



# ST JOSEPH'S MALVERN *stepping out in faith and trust*

UNDER THE CARE OF THE VINCENTIAN COMMUNITY

**PARISH PRIEST:**

Fr Alan Gibson CM

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**PARISH BUSINESS**

**MANAGER/SECRETARY:**

Mrs Chris Earl  
Monday—Friday  
8.00am—12noon

**PARISH OFFICE ADDRESS:**

47 Stanhope Street, Malvern

**JOCARE—COORDINATOR:**

Mrs Kerri Anne Brussen  
9401 6392  
jocare@stjosephsmalvern.org.au  
Monday, Tuesday & Thursday

**PARISH SCHOOL PRINCIPAL:**

St Joseph's Primary  
Principal  
Mrs Michelle Moore  
9597 6300

## **THE MOST HOLY BODY & BLOOD OF CHRIST YEAR A 14th June 2020**



**FIRST READING:**

A reading from the book of Deuteronomy  
*He gave you food which you and your ancestors did not know.*

Moses said to the people: 'Remember how the Lord your God led you for forty years in the wilderness, to humble you, to test you and know your inmost heart – whether you would keep his commandments or not. He humbled you, he made you feel hunger, he fed you with manna which neither you nor your fathers had known, to make you understand that man does not live on bread alone but that man lives on everything that comes from the mouth of the Lord.

'Do not then forget the Lord your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and dreadful wilderness, a land of fiery serpents, scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known.'

**RESPONSORIAL PSALM:**

Response: Praise the Lord, Jerusalem.

1.  praise the Lord, Jerusalem!  
Zion, praise your God!  
He has strengthened the bars of your gates.  
he has blessed the children within you.

**ST JOSEPH'S IS A CHILD SAFE PARISH**

*At St Joseph's we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our parish.*

2. He has established peace on your borders,  
he feeds you with finest wheat.  
He sends out his word to the earth  
and swiftly runs his command. R

3. He makes his word know to Jacob,  
to Israel his laws and decrees.  
He has not dealt thus with other nations;  
he has not taught them his decrees. R

## SECOND READING:

A reading from the first letter of St Paul to the Corinthians

*Though we are many, we form a single body because we share this one loaf.*

The blessing-cup that we bless is a communion with the blood of Christ, and the bread that we break is a communion with the body of Christ. The fact that there is only one loaf means that, though there are many of us, we form a single body because we all have a share in this one loaf.

## GOSPEL:

A reading from the holy Gospel according to John

*My flesh is real food and my blood is real drink*

Jesus said to the Jews:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give

is my flesh, for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man

and drink his blood,

you will not have life in you.

Anyone who does eat my flesh and drink my blood

has eternal life,

and I shall raise him up on the last day.

For my flesh is real food

and my blood is real drink.

He who eats my flesh and drinks my blood

lives in me

and I live in him.

As I, who am sent by the living Father,

myself draw life from the Father,

so whoever eats me will draw life from me.

This is the bread come down from heaven;

not like the bread our ancestors ate:

they are dead,

but anyone who eats this bread will live for ever.'



# FR ALAN'S REFLECTION

## BEING REAL

This feast day of the Body and Blood of Christ (Corpus Christi) gives us the opportunity to reflect upon the meaning of Jesus' message and its implications for us in our lives.

In today's Gospel we hear the Words of Jesus 'I am the living bread which has come down from heaven.' He then goes on to speak about giving his flesh to eat. All of this was totally unacceptable to the crowd he was talking to. This was because of their Old Testament understanding that eating the flesh of animals with blood was prohibited. As far as they were concerned blood represented life and belongs to God.

When the crowd reacted, Jesus was given every opportunity to explain his words. He could have gone on to say something like, "Oh I was only speaking symbolically or metaphorically." Instead he intensifies his language. He says, 'I tell you most solemnly, if you do not eat of the flesh of the Son of Man and drink his blood, you will not have life in you.' Here Jesus is emphasising that his message is very important. He is making it very clear that he is not speaking symbolically or metaphorically.

The crowd do not like the reality of his language. This passage forms the biblical ground of our Catholic faith. We hear the Words of Jesus at the Last Supper as he distributes the bread and wine he says, '...This is my Body, ...This is my Blood.' Because of who he is, Jesus has the power to transform reality at the most fundamental level. The substance of the bread and wine is changed into the Body and Blood of Christ. Other examples of Jesus being able to transform reality can be seen through his healing ministry where he cured people of their illnesses and he forgave sins.

