



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
OUR LADY HELP OF CHRISTIANS, KOROBET
309 MYRNIONG-KOROBET ROAD 3341

20th Sunday in Ordinary Time

Year C

18th August 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: 8099 7800

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 –Fri 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 - Vice Chair	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	03 9747 0078
Natalie Howard - Chair	0410 478 046
Villy Julita	0403 751 343
Rose Ma'ae	0431 386 473
Marthese Mercieca	0421 378 691
Kim Nguyen	0431 035 980

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 - Vice Chair	0431 082 886
Shane Cook -School Advisory Board	0419 999 052
Peter Farren	0418 594 501
Moira Ross	0400 675 056
Aaron Russell	0401 927 502
Emillio Scalzo	5366 5800
John Thorne - Secretary	5310 6692
James Waters - Chair	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

If you need a Priest in the case of an emergency please call 0403 435 471

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH

MASS TIMES : 19th-25th August

Monday: 7.45am FFS
Tuesday: St Bernard Memorial
morning: 9.15am FLM
evening: 6.30pm FFS
Wednesday: St Pius X Memorial
7.45am FLM
9.15am FFS
Thursday: The Queenship of the Blessed Virgin Mary
7.45am FPB
9.15am FLM
Friday: 9.15am FLM
Saturday : St Bartholomew Feast
Saturday Vigil: 5.30pm FFS/FLM
Sunday: 8.30am FFS/FLM
10.30am FFS/FLM

INDIVIDUAL RECONCILIATION

Saturday: 4.45pm and before and after weekday Mass.

ROSARY:

Prayed at 9.00am before every weekday Mass.

ADORATION:

30 min. before and 30 min. after every weekday Mass.



CRC MELTON CHAPEL: 8.00am

Mass held on Fridays during school term.

ST BERNARD'S BACCHUS MARSH

MASS TIMES : 19th-25th August

All weekday Masses (except Thursday) will be held in the Chapel

Monday : No Mass
Tuesday: St Bernard Memorial
(In the Church) 9.30am FPB
5.30pm FPB
Wednesday : St Pius X Memorial
9.30am FPB
Thursday : The Queenship of the Blessed Virgin Mary
9.30am FFS
Friday: 9.30am FFS
Saturday : St Bartholomew Feast
Saturday Vigil : 5.00pm FPB
Sunday : 8:30am FPB
10.00am FPB

INDIVIDUAL RECONCILIATION

Saturday: 4.30pm and before and after weekday Mass.

ROSARY: Prayed every Monday at 7.30pm with Exposition of the Blessed Sacrament for one hour. Rosary is also held on the first Friday of the month following morning mass.

Next Date : **Friday 6th September**

ADORATION: 30 minutes before every weekday Mass. Adoration is held every first Friday 10.00am until 4.00pm
Next Date: **Friday 6th September**

PROVIDENCE MASS Is held on the second Friday of the month at 11.00am The Village 5-7 Griffith St, Maddingley.

Next Mass: **Friday 13th September**

SENIOR PARISHIONER'S MASS

Is held on the third Friday of the month in the Parish Centre at 10.30am. Everyone is welcome not just the seniors. Next Senior's Mass: **Friday 20th September**

OUR LADY HELP OF CHRISTIANS KOROBEIT

MASS TIME:

Saturday Vigil: 6.30pm FPB

NEWS FROM THE ARCHDIOCESE

ORDINATIONS TO THE PRIESTHOOD

On Saturday September 7 at 10am at St Patrick's Cathedral, Archbishop Peter will ordain four new priests for service in Melbourne. Please pray for Deacons Andrew Choi, Nathan Rawlins, Michael Buck and Trac Nguyen as they prepare for ordination. All are welcome to the ordination Mass at the cathedral to pray for these men and to rejoice in the gift of four new priests for Melbourne. On this day also the Archbishop will ordain three deacons in preparation for priestly ordination at a later date.

PARISH EVENTS & NOTICES

A JOURNEY OF FAITH TO JERUSALEM WITH FR FABIAN SMITH

Dates : 20th Oct– 2 Nov 2019 Price: \$5690 per person. For further details contact Fr Fabian 0403 435 471.

