



# St Anthony's Parish



# St Bernard's Parish

67-74 EXFORD ROAD, MELTON SOUTH, 3338.  
P.O BOX 2152 MELTON SOUTH 3338  
TEL: 9747 9692 FAX: 9746 0422

61 LERDERBERG STREET, BACCHUS MARSH 3340  
TEL: 5367 2069 FAX: 5367 4863  
OUR LADY HELP OF CHRISTIANS, KOROBET  
309 MYRNIONG-KOROBET ROAD 3341

**4th Sunday of Easter**

**Year C**

**12th May 2019**

**PARISH PRIEST:** Fr Fabian Smith

**ASSISTANT PRIESTS:** Fr Patrick Bradford & Fr Joseph Panackal IV Dei

### ST ANTHONY'S PARISH

**Parish Secretary:** Lesley Morffew

**Admin Assistant:** Judy Johnson

**Parish Office Hours:**

Mon 9.00am-4.00pm Tue 1.00pm-5.00pm

Wed—Thurs 9.00am-5.00pm Friday 9.00am-4.00pm

**Email:** meltonsouth@cam.org.au

**Website:** stanthonysmeltonsouth.wordpress.com

**St Anthony's School Principal:** Damien Schuster

Wilson Road, Melton South 3338

**Phone:** 9743 1401

**Email:** principal@sameltonsth.catholic.edu.au

**Website:** www.sameltonsth.catholic.edu.au

**Catholic Regional College - Melton (Years 7-12)**

**Principal:** Mr Mark Sheehan **Phone:** 8099 6000

**Website:** www.crcmelton.com.au

### ST BERNARD'S PARISH

**Parish Secretary:** Dolores Turcsan

**Admin Assistant:** Judy Johnson

**Sacramental Coordinator/ Bookkeeper:**

Naim Chdid Fri 10.00am—3.00pm

**Parish Office Hours:** Tue –Thurs 9.00am-1.00pm

**Email:** bacchusmarsh@cam.org.au

**Website:** http://pol.org.au/bacchusmarsh/Home.aspx

**St Bernard's School Principal:** Emilio Scalzo

19a Gisborne Rd, Bacchus Marsh VIC 3340

**Phone:** (03) 5366 5800

**Email:** principal@sbbacchusmarsh.catholic.edu.au

**Website:** www.sbbacchusmarsh.catholic.edu.au

### **ST ANTHONY'S PASTORAL COUNCIL**

Sue Alexander	0400 171 843
Lillian Christian	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	03 9747 0078
Natalie Howard	0410 478 046
Rose Ma'ae	0431 386 473
Marthese Mercieca	0421 378 691

EX-OFFICIO:

Fr Fabian Smith PP, Fr Patrick Bradford, Fr Joseph Panackal and Damien Schuster Council Secretary: Judy Johnson

### **ST BERNARD'S PASTORAL COUNCIL**

Cathy Belcher	0431 082 886
Shane Cook	0419 999 052
Peter Farren	0418 594 501
David Loxley	0459 974 960
Moira Ross	0400 675 056
Emillio Scalzo	5366 5800
James Waters	0403 822 795

EX-OFFICIO:

Fr Fabian Smith PP, Fr Patrick Bradford, Fr Joseph Panackal and Emilio Scalzo

### **CHILD SAFETY OFFICERS**

Coordinator: Godwin Barton (0425 734 449)

Officers: Aloysious Dacunha, Karina Dunne & Lorraine Tellis

Please contact Judy Johnson for any Parish news you would like published in the Newsletter

Articles must be received by midday Tuesdays. Email: judyparishnews@gmail.com

For appointments with Father Fabian please call Judy on 0414 007 009

For urgent matters only please call Fr Fabian on 0403 435 471



## PARISH EVENTS & NOTICES

### POPE FRANCIS – MESSAGE FOR 2019 WORLD DAY OF VOCATIONS -12 MAY (FOURTH SUNDAY OF EASTER)

Today is the World Day of Vocations. Pope Francis tells us:

There can be no greater joy than to risk one's life for the Lord! I would like to say this especially to you, the young. Do not be deaf to the Lord's call. If he calls you to follow this path, do not pull your oars into the boat, but trust him.

