

# SEASONS

Newsletter of the Catholic Parish of St. Thomas More, Mount Eliza

Twenty - Eight Sunday in Ordinary Time — Year A

11th October 2020

## **Stage 2 of easing-Covid Restrictions**

During Stage 2, Places of Worship may have outdoor religious celebration for **up to 5 people along with the celebrant.**

**NOTE: The Government Regulations allow you to travel only **up to 5km** from your home to attend Church.**

**DHHS** has given the following directives for outdoor gathering of **all** religious groups:

- ❖ Social distancing is to be observed at all times.
- ❖ Wearing of a face-mask is mandatory.
- ❖ Hand sanitising is to be observed at all times.
- ❖ Absolutely no socialising/mingling before and after each ceremony.

\*\*\*\*\*No physical contact between persons.

I would like to invite any parishioners who would like to attend outdoor Mass to register your interest with the parish by phone or email. We will start taking registration for outdoor Mass from **Tuesday, 6 October 2020**. I am hoping to draw-up a Mass Attendance Roster for the parish in order to enable people who would like to attend Mass to be able to do so at least 2 or 3 times over the next few months. **I would like to make it clear that you are the best person to make the decision for yourself about attending outdoor/indoor Mass during the time of Corona Virus.**

## **Mass Arrangements for STM Parish During Stage 2:**

### **Weekend Masses**

Saturday 6:00 PM—Live Mass (Location—on the veranda of STM Church)

Sunday: 8:00 AM—**Mass on Zoom**; **10:00 AM**—Live Mass (Location—on the veranda of STM Church)

### **Weekday Masses**

Tuesday; Thursday; Friday . **9:15AM**—Live Mass (Location—on the veranda of STM Church)

Wednesday. **9:15 AM Mass on Zoom**

**12:00noon**—Live Mass (Location—on the veranda of STM Church)

## We pray for...

**Those who have passed away recently...  
Those whose anniversaries fall at this  
time....** .. Maria Torcaso, John A. Hoban,  
John Eggins, Bunty Bowring, Veronica Wood.

**The sick...** Kevin Kost Denis Mirrabella Michael



Leonard, Peter Rodriguez, Liz Spurdle, John Spurdle, Evonne Paddison, Maree Bracken, Maria Truong, Bill Luscombe, Brigitte Rohner, Eileen O'Beirne, Helen Steinbach, Ava Macias, Michael MacKenzie, Luke Carroll, Betty Corke, Chloe, David Dole, Maria Kelly, Elizabeth Ware, Althea Greeff, Michael Blick, Maureen Anstey, Jake Steyn, Adrian Gobel, and all of the sick at the George Vowell Centre & Ranelagh Gardens Nursing home **and the parishioners of St Thomas More Parish, Tequinomata, East Timor, St Therese Parish, Bathurst Island and Our Lady of the Sacred Heart Parish, Alice Springs.**

## Twenty - Eight Sunday in Ordinary Time — Year A

**First Reading:** Isaiah 25:6-10 -

The Lord will prepare a feast and will wipe away the tears from every cheek.



**Responsorial Psalm:**

I shall live in the house of the Lord  
all the days of my life.

**Second Reading:** Philippians 4:12-14,19-20

I am able to do all things in him who strengthens me.

**Gospel Acclamation:**

**Alleluia, Alleluia!**

May the Father of our Lord Jesus Christ enlighten the eyes of our heart that we might see how great is the hope to which we are called.

**Alleluia!**

**Gospel:** Matthew  
22:1-14

Whomsoever you find  
invite to the wedding



**Next Week's Readings - 29th Sunday in Ordinary Time**

1st Reading: Isaiah 45:1,4-6

2nd Reading: 1 Thessalonians 1:1-5

Gospel: Matthew 22:15-21



**The Bishops of Victoria have suspended the Sunday Mass Obligation for all Catholics in Victoria until further notice.** Mass is broadcast via the **Ten Network (6am, Sunday)** for any one who would like to participate.

