

THE 5TH SUNDAY IN ORDINARY TIME – YEAR A 12TH FEBRUARY, 2023

Readings: Sir 15:15-20; 1 Cor 2:6-10; Mt 5:17-37

"Building a community of Jesus' disciples." We welcome you - We are one family

ST JOSEPH'S CATHOLIC PARISH NAMBOUR DISTRICT

*Embracing Kenilworth,
Palmwoods, Yandina
and Bli Bli*

*Nambour Parish Office
07 54411034*

*Office Hours
8:30-2pm
(Closed Tuesday)*

*Emergency
(serious illness/accident)
0738363221*

*Parish Email
stjoe.nambour@bne.catholic.net.au*

*Parish Website
www.nambourcatholics.net*

Parish Staff

*Rev Fr Odinaka Nwadike
Parish Priest and Nambour
Hospital Chaplain*

*Rev Adrian Eldridge
Deacon*

*Cecilia Denny
Parish Secretary*

*Julia Quinn
Admin Assist*

*Sue Wolter
Kenilworth Community Leader
0439 130 158*

*St Joseph's Primary Office
Michelle Young
Principal
Admin: Gina Scrase/Shae Witek
0754419222*

*St John's College Office
Martin Moloney
Principal
0754415666*

*Good Samaritan College
Greg Myers
Principal
0753748800*

*Outside School Hours Care
Kelly Kennedy (0417841071)*

*St Joseph's Conference
St Vincent de Paul Nambour
Mobile: 0407859965
Office: 0754595202
Email: sj4560@svdpqld.org.au*

The essence of God's law

Why do people tend to view the "law of God" negatively rather than positively? Jesus' attitude towards the law of God can be summed up in the great prayer of Psalm 119: **"Oh, how I love your law! It is my meditation all the day."**

For the people of Israel the "law" could refer to the Ten Commandments or to the five Books of Moses, called the Pentateuch or Torah, which explain the commandments and ordinances of God for his people. The "law" also referred to the whole teaching or way of life which God gave to his people. The Jews in Jesus' time also used it as a description of the oral or scribal law. Needless to say, the scribes added many more things to the law than God intended. That is why Jesus often condemned the scribal law because it placed burdens on people which God had not intended.

Jesus made it very clear that the essence of God's law - his commandments and way of life, must be fulfilled. God's law is true and righteous because it flows from his love, goodness, and holiness. It is a law of grace, love, and freedom for us. That is why God commands us to love him above all else and to follow in the way of his Son, the Lord Jesus who taught us how to love by laying down our lives for one another.

Jesus taught reverence and respect for God's law - reverence for God himself, reverence for the Lord's Day, reverence or respect for parents, respect for life, for property, for another person's good name, respect for oneself and for one's neighbour lest wrong or hurtful desires master and enslave us. Reverence and respect for God's commandments teach us the way of love - love of God and love of neighbour. What is impossible to humans is possible to God who gives generously of his gifts and the power of the Holy Spirit to those who put their faith and trust in him.

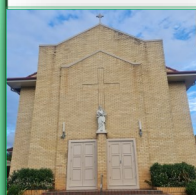
God gives us the grace, help, and strength to love as he loves, to forgive as he forgives, to think and judge as he judges, and to act as he acts with mercy, loving-kindness, and goodness. The Lord loves righteousness and hates wickedness. As his followers we must love his commandments and hate every form of sin and wrongdoing. If we want to live righteously as God desires for us, then we must know and understand the intention of God's commands for us, and decide in our heart to obey the Lord.

Source: Don Schwager © 2023. Servants of the Word, @ Dailyscripture.net

RCIA – RITE OF WELCOME

After sufficient preparation through catechesis, prayer and worship, and an introduction to Catholic life, values and mission, a Christian is asked to make a profession of faith, and to express their acceptance of Catholic teaching and to make a clear intention to live as a Catholic. Following this affirmation, the Christian is sealed with the gift of the Holy Spirit in the Sacrament of Confirmation and will receive Holy Communion at the table of the Eucharist. This ritual is called the Rite of Reception of Baptised Christians into the full communion of the Catholic Church.

