



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

16th Sunday in Ordinary Time

Year C

21st July 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	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	03 9747 0078
Natalie Howard	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	0431 082 886
Shane Cook	0419 999 052
Peter Farren	0418 594 501
Moira Ross	0400 675 056
Aaron Russell	0401 927 502
Emillio Scalzo	5366 5800
John Thorne	5310 6692
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

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 : 22nd July—28th July

Monday: St Mary Magdalene Feast	7.45am	FFS
Tuesday morning:	9.15am	FJP
Tuesday evening:	6.30pm	FFS
Wednesday:	7.45am	FJP
	9.15am	FFS
Thursday: St James, apostle Feast	7.45am	FJP
	9.15am	FJP
Friday: Sts Joachim & Anne Memorial	9.15am	FJP
Saturday Vigil:	5.30pm	FFS
Sunday:	8.30am	FFS
	10.30am	FFS

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 : 22nd July— 28th July

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

Monday :	No Mass	
Tuesday	5.30pm	FJP
Wednesday :	9.30am	FJP
Thursday :	9.30am	FFS
Friday:	9.30am	FFS
Saturday Vigil :	5.00pm	FJP
Sunday :	8:30am	FJP
	10.00am	FJP

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 2nd August**

ADORATION:

30 minutes before every weekday Mass.

Adoration is held every first Friday

10.00am until 4.00pm

Next Date: **Friday 2nd August**

PROVIDENCE MASS

Is held on the second Friday of the month at 11.00am

The Village 5-7 Griffith St, Maddingley.

Next Mass: **Friday 9th August**

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 16th August**



OUR LADY HELP OF CHRISTIANS KOROBET

MASS TIME:

Saturday Vigil:	6.30pm	FJP
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NEWS FROM THE ARCHDIOCESE

MARRIAGE ENCOUNTER WEEKEND

Invest in your most precious asset.....Your Marriage!

Married couples, come and learn how to keep/rekindle the passion in your relationship and how to keep your love growing! This weekend is based around Catholic values but couples of all faiths are welcome.

2019 Victorian weekend dates: 23-25 Aug, and 15-17 Nov.

Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.

Information/Bookings: Phone Mercy & James 0409 183 676 or

Email: vicbookings@wwme.org.au Website: wwme.org.au

PARISH EVENTS & NOTICES

FAITH SEEKING UNDERSTANDING

An RCIA program will commence on Sunday 28th July at St Bernard's Parish Centre, 6pm. If you:

.. are interested in finding out more about the Catholic faith,

.. wish to become a Catholic,

.. didn't receive all your sacraments as a child and you would like to receive them, and,

.. are interested in deepening your faith, the way you worship, and want to understand the fruits for Christian life required of a Catholic, then join us on this journey.

Please register your interest with the Parish Office.

ANNUAL PROPAGATION OF THE FAITH APPEAL—THIS WEEKEND

This weekend we will be conducting the Annual Propagation of the Faith Appeal. This appeal supports the work of Catholic Mission in their work in underprivileged countries around the world. This year's Appeal is focusing on Ghana.

Please give generously. Thank you.

TA PINU SHRINE (AUST)

The Ta Pinu Shrine, 15 Flanagans Drive Merrimu (Bacchus Marsh), invites you to join The Most Rev. Peter A Comensoli, Archbishop of Melbourne in concelebration with other members of the Clergy for The Solemnity of the Assumption of The Blessed Virgin Mary. Saturday 17th August 2019

2.00pm Praise and Worship with Hymns 2.30pm Rosary Procession 3.00pm Holy Mass & Benediction

Visit www.tapinushrine-australia.org or call 5367 7006-Mob 0437 261 217 or 0412 360 231

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.

NEWS FROM THE PARISH OFFICES

ST ANTHONY'S

PRIME TIMERS

This month's outing will be "Christmas In July"

Venue: Bacchus Marsh Golf Club, Links Rd, Bacchus Marsh

Date: Tuesday 30th July, 2019

Time: 12noon

Cost: \$20.00 per head Main: Turkey, Dessert: Plum Pudding

Please wear something Christmassy.

RSVP Ineke 0400 120 401 or

email ineke49@yahoo.com by 27/7/19.

SRI LANKAN FOOD - TAKE AWAY - SALE

Volunteers from Sri Lankan Community who wish to contribute take away food for sale on 27th/28th July,

please contact Neil Peramuna on 0430 534 546 or

Godwin Barton on 0425 734 449.

All proceeds will go towards the extension of the Church.