**Catholic Parish of St Thomas More**

**313 Canadian Bay Rd  
Mount Eliza Vic. 3930  
Phone: 9787 7777**

**Email: [MountEliza@cam.org.au](mailto:MountEliza@cam.org.au)**

**Web: [www.stm-mteliza.org](http://www.stm-mteliza.org)**

**Pastoral Leadership Team**

*Fr Joe Truong (Parish Administrator)*

*Jacinta Griffin (Chairperson)*

*Sue Carr Paul Stinear*

*Leonie Bourke Carmel Huggard*

*Margaret Jamieson*

**PPLT Email: [MountEliza.PPLT@cam.org.au](mailto:MountEliza.PPLT@cam.org.au)**

### Mass online

[www.wordonfire.org/daily-mass](http://www.wordonfire.org/daily-mass)

**OR** <http://bit.ly/MassOnDemand>

**OR** <https://melbournecatholic.org.au/Mass>

**OR** St Patrick's Cathedral, Melbourne. Daily and Sunday Mass is available, with the I am Mass live streamed; it is also available as a recording on-demand.  
<https://melbournecatholic.org.au/Mass>



**Parish Office Hours: Closed during Stage 2**  
**After Hours: Please leave a message on 9787 7777**

**Pastoral Care for STM Parish during the time of the Coronavirus Pandemic**

*This plan will be revised upon further easing of restrictions*

1. **STM Church and Office Closed during Stage 4 restrictions**
2. **Seasons** publish online, send out by email, or by post.
3. **Pastoral visitation:** Not available during Stage 4 restrictions
4. **Anointing of the Sick, and Communion for the housebound:** Anointing of the Sick is available only for the seriously ill. The Eucharist is given as Viaticum to the dying only.
5. **Reconciliation:** Please call Fr Joe on 9787 7777 to make an appropriate arrangement.
6. **Spiritual Guidance:** Fr Joe is available from Tuesday to Sunday afternoon — by phone or **zoom video conference** only.
7. **Seasons:** Please contact the parish office if you would like to receive a copy of *Seasons* by post.

**CDF-Online Portal for Parishes**

Dear Parishioners,

We wish to thank you for your support of our parish even during this time of health crisis and financial challenge. We wish to advise you that the Archdiocese of Melbourne and Catholic Development Fund have partnered to build an online payment portal—CDF pay for parishes. This site enables you to make quick and easy online thanksgiving payments—you can set-up a recurring payment, or you can choose a one-off offering. The St Thomas More Mount Eliza site is live and can be found via the link below:

We would like to take this opportunity to wish you and your family every blessing from the risen Christ.

Fr Joe Truong

**Financial Matters 4 October**

	<b>Actual</b>	<b>Pledge</b>
<b>Stewardship</b>	\$ 3664	\$ 4362
<b>Presbytery</b>	\$ 725	

*Thanks to all of you who give so generously to support our parish.*

# What's Happening Here ...

## Homily

In the Gospel we hear Jesus graciously calling all of us from the highways and by-ways to come to the banquet which he has prepared. How shall we respond to this invitation?

What is the significant about the banquet that Jesus invites us to attend? The banquet that Jesus refers to in today's Gospel is for us to come and have a share in the fullness of life that God wants us to have as his people. On one level, this is the invitation for us to enter into a deeper and more authentic personal life with God. This is a call to an intimate relationship with a God who loves each one of us ardently. Yet, on another level, this invitation to the banquet is a call to community with others. In order to achieve this each of the guests must put aside all exclusivism and be open to share his/her gifts and talents with others. Each person needs to come to this banquet with an open, receptive and generous heart.

