



# St Francis of Assisi Parish

290 Childs Road, Mill Park 3082 phone: 9407 6700

web: www.cam.org.au/millpark email: millpark@cam.org.au

## PARISH BULLETIN 2ND SUNDAY IN ORDINARY TIME 15TH JANUARY 2023

<b>PARISH PRIEST</b>	Fr Anthony Girolami	<b>ASSISTANT PRIEST</b>	Fr Zaher Almhna
<b>PASTORAL ASSOCIATE</b>	Sr Anh Tran - 9407 6720	<b>YOUTH MINISTER</b>	Carmel Walsh - 9407 6704
<b>OFFICE ADMINISTRATOR</b>	Bernice Quinn - 9407 6700	<b>PARISH BOOKKEEPER</b>	Paul - 9407 6722
<b>SCHOOL PRINCIPAL</b>	Mark Basile - 9407 3100		

<b>WEEKEND MASS TIMES</b>	Saturday vigil 5:00 pm; Sunday 9:00 am, 10:30 am & 5:00 pm
<b>WEEKDAY MASS TIMES</b>	Monday – Saturday 9:15 am Wednesday 7:30 pm - Our Lady of Perpetual Help
<b>RECONCILIATION</b>	Wednesday evening after Mass and Novena Saturday 9:45 am
<b>ADORATION</b>	Saturday 9:45 am – 10:30 am concluding with Benediction

<b>VIGIL MASS:</b>	1st Friday of the month 7:30 pm to Midnight Mass.	<b>Next Mass:</b> 3rd February
<b>FILIPINO MASS:</b>	2nd Sunday of the month at 12 noon.	<b>Next Mass:</b> 12th February
<b>MALTESE MASS:</b>	3rd Saturday of the month at 4 pm. Confession 3:30. Rosary 3:40.	<b>Next Mass:</b> 18th February
<b>ST ANTHONY'S PRAYER GROUP MASS:</b>	1st, 2nd, 3rd & 4th Tuesdays of the month at 7 pm.	<b>Next Mass:</b> 7th February
<b>INDONESIAN FAMILY GROUP MASS:</b>	3rd Saturday of the month at 7 pm.	<b>Next Mass:</b> 18th February
<b>EXPOSITION OF THE BLESSED SACRAMENT:</b>	Wednesday 7:30 am - 7:30 pm	
<b>NOVENA TO ST JOSEPH:</b>	1st Wednesday of the month after 9:15 am Mass.	
<b>ANOINTING OF THE SICK:</b>	2nd Wednesday of the month after 9:15 am Mass.	
<b>NOVENA TO ST ANTHONY (MALAYALAM):</b>	Every Tuesday at 7:00 pm.	
<b>LEGION OF MARY:</b>	Every Thursday at 10:15 am in the church fellowship area. Contact Jackie - 0422 443 324.	
<b>WORD OF LIFE PRAYER GROUP:</b>	Every Friday at 7:00 pm in the chapel. Contact Nancy - 0434 559 352.	
<b>PASSIONIST FAMILY GROUP:</b>	Contact Regina - 0432 267 557 or Alfons and Helen Glatzel - 9404 2050.	
<b>DIVINE MERCY CHAPLET:</b>	Every Friday at 3:00 pm in the chapel and after Friday morning 9:15 am Mass.	
<b>AGAPEE RENEWAL PRAYER MEETING:</b>	Every Sunday at 6:30 pm in the chapel. Contact Gigimon - 0402 652 646.	
<b>LIFE TEEN:</b>	Every Sunday during school terms after 5pm Mass. Contact Carmel at millpark.youthministry@cam.org.au for further details.	
<b>JESUS YOUTH PRAYER GROUP:</b>	Every Thursday at 7 pm in the chapel. Contact Lovely - 0411 208 706.	
<b>CATECHIST R.E. CLASSES:</b>	For all enquiries contact May Park at sfranciscatechist@gmail.com.au	

**IMPORTANT REMINDERS:**

- Please do not attend Mass if you are unwell in any way or with any symptoms of illness (covid or otherwise).
- Please sanitise your hands prior to receiving Holy Communion.
- Masks are no longer mandatory but are strongly recommended in large group gatherings.
- Please consume the host as soon as it is placed in your hands. Please do not walk back to your seat before consuming the host.

**PARISH CONTRIBUTIONS** - Contributions can be dropped off between 9am and 5pm each day at the parish office.  
**THANKSGIVING ENVELOPES** - Please remember to write the amount on the front of your thanksgiving envelopes.  
**CHOIRS ON BREAK DURING JANUARY** - During January our choirs at Mass will have a well-earned break. We thank them for the talents they share with us faithfully every week. Please remember while at Mass to refer to the weekly newsletter for all prayers and responses.  
**JANUARY ROSTERS** - The rosters for Readers and Extraordinary Ministers of Communion will continue during January. If you will be absent or on holiday on your rostered turn, please contact another person to take your place.

## PLEASE PRAY FOR

**RECENTLY DECEASED:** Cardinal George Pell, Father Thao Pham, Primitivo Rico, Michael McClosky, Phyllis Diamond, Nunzio Trubiano, Prospero Batin, Lisa Presley.  
**IN MEMORIAM:** Anna Altavilla, George Simmons, Christopher McManus.  
**THOSE WHO ARE ILL:** Lez Meyers, David Wallace, Sharon Barber, Zahra McMahon, Herve Incoul, Francis Mendoza, Hazel Neilson, Joan Oram, Lez Meyers, Maeve Reardon.