As the Bread and Wine are transformed into the Body and Blood of Christ, so we too are called to transform our lives. We are called to be a real presence to others. There are several ways we can do this.

- i. To be truthful not only in the words we use but in the message we convey. It is possible to say something that is factually true and still tell a lie by leaving out information that the other person has a right to know.
- ii. That the public image we present to others and our private lives are congruent with one another. What do we do when no one is looking?
- iii. Being kind to all. It is easy to be kind to someone when they have the capacity to do something for us. Are we also kind to those who are unable to do anything for us in return? Are we just as polite to the person who serves behind the counter at a grocery store as we are to those who have authority over us?

- iv. Ensuring that my attitudes and behaviour are always oriented towards what is good for the community. In other words, receiving the Body of Christ reminds of our responsibility to act as the Body of Christ for the common good.
- v. Making a firm resolution to get rid of those things in our lives which are not life giving. At the heart of this we are called to reflect on the occasions which give rise to these things and resolve not to put ourselves in those situations in the first place.

If we were to continue this Chapter of John's Gospel, we would hear how many of Jesus' followers left him at that point. The implication of Jesus' message was too confronting. Despite this, Jesus does not flinch. He simply asked those who remained if they wanted to go away as well. He was not going to compromise his principles of being real under any circumstances. This Feast reminds us that we are called to do the same.

## MESSAGE FROM FR ALAN

### Weekday and weekend Masses

Just a reminder that the Church is now permitted to hold services for up to **20 people**. These mass times are listed in this bulletin.



All the restrictions around these masses remain in place. All parishioners are invited to register through trybooking on this link—<https://www.trybooking.com/BJWBA> If you do not have access to the internet please contact the Parish Office on 0401 112 380 or [info@stjosephsmalvern.org.au](mailto:info@stjosephsmalvern.org.au) for **one weekend Mass and one weekday Mass** during the period 1 June-22 June. The Parish is still required to accurately record the details of everyone who attends Mass. Therefore, any parishioner wishing to attend Mass in this period **must register beforehand** by no later than 9.00am on the previous business day. It is recommended that bookings be made as early as possible.

Should you need to cancel a booking please do so by giving the Parish Office 24 hours' notice to in order give another parishioner the opportunity to attend Mass on that day.

### Parish Mass Online

Last weekend the Saturday Vigil 6.00pm Mass was pre-recorded and uploaded on to the Parish website. This has since been sent to all the Parish Nursing Homes. The Mass will once again be recorded this Saturday night at the 6.00pm Mass.

### Assisting International Students

The Parish continues to try and support International Students at this time. Anyone wishing to donate non-perishable goods can place them in the box located on the verandah near the front door of the Parish Office. Please post any donations of grocery cards to the Parish Office.

Have a good week and please stay safe.

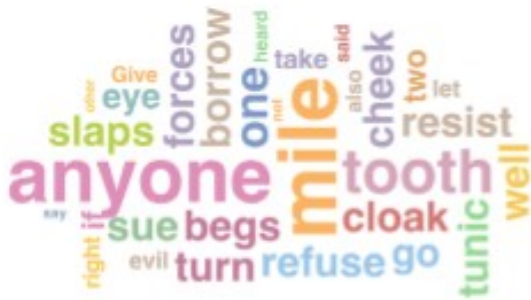
**Fr. Alan**

Monday 15<sup>th</sup> June 2020

Readings: 1 Kings 21:1-6; Matt 5:38-42

## TEACHING ABOUT RETALIATION

This reading ties in with the Beatitudes from last week where the heart of Jesus' teaching is all about the importance of detachment. Today we are being called to detach ourselves from being easily offended. Have I ever been able to act out these suggestions of Jesus? How was it for me? Do I even want to behave in such a way? The teaching that Jesus offers is not about being a doormat for others. Rather it is the pathway to freedom. This Gospel calls us to live beyond the limit of the law. Living in the freedom that Jesus offers us means living with imagination and generosity. This enables us to live beyond the restrictions that life presents.



Tuesday 16<sup>th</sup> June 2020

Readings: 1 Kings 21:17-29; Matt 5:43-48

## LOVE OF ENEMIES



When somebody does or says something to hurt us the most natural reaction in the world is to want to pay them back. Therefore, Jesus' command to love our enemies and to pray for those who persecute us is the most difficult commands to follow.