ST VINCENTS de PAUL REGIONAL FESTIVAL MASS

The Melton South conference will be hosting the Annual Regional Festival Mass which will be held at St Anthony's Church 10.30am

Sunday 4th August. Please join us after Mass for a social gathering in the Padua Hall. A clipboard is at the rear of the Church, kindly RSVP by the 27/7/19 to assist for catering purposes. All Welcome.

THANKSGIVING PROGRAM

Dear Parishioners, as we are coming up to a thanksgiving mail out, we would like to remind you to update your details if you have changed them in the last 12 months. Please phone or email the Parish Office with your details. Thank you and God Bless, Lesley.

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: **1st August**

CATHOLIC MUSEUM OPEN DAY

The Catholic Museum will be open at the old Convent on **Friday 9th August 2019** from 11:00am till 1:00pm. 88 Main Street West, Convent Lane, Bacchus Marsh.

"If any of you lacks wisdom, let him ask God, who gives to all men generously and without reproaching, and it will be given him."

St James, apostle

Feast Day Thursday 25th July



WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 27th & 28th July

MINISTERS OF THE WORD

5.30pm : Patrick Ilustrisimos

8.30am: Kim Nguyen

10.30am: Elaine Lacey

EXTRAORDINARY MINISTERS

5.30pm: Philip Anyayhan (P) & Volunteer Please

8.30am: Villy Julita (P), Ron Howard & Ann Tennakoon

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: Godwin Barton & Dolores Turcsan

8.30am: Lina Calleja & Ken Dumandan

10.30am: Leonia Jessop & Godwin Barton

ALTAR SERVERS

5.30pm: Jonathan Dacunha & Mason Azzopardi

8.30am: Rhys Tuala & Andre Oqueli

10.30am: Nick Taunuun & Etahn 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:

Marjorie Barker, Maria Hoa Dang, Marie Dove, Wayne Dunn, Doris Farrugia, Dr Marshal Leon Pereira & Francis Vella

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: 27th & 28th July

MINISTERS OF THE WORD

5.00pm: John Thorne

8.30am: Jan Carragher

10.00am: Carmel Shea

EXTRAORDINARY MINISTERS

5.00pm: Stuart Roberston

8.30am: Volunteer Please

10.00am: James Waters

PRAYERS OF THE FAITHFUL ROSTER

July Josephite Associates

ALTAR SERVERS

5.00pm: Roster Pending

8.30am: Volunteers Please

10.00am: Thank you

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: **1st 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 recently deceased:

Sophia Franken and Phyllis McDonald.

We pray for the death anniversary at this time of:

Kevin Barry, Billy Gleeson, Brian McDonald & Irene Wojcicki.

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, 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, 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, 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: 27th & 28th July

PIETY STALL VOLUNTEERS

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



CUPPA ROSTER

Cuppa Weekend: **27th & 28th July**

5.30pm: Zarb Family
8.30am: Chris Fitzgerald & Graziella Corcoran
10.30am: Anne Nappi & Doris Bonello

CHURCH FLOWERS—July

Ana Taunuu & Roperta Mavaega



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 10.30am.

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 : 27th & 28th July

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: **4th August**

Host: Baptism Preparation Team



CHURCH FLOWERS

Bernadette Kearney



COUNTING TEAM # 9

Roy Ryder
Carole Ryder
Henry Gasior
Chris Gasior

PRESBYTERY & CHURCH GROUNDS- (July)

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

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 25th July**

Baptisms are held on the 1st and 3rd

Sunday of the month: **4th & 18th August**

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: **Julius Caan Can** 0430 880 728

Group 2: **Tune & Epi Kepu** 0410 416 445

Group 3: **Mary & Tony Galea** 0410 285 685



ST BERNARD'S

BAPTISM PREPARATION PROGRAM

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

Next program: **Sunday 28th July**

Baptisms are held on the 1st and 3rd

Sunday of the month: **4th & 18th August**

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 : Kate & Danny

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

See, I have God for my help.
The Lord sustains my soul.
I will sacrifice to you with willing heart,
and praise your name, O Lord, for it is good.

FIRST READING Genesis 18:1-10

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My Lord,' he said 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'
Abraham hastened to the tent to find Sarah. 'Hurry,' he said 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' he asked him. 'She is in the tent' he replied. Then his guest said, 'I shall visit you again next year without fail, and your wife will then have a son.'
The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 14

Comm: The just will live in the presence of the Lord.

All: The just will live in the presence of the Lord.

Lord, who shall dwell on your holy mountain?
He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue.

He who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord.

He who keeps his pledge come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

All: The just will live in the presence of the Lord.

SECOND READING Colossians 1:24-28

It makes me happy to suffer for you, as I am suffering now, and in my own body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.
The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.
Alleluia!

GOSPEL Luke 10:38-42

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

The Lord, the gracious, the merciful,
has made a memorial of his wonders;
he gives food to those who fear him.