(From time to time we will modify the sick list. If you prefer a person to remain on the list please contact the parish office.)

The newsletter will be available each week in the Presbytery foyer and on our website [www.cam.org.au/millpark](http://www.cam.org.au/millpark)

**ST VINCENT DE PAUL FLOOD APPEAL**  
Contributions can be made by: 1. Calling 13 18 12. 2. Visit <https://donate.vinnies.org.au/appeals-vic/vinnies-vic-flood-appeal-2022>. 3. Making a monetary donation through any Vinnies Shops at point of purchase. 4. Via your local IGA where the purchase of a token supports the recovery of Victorians devastated by these recent floods.

**2023 Thanksgiving Envelopes and 2022 Statements**  
We regret to inform you that due to logistic difficulties beyond our control, thanksgiving envelopes for 2023 and statements for 2022 cannot be issued prior to February 2023. We are sorry for this disruption and we hope to resolve the matter as quickly as possible.

The Piety Stall is now selling the 2023 Divine Mercy and Columban Art Church calendars for \$10 each and also the 2023 Mass reading books. Buy your copy now so as not to be disappointed. Thank you.  
*(Could the person who ordered the 4 x 300mm Holy Family Statues please collect them from the piety stall.)*



## Jesus, jazz, and the healing power of music with Olivia Chamoun

The sense of freedom in jazz music is no coincidence, either, since its roots go all the way back to the African-American quest for freedom from slavery in early-modern American history. Discovering that so many jazz artists also performed covers of spiritual or sacred songs allowed Olivia to experiment freely, even within her university recitals. 'I would start to throw in hymns to my uni recitals and arrange some pieces that really brought my faith and my spirituality into my music, and I was really blessed that my band were on board with that,' she says. One early example of success for her was a piece of music with no composer attributed to it. The lyrics are simply, 'Jesus' blood never failed me yet. And there's one thing I know that he loves me so.' For one recital, Olivia used the original melody and extended it into a lengthy improvisation with her band, something she describes as a 'leap of faith'. 'I remember being so terrified to simply use the name of Jesus in my university auditorium. But I am so glad I did it. It was actually really, really beautiful,' she says. Her debut album is made up of 10 original songs, written over the course of two or three years, and while none of them are overt hymns, she says, 'the underlying meaning or the underlying experiences that led to some of the songs are prayerful moments or experiences of God's love in my life.'

"For my listeners, I like to leave meaning a bit open-ended, to leave people to interpret, maybe even wonder, maybe even ask, What was that about? So I like that aspect of song-writing too. While I ultimately bring who I am to my original music, I want to connect with people from all walks of life, and I hope that everyone who listens can relate to my songs in some way."



### The healing power of music

Olivia is currently undertaking a Master's Degree at the University of Melbourne in Music Therapy, an allied health profession that involves the use of music to promote well-being and quality of life across a range of different health areas. This study has given her fascinating insight into the power of music for people living with various kinds of health conditions. 'Music really has a way of binding people, and that even comes to light biologically,' she explains. She shares a Swedish study that found when a group of people sang hymns together, their heart rates began to synchronise, beating in time with each other.

Music also has the ability to work its way into our memory in a way nothing else can. Some patients with dementia, for instance, will forget most of the basic things about their life, but music lingers on. 'Life doesn't make sense to them anymore, but you start singing "You are my sunshine" and they'll sing along too,' she says. 'There's so much power in music that is, to be honest—despite all the research into music therapy, music psychology and everything—so much of it is still unexplained. And I think that also points to a deeper meaning ... I believe that mysteries such as this that exist in our world point to an ultimate mystery, a higher power: God.'

People often speak of being moved or healed by music, including by the music that Olivia and her band play during their sets. "Those very deep feelings and experiences that music can afford people, that's such a good and beautiful thing, and surely that has to be the work of God. Often I don't realise at the time how much people appreciate and are moved by the music we share. It is such an honour."

### From performance to prayer

Although she learnt other instruments outside of a church setting, it was in the context of Mass that Olivia learnt to sing—something that has affected her approach to music in an important way. 'Singing into the microphone at church as a kid, not as a performance but as a form of prayer, that's a very different way of learning music,' she says. 'I have the mindset that whatever I do with my music in the secular or sacred space, I'm offering it back to him and trying to bring something good into the world that will hopefully bring others joy and bring meaning into people's lives, perhaps even spark some deeper thought. Being at the beginning of a music career is both exciting and scary, she explains. Being able to do what she loves for a living, with a fiancé, family and friends who are so supportive, is an incredible gift. But the sense of the unknown is also very real. To young Catholic artists, Olivia says that while the music scene is a competitive one, they shouldn't be held back. 'I am a firm believer that there is room for everyone in the music scene,' she says. 'I think if you feel you have something important to say, or beautiful music to share, there is room for you and you should do it.' While musicians need to practise self-belief and not allow themselves to be crippled by their own internal critic, humility is key. There's a lot of ego in the music world, she says, and it's important we recognise music for what it is: 'Music isn't for me. It's for God.'

"To all the Catholic aspiring musicians out there, bring who you are, bring your faith into it, let it be your motivation, let it be your inspiration in terms of music material, and don't be afraid to share it with the world ... If you feel like you have something to say, then say it. As Christ said, don't be afraid."

**Olivia was married to Joseph Canavan yesterday, congratulations and God's blessings be with you!**