



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

The Most Holy Body and Blood of Christ

Year C

23rd June 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 –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 |
| 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 0404 598 558

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH

MASS TIMES : 24th-30th June

| | | |
|-------------------------|---------|-----|
| Monday: | 7.45am | FJP |
| Tuesday morning: | 9.15am | FPB |
| Tuesday evening: | 6.30pm | FJP |
| Wednesday: | 7.45am | FJP |
| | 9.15am | FJP |
| Thursday: | 7.45am | FPB |
| | 9.15am | FJP |
| Friday: | 9.15am | FJP |
| | | |
| Saturday Vigil: | 5.30pm | FPB |
| | | |
| Sunday: | 8.30am | FPB |
| | 10.30am | FPB |

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

Friday– During School Term

ST BERNARD'S BACCHUS MARSH

MASS TIMES : 24th-30th June

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

| | | |
|-----------------------------|---------|--------|
| Monday : | No Mass | |
| Tuesday | 5.30pm | FPB |
| Wednesday : | 9.30am | FPB |
| Thursday : | 9.30am | FPB |
| Friday: | No Mass | 9.30am |
| Mass at St Bernard's School | 11.15am | FPB |
| 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 5th July**



ADORATION:

30 minutes before every weekday Mass.

Adoration is held every first Friday

10.00am until 4.00pm

Next Date: **Friday 5th July**

PROVIDENCE MASS

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

The Village 5-7 Griffith St, Maddingley.

Next Mass: **Friday 12th July**

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 19th July**

OUR LADY HELP OF CHRISTIANS KOROBEIT

MASS TIME:

| | | |
|------------------------|--------|-----|
| Saturday Vigil: | 6.30pm | FJP |
|------------------------|--------|-----|

NEWS FROM THE ARCHDIOCESE

THE JOURNEY CATHOLIC RADIO PROGRAM – AIRS 30 June 2019

As always, these notices are one week in advance.

This week on the Journey, our Gospel reading is Luke 9:51-62.

We are so lucky to have some amazing contributors to the Journey Catholic Radio Program with some names and voices that you have come to love over the years. This week we are blessed with Mother Hilda from the Abbey and Bruce Downes, the Catholic Guy. Go to www.jcr.org.au or www.itunes.jcr.org.au and to ensure that you never miss a show it can be sent to you each week as a podcast via email – for free

PARISH EVENTS & NOTICES

27TH ANNUAL FEAST IN HONOUR OF THE SACRED HEART OF JESUS

Saturday 29th June 2019, Josefina Maria's Two Hearts Eucharistic Chapel, 274 La Cote Road, Greendale, Vic 3341

11:00am: Holy Rosary, Litany of the Blessed Virgin Mary (*Confessions will be held during this half-hour*)

11:30am: Holy Mass, Eucharistic Procession, Benediction Followed by: Fellowship in the adjoining Saint Joseph's Hall

Cost: Free Main Celebrant: Rev. Father Arockia Manoharan Sebastian MSFS

For further details, please contact us on: Mobile: 0415 806 217 or Email: twoheartscentre@bigpond.com

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

THE PETER PENCE COLLECTION—NEXT WEEKEND 29th & 30th JUNE

We will be having a special collection next weekend for the Peter's Pence Collection.

The Peter's Pence Collection has ancient roots, linking back to New Testament times when people would provide material support to those preaching the Gospel for distribution to those in need (see Acts 4:34-35, 11:29). Today, the collection is the way we, as members of the Catholic Church, unite ourselves to the concerns of the Holy Father. Donations to this collection support the charitable works of Pope Francis for the relief of those most in need.

FAITH SEEKING UNDERSTANDING

An RCIA program will start on the 28th of July. 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

Are interested in deepening your faith, the way you worship, and understand the fruits for Christian life required of a Catholic

Then join us on this journey. Venue, time and dates to be advised.

SAINT MALACHY'S CHURCH— SUNDAY EVENING MASS

Byres Road, Blackwood. Sunday evening Mass at 4 pm. All Welcome.

JOSEPHITE ASSOCIATES MEETING

The meeting will be held at the Josephite Convent, at 2pm on Sunday 7th July.

For details please contact Christine Nicholls Van Order 0421 845 635.

NEWS FROM THE PARISH OFFICES

ST ANTHONY'S

PRIME TIMERS

Our next outing will be for Movie Day at the Melton Library, Tuesday 25th June starting 11am. Movie will be The Greatest Showman starring Hugh Jackman. Light lunch following.

Cost is \$10.00 per person.

Please reply for catering numbers.

Ineke 0400120401 or ineke49@yahoo.com

FILIPINO COMMUNITY DANCE ALL NIGHT – SAT 6TH JULY

The Filipino Community will be organising 'Christmas in July Dance All Night', to raise funds for the extension of the Church. Tickets are now available and can be purchased at the rear of the Church after all Masses. Thank you for your support.

WINTER APPEAL – ST VINCENT DE PAUL SOCIETY

Last weekend we had a special collection for St Vincent De Paul Society— Winter Appeal. We collected \$676.90. Thank you for your generosity.