SPIRITUALITY OF DYING WORKSHOP.

This workshop aims to:

- Build your confidence during this sacred and precious time
 - Broaden your understanding of spirituality and spiritual care
 - Increase your awareness of the role of culture
 - Consider rituals and spaces
 - Learn about communicating with the dying person and the family.
- Date: Monday 26th August Time: 2pm Location: Providence Community Hall, Tesselaar Ave, Maddingley Facilitated by: Sr Lorraine Testa, Pastoral Care Practitioner Kindly Register by 23rd August: Phone: 5310 6776 or Email: Maria.Carnovale@vmch.com.au

NEWS FROM THE PARISH OFFICES

ST ANTHONY'S

MEAT TASTING FUNDRAISER

Easiest fundraiser ever! St Anthony's annual meat tasting fundraiser will take place on Sunday 8 September @ 1.45pm. Thank you to those who have participated and attended in previous years. We need your help again! Come and sample FREE Aussie roast lamb, give your feedback, and raise \$1000 for our parish. It is a fun and easy way to support our fundraising efforts for the church's extensions. Volunteer's names will be taken after all Masses this weekend.

ROCK AND ROLL DINNER DANCE -7TH SEPTEMBER

The dance committee will be at the rear of the Church after all Masses to take your orders for tickets and to give you more information about the dance.

THANKSGIVING ENVELOPES

The Thanksgiving envelopes for 13 weeks are available for collection at the back of the Church.

DONATIONS FOR HEATING AND COOLING FOR CHURCH

If you would like to make a direct online donation to the heating and cooling fund you can do so with the following details
Account Name: St Anthony's Parish Annual Appeals
Account No: 083347/025471925
Reference: 110116461. Thank You.

PRIME TIMERS

Our next outing will be for Games Day at the Lifestyle Village, Coburns Road, Brookfield. Tuesday 27th August. Proceedings to start at 11 am. BYO lunch, tea/coffee provided.
Enquiries ring Ineke 0400120401

CRAFT GROUP STALL

Come visit the Craft Group this weekend after all Masses. Pick up a special gift for your special Dad as Father's Day is around the corner. Or browse amongst the other handmade crafts.

ORDINATION TO PRIESTHOOD- MICHAEL BUCK

Parishioners have been invited to Deacon Michael's ordination and reception on the 7th September, 2019. Please see noticeboard for details.

MALAYSIAN TAKE AWAY FOOD SALE

Malaysian Take Away Food Sale will be held on Saturday, 24th August and Sunday, 25th August after the weekend Masses. All proceeds will go towards the heating and cooling system for the Church.

PARISH PASTORAL COUNCIL MINUTES

The minutes for the Parish Pastoral Council meeting that was held on the 6th June 2019 are on display and available for collection at the back of the Church.

ST BERNARD'S

TWO HEARTS PRAYER GROUP

Every fortnight on Thursday evenings 7.15pm - 9.15pm. Prayers in Church followed by fellowship in the Parish Centre.

Next date: **29th August**

FATHER JOSEPH'S FAREWELL

Father Joseph will be leaving St Bernard's Parish and moving to Geelong as Assistant Parish Priest of St Mary's on the 19th August. This is his last weekend that he will be celebrating Masses in our Parish.

READERS AND EXTRAORDINARY MINISTERS WORKSHOPS

Lists of attendees are now on the noticeboard in the Gathering Space. If your name is not on the list and you would like to come to either please do come you will be most welcome.

Saturday August 24th

Afternoon tea at 3.00pm

Workshops (both) at 3.30pm-5.00pm

BREAST CANCER AWARENESS FOUNDATION

In loving support of Tracey Taylor.

Date: Friday 6th September

Venue: St Bernard's Parish Centre

Time: 6.30pm

Cost: \$40.00 per person

Health professionals speaking, grazing platters, pizza, live music, drinks at bar prices, raffles, door prizes, and other fundraisers. All funds will go with love to the Taylor family.

Tickets available at : www.trybooking.com/BEQUZ

Contact Jacqui 0428 678 686.

COLUMBAN CALENDARS 2019

Now available from the Piety Stall - \$9.00 each.



WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 24th & 25th August MINISTERS OF THE WORD

5.30pm : Liza Fernandes
8.30am: Geoff Sutton
10.30am: Rose Ma'ae

EXTRAORDINARY MINISTERS

5.30pm: Philip Anyayahan (P) & Dolores Turcsan
8.30am: Ron Howard (P), **Volunteer Please**
& Ineke Allen
10.30am: George Bonello (P) & Doris Bonello

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

MASS COORDINATORS

5.30pm: Stephen Fernandes & Pat Fernandez
8.30am: Lina Calleja & Godwin Barton
10.30am: Anthea Scerri & Leonia Jessop

ALTAR SERVERS

5.30pm: Jonathan Dacunha & Mason Azzopardi
8.30am: Rhys Tuala & Andre Oqueli
10.30am: Nick Taunuu & Ethan Porter

If you are unavailable please contact Ben Kratochvil 0423 076 305

ST ANTHONY'S PASTORAL CARE

We pray for the death anniversary at this time of:

Frank Barker, Anthony Buhagiar, Eric Clyne, Angelina de Guzman, Daminku Mintoff & Doris Trevor

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.

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

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: 24th & 25th August MINISTERS OF THE WORD

5.00pm: John Thorne
8.30am: Jan Carragher
10.00am: Carmel Shea

EXTRAORDINARY MINISTERS

5.00pm: Stuart Robertson
8.30am: **Volunteer Please**
10.00am: James Waters

PRAYERS OF THE FAITHFUL ROSTER

August: Mary Flanagan

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: **29th August**

Contact: Sister Clare 0415 806 217 or

Email : twoheartscentre@bigpond.com

Website: 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:

Lena Carli, Leonard Condon, Patricia Cooper, Peter Fanning, Maureen Grogan, Moya McGonegal, Bill McGrath, Anton Mijic, Paddy O'Leary & James Symmons.

Please pray for the Sick:

Noah Barlow, Dudley Baddeley, Michael Barrett, Peter Bennett, Steven Braszel, Kevin Bridges, Tina Bower, 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 Johnson David Kasprzak, Loretta Kervin, Michael Larkin, Marie Maloney, Patricia Marechal, Debbie Marshall, Jordanis Maryo, Pauline McDonald, Ian McKechnie, Marcus Meno, Paul Mullin, Arthur Pape, Michael Paterson, Georgia Peacock, Bev Pickett, Mitchell Prendergast, Peter Roberts, Ken Shaw, Terry Sims, Marian Smith, Frank & Elizabeth Stehmann, Susan Trist, Hayden Tung, Mitchell Tung, Stephen Van Eede, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Mary Walsh, 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: 24th & 25th August

PIETY STALL VOLUNTEERS

5.30pm: Kristina Scerri
8.30am: Judy Johnson
10.30am: Sally Markulin

CUPPA ROSTER

Cuppa Weekend: **24th & 25th August**

5.30pm: Marian Muller & Margaret Coghlan
8.30am: Edwina La Rose & Carol De Rocha
10.30am: Charlie & Lina Vassallo



CHURCH FLOWERS—August

Doris Bonello & Josephine German



CLEANING ROSTER: Thursday

Lorelle Porter

Volunteers would be appreciated as well.

ST VINCENT DE PAUL SOCIETY

Welfare Number: 1800 305 330

The Melton South Conference meet every 3rd Tuesday morning in the Holy Family Room 10.30am.

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 : 24th & 25th August

PIETY STALL VOLUNTEERS

Saturday: Trish Davine
Sunday: Margot Short

MORNING TEA ROSTER

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

Next Morning Tea: **1st September**

Host: Parish Pastoral Council



CHURCH FLOWERS

Deborah Hosking



COUNTING TEAM # 3

Cheryl Rogers
Lyn Shea
Graham Hooper
Sean Gianì
Margaret Love
Michael Love

PRESBYTERY & CHURCH GROUNDS- (August)

Front Garden:	Volunteer Please
Back/Side Garden:	Volunteer Please
Parish Centre:	Ron Geurts
Carpark/Pines:	Ron Geurts
Back Paddock:	Volunteer Please

