, Year B

World Mission Sunday

Psalm Response:

May your merciful love be upon us, as we hope in you, O Lord

This week's liturgies

<p>Sunday 07h30 Pro Populo 09h30 Deceased of Farah & Mayer Families 16h00 Pro Populo</p>	<p>Is 53, 10—11 Ps 33 Heb 4, 14—16 Mk 10, 35—45</p>
<p>Monday 13h15: Pro Populo</p>	<p>Eph 2, 1—10 Ps 100 Lk 12, 13—21</p>
<p>Tuesday 13h15: <i>Special Intention & Healing for the Santana Family</i></p>	<p>(ST. JOHN PAUL II P) Eph 2, 12—22 Ps 85 Lk 12, 35—38</p>
<p>Wednesday 13h15 <i>RIP: Elizabeth Maseko</i></p>	<p>(ST. JOHN OF CAPISTRANO PR) Eph 3, 2—12 Resp: Is 12 Lk 12, 39—48</p>
<p>Thursday 13h15 Pro Populo</p>	<p>(ST. ANTHONY MARY CLARET B) Eph 3, 14—21 Ps 33 Lk 12, 49—53</p>
<p>Friday 13h15 <i>Special Intention & Healing for the Santana Family</i></p>	<p>Eph 4, 1—6 Ps 24 Lk 12, 54—59</p>

** Italics indicate Mass intention*

PROCLAIMERS

07h30
Gail Faller
Dawn Linder

09h30
Sabie Makgothi
Rudi Maritz

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

07h30
Mary Salmon
Laura Geretto
Thelma Melk
Fiona Pretorius

09h30
Marcia Bello
Lorraine Zvigo
Sthandiwe Msomi
Oswald Mokoena

Office Hours

Monday – Friday: 09h00—13h00

Mass Times

Monday - Friday: 13h15

Sunday: 07h30 | 09h30 (Sung)
16h00

Morning Prayer

Sunday: 09h00 (before 09h30 Mass)

Join in the prayer of the Church
led by our *Schola Cantorum*

Confessions

Monday – Friday: after 13h15 Mass

Exposition

Monday – Friday: 12h00-13h00

Benediction

Friday: 13h00

Weddings and Baptisms

by appointment, contact parish office

Parish Staff

Pastor: Fr. Russell Pollitt SJ
frrussell@trinityjhb.co.za

University Chaplain: Fr. Matsepene Morare SJ
frmatsepene@trinityjhb.co.za

Deacon: Rev. William Davies
revbilly@trinityjhb.co.za

Director of Music: Mr. Cameron Upchurch
music@trinityjhb.co.za

Administrator: Mr. Tebogo Petja
parish@trinityjhb.co.za

Residence Manager: Mrs. Cathy Setlogelo
resmanager@trinityjhb.co.za

Banking Details

Holy Trinity Catholic Church
Standard Bank, Braamfontein (004805)

Account: **002 294 192**

St. Vincent de Paul, Braamfontein Standard Bank,
Braamfontein (1842)

Account: **22 090 752 8**



Snap here to pay

PARISH NOTICES ~ 20TH OCTOBER 2024

ALL SAINTS DAY—2024

We will commemorate All Souls Mass on Saturday, 2 November, at 17h30. If you have lost a loved one or friend, come and remember them at this Mass. It will be celebrated traditionally, including chants from the Gregorian *Missa pro Defunctis* and the *Pie Jesu* from Faure's Requiem. We will also have a special prayer in the Garden of Remembrance.

NOVEMBER PIOUS LISTS

During November, Masses will be offered for our deceased family and friends. Pious lists are available on the tables at the entrances to the church. Please fill in the forms and place them in the envelope, together with your donation and return it. These lists will be placed on the altar at all Masses.

ROAD CLOSURE: 17 NOVEMBER 2024

Please note that the Ride Joburg Cycle Race is on Sunday, 17 November 2024, which will affect access to the Church. We will announce adjusted Mass times for that weekend.

PLEASE HELP: NO CASH IN CAR PARK

Please do not give cash to anyone begging in the Church parking area or at the gate. The parish does many things to help people with food, clothes, medical needs, etc. Giving cash to people creates challenges for the parish and for people attending mass.

CHRISTMAS LUNCH FOR THE HOMELESS

Christmas lunch for the homeless will be on Saturday, 7 December 2024. We are looking for monetary donations and food contributions. For EFT donations, please use "homeless lunch" as a reference. We are inviting volunteers to assist with various tasks. Please write your details on the list on the table at the back of the church.

BAPTISM

For all parishioners wishing to baptise their babies, please fill in this [FORM](#). The parish will then contact you to set an appointment with Fr. Russell. The last baptism class for the year is on 23 November, and baptism is on 30 November.

SERMON OUTLINE

For the last six weeks an electronic "Sermon Outline" is sent on the Parish WhatsApp group for the weekend. The outline is supposed to help us live and deepen the Word of God during the week. It also has the Scripture text on that the preacher focusses on. If you do not receive it, and want it, please send a WhatsApp to 011 339 2826 and you will get it with the bulletin.

FIRST HOLY COMMUNION

A reminder that the First Holy Communion Retreat will take place on 26 October from 08h30-13h00. All First Holy Communicants must be present. Thank you!

STAINED GLASS WINDOWS

As many of you know the stained glass windows in the Church need serious attention, some are slowly disintegrating, and small bits of glass are falling out. We need to raise about R2.5million to renovate the windows. We will soon be releasing a small video and brochure to try and raise awareness and money from anyone who is willing to give. Each little bit helps. If you are willing to help work on this project, please get in touch with Fr Russell by emailing him: frrussell@trinityjhb.co.za

THE SOUTHERN CROSS

The Parish has been requested to resell the Monthly Catholic Magazine, we have 10 copies of the October edition at the moment—each costs R40.00. If you would like to place an order for a monthly subscription, please email or call the parish and we will add you to the list. The latest edition features the new Apostolic Nuncio (Papal Ambassador) to South Africa.

