



Our Lady Queen of Apostles Parish, Stafford

A Parish of the Brisbane North West Deanery

Vision: "To follow the example of Jesus by serving others."

Our Lord Jesus Christ, King of the Universe – 23rd/24th November 2019

Facts you may not know about palliative care

The Australian and New Zealand Society for Palliative Medicine and the Australian Medical Association oppose euthanasia and assisted suicide.

Evidence provided to a Queensland Parliamentary Committee back in 2013 indicated there was significant unmet need for palliative care in Queensland and this gap was continuing to grow,

In 2013 the Health Department's own reports admitted Queensland palliative care services were already stretched, with referrals to services increasing annually by 20 per cent while funding was only expected to increase by an annual 12.9 percent. More recent reports reveal only a 5.6% funding increase between 2013/4 and 2019.

A 2016 review of the National Palliative Care Strategy found that there are significant barriers to access to palliative care services for a number of people within the population, particularly for Aboriginal and Torres Strait Islander peoples

As at 2017

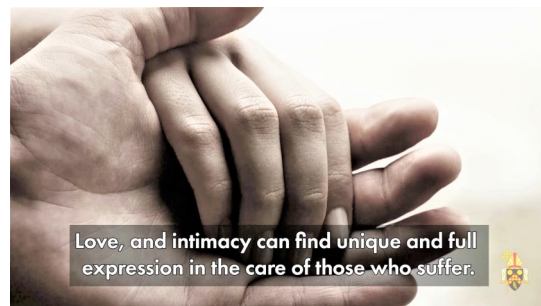
Queensland had approximately 46 FTE palliative care specialists for the state. To meet Palliative Care Queensland's recommendation of 2 FTE specialist palliative medicine physicians per 100,000 population, Queensland would need 101 FTE palliative care doctors.

A 2019 QUT report estimated that between 51,000 to 71,000 of the total population in Queensland require palliative care services. For people over 65 years old, between 52,000 and 57,000 would require palliative care services.

Queensland ranks low among the other states for the number of publicly funded in-patient palliative care beds per capita, and access to specialist palliative care in regional and remote areas is almost non-existent. For example, the town of Mackay with a population of 125,000 has no specialist palliative care physician.

Of the 49 recommendations made in Victoria's inquiry into end of life choices, 30 related to the improvement of palliative care funding and access, and only a single recommendation related to the introduction of assisted suicide. Palliative Care Victoria requested an additional \$65 million per annum to implement the recommendations, but it received only half this amount. The Victorian state government only committed an extra \$71.9 million, over a 4 year period, and only after the euthanasia

and assisted suicide legislation had been passed. 105 of Australia's 148 palliative medicine specialists (70% of the profession) wrote an open letter in 2017 to Victorian and NSW MPs, saying that euthanasia advocates "actively and deliberately undermine" public confidence in palliative care.



Current Australian data indicates that no more than 2 in every 100 Palliative Care patients would be in moderate or severe pain at the end of life. In these unusual cases where when all other methods of palliation for pain and other symptoms is inadequate, and if the patient agrees, palliative sedation therapy is available to provide adequate relief of suffering.

Australian palliative care services are ranked second-best in the world. The United Kingdom comes in first, and they rejected euthanasia and assisted suicide legislation in 2006.

'AMA Queensland's Health Vision Part Five: Care at the End of Life Health and Community Services Committee, Palliative and Community Care in Queensland: towards person-centred care, Queensland Parliament, May 2013

Queensland Health Palliative Care Services Review - Key Findings March 2019; page 21. Increase of 5.6% cited is for Hospital and

Health Services (HHS) Activity Based Funding for palliative care

'[Vhttp://www.health.gov.au/internet/main/publishing.nsf/content/EF57056BDB047E2FCA257BF000206168/\\$File/Evaluation%2009%20](http://www.health.gov.au/internet/main/publishing.nsf/content/EF57056BDB047E2FCA257BF000206168/$File/Evaluation%2009%20)

National Health- Workforce Data Set 2017 QUT (2019) Palliative care services review: Commissioned external literature review

Palliative Care Queensland Submission to the Parliamentary Health Committee Inquiry 2019

5 Steps to Positive Parenting

Triple P helps make raising children and teenagers easier and more enjoyable for both you and the kids. It's about building relationships, communicating well and encouraging the kind of behaviour you want to see. It helps you manage your child's behaviour, emotions and development in a way that isn't hurtful.

Positive parenting helps you feel more confident and less stressed about raising children. You're likely to have fewer arguments with your partner. And kids who grow up with positive parenting do well at school. They make friends easily. They feel good about themselves. They're also less likely to have behavioural or emotional problems when they get older.

Like the sound of Triple P? (Continued page 2)



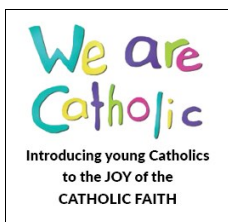
First Sunday of Advent (Year A)

1st Reading: Isaiah 2:1-5
2nd Reading: Romans 13:11-14
Gospel: Matthew 24:37-44



Counters Roster Team B: Terry Silk, Len Cavanagh, Rosemary Stafford and Kemsley Kelly.