In order to appreciate Jesus' invitation to come to the banquet we need to realise our needs for God and our hunger to be in communion with others. We are created to be social being. Therefore, inter-relationship with others in the community is very important and necessary for us to live a fulfilled life. We cannot thrive in this world if we are cutting ourselves off from other people. No one is an island of him/herself. One of the positive things about the lockdown and social isolation that are imposed upon us during the time of world-wide health crises is that it helps us to realise the importance of our social life and our natural desire to connect with others, our family, neighbours, and friends. Hopefully, we will continue to see the sacredness of being able to engage with others as we are moving out of lockdown. Hopefully, we will find the motivation to break down the social barriers between us and others. The barriers of race and social economic status must be knocked down! Further, apart from our desire to connect with others, we also have a vital need for God. The hard truth is that we cannot do anything successfully without the help of God. When living in comfortable countries like the USA, England, and Australia it is more difficult for us to recognise our need for God. Perhaps, we may even think that God and religion have no relevance in our modern and civilised society! Therefore, sometimes, God allows us to experience spiritual hunger and thirst in order to draw us to himself. It is when we are poor that we learn to count everything as a blessing from God.

Jesus invites everyone to the banquet and each person is free to make his/her individual response to his invitation. We cannot be coerced or forced in any way to enter the banquet hall. Jesus does not want us to be presence in body but absence in mind and spirit.

Let's us give thanks to God for the invitation to attend his banquet and may we find the courage to accept his invitation.

## Baptisms

**All Baptism Information/Preparation - Please contact Fr Joe at the Parish Office [to make an appointment for a meeting on zoom.](#)**



## STM Children and Young People Safeguarding Committee

At STM Catholic Parish, Mount Eliza, we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our parish. For more information please call: John Natoli (Coordinator) on 0418 208 778; or Julie Carter (Banda) on 0420 923 859

### **STM Social Club Fun & Friendship For All**

***New members are always most welcome!***  
Membership fee is \$30.

***Due to the Corona Virus pandemic, the Social Club has decided to suspend all activities until further notice.***

## Community Corner

Dear fellow parishioners,

On Wednesday 7 **September, 14** parishioners gathered to celebrate mass with Fr. Joe via 'Zoom' at 9.15am.

### Booking for Parish Zoom Account

**Wednesday 14 October 2020**

**9:15 AM**

**Parish Mass on Zoom**

**Meeting ID: 434 691 8189**

**Passcode: 439075**

**Thursday 15 October 2020**

**7:30 –8:30PM— STM PPLT Meeting**

**Sunday 18 October 2020**

**8:00AM**

**Parish Mass on Zoom**

**Meeting ID: 434 691 8189**

**Passcode: 439075**

**Monday 19 October 2020**

**1:30 PM—3:30 PM—STM Poetry Group**

**7:30PM—9:30PM—St Vincent de Paul's Society**

**Please contact the parish by phone or email if you would like to use the parish zoom account for your parish ministry group meeting.**

## **STM PARISH MASS ON ZOOM—Wednesday 14 October**

**Mass commences at 9:15 AM. However, you may start logging on to zoom from 9:00AM.**

**Meeting ID: 434 691 8189**

**Passcode: 439075**

**Wednesday of week 28 in Ordinary Time**

### **A reading from the letter of St Paul to the Galatians.**

If you are led by the Spirit, no law can touch you. When self-indulgence is at work the results are obvious: fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling, jealousy, bad temper and quarrels; disagreements, factions, envy; drunkenness, orgies and similar things. I warn you now, as I warned you before: those who behave like this will not inherit the kingdom of God. What the Spirit brings is very different: love, joy, peace, patience, kindness, goodness, trustfulness, gentleness and self-control. There can be no law against things like that, of course. You cannot belong to Christ Jesus unless you crucify all self-indulgent passions and desires.

Since the Spirit is our life, let us be directed by the Spirit.

### **The word of the Lord.**

#### ***Those who follow you, Lord, will have the light of life.***

Happy indeed is the man  
who follows not the counsel of the wicked;  
nor lingers in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night.

#### ***Those who follow you, Lord, will have the light of life.***

He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper.

#### ***Those who follow you, Lord, will have the light of life.***

Not so are the wicked, not so!  
For they like winnowed chaff  
shall be driven away by the wind:  
for the Lord guards the way of the just  
but the way of the wicked leads to doom.

#### ***Those who follow you, Lord, will have the light of life.***

### **Gospel Acclamation**

#### **Alleluia, alleluia!**

My sheep listen to my voice, says the Lord;  
I know them, and they follow me.