Let us pray for the young people in our community, and in our families and circle of friends. May our prayers help them to be open to the Lord's call to consecrated life or priesthood.

### CHAPLAINCY SUNDAY COLLECTION– NEXT WEEKEND

The 2019 Melbourne Catholic Archbishop's Appeal is focused on health care chaplaincy. Health care chaplains offer support to patients and their families in Melbourne's major public hospitals as well as hospitals in regional Victoria.

Please give generously to the appeal so that our Chaplains may continue to bring hope for a way forward for the lives of these people and be messengers of our God's mercy, love and compassion.

### ARCHDIOCESE OF MELBOURNE-MASS COUNTS

Parishioners and visitors to our Parishes please note, to maintain an up-to-date picture of Mass attendance in the Archdiocese a mass count will be held at all weekend Masses in May.



## NEWS FROM THE PARISH OFFICES

### ST ANTHONY'S

#### ANointing MASS—22nd May

We will be having an Anointing of the sick and the elderly Mass on Wednesday 22nd May at 11am. A light luncheon will be served after Mass. Please feel free to bring along friends and relatives who would like to receive the anointing. There is a clipboard at the back of the Church for catering purposes. Please note they will be no 9.15am Mass on this day.

#### MOTHER'S DAY CUPPA

We invite all Parishioners to stay after Mass this weekend and enjoy a cuppa to celebrate Mother's Day.

#### THANK YOU – ST ANTHONY'S CRAFT GROUP

The Fund Raising Committee would like to thank the Craft Group for raising \$436.00 with their sale at the Craft Stall last weekend. Special thanks to all those who supported this. The proceeds will go towards the extension of the Church.

### ST BERNARD'S

#### St BERNARD'S PARISH AGM MINUTES

St Bernard's Parish Annual General Meeting was held last Sunday 5<sup>th</sup> May 2019. Minutes of the Meeting, together with Ancillary Notes, can be viewed on the noticeboard. Copies (either electronic or paper) may be obtained by contacting the Parish Office.

#### ***A Prayer for Mothers***

*All-loving God, we give you thanks and praise for mothers young and old.*

*We pray for young mothers, who give life and count toes and tend to our every need; May they be blessed with patience and tenderness to care for their families and themselves with great joy.*

*We pray for our own mothers who have nurtured and cared for us; May they continue to guide us in strong and gentle ways.*

*We remember mothers who are separated from their children because of war, poverty, or conflict; May they feel the loving embrace of our God who wipes every tear away.*

*We pray for women who are not mothers but still love and shape us with motherly care and compassion.*

*We remember mothers, grandmothers, and great-grandmothers who are no longer with us but who live forever in our memory and nourish us with their love. Amen.*



# WORSHIP NEWS

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT WORKING WITH CHILDREN CHECK

## ST ANTHONY'S MINISTRIES

**NEXT WEEKEND ROSTER:** 18th & 19th May  
**MINISTERS OF THE WORD**

**5.30pm :** Patrick Ilustrisimos  
**8.30am:** Michael Higgins  
**10.30am:** Susan Malinov

### EXTRAORDINARY MINISTERS

**5.30pm:** Dolores Turcsan (P) & **Volunteer Please**  
**8.30am:** Ann Tennakoon (P), Sue Alexander & Lois Brewis  
**10.30am:** Doris Bonello (P) & George Bonello

If you are unavailable for these dates please contact the emergency minister on the roster. Thank you

### MASS COORDINATORS

**5.30pm:** Dolores Turcsan & Carmen Vella  
**8.30am:** Lina Calleja & Carmen Vella  
**10.30am:** Godwin Barton & Josephine German

### ALTAR SERVERS

**5.30pm:** Kieran Grech & Jedi Anyayahan  
**8.30am:** Nixon, Thytus & Aaron Ben  
**10.30am:** Anakin Anderson & Nick Taunuu

If you are unavailable please contact Ben Kratochvil 0423 076 305

## ST ANTHONY'S PASTORAL CARE

### We pray for the recently deceased:

Michael Wright & Theresa (Gillian) Stiffle

### We pray for the death anniversary at this time of:

Taumasina Pela Amoa, Emilia Borges, Annie Bowland, Emidia Buhagiar, W M Campbell, Ivan Cornelisz, Lance Finn, Evelyn Galea, Rita Gatt, Josephine Giordamanja & Robert Marley

### Please pray for the Sick:

Jean Barnett, Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Margaret Hall, Judy Layton, Peter Manicaro, Veronica Michael, Wanda Novak, John Osborne, Irene Rahilly, Catherine Roberts, Peter Roberts, Pat Roberts, Charlie Spiteri, Clint Abela Wadge, & John Xuereb and all those who have requested our prayers.