Religious Goods Shop: We have a large range of cards, religious icons, rosary beads and medallions. We have catalogues with a huge range of gift ideas for new babies, Baptism, birthdays and other special occasions. We have a lovely book in stock which would make a great gift for children for Christmas.



The Kelvin Grove Wind Orchestra warmly invites you to their final concert for the year entitled "Viva Espana!". Listen to the pulsating rhythms of Latin and Spanish music and be dazzled by Flamenco Dancers! Expect to be entertained!

Date: Saturday 14th December

Time: 7pm

Tickets: \$25 (Adults), \$20 (Concession) and Children (\$13). Includes a light supper.

Contact: Maree Coe (3350 1472) or (0405 660 583) or buy online from kgwo.or.au

Venue: The Old Museum, Bowen Hills.



Are the kids stressing you out?? Are you worried about some of their behaviour or really want to "cement" in those good traits?? "PPP Parenting" is a program which we send to parents before baptism.



We are finding many parents really stressed out from all the parenting advice on the internet and elsewhere. This program is proved to be really beneficial for parents and children.

We use it for many parents in schools and wish that those parents would have access to it a lot earlier. This is one reason we send it out at the time of baptism.

*Whether you use it or not is up to you. **There is a free 12-month online version at this website** (<https://www.triplep.net/glo-en/home/>) as well as information of sessions held in and around Brisbane.*

Mass songs music practice

If you would like to join parishioners who practice current and new mass songs, please join us at the church on Saturday 7th December at 10 am for approx. one hour.

You do not need to read music and will not be asked to sing solo at mass. This is a relaxed practice so people feel more confident when singing songs during mass, especially at the 7am mass where there is often no cantor.

You are most welcome to just turn up on the day, but it helps us to have enough copies of the songs if you let me know in advance. Please leave a message with Gwen: 0431 234 443.

STAMPS FOR MARIST MISSIONS: We have forwarded another \$160.00 to the Marist Missions this week, bringing our total so far this year to \$480.00. Please keep the stamps coming – they have been very good the last few weeks. Thank you to all of our regular stamp savers. You enable Father Ron Nissen to help educate some of the poor in nearby Asian countries by his "Bridge Program", which will give them a chance at a better life, and possibly keep them 'off the streets'. Saving stamps saves lives! God Bless you all.

Something worth pondering about:

"Christianity is a lifestyle—a way of being in the world that is simple, non-violent, shared, and loving. However, we made it into an established "religion" (and all that goes with that) and avoided actually changing lives. One could be warlike, greedy, racist, selfish, and vain in most of Christian history and still believe that Jesus is "personal Lord and Saviour." The world has no time for such silliness anymore. The suffering on Earth is too great." - Richard Rohr

Planned giving Envelope numbers may change each year. Can the holder of these envelopes please contact the parish office. **If you hold envelopes that are dated prior to October 2019 —**

Discard them now. If you don't have envelopes for the current dates please contact the parish office to arrange a box of envelopes.

I am unable to process this envelope as my system doesn't allow me to view historical data based on an envelope number. Debra



Christmas Lights - The Archdiocese of Brisbane is pleased to announce the return of the Lights of Christmas at St Stephen's Cathedral.

This free, family-friendly event incorporates a spectacular light show projected onto the walls of the Cathedral, while a kaleidoscope of moving colour will transform the adjacent chapel.

This year the event will run from Wednesday 11 December until Christmas Eve and include music, food and children's activities from 6.30pm followed by the 12-minute show running continuously from 7.00pm.

Can you help? We would like to hear from anyone in the community who may have experience writing Federal Government grant applications.

Well, here's just a little taste: five principles that underpin Triple P's positive parenting. These principles are relevant whether you've got toddlers, teens or in-betweeners!

1. Create a safe, interesting environment

Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

2. Have a positive learning environment

If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

3. Use assertive discipline

Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behaviour you like.

4. Have realistic expectations

Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

5. Take care of yourself as a parent

It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself!

VINNIE'S GIFTING TREE 2019

Vinnie's will provide gift tags re food items to be placed under the Christmas tree.

These gift tags will be placed near each of the doors of the church on the 30/11/19 & 1/12/19. These food items will be made up into food hampers by Vinnie's, for all our families in need for Christmas. Please be generous and feel free to take as many tags as you want. Remember!! These people struggle every day of their lives. So bring some happiness to these families and give, give, give. Many thanks from your Stafford Vinnie's Conference.

Carmel Fischer and family would like to thank Father Denis, Father James O'Donoghue, our neighbours, organist, cantor, caterer, and parish friends who have supported us during our sad time. You will be forever in our prayers.



How God is calling us to be Humble, Healing and Merciful.

We would like the Plenary Council to consider:-

1. Jesus came to look after the marginalized. We should show the same respect to other cultures, single or remarried divorcees, lgbt persons and married former priests.



