



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 IN ORDINARY TIME

YEAR C

3RD FEBRUARY 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 urgent matters only please call on 0414 007 009

MASS AND DEVOTIONS

ST ANTHONY'S **MELTON SOUTH**

MASS TIMES : 4/2/2019-10/2/2019

Monday :	No Mass	
Tuesday morning:	9.15am	FJP
Tuesday evening:	6.30pm	FJP
Wednesday:	9.15am	FJP
School Mass	10.15am	FJP
Thursday:	9.15am	FJP
Friday:	9.15am	FJP
Saturday Vigil :	5.30pm	FJP
Sunday :	8.30am	FJP
	10.30am	FJP

INDIVIDUAL RECONCILIATION
Saturday: 4.45pm and before and after weekday Mass.

ROSARY:
 Prayed at 9.00am before every weekday Mass.

ADORATION:
 30 minutes before and 30 minutes after every weekday Mass.



CRC MELTON CHAPEL: 8.00am
 Wednesday, Thursday and Friday

OUR LADY HELP OF CHRISTIANS **KOROBET**

MASS TIMES :

Saturday:	6.30pm Mass	FPB
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ST BERNARD'S **BACCHUS MARSH**

MASS TIMES : 4/2/2019-10/2/2019

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

Monday :	No Mass	
Tuesday	5.30pm	FPB
Wednesday :	9.30am	FPB
Thursday :	No 9.30am Mass	
Opening School Mass (Rec Centre)	11.15am	FPB
Friday :	9.30am	FPB
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 1st March**



ADORATION:
 30 minutes before every weekday Mass.

PROVIDENCE MASS
 Is held on the second Friday of the month at 11.00am
 The Village 5-7 Griffith St, Maddingley.
 Next Mass: **Friday 8th February**

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 15th February 2019**

NEWS FROM THE ARCHDIOCESE

VOLUNTEERS NEEDED

Can you spare an hour each week to visit a newly arrived refugee or migrant and help them learn English and settle in Australia? Tutors work one on one with students, individually or in small groups if you'd like to work as a team. We have isolated people across Melbourne who need your help. Melbourne AMEP is currently seeking volunteers. Free training and support provided, beginning in February. If you are interested in being part of our team, having a rewarding new experience and learning about a new culture, visit our website at www.melbourneamep.com.au/volunteer/ or contact us on 9269 1514 or email amepvts@melbournepolytechnic.com.au

INTERNATIONAL DAY OF PRAYER, REFLECTION AND ACTION AGAINST HUMAN TRAFFICKING

Thursday 7 February, 6.30–8.30pm St Patrick's Cathedral, 1 Cathedral Place, East Melbourne

On the Feast of St Josephine Bakhita of Sudan, the Church marks the International Day of Prayer, Reflection and Action against Human Trafficking. Last year, the Victoria-Tasmania Catholic Anti-Slavery Working Group was created with ACRATH (Australian Catholic Religious Against Trafficking in Humans) and the dioceses of Victoria and Tasmania. Its goal is to finally end the scourge of modern-day slavery in our communities. Archbishop Peter A Comensoli, the South Sudanese Catholic Community and the broader community will mark this important day with Holy Hour at 6.30pm followed by the Vigil Mass of St Josephine Bakhita at 7.30pm. **Enquiries:** justice@cam.org.au

PARISH EVENTS & NOTICES

PLENARY COUNCIL 2020

We have an 8 page booklet at the rear and sides of the Church with information from the Plenary Conversation Sessions held in our Parishes. Parishioners have an opportunity to add to the conversation by filling in the small Plenary Council 2020 slips of paper and returning it either in the collection basket or directly to the Sacristy. Thank you.

RCIA 2019

If you want to learn more about the Catholic Faith, want to become a Catholic, or you didn't receive all your Sacraments as a child and you want to receive them.

Classes for Adult Faith Formation are being held: February 3rd, 10th 17th & 24th March 3rd, 10th, 17th & 24th.
At St Bernard's Parish Centre Bacchus Marsh 5pm till 6pm.

For further information, can you please contact the Parish Office on 5367 2069.

BINGO

We have 3 sessions each Tuesday evening with a cost of \$3.00 a book.

Eyes down at 7.00pm. Finish time is 9.45pm. Come and have a great social evening, have some fun and maybe get lucky too. Coffee and tea provided.

Canteen services available. Remember you have to be in it to win it!

Held at St Anthony's Padua Hall.



NEWS FROM THE PARISH OFFICES

ST ANTHONY'S

PARISH PASTORAL COUNCIL

The Parish Pastoral Council Minutes dated 4th October 2018 are on display and available for collection at the rear of the Church. The Council met for a Focus and Goals Meeting on Thursday 24th January 2019 and will meet again for the first PPC meeting on Thursday 21st February. If you would like to bring any matters to the attention of the Council please speak to a Council Member. The Council Member's names and contact numbers are on the front page of the Newsletter.

ST ANTHONY'S THANKSGIVING MEMBERS WHO PAY BY CREDIT CARD

If your credit card details (expiry date etc.) have changed in the last 8 weeks can you please contact the Parish Office at your earliest convenience.