On Sunday, February 19, during the 8am Mass, our parish will **welcome Teresa Dorey, Amiee McColl, and Samuel Ross** through the celebration of the Rite of Reception. Theresa, Amie and Samuel will celebrate their full initiation into the Catholic Church on the Easter Vigil. May we please continue to support them with our prayers. *Fr. Odinaka.*



*St Joseph's Church
P.O. Box 569
177 Currie Street
Nambour*

St. Joseph's Parish Mass Times

*Monday 8:00am, Wednesday 10:00am, Friday 8:00am,
Saturday 6:00pm, Sunday 8:00am*

Reconciliation

Wednesday 9:30, Saturday 4:30pm

*St John Bosco Church Kenilworth Mass Time
Third Sunday of the month 10:00am*

*St Augustine's Church Palmwoods Mass Time
Third Sunday of the Month 5:30am*



*St John Bosco Church
21 Anne Street
Kenilworth*

THIS WEEK'S MASS TIMES

Saturday 11 Feb

4:30pm Reconciliation

6:00pm Mass

Sunday 12 Feb

6th Sunday in Ordinary Time

8:00am Mass

9:00am Music Ministry meeting

Monday 13 Feb

8:00am Mass

Wednesday 15 Feb

9:30am Reconciliation

9:30am Holy Rosary in the Church

10:00am Lay Led Liturgy of the Word with Communion

10:30am Cenacle of the Marion Movement of Priest—all welcome

Friday 17 Feb

8:00am Mass

Saturday 18 Feb

4:30pm Reconciliation

6:00pm Mass

Sunday 19 Feb

7th Sunday in Ordinary Time

8:00am Mass

Monday 20 Feb

8:00am Mass

ASH WEDNESDAY 22 Feb

9:30am Reconciliation

10:00am Mass

7:00pm Mass

FREE BROMELIADS

THIS WEEKEND THERE ARE FREE BROMELIADS IN THE DISABILITY CAR PARK AT THE FRONT OF THE CHURCH FOR THOSE WHO WOULD LOVE TO REPLANT.

PARISH WEEKLY DIARY

Sundays:

6:00am TV Mass at Home ch10

Tuesdays: Resumes

9:15am on 28th

February 2023

Tai Chi - Ryan Room

Enquiries 0427 690 072

Fridays:

6:00pm RICA - Ryan Room

ST JOHN BOSCO CHURCH KENILWORTH

Thursdays:

9:30am Christian Meditation



Sundays:

9:00am Lay Led Liturgy of the word with Communion

Third Sundays:

10:00am Mass

CONSECRATION TO ST JOSEPH



Registrations are now open—Date: 16th February 2023—20th March 2023
An extraordinary journey of history, miracles, prayer and the molding of both a community and oneself to the virtues of St Joseph: become part of a movement of PEACE in the world.

Requirements: Fr Calloway's book available on line (audio or eBook); a Blessed statue or image of St Joseph.
<https://www.throughourlady.org/retreat> or <https://www.throughourlady.org/contact-us>

Please pray for the Sick and needy and all the sick and needy of the Parish and their families including Andrea Emilia Bernabey, the Caceres family, Gustavo Caceres, the Rios, Alonso & Santa cruz families, Judy Smith, Joe Rolston, Lucia Fardoullys, Kathleen D'Rozario, Sonya Rose, Philip Marshall, Julia Riley, and particularly all those affected by any virus, locally and globally, and their loved ones, and also those remaining in the Parish Journal for the Sick.



Mass on Demand is available 24/7 on <https://www.youtube.com/user/cathnews/>

Please advise the Parish office when you or your loved ones are well enough to be removed from the prayers.

Please pray for those who are seriously ill or suffering in hospital including Maree Kruger, Val Chatterton, Baby Koa Pegler, Bruce Power, Marie Gannon, Althea Kenny, Sky Rowe, Trevor Harrington, Morry Sorry, Frank De Vere, Frank Natoli, Linda Skinner, Hank de Vries, Kath Ashworth, Peter Nix, Neil Holly, Elsey Rae (2 years old), Jo von Schomburg, Joanne Peters, Jenny Firmin, Lisa Ngamu, Josh Hey, Mark Robertson, Steve Mattarollo, Dorothy Allan (Dalby), Phillip McCarthur, Susan Greenwood, Jim Gott (Kenilworth), Margaret Steel, Joyce Colclough, Jenny Langley, Dawn Connolly, Simon Cornish, Joan Marian Foley, Rod Rickertt, April Coulson, Joy Montifiore, Kerry Ryan, Diana Janstrom, Peter Janstrom, John Rhule, Sam Moran, Simon Dawson, Lenny Hutchensen, Kate McDonald, Patricia Wilson, Mary Street, Tim McKenzie, Peter Jacobson, Adrian Stagg, Anne Barnett, Judith Konitzer, Sarah Wooler, Baby Hazel Rickertt, Kevin Fitzpatrick, Lisa Cannon, Bernard Hobbins, Corine Richards, Dane Pitkin, Patrick Mann, Jan Hinton, Loretta Sheeran, along with all those who work and serve in hospitals, in any capacity.