**Alleluia!**



## STM PARISH MASS ON ZOOM—Sunday 18 October

Mass commences at 8:00AM. However, you may start logging on to zoom from 7:45AM.

**Meeting ID: 434 691 8189**

**Passcode: 439075**

### First reading

**A reading from the prophet Isaiah 45:1,4-6.**

Thus says the Lord to his anointed, to Cyrus,  
whom he has taken by his right hand  
to subdue nations before him  
and strip the loins of kings,  
to force gateways before him  
that their gates be closed no more:  
'It is for the sake of my servant Jacob,  
of Israel my chosen one,  
that I have called you by your name,  
conferring a title though you do not know me.  
I am the Lord, unrivalled;  
there is no other God besides me.  
Though you do not know me, I arm you  
that men may know from the rising to the setting of the sun  
that, apart from me, all is nothing.'

**The word of the Lord.**

### Responsorial Psalm

***Give the Lord glory and honour.***

O sing a new song to the Lord,  
sing to the Lord all the earth.  
Tell among the nations his glory  
and his wonders among all the peoples.

***Give the Lord glory and honour.***

The Lord is great and worthy of praise,  
to be feared above all gods;  
the gods of the heathens are naught.  
It was the Lord who made the heavens,

***Give the Lord glory and honour.***

Give the Lord, you families of peoples,  
give the Lord glory and power;  
give the Lord the glory of his name.  
Bring an offering and enter his courts.

***Give the Lord glory and honour.***

Worship the Lord in his temple.

O earth, tremble before him.

Proclaim to the nations: 'God is king.'

He will judge the peoples in fairness.

***Give the Lord glory and honour.***

### Second reading

**A reading from the first letter of St Paul to the Thessalonians.**

From Paul, Silvanus and Timothy, to the Church in Thessalonika which is in God the Father and the Lord Jesus Christ; wishing you grace and peace from God the Father and the Lord Jesus Christ.

We always mention you in our prayers and thank God for you all, and constantly remember before God our Father how you have shown your faith in action, worked for love and persevered through hope, in our Lord Jesus Christ.

We know, brothers, that God loves you and that you have been chosen, because when we brought the Good News to you, it came to you not only as words, but as power and as the Holy Spirit and as utter conviction.

**The word of the Lord.**

### Gospel Acclamation

**Alleluia, alleluia!**

Shine on the world like bright stars;  
you are offering it the word of life.

**Alleluia!**

**'Pondering Grief - Reflection event via Zoom'**, Saturday 17 Oct 2020, 10am-1pm (AEST). Facilitated by Counsellor/Supervisor/Educator Linda Espie, this event provides the opportunity to reflect on and honour our inner life of change and transition. With creative, space and gentle guiding support, this workshop will offer a sacred place for the breadth of human experiencing and spirit to guide individual exploration.

Limited to 10 participants.

Cost \$30. Bookings and payment via Trybooking at <https://www.trybooking.com/BLUEA> For more information, contact [holsc@bigpond.com](mailto:holsc@bigpond.com) or tel 9890 1101.

## RCIA

**RCIA** stands for the **Rite of Christian Initiation of Adults**. It is a process of **Christian formation** offered to adults who seek to **become Catholic**. The initiation of new members is a **gradual process** allowing enquirers time to grow in faith and become full participants of the Catholic community.

Anyone who would like to enrol into STM RCIA program is asked to contact Fr Joe by email or phone—**no later than 5 November 2020.**



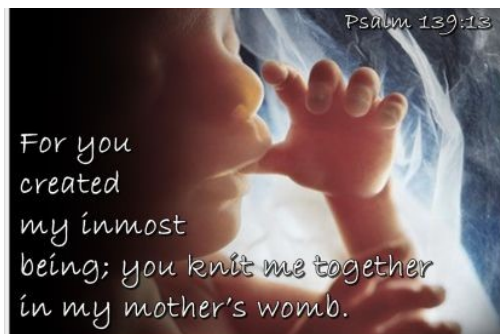
**Rite of Christian Initiation  
for Adults**



## 2020 Live Streamed *March for the Babies* October 10 @1 p.m.

Due to Covid 19 restrictions, the Annual March for the Babies 2020 will be a Live Streamed event @ 1p.m. Saturday October 10

Join in online [www.mftb.online](http://www.mftb.online) for Victoria's largest pro-life event in defence of the victims of Victoria's inhumane abortion laws, unborn children and their mothers. Featured speakers, powerful testimonies, music and opportunities to promote the "culture of life".