WEDDING ANNIVERSARY BLESSINGS

If you have recently celebrated a Wedding Anniversary and would like a blessing you will be invited to stand and receive one at all Masses this weekend.

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.

ST BERNARD'S

KNIGHTS OF THE SOUTHERN CROSS – FAMILY BONFIRE NIGHT – FUNDRAISER FOR MISSIONARY WORK

Saturday 29th June 2019. It's on again – a fun night at Mark Farrell's Farm. 4099 Bacchus Marsh-Geelong Road, Parwan. 3 course dinner, guest speaker and bonfire. Tickets on sale this weekend and next weekend in the church after all Masses, also available in the Parish Office and at St Bernard's school. Ticket prices are \$15 adult and \$5 child. All proceeds go to De La Salle Brothers missionary work. To help with catering, tickets must be purchased prior to the event. For any queries, please contact either Mark Farrell 0416 251 025, or Paul Miesen 0419 834 991.



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: **4th July**

THE NEIGHBOUR'S PLACE (TNP)

Emergency food bank in Bacchus Marsh is looking for volunteers. If you are in a position to give up just a small amount of your time and skills to help us run TNP, we would love to hear from you. We are also looking for help for a Store Person if you have supermarket skills (not a requirement) and would like to assist us maybe once a week, have to be reasonably fit, some carrying and lifting will be required. Contact Jackie on 5367 6222 to discuss volunteering.

WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 29th & 30 June

MINISTERS OF THE WORD

5.30pm : Volunteer Please

8.30am: Anthea Scerri

10.30am: Elaine Lacey

EXTRAORDINARY MINISTERS

5.30pm: Gavin Pereira (P) & Lorraine Tellis

8.30am: Lillian Christian (P), Michael Higgins
& Volunteer Please

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: Stephen Fernandes & Carmen Vella

8.30am: Natalie Howard & Ron Howard

10.30am: Leonia Jessop & Anthea Scerri

ALTAR SERVERS

5.30pm: Jedi Anyayahan & Mason Azzopardi

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 death anniversary at this time of:

Nellie Chiles, Mary Rose Gauci, Antonio Savona,
Lucia Savona & Victor 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: 29th & 30th June

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

June: Sister Ellie Taffe

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: **4th July**

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:

Fairy Bellman, Frank Candeloro, Anna Falzon, Maria de
Freitas, Henry Hocking, Jack O'Donohue & Evelyn Walsh.

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 Kevin, Michael Larkin,
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, 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: 29th & 30th June

PIETY STALL VOLUNTEERS

5.30pm: Marthese Mercieca
8.30am: Chris Fitzgerald
10.30am: John Scerri



CUPPA ROSTER

Cuppa Weekend: **22nd & 23rd June**

5.30pm: Mary Drew & Laura Espinosa
8.30am: Lily Offer & Joe Spiteri
10.30am: Rose Ma'ae & Family

CHURCH FLOWERS—June

Doris Bonello & Josephine German



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 : 29th & 30th June

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: **7th July**

Host: Knights of the Southern Cross



CHURCH FLOWERS

Bernadette Kearney



COUNTING TEAM # 5

Pat O'Leary
Jo Cowan
Peter Lafranchi
Frank Pomeroy
Stuart Robertson

PRESBYTERY & CHURCH GROUNDS- (June)

| | |
|-------------------|-------------------------|
| Front Garden: | Volunteer Please |
| Back/Side Garden: | Volunteer Please |
| Parish Centre: | Ron Geurts |
| Carpark/Pines: | Ron Geurts |
| Back Paddock: | Colm Carragher |

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 27th June**

Baptisms are held on the 1st and 3rd Sunday of the month: **7th & 21st July**

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: **Jojo & Wilma Chua** **0423 953 843**

Group 2: **David & Anne Leheny** **0405 621 232**

Group 3: **Godfrey & Vilma Pinto** **0400 070 263**



ST BERNARD'S

BAPTISM PREPARATION PROGRAM

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

Next program: **Sunday 23rd June**

Baptisms are held on the 1st and 3rd Sunday of the month: **7th & 21st July**

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 : Justin & Katie

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

He fed them with the finest wheat
and satisfied them with honey from the rock.

FIRST READING Genesis 14:18-20

Melchizedek king of Salem brought bread and wine; he was a priest of God Most High. He pronounced this blessing:

'Blessed be Abraham by God Most High, creator of heaven and earth,
and blessed be God Most High for handing over your enemies to you.'

And Abraham gave him a tithe of everything.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 109

Comm: You are a priest for ever,
in the line of Melchizedek.

All: You are a priest for ever,
in the line of Melchizedek.

The Lord's revelation to my Master:
'Sit on my right:
I will put your foes beneath your feet.'

The Lord will send from Zion
your sceptre of power:
rule in the midst of all your foes.

A prince from the day of your birth
on the holy mountains;
from the womb before the daybreak I begot you.

The Lord has sworn an oath he will not change.
'You are a priest for ever,
a priest like Melchizedek of old.'