Please pray for all Parishioners & Friends in residential or home care and those who care for them including Peter Fardoullys, Cecily Toomey (nee Youngman), Juanita Ferrari, Angela Carroll, Fr Morrie Clarke, Br Henk Bosman MSC, Lyn Walsh, Barry & Joan Pobjoy, Willem Overmeyer, Josephine Flynn, Anne Norman, Maria Rowe, Derek Marshall, Lillian Minz, Patricia Langford, Cecily Flynn (Melb), Adele Ashworth, Ivan & Colleen Brady, Olive Barker, Pauline Higgins, Elvira Quinn, Dr. Don O'Donohue, Fr Morrie Clarke, Dennis Kidcaff, Beverley Fraser, Robyn Whiting, Shirley Matheson, Patricia Warrender, Hazel Grundy, Patricia Royds, David Hogan, Rita Herrick, Pat McDonald, Val Brennan, John Kincade, Joan & Terry Gateson, Kevin Crowe, Dr. John Conroy, Jeanette Innis, Vince Plumber, William Turner, Cecily Woodgate, Peg DiCerto, Vince Currie, Elizabeth Knowlton, Betty Mifsud, Desleigh Christensen.

Please pray for the suffering souls in Purgatory, especially deceased relatives and friends.

Anniversaries:

Remember in your prayers Betty Bartlett, Neale Firmin 16/3/16, Cole & Akehurst families, and all those whose Anniversary occurs at this time and we pray for all their families and loved ones.

Deceased:

Please pray for the repose of the souls of all the recently departed especially Peter McNamara. Please also pray for loved ones in their grieving.

LENT 2023 WITH THE CATHOLIC GUY BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here: <https://BruceDownes.org/Lent23>

Go to BruceDownes.org for more info



A call for Singers and Musicians: Rehearsals for singers and musicians for Palm Sunday and Holy Week will occur after 8:00am Mass on the Sundays of 12th & 26th of February and 12th and 26th of March.

During Holy Week all members of the parish music ministry will be working together at the Holy week liturgies.

We are light on singers to cover all the parts of various pieces so can do with all the help we can get.

People who want to come into the Music Ministry (including being willing to be rostered on weekend Masses throughout the year) are invited to come to these rehearsals.

Rehearsals for Easter are expected to take about 2 hours each.

This is a great time to begin your journey with the music ministry in this parish.

Please contact Fred de Waard (contact details in the parish bulletin) or just come along to the first rehearsal after the 8:00am Mass next Sunday.

ARCHDIOCESE OF BRISBANE **STOPline**

STOPline Service

Report abuse, other harmful behaviour or misconduct by Archdiocesan clergy, employees or volunteers. Information can be shared anonymously.

Online Report:
www.bne.catholic.stopline.report.com
 Email: AOb@stopline.com.au
 Phone: 1300 304 550

Parish Ministries & Coordinators

Safe Guarding Children & Vulnerable Adults Representative

Marie Lynch.

Liturgy Committee

Maureen Murphy.

Liturgical Music

Music Ministry

Led by Fred de Waard.

Liturgical Art & Environment

Trevor & Judy Smith.

Communion to the Sick

Rosanna Tumelty.

Rosters

Trevor Smith & Annette Baker.

Servers

Maureen Murphy.

Children's Liturgy

Jocelyn Lysaght.

Sacramental Program

Rosanna Tumelty.

Baptism Ministry

Rosanna Tumelty.

Ecumenical Ministry

Joan Pobjoy.

Eucharistic Adoration

Rosanna Tumelty

& Adrian Eldridge.

Helping Hands

Kate Bourassa & Jan Imarisio.