## Combined Catholic Parishes' Raffle. Congratulations to all the winners!!

Prize No	Prizes	Ticket No	Parish
1	Suzuki Beleno	032770	Good Shepherd, Mulgrave
2	Suzuki Beleno	095457	St Patrick's, Lilydale
3	Suzuki Beleno	049753	Our Lady of the Pines, Donvale
4	\$1000 Coles/Myer Gift Card	083496	Our Holy Redeemer, Surrey Hills
5	\$1000 Coles/Myer Gift Card	011368	Clairvaux Primary School, Belmont
6	\$500 Coles Myer Gift Card	024215	Our Lady of Perpetual Help, Dromana
7	\$500 Coles Myer Gift Card	069241	St Damian's, Bundoora
8	\$500 Coles Myer Gift Card	077953	Resurrection Parish, Keysborough
9	\$500 Coles Myer Gift Card	109047	St Simon's, Rowville
10	\$500 Coles Myer Gift Card	077525	Resurrection Parish, Keysborough
11	\$500 Coles Myer gift Card	092015	St Michael's, Ashburton
12	\$500 Coles Myer Gift Card	056036	St Scholastica, Bennettswood
13	\$500 Coles Myer Gift Card	015841	St Agatha's, Cranbourne
14	\$500 Coles Myer Gift Card	069696	St Damian's, Bundoora

With Term 4 just around the corner and the many challenges that Covid has brought among school communities, children and parents alike may be anxious about the coming months and the new school year in 2021.

Every student will experience their own challenges and frustrations, but parents can support their children through these periods by encouraging self-regulation of their emotions.

Self-regulation involves a set of skills that allow us to understand and manage our emotions and behaviour/reactions. Below are some practical tips on how you can support the development of self-regulation in your child!

### **Naming feelings**

Help your child name their feelings by giving them a label (sad, angry etc.). Naming feelings is integral in helping children learn to identify them. Not only does it allow your child to develop vocabulary so they can talk about their feelings, but also creates a starting point to explore the root of the problem.

### **Modelling**

Children develop self-regulation through warm and responsive relationships, and by watching those around them. Use organic opportunities to model how to manage strong emotions in positive and constructive ways. For example, how you can do a frustrating task without becoming upset. You might say something like “That was really hard, but I kept trying and got there in the end”.

### **Create a ‘toolbox’ of coping strategies to use when dysregulated**

Physical tools (e.g. walk, stretch, jumping jacks)

Thinking tools (e.g. coping statements, positive self-talk, affirmations)

Social tools (e.g. connect with a friend/trusted adult)

Relaxing tools (e.g. yoga, meditation, visual imagery)

Creative tools (e.g. drawing, painting, journaling)

### **Mindfulness**

Mindfulness techniques are wonderful way to quieten busy minds. Some popular exercises are **5-4-3-2-1 Grounding**, **Belly**

**Breathing** and **Body Scan**.

### **Provide a structured and consistent routine**

Predictability in knowing what to expect helps to decrease stress.

### **Give praise**

Praise your child when they talk about their feelings or express them in an appropriate way. Not only does it help to normalize feeling and create a safe context to talk about them, it also reinforces this behaviour so they are likely to repeat it.

### **Show empathy and encouragement**

It is important that your child feels cared about, valued, and understood as they learn to regulate. Expect setbacks in learning and growth.

Children who are able to identify, express and manage their emotions effectively are more likely to experience an array of long-term benefits to their mental health and wellbeing. These include better school and career outcomes, more positive and stable relationships, behaving in socially acceptable ways, greater resilience and coping skills, and a positive sense of self.