## PRAYER FOR THE SICK

Father we lift up all those who are facing illness. We ask that You bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of your love. Amen



## ST BERNARD'S MINISTRIES

**NEXT WEEKEND ROSTER:** 18th & 19th May  
**MINISTERS OF THE WORD**

**5.00pm:** Trish Davine  
**8.30am:** Peter Lafranchi & Margaret Love  
**10.00am:** Diane Corro & James Waters

### EXTRAORDINARY MINISTERS

**5.00pm:** Vikki Benson  
**8.30am:** Colm Carragher  
**10.00am:** Jenny Kearney

### PRAYERS OF THE FAITHFUL ROSTER

**May:** Sister Mary Fermio

### ALTAR SERVERS

**5.00pm:** Byham  
**8.30am:** **Volunteer Please**  
**10.00am:** **Volunteer Please**

## ST BERNARD'S PASTORAL CARE

### SPIRIT OF THE TWO HEARTS YOUTH GROUP

Experience faith, friendship and fun.

Age group: 11-30years When: Every Thursday fortnight, 7:15pm - 9:15pm Where: St. Bernard's

Chapel and Parish Hall 61 Lerderderg Street, Bacchus Marsh  
Next Youth Group: **9th May**

Contact: Sister Clare 0415 806 217 or

Email : [twoheartscentre@bigpond.com](mailto:twoheartscentre@bigpond.com)

Website: [www.missionariesofloveandpeace.com](http://www.missionariesofloveandpeace.com)

'Coordinated by the Missionaries of Love and Peace of the Most Blessed Trinity of the Pilgrimage of the Two Hearts'



### We pray for the death anniversary at this time of:

Patricia Coates-Richardson, Ernest Cosgrove, Christina Dellios, George Freeman, Bill Grogan, Dianne Sargent, Fr Herb Steele & Peter Wouters

### Please pray for the Sick:

Terry Sims, Noah Barlow, Dudley Baddeley, Michael Barrett, Peter Bennett, Steven Braszel, Kevin Bridges, John Canty, Fred Capuano, Gary Ching, Ted Cooling, Lindsay & Kathleen Dally, Judy Delahey, Jack DeLuca, Allison Evans, Helen Evans, Justin Fernandez, Pasquale Gagliarbi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Brian Harrison, Adam Hillier, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Matthew Jansen, David Kasprzak, Loretta Kervin, Marie Maloney, Patricia Marechal, Debbie Marshall, Jordanis Maryo, Pauline McDonald, Ian McKechnie, Danny McRae, Marcus Meno, Paul Mullin, Arthur Pape, Michael Paterson, Georgia Peacock, Bev Pickett, Mitchell Prendergast, Peter Roberts, Ken Shaw, Marian Smith, Frank & Elizabeth Stehmann, Susan Trist, Hayden Tung, Mitchell Tung, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Mary Walsh, Carol Wells, Cath Wheelahan, Jayne Wilkins, Nils Wyren, Patricia Yazbek, Betty Young & Hannah Young.

(PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST)

## SERVICE / COMMUNITY

### ST ANTHONY'S

**VOLUNTEERS WEEKEND:** 18th & 19th May

#### **PIETY STALL VOLUNTEERS**

**5.30pm:** Liza Fernandes  
**8.30am:** Edwina La Rose  
**10.30am:** Indika Silva



#### **CUPPA ROSTER**

Cuppa Weekend: **25th & 26th May**

**5.30pm:** Visna & Oshadie  
**8.30am:** Ineke Allen & Agnes Faavae  
**10.30am:** Charlie and Lina Vassalo

#### **CHURCH FLOWERS—May**

Rosabella Tuala



#### **CLEANING ROSTER: Thursday**

Lorelle Porter

Volunteers would be appreciated as well.