Youth Minister

To be confirmed

Contact all Ministry Coordinators

C/- Parish Office 54411034



Thank you

In loving memory of
 RAYMOND (TOM) LESLIE
 MCDOUGALL
 26.10.1933 to 03.12.2022

WE WISH TO SINCERELY THANK YOU FOR YOUR LOVE, KINDNESS AND SYMPATHY SINCE OUR BELOVED TOM'S PASSING.

WE ALSO RECOGNISE WITH GRATITUDE THE PRAYERS, PRACTICAL CARE AND MEDICAL SUPPORT TOM RECEIVED FROM SO MANY FAMILY, EXTENDED FAMILY, FRIENDS AND PRACTITIONERS DURING HIS LIFE JOURNEY. WE ALSO ESPECIALLY ACKNOWLEDGE AND THANK:

FR ODINAKA NWADIKE, FR GRAHAM GATEHOUSE, DEACON ADRIAN ELDRIDGE, ST JOSEPH'S NAMBOUR PARISHIONERS, DR SARAH BLYTH & NURSING STAFF FROM SELANGOR PRIVATE HOSPITAL, CITTAMANI HOSPICE SERVICE, DR PAUL LANHAM, DR BERNARD LOVE, PROFESSOR BRUCE BLACK, DR CHANDRA, PERUMALLA & DR JERMEY LONG.

BERYL, DEBRA & ROSS, JOHN & TRINA, ANDREW & JEN & OUR FAMILIES

Aboriginal Catholic Mass

Do you remember, or if you don't, did you know of the historic celebration of a special Aboriginal Mass at the Eucharistic Congress in Melbourne in 1973? Friday, 24th February, 2023, marks the 50th anniversary of this remarkable event which was attended by some 30,000 people. Aboriginal singers and dancers from north and west of Australia took an active part in the original liturgy which broke new ground in the Church's liturgical renewal.

To commemorate this occasion, Mass will be celebrated in the Cathedral of St Stephen on **Thursday, 23rd February, 2023, commencing at 12.30pm.** The Archbishop has granted special approval to use the revised liturgical texts from that original celebration. Please join us for this occasion.



Triumph: Lenten Program 2023 – taking orders now
 We are now taking orders for our **Triumph—Lenten Program 2023,**

\$10.00 per copy! Triumph is an 88-page full colour book (240x170mm) containing short daily reflections (from Ash Wednesday to Easter Sunday) perfect for individual devotional reading in addition to the longer-form Sunday Scripture readings and reflections, prayers and questions that traditionally form part of Lenten group gatherings.

If you would like to join a Lenten group or purchase a book please contact the Parish office on 5441 1034 or email stjoe.nambour@bne.catholic.net.au

ARCHBISHOP MARK HAS A MESSAGE FOR YOU

This week I'm in Fiji at the Pearl Resort about an hour's drive from Suva. I'm at the Assembly of the Federation of the Bishops Conferences of Oceania. This happens every four years, gathering about seventy bishops from every corner of Oceania, both English- and French-speaking, from both sides of the dateline. This time we've also had visitors from Rome because we're working on our regional response for the global Synod on Synodality later this year. The Assembly is always a great experience of the Church, but even more so when we have among us people like Cardinal Michael Czerny, head of the Holy See's Department for Integral Human Development, and Sister Natalie Becquart from the Synod office.



ST JOSEPH'S USUAL MONTHLY DIARY

1st Monday:

- ◆ 5:30pm Monday Liturgy Meeting
- ◆ 7:00pm Baptism Preparation

1st Wednesday:

- ◆ 10:00am Anointing Mass
- ◆ 10:30am Seniors Gathering & M/tea—new Parishioners welcome

1st Friday:

- ◆ 8:30am—6:00pm 10 Hour Eucharistic Adoration Followed by Benediction concluding at 6:30pm

1st Saturday:

- ◆ 11:00am Mass Marion Movement Combined Cenacle SSCoast—all welcome

3rd Sunday:

- ◆ 10:00am Mass at Kenilworth
- ◆ 5:30pm Mass at Palmwoods

Last Monday-bi-monthly

- ◆ 5:15pm Helping Hands Next meeting tbc

Counters:

This week: Group 2: S. Brinnand, J. Bourassa, M. Murphy, B. Pearce, D. Cuskelly

Next week: Group 3: M. & B. Barker, L. Richardson, B. Pearce, J. Goggin, J. Bourassa



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RING: 02 9560 533 or 0422 472 567.
WEB: www.palms.org.au

Dementia teaches us that

Life is Precious ❤️

**MAKE meaningful MEMORIES
in 2023**

**This Planner gives the dates of the
Dementia Network activities, contacts
and major celebrations.**

**There will be events unlisted so keep
looking at Dementia Network emails.**

**Add your important dates and
appointments.**

Please RSVP your attendance.