I think it is helpful to understand that forgiveness is not about condoning what has taken place. It is not about having to like our enemies. We may have every right to feel angry about what was said or done to us. Forgiveness is a gift we give ourselves. Failing to forgive is a heavy burden to carry. It robs of our energies. It can affect relationships with those we love.

Forgiveness can take a lot of courage and strength to implement. However, in doing so we become children of our Father in heaven.

## VOLUNTEERS TO NURSING HOMES & TO HOME OF PARISHIONERS— FLU INJECTION

On the May 1st 2020 it became compulsory for anyone entering an aged care facility to have been vaccinated against flu.

I would like to extend this requirement to all volunteers who visit Nursing Homes and homes of parishioners in the Parish.

While many of you may have the flu vaccine routinely, some of you may not.

If you require the vaccination as a result of volunteering in these ministries, could you please have the vaccination when you feel comfortable venturing out to a doctor's surgery.

Also the parish will require evidence that you have been vaccinated, the equivalent of a medical certificate. Doctor surgeries should have a pro forma for this. I am unsure of when we will be able to return to physical visits.

Thanking you for your assistance in this matter.

**Fr. Alan**



Wednesday 17<sup>th</sup> June 2020

Readings: 2 Kings 2: 1,6-14; Matt 6:1-6, 16-18

### ALMSGIVING, PRAYER, FASTING

Mother Teresa was once asked the following question: 'What needs to change?' She answered, 'You and I.' Prayer, Fasting and Almsgiving is not about doing spiritual gymnastics. They are time tested practices which help us in the process of conversion.

Prayer helps us to realize that we cannot do this by ourselves. We need God. Fasting reminds us that there is nothing in the world that can satisfy our hunger or quench our thirst. Only God can give us the serenity and joy that we long for.

Practicing going without strengthens us in our fight against the temptation to do wrong.

Almsgiving opens our hearts towards others. Our communities are changed for the better through acts of generosity.

All three practices take the focus off ourselves and direct us to look outwards towards God and others. Through our determination to exercise these practices daily and with God's grace, we will change.



Thursday 18<sup>th</sup> June 2020

Readings: Ecclesiasticus 48:1-15; Matt 6:7-15

### THE LORD'S PRAYER



In today's Gospel Jesus warns His disciples against formalistic prayer that is, making prayer something mechanical and devoid of meaning. In teaching them the Our Father he makes the point that the words we use must be accompanied by sincerity and openness.

From the Lord's Prayer we learn at least two things that: Firstly, that prayer is about quality not quantity. The problem with quantity is that it seems to presume that it either impresses God or that God needs to be persuaded. It is not God who needs to change. It is us. Secondly, prayer teaches us to pray in common. It reminds us that our relationship with God is personal and not private and that we need the community in our lives to help us grow in faith.

The beauty of this prayer is that the word "my" is not said once. This means that this prayer is focused outwards towards God and others.



Friday 19<sup>th</sup> June 2020

The Most Sacred Heart of Jesus

Readings: Deuteronomy 7:6-11; 1 John 4:7-16;  
Matt 11:25-30

**THE HUMANITY OF JESUS**



In this Feast of the Most Sacred Heart of Jesus we are reverencing Jesus' humanity. Jesus came did not pretend to have a body. He came to live amongst us for real. The second thing we are asking when we reverence the Sacred Heart of Jesus is for his emotion, his heart, for his desire and for his compassion.

This Feast was instituted in 1856 and it reminds us of what the human heart is capable of. The Most Sacred Heart of Jesus calls us to increase both our love for God and others. When we gaze upon the Most Sacred Heart of Jesus, we see a heart burning with love for us. When Jesus gazes upon our hearts what does he see?

An old prayer that is still useful for today is simply 'Jesus meek and humble of heart, make my heart like unto God.' It is a helpful prayer to use when I feel angry or impatient or when I must see someone who I would rather not.

Saturday 20<sup>th</sup> June 2020

The Immaculate Heart of Mary

Readings: 2 Chronicles 24:17-25; Luke 2:41-51  
**UNITED AS ONE**

We can see the mind of the Church when it has this Feast Day of the Immaculate Heart of Mary the day after the Feast to the Most Sacred Heart of Jesus. We could say that that the Most Sacred Heart of Jesus began in the womb of the Blessed Virgin Mary. She says yes to being the Mother of Jesus and then is overshadowed by the power of the Holy Spirit who then forms in her womb the body of the Son of God. The Heart of Mary is united with the Heart of Jesus. They are always united. They are always beating as one with love. They are united in doing the will of the Father. They are united in loving the human race. As Jesus' Heart was pierced on the cross so was Mary's as foretold years by the prophet Simeon when Jesus was presented in the Temple.