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 22nd Aug**

Baptisms are held on the 1st and 3rd

Sunday of the month: **1st & 15th September**

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: **Joe & Jacqueline Spiteri 0402 512 841**

Group 2: **Elena & Joseph Laurel 0432 940 930**

Group 3: **Godwin & Kim Barton 9747 9493**



ST BERNARD'S

BAPTISM PREPARATION PROGRAM

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

Next program: **Sunday 25th August**

Baptisms are held on the 1st and 3rd Sunday of the month: **1st & 15th September**

Registration forms can be downloaded from our website 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

Turn your eyes, O God, our shield;
and look on the face of your anointed one;
one day within your courts
is better than a thousand elsewhere.

FIRST READING Jeremiah 38:4-6, 8-10

The king's leading men spoke to the king. 'Let Jeremiah be put to death: he is unquestionably disheartening the remaining soldiers in the city, and all the people too, by talking like this. The fellow does not have the welfare of this people at heart so much as its ruin.' 'He is in your hands as you know,' King Zedekiah answered 'for the king is powerless against you.' So they took Jeremiah and threw him into the well of Prince Malchiah in the Court of the Guard, letting him down with ropes. There was no water in the well, only mud, and into the mud Jeremiah sank.

Ebed-melech came out from the palace and spoke to the king. 'My lord king,' he said, 'these men have done a wicked thing by treating the prophet Jeremiah like this: they have thrown him into the well where he will die.' At this the king gave Ebed-melech the Cushite the following order: 'Take three men with you from here and pull the prophet Jeremiah out of the well before he dies.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 39

Comm: Lord, come to my aid!

All: Lord, come to my aid!

I waited, I waited for the Lord
and he stooped down to me;
he heard my cry.

He drew me from the deadly pit,
from the miry clay.
He set my feet upon a rock
and made my footsteps firm.

He put a new song into my mouth,
praise of our God.
Many shall see and fear
and shall trust in the Lord.

As for me, wretched and poor,
the Lord thinks of me.
You are my rescuer, my help,
O God, do not delay!

All: Lord, come to my aid!

SECOND READING Hebrews 12:1-4

With so many witnesses in a great cloud on every side of us, we too, then, should throw off everything that hinders us, especially the sin that clings so easily, and keep running steadily in the race we have started. Let us not lose sight of Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which was still in the future, he endured the cross, disregarding the shamefulness of it, and from now on has taken his place at the right of God's throne. Think of the way he stood such opposition from sinners and then you will not give up for want of courage. In the fight against sin, you have not yet had to keep fighting to the point of death. The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

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

Alleluia!

GOSPEL Luke 12:49-53

Jesus said to his disciples: 'I have come to bring fire to the earth, and how I wish it were blazing already! There is a baptism I must still receive, and how great is my distress till it is over!

'Do you suppose that I am here to bring peace on earth? No, I tell you, but rather division. For from now on a household of five will be divided: three against two and two against three; the father divided against the son, son against father, mother against daughter, daughter against mother, mother-in-law against daughter-in-law, daughter-in-law against mother-in-law.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

With the Lord there is mercy;
in him is plentiful redemption.

NEXT WEEK'S READINGS –

21st SUNDAY IN ORDINARY TIME

First Reading: Is 66:18-21;

Second Reading: Heb 12:5-7, 11-13;

Gospel: Lk 13:22-30



The Catholic family: Raising children in a secular world XXXVII

The Power of Touch

Last night I came home from a busy day at the office. I walked into the kitchen where my son and daughter-in-law were cooking dinner. I instinctively reached out my hands behind both their backs and rubbed their backs as if to congratulate them for the beautiful dinner we were about to eat.

My son did not comment, but my daughter-in-law said: "Do it again! Your friendly back rub made me feel so encouraged."

These words were very heart-warming to me. You see my daughter-in-law has been through hell and high water the past several months. Her own father passed away relatively unexpectedly in March this year. On top of this she has been recovering from a severe bout of postnatal depression. These two things have crushed her so much that my son and daughter-in-law decided to accept the invitation to live with us for as long as needed.