**Dementia Network
Sunshine Coast**

0418 298 183

carersoutlook@gmail.com

www.scdementia.com.au

**Facebook: Dementia
Network SC**



**Thank you for sponsoring the printing of this
Calendar/Planner**

Just 8's Car Club: 0406 000 065

<https://www.just8s.com.au/>




Ageless Grace: 0409 526 982

Vicki Doolan Educator;

www.agelessgraceaustralasia.com.au



We THANK the many individuals & organizations who supported the Dementia Network Sunshine Coast in 2022 with funds, donations of venues, speakers (Dementia Conference), University researchers, lucky door prizes & voluntary help. Not all are listed but you know who you are!

<p>IAGEWELL: Tanya Dave 0407 748 773 Gerontologist, Case manager, Lifestyle Expo, Lifestyle Magazine; Charity.</p>	<p>Mooloolaba TAFE: 1300 308 233 Provides technical & further education. Venue & support for the Dementia Conference.</p>
<p>New Staff Home Care Support: Peta Simpson 0423 169 583; Provides services & staff via Home Care Packages, NDIS funding or privately. Inc Palliative care. Funds & voluntary help towards the Dementia Network.</p>	<p>Caloundra RSL: 5438 5800 Social events, entertainment, restaurants, bars, gambling. Venue for Dementia Network Catch-up Cuppa and seminars and donations.</p>
<p>Estia Health: 1300 682 833 Nambour: 5459 3600 Provides Residential Aged Care Facilities (Nursing Homes) at Nambour, Coolum, Maroochydore & Twin Waters. Provides Dem Info Day morning teas.</p>	<p>Nambour RSL: 5441 2366 Social events, entertainment, restaurants, bars, gambling & community grants. Venue for Dementia Network Catch-up Cuppa & meetings.</p>
<p>Opal Healthcare: 1300 362 481 Nambour: 5444 9700 Provides Residential Aged Care Facilities (Nursing Homes) at Nambour, Kawana and Caloundra. Provides CWA Hall hire.</p>	<p>My Care Specialist: Vanessa Drewery 0401 716 776 Support Coordination, My Aged Care & NDIS, Counselling, Relaxation Techniques, Aromatherapy. Volunteers to facilitate Dementia Network events.</p>
<p>Carer Gateway – Wellways: 1800 422 737 Carer programmes & respite. Funded Dementia Network events.</p>	<p>The Orangery Maleny: 5435 2545 Restaurant. Venue for Dementia Network Catch-up.</p>
<p>McColm Matsinger Lawyers: Peter Porcellini 5443 1800 Private legal services including Wills, estates, disputes, Enduring Power of Attorney, elder law, retirement living & aged care. Donation to Dementia Conference.</p>	<p>SafeMate: Leanne Clarke 0417 745 432 An ultra-fast & simple rescue system, wherein qualified first responders can scan your SafeMate card in a medical emergency. Lucky door prize and donation to Dementia Network.</p>
<p>Lucky Door Prizes: Discount Galore (Nambour); Mitre10 (Nambour); Rosemount Nursery; Kawana Surf Lifesaving Club; Majestic Cinemas (Nambour); bcc Cinemas (Sunshine Plaza, Maroochydore); IGA (Maleny), Gay Dixon for mechanical pets and dolls. Thanks, Chrissy Mack.</p>	<p>Officeworks: Maroochydore 5475 5300 Aust’s largest supplier of office & stationery products at low prices every day. Discounts & lucky door prizes. Urban Angels: 5452 7774 For free frozen meals. Smiles Dentist Nambour 5441 4438 Comfort Dental Centre Buderim 5370 8865</p>
<p style="text-align: center;">2023: Please contact us if you can support the Dementia Network. 0418 298 183 Thank you to new venues Laurel Springs Over 50’s Village and Coolum Surf Lifesaving Club.</p>	
<p>Thank you to Calendar sponsors. Just 8’s Car Club Sunshine Coast; https://www.just8s.com.au/ Warwick Fraser - 0406 000 065 Ageless Grace; www.agelessgraceaustralia.com.au; Vicki Doolan - 0409 526 982 and Stuart Lomax; Thank you to Calendar Author, Lorrae O’Rourke. Thank you to Vince O’Rourke for proof-reading and the cups of tea! </p>	



DEMENTIA is an umbrella term for progressively degenerative brain syndromes.