ALL SAINTS DAY—2024

The Fundraising Committee will sell boerewors rolls, drinks, ice cream, and popcorn on 03 November after the 09h30 Mass.

PARISH PILGRIMAGE TO NGOME

The Parish annual Pilgrimage to Ngome Marian shrine will be on 13 to 15 December 2024, for further details please contact the organisers; Prudence Xaba 0824486067 or Oswald Mokoena 0820861334.

PASTOR'S CORNER

TO BE A CHRISTIAN IS TO SERVE. IN WHAT WAY IS GOD CALLING YOU TO SERVE?

Christian service is an integral aspect of the Christian faith, rooted in the teachings of Jesus Christ. At the heart of Christian service is the call to love one's neighbour as oneself. This commandment in the Gospels (Mk 12:31; Matt 22:39) emphasises the importance of empathy and altruism. Christians are encouraged to look beyond their own needs and desires and to place the needs of others at the forefront. This outward focus helps foster community and support, where individuals unite to uplift those struggling or in need. Whether volunteering at a local soup kitchen, visiting the sick, or offering support to grieving, acts of service provide tangible support and hope to others.

Of course, Jesus himself is the model for Christian service. Acts of compassion and service characterised his life. Throughout the New Testament, Jesus is depicted as serving others selflessly, whether by healing the sick, feeding the hungry, or comforting those in distress. His actions exemplify Christians, demonstrating that service to others is a way to live out one's faith in a meaningful and impactful way. By following in Jesus's footsteps, we *primarily* strive to bring love and mercy into the world.

In addition to individual acts of service, many Christian communities organise more extensive outreach programs to address systemic issues such as poverty, homelessness, and inequality. Church communities often play a pivotal role in these efforts, serving as hubs for various charitable initiatives. These collective endeavours show the power of unified action motivated by faith.

Christian service also benefits those who serve. Engaging in acts of service fosters spiritual growth, as individuals learn to embody Jesus's teachings in their daily lives. It encourages us to develop virtues such as patience, kindness, and humility and to cultivate a deeper understanding of faith through active participation in God's work on earth.

Our service is a crucial expression of faith, providing practical help to those in need while enriching the spiritual lives of those who serve. It is a testament to the enduring power of love and compassion, illustrating the profound impact that dedicated service can have on individual lives and communities. Through service, we endeavour to create a world that reflects the teachings of Jesus and fosters hope, grace, and peace.

We are continually invited to become aware of the many needs around us and discern how God is calling us to serve. We are, individually and as a community, called to witness to the world by being servants. In what way might God be inviting you to serve at this time in your life?

Fr. Russell Pollitt SJ



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Better breathing, better living

by Gillian Hugo

In the wake of World Mental Health Day on 10 October 2024 and the focus on mental health this month, we look at one of the many ways we can improve our state of mind and our health in general.

[Mental health](#) is a state of mental well-being that enables our body to function optimally. When we are mentally healthy, we can make rational decisions, learn and work well, cope with life's stresses, and positively contribute to our community. Mental health is more than an absence of mental disorders. We are unique and have various experiences of the world based on our mental well-being.

Our mental health is under attack. The complexities and atrocities of daily life directly impact our state of mind and being. We need only look at our world and see what people are enduring - war, loss, grief, insecurity, starvation, homelessness, poverty. The list is endless. The addiction, depression and suicide statistics are alarming, especially among the younger generation.

Mental health challenges can be treated, rehabilitated and managed in various ways, from simple conversations to chronic medications.

The brain controls breathing, an automatic process in which the lungs absorb oxygen and expel carbon dioxide. When stressed or anxious, our breathing patterns change and the balance of gases in the body is disrupted. Small, shallow breaths and hyperventilation can increase stress and prolong anxiety.

[Scientific studies](#) show that breathing correctly and controlling your breath can reduce stress and promote relaxation. A relaxed breathing pattern calms the nervous system, which results in physiological changes in the body, such as lowered blood pressure and heart rate, reduced stress hormones in the blood (stopping the "fight or flight"), balanced blood gases, and increased physical energy, as well as feelings of calm and well-being.

In the Bible, the breath is a powerful symbol of God's presence. God created the vast expanse of life-giving air that surrounds us and that we breathe. God breathed life into Adam's nostrils, and he became a living being. There are many references to breathwork in the Scriptures. God graciously answered Moses and gave the name YHWH - breathing sounds - YH inhale, and WH exhale.

Can we say Christianity and breathwork are synonymous? Can we combine breathwork and Scripture, breathwork and prayer or breathwork and contemplation? Taking a breath, calming our body, and stilling our mind allows us to increase our self-knowledge. When we control and regulate our breath, we can centre our thoughts and prayers on Jesus Christ and connect with God.

Breath prayers have been used for centuries. A word or short sentence is taken directly from Scripture, broken in half, and prayed as you inhale and exhale. E.g. Inhale and pray "Jesus", exhale and pray "Christ". When practising breath prayers, we cultivate the discipline of being still and drawing closer to God, giving ourselves a chance to find our strength in Christ and fill our minds with God's peace.

Breath prayers won't cure stress and anxiety or replace therapy and medication, but they can help you quiet your soul and intentionally focus on Christ. In the chaos of life, let each breath draw you closer to peace, reminding you that while healing is a journey, you're never alone on the path. Embrace the moments of stillness—your spirit deserves it.