#### **SERVICE AND COMMUNITY QUADRANT**

Volunteers are required for the following groups:  
Piety Stall & Social Committee.

Contact:

Natalie Howard	0410 478 046,
Amy Honrade	0457 042 695
Lillian Christian	0400 441 257

#### **ST VINCENT DE PAUL SOCIETY**

Welfare Number: 1800 305 330

The Melton South Conference meet every 3rd Tuesday morning in the Holy Family Room 10.00am.

New members most welcome, training provided.

Non perishable items within the use by date can be left in the 'drop box' at the back of the Church. Thank you.

#### **COMBINED CHURCHES CARING MELTON INC**

CCCM's aim is to supply free food to help people in our local community in need and walk alongside them to reduce dependency through friendship and education.

Address: 100 Coburn Road Melton South 9747 6811

Hours: Mon– Thurs:	10.00am—3.00pm
Friday :	10.00am—12.15pm
School Holidays :	10.00am—12.30pm

### ST BERNARD'S

**VOLUNTEERS WEEKEND :** 18th & 19th May

#### **PIETY STALL VOLUNTEERS**

**Saturday:** Mandy Harrington  
**Sunday:** Jan & Colm

#### **MORNING TEA ROSTER**

Is held on the first Sunday of the month in the Parish Centre after 10.00am Mass.

Next Morning Tea: **2nd June 2019**

Host: Museum Committee and  
Josephite Associates



#### **CHURCH FLOWERS**

Frances McDaid



#### **COUNTING TEAM # 9**

Roy & Carole Ryder  
Henry & Chris Gasior

#### **PRESBYTERY & CHURCH GROUNDS- (May)**

Front Garden:	Stuart Robertson
Back/Side Garden:	Hugh Miller
Parish Centre:	<b>Volunteer Please</b>
Carpark/Pines:	Sean Giani
Back Paddock:	Henry Gasior

#### **ST VINCENT DE PAUL SOCIETY:**

Welfare Number is 1800 305 330.

The Vinnies Store is located at 8 Grant Street, Bacchus Marsh. The store is open 7 days a week. If you are able to volunteer and would like some more information, please contact the Store Manager on 8199 4205.

#### **THE NEIGHBOURS PLACE**

Emergency Foodbank and Hospitality centre

Address: 77 Main Street Bacchus Marsh

Open: Monday/Wednesday/Friday 9.30am-3.00pm

Email: neighbourspl@iinet.net.au

#### **SOUL FOOD**

Soul Food provides a free community meal each Wednesday (excluding school holidays), in the Uniting Church Hall, Gisborne Rd, Bacchus Marsh. Meals are served up at 12noon. All are welcome and this is a free event. No need to book, just come along.

Contact: Jenny Kearney 0408 104 155

#### **PARISH CENTRE BOOKING**

Tel: 5367 3427 Mon—Fri 9.00am to 6.00pm

Hall Managers: Marie & Terry Casey



# FAITH FORMATION

## ST ANTHONY'S

### BAPTISM PREPARATION PROGRAM

Held on the fourth Thursday of the month in the Church 6.30pm-7.45pm.

Next preparation : **Thursday 23rd May**

Baptisms are held on the 1st and 3rd

Sunday of the month: **2nd & 16th June**

See details on Parish Homepage as listed on front page and download forms. Forms are also available from the Parish Office or from the Sacristy after Mass from Father. Both parents are required to attend these meetings. We kindly request adults only and a copy of the birth certificate.

Contact Fr Fabian, Fr Patrick, Fr Joseph or the Parish Office for queries.

**BAPTISM TEAM: Karina Dunne & Judy Johnson**

ADULT PREPARATION for the Sacraments of Baptism, Reconciliation, Eucharist or Confirmation are through the R.C.I.A Program. Please see Fr Fabian, Fr Patrick or Fr Joseph .

CHILDREN'S LITURGY Is held during Saturday evening Vigil Mass and Sunday 10.30am Mass.

DIVINE MERCY: 1st Sunday of the month at 3pm .