There are many types of dementia: Alzheimer's disease is the major type presenting usually with memory loss. Vascular dementia, Lewy Body dementia, alcohol-related dementia and Frontotemporal dementia are some which may present firstly with other symptoms like behaviour changes. There are associated medical conditions like Parkinson's, Multiple Sclerosis, Down Syndrome, Huntington's and Acquired Brain Injury.

Symptoms may include:

- *Loss of memory;
- *Loss of thinking abilities;
- *Difficulty in finding the right words or understanding what people are saying;
- *Difficulty in performing previously routine tasks;
- *Personality and mood changes

Note: *Mind Your Brain: The Essential Australian Guide to Dementia.* Author Dr Kailas Roberts.

Australian Statistics: Dementia cause of death: 1st largest cause for women; 3rd largest cause for men; 2nd largest cause of death.

Dementia Journey: People with dementia can live active and positive lifestyles in the early stages. Full-time care is needed eventually as physical movement, daily tasks, sleeping, continence and eating are impacted by brain damage.

Family carers and staff become their support at home or in a facility. Family members become family carers and need support.

Diagnosis: By a GP and/or specialists like geriatricians, psychiatrists or neurologists.

Health Care Support: Continued support is required for health changes which may include sleep disturbance, behaviour changes, falls, incontinence and medications. Allied Health may be required by Occupational Therapists and Physiotherapists for assessment for adaptive aids and exercises. Counselling, Relationship mediation, and Spiritual guidance can support individuals emotionally and psychologically.

Long-term planning: Decisions need to be made on care, occupation, accommodation, and end-of-life procedures to ensure the person diagnosed with dementia maintains the right to choose.

Legal and Financial matters need to be organised early before mental capacity is lost. Enduring Power of Attorney, Advance Health Directive and Wills

DEMENTIA NETWORK Sunshine Coast

A community grassroots voluntary service

For people diagnosed with dementia, family carers & staff
Providing information, referrals, gatherings, education & awareness

Dementia Information Day: Bi-monthly. 10 am. Speakers.

Free. Morning tea.

CWA Hall, 10 Short Street, Nambour

Catch-Up Cuppas: Bi-monthly. 10.15 am. Self-pay.

Caloundra RSL, 19 West Tce

Nambour RSL, 14 Mathew St

The Orangery, Maleny Landsborough Rd

Coolum Surf Life Saving Club, 1775 David Low Way, Coolum Beach

Family Carer Support Group: only for family carers

Monthly, 10 am. Free. Donation

50 Savilles Rd, Highworth, Nambour. (Near Nambour Hospital)

Wellness Group: Weekly, 10 am.

Ageless Grace, Body & Brain Exercises

\$10 (includes morning tea) **Vicki Doolan - 0409 526 982**

Laurel Springs Village Hall, 18 Doolan Street, Nambour

Sunshine Singers: Fortnightly rehearsals, school terms, 10-11.30 am

Dementia Choir. For people with dementia. Carer must be in attendance.

Morning tea. Donation. Rev Jeanette. **Anne Bowyer 0416 921 963**

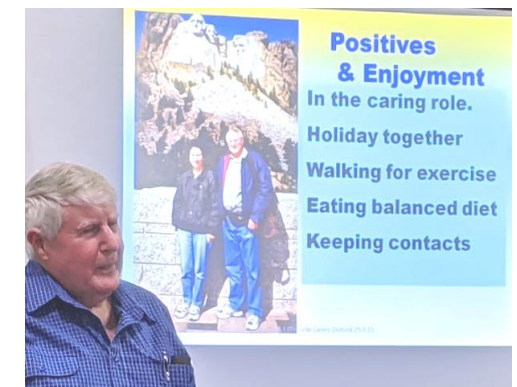
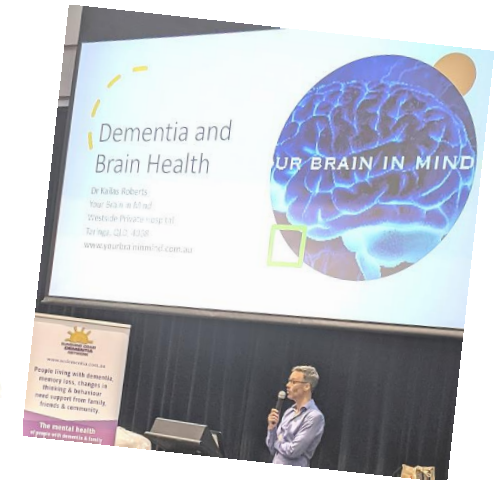
Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra.