Therefore, Mary's heart is meant to be a model for the way we should love God. She is the only human person who can fully and really love God in the way that He should be loved since her heart is immaculate which means sinless. Mary's yes to God meant that we had a Saviour born into this world who showed us the pathway to salvation.

In today's Gospel we hear about the finding of Jesus in the Temple by Mary and Joseph after he went missing for three days. Mary says to Him: "My child, why have you done this to us?" (Lk 2:48). When Jesus answers her that He must be in his Father's house, Mary does not just remember things; she ponders over the events and experiences in her life. And as she ponders, the mystery of God is slowly revealed to her, the will of God is slowly made known to her.

Therefore, the Feast of the Immaculate Heart of Mary invites us to have a contemplative heart. Let our daily mantra be, 'Let it be done to me according to your word.'



# NON-PERISHABLE FOOD ITEMS / SUPERMARKET GIFT CARDS DONATIONS TO SUPPORT INTERNATIONAL STUDENTS

JoCare is working with a local organisation to support those finding it tough in the present COVID-19 environment. The 100 Coffee Movement exists to help people, organisations and communities build healthy connections. The 100 Coffee Movement are linked with international students and other people who have become marginalised during this pandemic. Through donations of non-perishable pantry items or supermarket gift cards you can support them.



## Items:

- Rice
- Pasta
- Pasta sauce
- Dried lentils
- Canned tuna
- Canned beans, chick peas etc
- Long life milk
- Soap
- Toothpaste
- Toilet paper
- Paper Hand towel
- Other non-perishable that you may find useful

\$20.00 Supermarket gift card



A box will be located on the verandah near the front door of the parish to drop in donations. Supermarket gift cards can be posted to the Parish Office. 47 Stanhope Street, Malvern 3144.

We thank you for your support. Many people are finding this pandemic a tough time and your donation will make life a little easier for those facing difficulties. Donations and gift cards will be given directly to those in need.

Any questions please call the JoCare office: Phone 0403 572 440 or email: [jocare@stjosephsmalvern.org.au](mailto:jocare@stjosephsmalvern.org.au)





# Plenary Council 2020

Listen to what the Spirit is saying...

## News about the Plenary Council.

- The launch of the Plenary Council encouraged 220,000 people to speak out on much needed change in our Church. While not everyone was in agreement, there was a considerable number calling for change in governance, male dominated clericalism, climate change, language in the liturgy to name just 4 areas.
- 26 Melbourne parishes (including St Joseph's) came together and sent a joint statement to all the bishops and the executive of Catholic religious Australia.
- \* The same group of parishes has established a website called "[senseofthefaithful.org.au](http://senseofthefaithful.org.au)" to facilitate discussions between parishes all over Australia.

The current delay of the Plenary Council process for 12 months is both a blessing and a curse. It gives us more time to consider the written material that will be the basis of the Council discussions; however, there is some skepticism the delay will slow the momentum for change.

- We invite you to sign up to become a subscriber (no cost involved) to the Sense of the Faithful website; and to get involved in the conversations about the need for change in your Church.

And so we invite you to add your name as a subscriber at the bottom of the home page of the "[senseofthefaithful.org.au](http://senseofthefaithful.org.au)" webpage, to receive the regular newsletter. We hope you enjoy it's content and that it inspires you to respond.

## SUPPORTING VINNIES 2020 COVID-19 WINTER APPEAL

Sunday 14 June 2020 is the date set aside for the annual St Vincent de Paul Society WINTER APPEAL. This year envelopes will not be provided as in past years due to Coronavirus COVID-19 Pandemic.

Therefore, the best way to support the appeal is by:

- \* Donating online at [vinnies.org.au](http://vinnies.org.au) - (and here is the link that takes people straight to the Winter Appeal website - <https://bit.ly/2AFtZt1>)
- \* Calling with your credit card details **13 18 12**

**Your generosity is appreciated.**



### **PARISH SAFEGUARDING COMMITTEE UPDATE**

The Parish Safeguarding Committee continues to meet via zoom during this time.

The members of the Committee have carried out their own risk assessment of the parish property and have engaged in a meeting (via Zoom) with Catholic Church insurance (CCI) regarding this.

The Committee is also currently working on strategies of how to communicate Child Safety Issues to Children and Young people in the parish in an appropriate way.