There is tremendous power in a father's touch (and a mother's, naturally). But I am convinced that fathers need to learn from their wives to be more tactile with their children and their families.

Hairdressers often have exceptional wisdom. The best are astute observers of the human condition, and often act as de-facto counselling psychologists for both men and women.

As my hair was looking a bit shaggy I walked into Michelle's Barbershop. As Michelle is a very wise woman, I told her the title of this week's article and asked her to share some of her wisdom. After all, hairdressers touch a lot of heads.

She got back to me with three sayings:

1. Time is like a river. You can't touch the same water twice because the flow that has been passed will never pass again. Enjoy every moment in your life.
2. Your smile and your warm touch, that's all I need.
3. Touch comes before sight, before speech. It is the first language and the last and it always tells the truth.

David Burchett, in an article called "The Power of a Father's Touch", writes this powerful story: "Our first foray into the amazing world of grandparenting came with the birth of Ethan Paul Burchett in Waco, Texas.

"Since Ethan was a bit early the doctors were cautious about some fluid building up in his lungs. To be sure that all was well, they scheduled an X-ray on his second day. New dad Matt went along with Ethan for the procedure. Unswaddling made the little guy unhappy and scared. As he grew more anxious his dad did what every loving father does for their child. He touched him to let Ethan know he was there.

"Our friend Jana happened to be at the nursery and captured the candid moment.

"I keep thinking about that moment. How Matt instinctively knew that Ethan needed that touch and how Ethan wrapped his little fingers around dad's big finger. Instinctively, Ethan calmed down when he felt the touch

of his father. Happily, all was OK with his lungs."

In an article in *Psychology Today* called "The Power of Touch", Rick Chillot gives a very interesting perspective: "Matthew Hertenstein, a psychologist at DePauw University, demonstrated that we have an innate ability to decode emotions via touch alone. In a series of studies, He had volunteers attempt to communicate a list of emotions to a blindfolded stranger solely through touch.

"Many participants were apprehensive about the experiment. 'This is a touch-phobic society,' he says. 'We're not used to touching strangers, or even our friends, necessarily.

"But touch they did — it was, after all, for science. The results suggest that for all our caution about touching, we come equipped with an ability to send and receive emotional signals solely by doing so. Participants communicated eight distinct emotions — anger, fear, disgust, love, gratitude, sympathy, happiness, and sadness — with accuracy rates as high as 78 per cent.

"I was surprised,' Hertenstein admits. 'I thought the accuracy would be at chance level' — about 25 per cent."

Psychologist Karen Young reinforces Rick Chillot's synopsis in her article, "The Remarkable Power of Touch". She says: "The power of touch is profound — whether it is an accidental glazing from a stranger, the strong kneading of a professional masseur, a gentle hold from someone close, a reassuring squeeze of the hand, an 'I see you' caress, an encouraging touch on the back, a quick kiss on the forehead or one that is slower, more tender and more anticipated.

"It can strengthen connections, heal, communicate, influence and soothe. When the touch is cold and brittle, it can also widen the distance between two people. If it came with gorgeous packaging and retail hype, we'd be lining up to do the deal. Fortunately, we don't need to do any of that.

"Our skin is our largest organ and would measure about two-by-two metres if it was laid flat. Given that our bodies are precious real estate, for something to take up this much room, there must be a good reason for it.

"Yes, it's to stop infections; and, yes, it's to stop our important bits and pieces falling out; but there is another reason. It is the pathway for touch — one of our most powerful and important functions. For long-term wellbeing, touch is as important as food and security.

"In one tender squeeze there are so many things that can be said. 'You'll be OK.' 'I'm proud of you.' 'Yeah, I'm worried about it too.' 'It's scary isn't it.' 'You're freaking amazing.' 'Come on. Talk to me.' 'What's happening with us?' 'I love you.'

"When it's from the right person in the right context, we rarely have to guess the words — the words become irrelevant anyway. Instantly we can feel closer, calmer and more understood."

Practice makes perfect. Those friendly loving hugs and touches can change your children and family forever for the good. Learn from our experienced psychology practitioners the power of a father's touch and put it into practice. The positive effects will amaze you!