Dementia Wise: Workshops, Trade displays

Contact: Lorrae & Vince O'Rourke

carersoutlook@gmail.com 0418 298 183

www.scdementia.com.au Like us on DNSC Facebook Page



In the end, it's not the years in your life that count.
It's the life in your years. Abraham Lincoln

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 Young Onset Dementia Gathering Caloundra RSL 10.30 am – 12.00 noon Lorrae 0418 298 183					1 PH New Year's Day
2 PH NY's Day PH	3	4	5	6	7	8
9	10	11	12 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am	13	14	15

16	17	18	19	20	21	22
23	24	25 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am	26 PH Australia Day	27	28	29

NOTES

"The Dementia Network"

Collage Artist: Clare



FEBRUARY

One word frees us of all the weight and pain of life: That word is love.
Sophocles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group 50 Savilles Rd, Nambour 10 am – 12 noon	3	4	5
6	7 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	8	9 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	10	11	12
13	14 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	15 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	16	17 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am Launch	18	19

20	21 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	23	24	25	26
27	28 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon					

NOTES

Valentine's Day. 14th. Celebrate love. Make memories.

Do everything with love.



MARCH

Life is ours to be spent, not to be saved. D. H. Lawrence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	3 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	4	5
6	7 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	8	9 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am	10	11	12
13	14 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	15	16	17 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	18	19

20	21 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22	23	24	25	26
27	28 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	29 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am	30	31 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am		

NOTES

International Women’s Day, 8th. A global holiday celebrated annually as a focal point in the women's rights movement.

St Patrick’s Day, 17th. Celebrates the feast of Saint Patrick in honour of Ireland’s patron St Patrick.

Harmony Day, 21st. Celebrates cultural diversity.

Neighbours Every Day, 26th. Relationships Australia (Qld)



Thank you, Gay, for the mechanical companion pets and dolls.

APRIL

I can do all things through him who gives me strength. Philippians 4: 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	5	6 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	7 PH Good Friday	8 PH Easter Saturday	9 PH Easter Sunday
10 PH Easter Monday	11 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	12	13 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	14	15	16

17	18 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	19 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	20	21 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	22	23
24	25 PH Anzac Day	26 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	27	28	29	30

NOTES



MAY

Live in the sunshine, swim the sea, drink the wild air.
Ralph Waldo Emerson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 PH Labour Day	2 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	3	4 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	5 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	6	7
8	9 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	10	11 Nambour Catch-Up Cuppa RSL,14 Mathew St, Nambour 10.15 am	12	13	14 Mother's Day
15	16 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	17	18	19 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	20	21

22	23 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	24	25	26	27	28
29	30 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	31 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am				

NOTES

Gympie Show, Gympie Showgrounds.

18th, 19th, 20th. 5482 1721



JUNE

The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart. Helen Keller

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	2 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	3	4
5	6 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	7	8 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	9	10	11
12	13 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	14	15	16 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	17 Sunshine Singers Concert Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra To be confirmed.	18

19	20 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	21 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	22	23	24	25
26	27 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	28 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	29	30		

NOTES

Maleny Show, Maleny Showgrounds. 2nd & 3rd. 5494 2008

Queensland Day. 6th. Celebrations are part of Qld Week, which focuses on the state's history and development.

World Elder Abuse Awareness Day, 15th June.

Sunshine Coast Agricultural Show, Nambour Showgrounds.

16th, 17th & 18th. 5441 2766



JULY

In this life, we cannot do great things. We can only do small things with great love. Mother Teresa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1	2
3	4 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	5	6 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	7	8	9
10	11 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	12	13 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am Christmas in July	14 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	15	16

17	18 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	19	20	21	22	23
24	25 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	26 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am Christmas in July	27	28 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	29	30

NOTES

NAIDOC (National Aboriginal and Islander Day Observance Committee). Sunday, 2nd The first day of the Week kicks off the seven days of festivities that celebrate the culture of the native people of Australia.