NEXT WEEK'S READINGS –

17th SUNDAY IN ORDINARY TIME

First Reading: Gen 18:20-32;
Second Reading: Col 2:12-14;
Gospel: Lk 11:1-13



The Catholic family: Raising children in a secular world XXXIII

10 tips for new fathers

Becoming a new father can be a daunting task, but there are 10 things to keep in mind that will help you, your new baby, and your marriage.

1. Time and tolerance

The most important thing you can do is simply spend time with your newborn. Serious research about fatherhood is only a scant 30 years old, and what we know is that the more time fathers spend with their infants the better. Researchers in the early years of father–infant bonding couldn't find fathers spending enough time with their infants to study them. In other words, dads weren't spending an adequate amount of time with their baby to even start measuring the impact. What we know now is that the time you can just be with your infant is valuable.

Along with time, you will need to have some tolerance for you and your new creation to get to know one another. This is your first time being a father and your son or daughter's first time being a human being. Be kind and gentle with yourselves. Give yourself time to learn and grow into the role.

2. Eye contact

We have known for a long time that infants are drawn to the human face, but with computer-enhanced research we now realise what they look at: the eyes. Babies have a preference for the human face in general, and eye contact in particular. Remember that they can see clearly only about a 30 centimetres in front of them, so remember to smile, stay close, and look 'em in the eye.

3. Repetitive sounds

Particularly something called the bilabials; Pa-pa, Ma-ma, Ba-ba are the first and most common sounds infants can make. They are simple because the two lips are pressed together with a puff of air pushed through them. That is why most first utterances around the globe for mother, father and bottle use these sounds. They are easy to make and the infant can get some quick language control and feedback from their environment in this way. (Trust me, the first time your little one says "Pa-Pa" to you will be a peak experience.) To strengthen the connection, when you hear them making the sound, make it back.

4. Infants are fans of motion

They love it and crave it, and need it. They love to be held, jostled, bounced and jiggled. There is good reason for this. Movement helps infants develop everything from their brains to their sense of balance. When you hold your baby, give them a feeling of security, but not too tight or too loose. Don't be afraid to hold and sway and bounce and cuddle. Learn what he or she likes and cultivate that motion.

5. Change that nappy!

Researchers have found that the fathers who help change their baby have stronger, better, and more long-lasting marriages. So, if you want to score points with mum and with your baby, learn the art of changing nappies and treat it as a shared duty with mum.

6. Make a play date with baby

Maybe Tuesday is girls night out, or you don't start work until noon on Thursdays. So, plan times to be the single caregiver for your baby. One-on-one bonding is important. When mum is in the room there is typically a preference by the infant for her to be the one in charge. Take time to figure out what your relationship is with your newborn—just the two of you. This is important. You need to be able to manage this baby thing solo, and there is no other way to get this experience.

7. Teamwork

You also need to realise you are part of a team. You and mum are a tag-team. As an example, when mum was out and I was joyfully bottle-feeding my daughter with breast milk we had pumped for her, everything was wonderful. But the moment mom came home, my daughter wasn't in the mood for Mr second-best. She could hear and, through the magic of pheromones, smell mum and wanted to be with her. This was the transition time. Recognise that the three of you function like a mobile hanging from the ceiling and are in balance with one another. As the infant's needs change, the balance of mum and dad will need to change along with it.

8. Keep your promises

As your child grows and as you develop as a family, remember that dads have to be absolutely certain to keep their promises. If you promise your spouse you are going to be home at 6.30pm, make that the priority in your life that day. As your child grows, these promises to him or her become the backbone of your relationship. Deliver on what you promise and the ease and security of the relationship will evolve. Reneged on these consistently and an insecure bonding can happen. I encourage parents I work with to only make commitments and promises they can keep. Better to keep one promise than make three and keep only two.

9. Be responsive

A reach, a look, a cry, anything your little one does to make a connection with you should be honoured. Remember: they are just learning how to be in the world. Let them know you appreciate their effort. Studies have shown that parents who are responsive to their infant's cries and needs help them develop better communication and language skills. It makes sense. If you know you are being responded to, you look to make that process more efficient.

10. Love, love, and then some more love

Mammals are unique in that we are predisposed to care for each other. This isn't true of all species. Reptiles eat their young. But as mammals we are hardwired to care for each other. No one would argue against the fact that mothers have more of this than fathers, but what dads may not have instinctually they can easily develop. The neuroscientists have shown that when parents and children interact, their limbic systems, the emotional part of the brain, actually resonate and adjust to each other. This means that after a while both you and your baby become attuned to the presence of the other. That is the kind of harmony that can last a lifetime.