



Verbum Dei Missionaries

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Editor says

Death was walking toward a city one morning and a man asked, "What are you going to do?"

"I'm going to take 100 people," Death replied.

"That's horrible!" the man said.

"That's the way it is," Death said. "That's what I do."

The man hurried to warn everyone he could about Death's plan.

As evening fell, he met Death again. "You told me you were going to take 100 people," the man said. "Why did 1,000 die?"

"I kept my word," Death responded. "I only took 100 people. Worry took the others." (Anonymous)

Many of us are chronic worriers. We fret over things which we have absolutely no control over, like the weather and the reactions of others. We become anxious over things that we do have some control over, like meeting deadlines at work and cooking an edible meal. Excessive worrying makes us to stop living life. Instead, we waste time and energy thinking negatively and focussing on worst-case scenarios that might not happen. Everything and everyone becomes a problem.

An antidote for worry is finding peace by praying with the Word of God. How? When we worry, we have a negative thought or a problem that is being played over and over in our mind. Likewise, we have the capacity to turn to the Scripture, pick on a consoling phrase and let the words play over and over in our mind. When I catch myself worrying about something, it helps me to turn to my favourite Bible passage, Psalm 23. Mulling over the words of the Psalm, it helps me to find peace.

Prayer helps us to deepen our trust in God that He cares for us. We might never be completely free from worrying but we learn to turn to God and allow His Word to feed our mind with peace.

Let us not allow worry to take us!

Archdiocesan Biblical Apostolate Office
Year of Mercy sessions at
the Parish of Risen Christ
“Praying with Mercy in the New Testament”



Sr. Leticia and Sr. Sandra were the main speakers for these weekly sessions. A group of Verbum Dei disciples were there as facilitators for group sharing. Joan (Saturday couples disciple) and Karen (Sunday couples disciple) shared their personal experiences on mercy in the 2nd and 3rd week respectively.







National Day Community Celebration
9th August
BBQ, Fun & Games





Community Picnic Dinner @ West Coast Park





School of the Word on Wednesdays

Every Wednesday night, we have our School of the Word, aka SOW, where people come to pray with the Word of God.

On 17th August, the Verbum Dei participants who went for the World Youth Day in Krakow shared their experiences with the SOW people.



Catholic Faith Renewal Perth

24th to 28th August

Srs. Maria Jose, Maeve (from Brisbane Community) and Sandra were invited to Perth to conduct a retreat for the CFR group. Alan from Verbum Dei Family in the Philippines was part of the music team. The retreat was held at St. Thomas More parish hall on **27th August**, Saturday.

The theme of the retreat was **“Jesus the Living Word speaks”**

On **26th August night**, Sr. Maeve was the main speaker for Tav Talk for young adults at the University of Western Australia.

The theme was **“The Melody of Faith and Life”**.

Tav Talk



CRF retreat



Memories of Perth



Praying with The Joy of Love For young married couples By Verbum Dei Sunday Couples Disciples 28th August~ In the Light of the Word