### FATIMA STATUE

These families are praying together for the mission of the Parish:

Group 1: **John & Rose Ma'ae** 0431 386 473

Group 2: **Maria & Juan Dumandan** 0402 177 623

Group 3: **John & Pauline Osborn** 9743 1437



## ST BERNARD'S

### BAPTISM PREPARATION PROGRAM

Held on the fourth Sunday of the month in the Parish Centre at 11:15am.

Next program: **Sunday 26th May**

Baptisms are held on the 1st and 3rd

Sunday of the month: **2nd & 16th June**

Registration forms can be downloaded from our website [www.pol.cam.org.au/bacchusmarsh](http://www.pol.cam.org.au/bacchusmarsh). Bring completed Registration Form with a copy of Birth Certificate to the program. Please note: Both parents are required to attend the program. Contact Fr Fabian, Fr Patrick, Fr Joseph or the Parish Office for queries.

**COORDINATORS : Steve & Geraldine**

ADULT PREPARATION for the Sacraments of Baptism, Reconciliation, Eucharist or Confirmation are through the R.C.I.A Program. Please see Fr Fabian, Fr Patrick or Fr Joseph.

CHILDREN'S LITURGY Is held every Sunday during 10.00am Mass in the meeting room in the Parish Centre.



### PRAYER TO ST MICHAEL

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil; may God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan, and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen.



## NICENO-CONSTANTINOPOLITAN CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

[bow during the next line]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

## WEEKLY PRAYERS & READINGS

### ENTRANCE PROCESSION

The merciful love of the Lord fills the earth;  
by the word of the Lord the heavens were  
made, alleluia.

### FIRST READING: Acts 13:14, 43-52

Paul and Barnabas carried on from Perga till they reached Antioch in Pisidia. Here they went to the synagogue on the sabbath and took their seats. When the meeting broke up, many Jews and devout converts joined Paul and Barnabas, and in their talks with them Paul and Barnabas urged them to remain faithful to the grace God has given them.

The next sabbath almost the whole town assembled to hear the word of God. When they saw the crowds, the Jews, prompted by jealousy, used blasphemies and contradicted everything Paul said. Then Paul and Barnabas spoke out boldly. 'We had to proclaim the word of God to you first, but since you have rejected it, since you do not think yourselves worthy of eternal life, we must turn to the pagans. For this is what the Lord commanded us to do when he said:

I have made you a light for the nations,  
so that my salvation may reach the ends of the earth.'

It made the pagans very happy to hear this and they thanked the Lord for his message; all who were destined for eternal life became believers. Thus the word of the Lord spread through the whole countryside.

But the Jews worked upon some of the devout women of the upper classes and the leading men of the city and persuaded them to turn against Paul and Barnabas and expel them from their territory. So they shook the dust from their feet in defiance and went off to Iconium; but the disciples were filled with joy and the Holy Spirit.

The word of the Lord.

**Thanks be to God.**

### RESPONSORIAL PSALM: 99

**Comm:** We are his people, the sheep of his flock.

**All:** We are his people, the sheep of his flock.

Cry out with joy to the Lord, all the earth.  
Serve the Lord with gladness.  
Come before him, singing for joy.

Know that he, the Lord, is God.  
He made us, we belong to him,  
we are his people, the sheep of his flock.

Indeed, how good is the Lord,  
eternal his merciful love.  
He is faithful from age to age.

**All:** We are his people, the sheep of his flock.

### SECOND READING : Revelation 7:9, 14-17

I, John, saw a huge number, impossible to count, of people from every nation, race, tribe and language; they were standing in front of the throne and in front of the Lamb, dressed in white robes and holding palms in their hands. One of the elders said to me, 'These are the people who have been through the great persecution, and because they have washed their robes white again in the blood of the Lamb, they now stand in front of God's throne and serve him day and night in his sanctuary; and the One who sits on the throne will spread his tent over them. They will never hunger or thirst again; neither the sun nor scorching wind will ever plague them, because the Lamb who is at the throne will be their shepherd and will lead them to springs of living water; and God will wipe away all tears from their eyes.'

The word of the Lord.

**Thanks be to God.**

### GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the good shepherd, says the Lord;

I know my sheep, and mine know me.

Alleluia!