Humble, Healing and Merciful

2. Making the church aware of their parishioners, with a welcome like Jesus would, by listening to individuals and accepting people as they are.

More informed communications of good news in the Church system.



Food insecurity and under-nutrition are widespread in vulnerable communities. Over 820 mil-

lion people around the world do not have enough to eat*, and 1 in 3 people globally do not have access to safe drinking water*.

Preferential care should be shown to poor and vulnerable people, whose needs and rights are given special attention in God's eyes.

This Christmas, please give generously to help light up a family's future:

- **\$45** could give a family access to clean and safe water, to improve their health
- **\$125** could support a family with vegetable seeds, to protect them from malnutrition
- \$500** could support communities to install drip systems for their farms, to help them build a sustainable future

You can make a gift of life and hope by donating to CARITAS. <http://view.e.caritas.org.au/>



Our Lady, Queen of Apostles Parish Office

Address: 70 Appleby Road, Stafford
Parish email: stafford@bne.catholic.net.au
Parish WEBSITE: www.staffordcatholicparish.org.au
Parish Administrator: Fr Denis Scanlan
Fr Denis' E-mail: pp.stafford@bne.catholic.net.au
Parish Pastoral Council: ppcstafford@gmail.com
Parish Secretary: Debra Visser
Office Hours: Mon/Tues 9 - 3.30pm Thurs 9-1
Office Telephone: 3356 7155
Parish Safeguarding Children and Vulnerable Adults Representative: Cath D'Hage
STOPline Service: 1300 304 550 or
AOB@stopline.com.au or
www.bnecatholic.stoplinereport.com

Queen of Apostles School Contacts

Address: 10 Thuruna Street, Stafford
School email: pstafford@bne.catholic.edu.au
School Principal: Nigel Bird
APA: Leanne Murray (2020)
APRE: Ben Campbell
School Office Hours: 8.00am - 4.00pm (Mon-Fri)
Phone (Thuruna St:) 3352 9200
Phone (Chuter St:) 3326 0400

BAPTISMS in this Parish occur at 10.30am on the Third Sunday of each Month (except during Lent). **For BAPTISM BOOKINGS** please contact the Parish Office.



What's happening this week?

Mon	25th	8.30am 6.00pm	Mass Divine Mercy Prayer Meeting
Tues	26th	8.30am	Morning Prayer and Communion
Wed	27th	9.30am 7.00pm	Social club Plenary Council Meeting
Thurs	28th	8.30am	Mass
Fri	29th	9.00am	Mass
Sat	30th	4.00pm 5.00pm	Reconciliation (<i>until no one is waiting</i>) Mass
Sun	1st	7.00am 9.00am 2.30pm 5.30pm	Mass Mass Rosary Mass

We pray for those recently deceased including:



Peggy Ellaway, Dennis Dower, Trevor Jewell, Collette Horn, Majella Tracey FMM, Maureen Jones, Sr Mary Cooke RSC, Laurie Fischer, Elaine Russell, Jackie Broughton and Sr Imelda O'Brien SC.

We pray for those who are unwell

Bernadeen Hodby
Ado Padayhag
Miguela Savellon
Brian Turner
Vincent Jenner
Mary Law
Nerida Versace
Nora Stevens
Eadie Curry
Molly Rampa
Sonia Officer
Pam Ward



ANOINTING OF THE SICK



immediately after Mass on the 3rd Sun of the month (ex Oct). IF you are **going to hospital unex-**

pectedly for an op, let Fr Denis know and we can celebrate this Sacrament beforehand

You may add a **sick person's name to the list by phoning** the Parish Office (3356 7155).



To keep the list 'fresh' the last names will be removed. If their illness continues, let us know and we'll add them to the start of the list.

The Catholic Leader: Keeping faith with you

- * The dedicated works of five Brisbane Catholics were honoured at The Community Leader Awards held at Australian Catholic University on November 14.
- * Four married Brisbane Catholic men will be ordained permanent deacons for the archdiocese next weekend.
- * St Stephen's Cathedral has been lit up in red lights for Red Wednesday, an initiative to raise awareness for persecuted Christians around the world.
- * Schoolies 2019 is in full swing and The Catholic Leader spoke to a Brisbane psychologist about keeping good mental health at Schoolies.
- * Cardinal George Pell's appeal process continues before High Court judges in early 2020.
- * Townsville Bishop Tim Harris has come out against euthanasia and likened it to practices and ideologies popular in Nazi Germany.
- * Australian Catholic University's Frontier Evangelisation Teams have reached their third year and are always looking for new ways to engage students.
- * Dedicated Ozcare volunteer Angela McDonald says being asked to pray with a woman nearing the end of life was a privilege she could not refuse

Still only \$2

We remember those whose anniversary of death occur about this time including

Matthews, Ketter and Rowbotham families and all deceased Parishioners, their families and friends, and all our brothers and sisters in Christ maimed, killed or dispossessed because of their faith.