Queensland Garden Expo, Nambour Showgrounds.
Friday 7th, Saturday 8th, Sunday, 9th. 5441 4655



AUGUST

You have two hands. One to help yourself, and one to help others. Audrey Hepburn

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	2	3 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	4	5	6
7	8 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	9	10 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	11 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	12	13
14	15 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	16 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	17	18	19	20

21	22 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	23	24	25 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	26	27
28	29 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	30 Caloundra Catch-Up Cuppa RSL,19 West Tce 10.15 am	31			

NOTES



Thanks, TAFE and Prue
 for your support
 with the Dementia
 Conference.

SEPTEMBER: Dementia Month Dementia Conference TBC

You're braver than you believe, stronger than you seem, and smarter than you think.

A.A. Milne

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3 Father's Day
4	5 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	6	7 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	8 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	9	10
11	12 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	13	14 Nambour Catch-Up Cuppa RSL, 14 Mathew St, Nambour 10.15 am Wellways funded	15	16	17

18	19 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	20	21 World Dementia Day	22	23	24
25	26 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	27 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am Wellways funded	28	29	30	

NOTES

Spring, 1st. First Day of Spring.



Thanks, Col, HORIZON Trike Tours 0411 602 048

OCTOBER: Carer's Week, Seniors Month

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon					1
2 PH Monarch's Birthday	3 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	4	5 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	6 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	7	8
9	10 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	11	12 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	13 IAGEWELL Seniors Expo Dementia display	14	15

16	17 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	18 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	19	20 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	21	22
23	24 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	25 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	26	27	28	29

NOTES

International Day of Older People was established by the United Nations. Sunday, 1st.

Grandparent's Day, Sunday, 29th.

IAGEWELL Seniors Expo Festival: expo@iagewell.com.au 3041 1355

Halloween's Day, 31st. Halloween is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Saints' Day. It begins the observance of All Hallows' Eve, the time in the liturgical year dedicated to remembering the dead, including saints, martyrs and all the faithful departed.



Thank you, Caloundra RSL and Yvette, for your support with the venue and funds. Thank you, Tanya, IAGEWELL, Peta, New Staff Home Care Support, and Vanessa, My Care Specialist for volunteering and funds.

NOVEMBER

It is during our darkest moments that we must focus to see the light.
Aristotle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	3 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	4	5
6	7 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	8	9 Nambour Catch-Up Cuppa RSL 14 Mathew St, Nambour 10.15 am	10	11	12
13	14 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	15	16	17 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	18	19

20	21 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	22	23	24	25	26
27	28 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	29 Maleny Catch-Up Cuppa, The Orangery, Cnr Maleny Landsborough Rd & Mt View Rd 10 am	30			

NOTES

Melbourne Cup Day. Tuesday, 7th. An Australian traditional horse race starting in 1861.

Remembrance Day. Saturday, 11th. Dedicated to Australians who died particularly in WW1. 11am: One minute's silence.

World Kindness Day. Monday, 13th. Commemorates the power of kindness and the impact it has on others.

Mental Health Week. 11th – 19th. www.qldmentalhealthweek.org.au



DECEMBER

The greatest gift sometimes is the outstretched hand. Alec Guinness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Sunshine Singers Dementia Choir Anglican Church, 46 Upper Gay Tce, Kings Beach, Caloundra. 10 am – 11.30 am	2	3
4	5 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	6	7 Family Carer Support Group, 50 Savilles Rd, Nambour 10 am – 12 noon	8	9	10
11	12 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	13	14 Dementia Information Day CWA Hall, 10 Short St, Nambour 10 am – 12 noon	15	16	17

18	19 Wellness Group Body & Brain Exercises Ageless Grace Laurel Springs Village Hall, 18 Doolan Street, Nambour 10 am – 12 noon	20 Coolum Catch-Up Cuppa Surf Life Saving Club, 1775 David Low Way, Coolum Beach 10.15 am	21	22	23	24 PH Christmas Eve
25 PH Christmas Day	26 PH Boxing Day	27 Caloundra Catch-Up Cuppa RSL, 19 West Tce 10.15 am	28	29	30	31

NOTES