Strengthening families + communities

Greater Melbourne • Geelong • Gippsland

Sarah | Child & Family Counsellor

### **Sources:**

Raising Children Network | Kids Helpline | Early Childhood Australia | Child Mind Institute

## **Important changes to how the “NEW” Ritchies Card can assist your organisation**

The Ritchies Community Benefit Program has made a financial difference to many, many clubs, schools and charities over the past 26 years. You'll be pleased to know we have contributed more than \$50 million dollars back to the local community. We have also been seeking the best way to continue our financial support for all of our valued partner organisations. As a result, we will be launching a new Ritchies App and Ritchies card on 14<sup>th</sup> October, 2020.

We want you to be the first to know about how the program will change and **what your organisation will need to do** in order to continue to receive financial support from Ritchies.

The Community Benefit Program will transition to a new Ritchies Card App, available from the App store or Google Play, and will issue new physical cards (Ritchies Card) available free from any participating Ritchies Store. Shoppers will be required to download the App, or apply on line at [www.ritchies.com.au/loyalty](http://www.ritchies.com.au/loyalty), and then choose a charity, school or club they wish to direct their financial support.

**This is where you come in!** In order for your organisation to receive as much cash as possible on a monthly basis, you need to communicate the new program to your members and supporters. The more shoppers that nominate your organisation, the more cash you will receive.

**This would have to be the easiest and least costly way to raise funds for your organisation!**

Please see the attached marketing material with simple instructions on ways to alert your key supporters of this change and how best to drive them to re-nominate your organisation.

We are making this change because we want to continue to support local communities surrounding our stores, support our incredible partner organisations, as well as modernising the program. It will also allow us to offer additional personal discounts, promotions and new and exciting features to Ritchies card members.

With historical monthly donations soon to be discontinued, it is important your organisation is very pro-active in getting your current and new members to sign up again.

Your understanding and feedback is welcome as always, so please contact [loyalty@ritchies.com.au](mailto:loyalty@ritchies.com.au) with any questions you may have or for more information go to [www.ritchies.com.au](http://www.ritchies.com.au)

Yours Faithfully

**Fred Harrison**  
**Chief Executive Officer**

## **Position Vacant**

We are seeking a Casual Sacramental Coordinator who will be responsible for sacramental preparation of our school age children and work in collaboration with our Parish School.

This position will commence in 2021 and the working hours will vary and flexibility is required to be available on some evening and weekends during Masses, planning and during sacraments.

### **Key Requirements**

A Sound understanding of theology

Understanding of liturgy and liturgy preparation

Ability to relate to a variety of people & develop sound working relationships, work with a spirit of generosity and achieve in a team environment.

Good communication skills with ability to relate to a variety of people

Strong PC skills, in particular working knowledge of Microsoft Office and Google suite of products

- Energetic and highly motivated with initiative and capacity to work with a minimum of supervision.

Well motivated to work for the Catholic Church and ideally possess a strong commitment to its practices and values.

### **Key Responsibilities**

- Teaching and preparing children for First Reconciliation, First Communion and Confirmation.
- Recruitment and Coordination of volunteer catechists as required
- Attending planning meetings with Parish Priest and School staff, assisting with planning and running of retreat held for Communion and Confirmation.
- Actively support the Parish Priest with the Sacramental Program, key objective of ensuring efficient and seamless coordination with a strong pastoral focus in the parish.
- Preparation of correspondence, maintenance of records, receiving telephone calls and enquiries relating to Sacraments.
- Develop and maintain sound working relationships with the school staff, parents and children.
- Provide support to the Parish Priest in preparation for Feast Day's and Church Celebrations.

Active involvement with attendance at celebrations & liturgy for the sacraments, these may include weekday evening and weekend attendance.

### **Other Relevant Requirements**

Working with Children Check

Police Check (new Check required)

Valid Driver Licence

### **Additional Information**

Applications are to be sent to [recruitment@cam.org.au](mailto:recruitment@cam.org.au) by Tuesday 29<sup>th</sup> October 2020. Please submit a cover letter along with a current resume. For further information, contact Suzette Diaz, HR Partner on (03) 9926 5615. We look forward to hearing from you and wish you all the best.