Also in conversation with those in various parish ministries updating what is required in these ministries is also being worked on.

### **BULLETIN POSTED**

If you know of someone who does not have the internet, is house bound and would like a bulletin posted to them, please contact Chris at the Parish Office on 0401 112 380 or email [info@stjosephsmalvern.org.au](mailto:info@stjosephsmalvern.org.au)

Father; let me hold Your hand and like a child,  
walk with You down all my days, secure in  
Your love and in Your strength.  
*Thomas a Kempis*

ThisDays  
**Thought**  
org



The St Joseph's Parish Malvern site is live and can be found via this link:

[CDFpay for St Joseph's Parish, Malvern](http://CDFpay for St Joseph's Parish, Malvern)



*May our struggles and our concern for this planet never take away the joy of our hope.*

– Pope Francis, *Laudato Si'*, 244

## *Meditation on Creation*

**Breath:** Take three deep breaths, fill your lungs thoroughly, holding your breath momentarily and exhaling through your mouth.

**Heart:** Quiet your inner self – embracing the gift of life with each breath and heartbeat.

**Let yourself reflect on these words of St Hildegard of Bingen:** ‘Human beings are the thinking heart, called to be co-creators with God in shaping the world.’

**Express** your gratitude for the wonders of creation’s rhythm of interconnection.

**Reflect:** How do you feel that this most beautiful place, Earth, is threatened by destruction due to our own actions and neglect?

**Ponder** the call to be co-creators and not dominators and oppressors of the web of life for now and future generations.

**Resolution:** Come in touch with the passion/energy you feel to protect this most beautiful place, Earth. In what way(s) might you help sustain Earth’s life?

(Adapted and used with permission by the Sisters of Providence of Saint Mary-of-the-Woods. Written by Sister Barbara Sheehan and Providence Associate Gene Majewski.)

**Pray:** God of creation, your goodness and glory shine forth through everything you have made. Through the light of faith, help us to see this world, our common home, not as a resource to dominate and exploit, but as a gift to be cherished by all generations. Prompted by your Spirit, we ask this in the name of Jesus, through whom all creation was made. Amen.

(Prayer from Catholic Charities)

## ST JOSEPH'S PARISH—Mass Times



### Weekend Masses

Saturday Vigil—6.00pm

Sunday—10.00am & 6.00pm

### Weekday Masses

Monday—NO MASS

Tuesday—9.15am

Wednesday—NO MASS

Thursday—9.15am

Friday—NO MASS

Saturday—10.00am

### Reconciliation

by appointment only

## PLEASE NOTE!!

**Mass Intentions are still being taken for weekday and weekend Masses.**



Parish Office is closed until further notice.

Please ring, 9401 6390 before you stop by to make sure there is someone in attendance.

### CHURCH OPEN TIMES

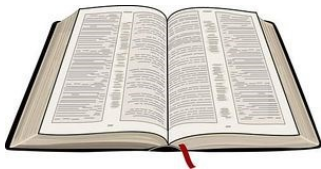
Due to the easing of some restrictions announced by the State Government, the Church, by bookings only, is now open for weekday and weekend Masses. Unfortunately personal visits still not permitted until further notice.

## THE MOST HOLY BODY AND BLOOD OF CHRIST (YEAR A)

**FIRST READING:** Deuteronomy 8:2-3.14-16

**SECOND READING:** 1 Corinthians 10:16-17

**GOSPEL:** John 6:51-58



### Next Sunday's Readings

12th SUNDAY IN ORDINARY TIME

Jeremiah 20:10-13

Romans 5:L12-15

Matthew 10:26-33



### PLEASE PRAY FOR:

#### BAPTISM:

**THE SICK:** John & Marie Horan, Mim Nerlich, Barbara Westcott, Janet Murphy, Mal Logan, Anne Peric, Br Paul Smith fsc

#### RECENTLY DECEASED:

#### ANNIVERSARIES:



### MASS INTENTIONS

June 13

People of the Parish

June 14

People of the Parish

June 14

People of the Parish

June 16

June 18

June 20

Nicholas & Theresa Sebastian (an)

If you are wanting to book a Mass Intention, please call the Parish Office on 9401 6390 or [info@stjosephsmalvern.org.au](mailto:info@stjosephsmalvern.org.au)

### Acknowledgement of Country

*We acknowledge that we are meeting on the traditional land of the Boon Wurrung and Wurundjeri people and offer our respects to the elders past, present and future. We recognise and respect the cultural heritage of this land.*