### GOSPEL John 10:27-30

Jesus said:

'The sheep that belong to me listen to my voice;

I know them and they follow me.

I give them eternal life;

they will never be lost

and no one will ever steal them from me.

The Father who gave them to me is greater than anyone,  
and no one can steal from the Father.

The Father and I are one.'

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

### COMMUNION ANTIPHON

The Good Shepherd has risen,  
who laid down his life for his sheep  
and willingly died for his flock, alleluia.

### NEXT WEEK'S READINGS – 5th Sunday of Easter

**First Reading:** Acts 14:21-27;

**Second Reading:** Apoc 21:1-5;

**Gospel:** Jn 13:31-35



# The Catholic family: Raising children in a secular world XXIII

## Discipline: What works and why VI

Negative guidelines, as we saw last week, are as helpful as positive ones. It is useful for a parent to know what not to do — that is, what to avoid — in a complicated situation. Here are some more bits of hard-earned wisdom:

■ Don't ever tell your teens that the high-school years are the best part of their lives. It is not true. Adolescence, in fact, is one of life's toughest times: coping with blunders and glandular upheavals, surfing up and down learning curves. Tell your kids, and above all show them, that every stage of life is interesting, challenging, enjoyable for anyone with a sporting, adventurous spirit. Teens who have been well brought up have a great life ahead of them, like the life they see in you. (Think about it: You don't want young adults to believe that the best part of life is behind them?)

■ Don't let your kids weasel out of commitments. Don't let them take back their word on a whim. Before they make promises or otherwise commit themselves to a course of action, press them to think consequences through and understand their terms, because you will hold them to their word. If they want to buy a pet, make them first commit themselves to feeding and caring for it — then hold them to that. If they accept an invitation to a party (after first checking with you), they are obliged to attend even if something more alluring turns up. If they want to take guitar lessons, make them promise to persevere, no matter what, for two or more years.

■ Don't ask children if they would "like" to do something that you expect them to do anyway. Simply tell them firmly and positively of the plan. And similarly, don't ask "OK?" at the end of a directive request — "It's your turn to put the dishes away, OK?" What you mean by this term is, "Do you understand?" But they may take it to mean, "Do you approve? Is this all right with you?" This misunderstanding can lead to problems.

■ When you are correcting your kids and they ask "Why?", don't argue with them. If they are looking for an explanation, give it once only. If they persist with "Why?", then they are looking for an argument, not an explanation. Close off the matter. In other words, they must take your

By James B. Stenson, ParentLeadership.com

"no" as an answer, but you don't take theirs. You can dialogue with your kids about many issues, but there is no "dialogue" about your rights as a parent.

■ Don't let your kids dress in such a way as to bring shame to the family. Nobody has a right to do this.

■ Don't miss small opportunities to talk with your kids. Listen politely and respectfully. You can talk with them while driving, doing dishes and other chores together, walking and biking, working on hobbies you share, tucking them into bed. If you cut down on the television, you will find slivers and chunks of time here and there. Make the time, and never forget you haven't much of it left — your kids will grow up with incredible swiftness.

■ Don't shout at your kids all the time. It is a waste of breath. If one of your kids needs a talking to, take him or her out for a walk or a soft drink — and say what you have to say in a calm, serious way. Don't forget to listen, either, as your kids' view of things, though wrong, may still have a point. A couple of heart-to-heart talks are better than a dozen explosions.

■ Don't get trapped into blazing arguments, especially with your teens, and most especially if you have a temper. Words can wound and take a long time to heal. If tempers are flaring, put off the discussion till later, when you have both cooled down. If you go too far, be the first to apologise.

■ Don't forget to praise your children, and be specific about it. Kids need a pat on the back from time to time. We all do. Give praise for effort, not just success. Teach the kids this adult life-lesson: because success depends on effort, effort is more important than success. You always appreciate when your children try.

Come down to your children's level, but don't stay there. Kids are kids, and you have to come down to their level to take them by the hand. But your long-term goal is to bring them up to your own level — to lead them, patiently over time, to think and act like mature grown-ups. So, live like a grown-up. Enjoy being an adult on top of life, and let them see what this means. If they see you enjoy living as a confident, productive adult, they'll have a life to look forward to.