Phone 9747 9692 Email: meltonsouth@cam.org.au.

Thank you.

SERVICE AND COMMUNITY QUADRANT

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

Contact:

Natalie Howard	0410478046,
Amy Honrade	0457042695
Lillian Christian	0400441257

ST BERNARD'S

SAVE THE DATE ST. BERNARD'S PARISH FETE

Friday March 15 from 3.30pm
more information to follow.



True joy is in God

*The joys of this world are passing,
St Augustine reminds us, and our
ultimate happiness lies in God alone.
If we try to find lasting joy anywhere else,
we'll eventually be disappointed .*

*Lord, in your presence is fullness of joy.
Teach me not to grasp at the passing
joys of this life, but to delight myself
instead in your goodness, which never
ends.*



WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 9th & 10th February

MINISTERS OF THE WORD:

5.30pm: Lorraine Tellis
8.30am: Amy Honrade
10.30am: Faustina Ma'ae

EXTRAORDINARY MINISTERS

5.30pm : Ann Tennakoon (P) & Philip Anyayahan
8.30am : Ineke Allen (P) , Edwina LaRose & 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: Dolores Turcsan & Pat Fernandez
8.30am: Lina Calleja & Godwin Barton
10.30am: Godwin Barton & Carmen Vella

ALTAR SERVERS

5.30pm: Josh Djie-Spiteri & Jonathan Dacunha
8.30am: Rhys Tuala & Andre Oqueli
10.30am: Anakin Anderson & Ethan Porter

If you are unavailable please contact Ben Kratochvil 0423 076 305

ST BERNARD'S MINISTRIES

NEXT WEEKEND ROSTER: 9th & 10th February

MINISTERS OF THE WORD:

5.00pm: Vikki Benson
8.30am: Gerard Harrington & Jenny Hooper
10.00am: Cathy Belcher & Carole Ryder

EXTRAORDINARY MINISTERS

5.00pm: Mary Beaton
8.30am: Peter Lafranchi
10.00am: Jennifer Taylor

PRAYERS OF THE FAITHFUL ROSTER

February: Mary Flanagan

ALTAR SERVERS

5.00pm:
8.30am: To Be Advised
10.00am:

ST ANTHONY'S PASTORAL CARE

We pray for the death anniversary at this time of:
Babette Arandez

Please pray for the Sick: Jean Barnett, Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Judy Layton, Peter Manicaro, Veronica Michael, Wanda Novak, John Osborne, Irene Rahilly, Catherine Roberts, Peter Roberts, Pat Roberts, Charlie Spiteri, Clint Abela Wadge, Michael Wright & 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

May you be wrapped up in God's love,
Found deep in his everlasting wings;
Carried and kept safe and cherished.
May the healing power of Christ be
with you.
Amen



ST BERNARD'S PASTORAL CARE

SPIRITS OF THE TWO HEARTS YOUTH GROUP

Experience faith, friendship and fun.

Age group: 11years+ **When:** Every 4th Thursday of the month 7.00pm-9.00pm **Where:** Two Hearts Centre, 274 La Cote Road, Greendale

Contact: Sister Clare 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'

We pray for the death anniversary at this time of:

Olive Andrews, Rooney Arnold, Richard Evans, Mary Gaidzkar, Mercy Kumar, Dorothy (Jill) Smith, Tom Thompson & Laurie Wheelahan.

Please pray for the Sick:

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, Marcus Meno, Paul Mullin, Kevin O'Gorman, Arthur Pape, Michael Paterson, Georgia Peacock, Arabella Periera, 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: 9th & 10th February

PIETY STALLS VOLUNTEERS

5.30pm: Lorraine Tellis
8.30am: Ineke Allen
10.30am: Imalsha Silva

CUPPA ROSTER

Cuppa Weekend: 23rd & 24th February

5.30pm:
8.30am: Roster Pending
10.30am:



CHURCH FLOWERS

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	0410478046,
Amy Honrade	0457042695
Lillian Christian	0400441257

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 : 9th & 10th February

PIETY STALL VOLUNTEERS

Saturday: Jan & Colm
Sunday: Mandy Harrington

MORNING TEA

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

Next Morning Tea: 3rd February 2019

Host: Parish Pastoral Council



CHURCH FLOWERS

Deborah Hosking



COUNTING TEAM # 6

Jill Geurts
Ron Geurts
Michael Larkin

PRESBYTERY & CHURCH GROUNDS- (February)

Front Garden:	Stephen Millington
Back/Side Garden:	Volunteer Please
Parish Centre:	Volunteer Please
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 28th Feb**

Baptisms are held on the 1st and 3rd Sunday of the month: **3rd & 17th March**

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: **Uili & Lagi Maiava 0405 330 160**