All: You are a priest for ever,
in the line of Melchizedek

SECOND READING 1 Corinthians 11:23-26

This is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

I am the living bread from heaven, says the Lord;
whoever eats this bread will live for ever.

Alleluia

GOSPEL Luke 9:11-17

A reading from the holy Gospel according to Luke

Jesus made the crowds welcome and talked to them about the kingdom of God; and he cured those who were in need of healing.

It was late afternoon when the Twelve came to him and said, 'Send the people away, and they can go to the villages and farms round about to find lodging and food; for we are in a lonely place here.' He replied, 'Give them something to eat yourselves.' But they said, 'We have no more than five loaves and two fish, unless we are to go ourselves and buy food for all these people.' For there were about five thousand men. But he said to his disciples, 'Get them to sit down in parties of about fifty.' They did so and made them all sit down. Then he took the five loaves and the two fish, raised his eyes to heaven, and said the blessing over them; then he broke them and handed them to his disciples to distribute among the crowd. They all ate as much as they wanted, and when the scraps remaining were collected they filled twelve baskets.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

Whoever eats my flesh and drinks my blood
remains in me and I in him, says the Lord.

NEXT WEEK'S READINGS – 13TH SUNDAY IN ORDINARY TIME

First Reading: 1Kg 19:16, 19-21;

Second Reading: Gal 5:1, 13-18;

Gospel: Lk 9:51-62



The Catholic family: Raising children in a secular world XXIX

Advice to the newly single parent 1

A decade of being a single parent has given me the experience to know how to handle good times and bad. So I offer three simple pieces of advice.

1. Shut up and listen

Perhaps the most basic of parenting strategies. We adults often have a bad habit of not listening to our children and prefer to impart our judgement or wisdom over letting them speak to us, share or even vent. I'm not great at this because, like many men, I'm a fixity guy: you have a problem, I'm going to start analysing it to solve it. Professionally, that's a very useful trait; but interpersonally, not so much.

Just stop talking. Your children want to share with you; sometimes they want your advice, and sometimes they might just want your sympathy. So, stop talking, stop interrupting them, stop discounting or belittling what they say, stop being unsympathetic ... and just listen to them. Even if it takes a while for them to unwind or get to the point.

Just because you do this, doesn't mean that they'll thank you or even realise you've heard them. Case in point: my 13-year-old got in trouble at school last week. She got in the car in tears. I asked what happened and let her talk for a while, gradually telling the full story. I kept nodding, saying, "Mmm, hmm", and sharing that it sounded rough and that she seemed to have had a tough afternoon.

Then I told her that she had made a mistake in judgement and would have a consequence from me because of it, to which she then complained vehemently that I didn't listen to her at all, I didn't care about how hard a day it was for her, and I should stop yelling at her.

I again let her just get that off her chest. It wasn't me she was really yelling at, after all, but the situation she was complaining about. OK. Hard in the moment, but you can do that too.

Which leads up to my second piece of parental advice, after having spent 20+ years being a parent:

2. Keep your sense of humour

Turns out that there's a lot about parenting that's pretty wacked. Times you do the right thing just to have your young person tell you what a beast you are. That comes with the territory, whether it be the overt ways of a little one or the more nuanced – and so more hurtful – comments of a teenager who

is learning about emotions and how to hurt people with words.

One of my classic interactions with my daughter is for her to yell at me that I'm "yelling at her" because she doesn't like the words I say, regardless of my tone, volume and inflection.

To retain my sanity, I don't argue, I sure as heck don't smile (that would be a huge mistake!). I just say, "ah, OK", or similar and react as little as possible.

Do I sometimes yell? Of course. I have emotions too, and can get frustrated, upset or wound up, but by seeking to remain calm and retaining my sense of humour about a situation, we can weather a lot of chaos and challenges without them escalating into major blow-ups.

And that's really the purpose of your parental sense of humour anyway; to give you an alternative to getting really annoyed. I remember years and years ago we were out at a restaurant with friends and their daughter knocked over a glass of water and broke the glass. I was so impressed by the dad's reaction of staying calm and asking the most important question in all situations: "Are you OK?"

Since then I have endeavoured to be that dad too, so that, when something untoward happens, my response is calm humour. "Did that darn glass just fall down? They need to use glasses that aren't so darn tired!" goes a long way to helping your child cope with accidents. Much better than: "Did you knock over your water again? You clumsy oaf!"

There's an inherent level of humour in the entire parenting journey anyway. I mean, let's face it, if you watch other parents, they're hilarious. Ever seen an adult pick up a baby and literally smell their butt to see if a nappy needs changing? That's not bizarre and funny? Or what about the helicopter parents who you see lugging the child's backpack, musical instrument, and everything else, while the child dances along beside them, complaining about having to carry the book they're reading for class or even busily tapping on their phone. That's not teaching the kids anything useful, but it's also funny. Yes, I sit and judge, knowing that my doing that is funny too.

The thing about keeping your sense of humour in parenting is that it helps you have perspective. There are big, important situations to deal with – and they get more and more important as your children grow up – but keeping a bigger perspective and realising that one incident does not a lifelong habit make is pretty important too, both for your child's mental health and your own.

To be continued