Group 2: **Angelo & Rita Harinos 0434 368 221**

Group 3: **Joseph & Carmen Cilia 9747 1594**



ST BERNARD'S

BAPTISM PREPARATION PROGRAM

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

Next program: **Sunday 24th Feb**

Baptisms are held on the 1st and 3rd Sunday of the month: **3rd & 17th March**

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 : To Be Advised

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 ANTIPHON

Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

FIRST READING

A reading from the prophet Jeremiah
I have appointed you as prophet to the nations.
In the days of Josiah, the word of the Lord was addressed to me, saying,
'Before I formed you in the womb I knew you;
before you came to birth I consecrated you;
I have appointed you as prophet to the nations.
So now brace yourself for action.
Stand up and tell them
all I command you.
Do not be dismayed at their presence,
or in their presence I will make you dismayed.
I, for my part, today will make you
into a fortified city,
a pillar of iron,
and a wall of bronze
to confront all this land:
the kings of Judah, its princes,
its priests and the country people.
They will fight against you
but shall not overcome you,
for I am with you to deliver you -
it is the Lord who speaks.'
The word of the Lord.
Thanks be to God.

RESPONSORIAL PSALM: 70

Comm: I will sing of your salvation.

All: I will sing of your salvation.

In you, O Lord, I take refuge;
let me never be put to shame.
in your justice rescue me, free me:
pay heed to me and save me.

Be a rock where I can take refuge,
a mighty stronghold to save me;
for you are my rock, my stronghold.
Free me from the hand of the wicked.

It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth,
from my mother's womb you have been my help.

My lips will tell of your justice
and day by day of your help.
O God, you have taught me from my youth
and I proclaim your wonders still.

All: I will sing of your salvation.

SECOND READING

A reading from the first letter of St Paul to the Corinthians
There are three things that last: faith, hope and love; and the greatest of these is love.

GOSPEL ACCLAMATION

Alleluia, alleluia!
The Lord sent me to bring Good News to the poor
and freedom to prisoners.
Alleluia!

GOSPEL

A reading from the holy Gospel according to Luke
Jesus, like Elijah and Elisha, was not sent only to the Jews.

Jesus began to speak in the synagogue, 'This text is being fulfilled today even as you listen.' And he won the approval of all, and they were astonished by the gracious words that came from his lips.

They said, 'This is Joseph's son surely?' But he replied, 'No doubt you will quote me the saying, "Physician, heal yourself" and tell me, "We have heard all that happened in Capernaum, do the same here in your own countryside."' And he went on, 'I tell you solemnly, no prophet is ever accepted in his own country.

'There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to the widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.'

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.

NEXT WEEK'S READINGS- 5TH SUNDAY IN ORDINARY TIME

First Reading: Is 6:1-8;
Second Reading: 1 Cor 15:1-11;
Gospel: Lk 5:1-11



The Catholic family: One specially for all husbands

By Vishnus Virtues

Eight ways your wife wants you to man up

1. Listen to your wife. Really listen

Women want to express themselves and their emotions. A woman wants her husband to hear her. For her, to be heard is to be seen. If you've never practised the art of listening, start now. By listening, I mean not responding and not cutting her off. Also, listening means active listening, asking questions to help her express herself better and to help her release what is weighing her down.

Listening means you are focused only on what she is saying. You are not texting or reading a magazine at the same time.

2. Open your heart to her feelings

Yes, go there. Go to the hard conversations and say yes to the "talk". We tend to fear these conversations because we don't want to face blame, accusations, or emotional investment. This is a mistake.

Manning up is getting involved emotionally. Women want us to be receptive to their feelings. For a wife, having an emotionally supportive husband is worth more than a year's supply of roses and chocolates. Once again, listen without judging. Open your heart without resisting. Let her emotion speak to your heart.

3. Sit with the raw emotions you feel

Let emotions wash over you. Practise this in other areas of your life. It's not something we are used to doing. We are used to running away from our emotions, suppressing our emotions, or denying our emotions. However you are feeling about your wife, or in other parts of your life, acknowledge and embrace those emotions.

Acknowledging our own emotions is the key to being comfortable with another person's emotions. If your emotions are too much to bear, write them down, share them, or talk them out with an emotionally supportive friend.

4. Be compassionate and understanding

Similar to how we should practise listening, be willing to extend compassion to your wife. While you may want to judge or condemn, try to see where she is coming from. Take her upbringing, her life experiences and her views into account. Strive for understanding instead of division.

Even if the language she uses is harsh or accusatory, step past your emotional triggers and move towards understanding. What is she really saying? What is her message? What does she want to convey to you? Being compassionate takes regular practice. You have to be willing to use this skill in all parts of your life. Practise putting yourself

in other people's shoes and seeing the world from their perspectives.

5. Do not try to fix or cure her

Listening isn't fixing or offering a solution. We are innate fixers, but strive to listen without fixing. Keep your solutions to yourself. Ask her what the solution is: she will always know the answer. Often, there is no solution. She is just expressing her emotions as a way of sharing an important part of herself.

You are not the fixer-upper. When it comes to relationships, listening and presence trump advice and solutions. Hold back the attempt to save the day. Ironically, you can save the day by not saying or doing anything.

6. Say sorry when you make an error; and mean it

You might hate feelings and emotions. You feel weak. Ditto with apologies and saying sorry. Who ever wants to be wrong and feel bad? Yet women are much better at forgiving others and they value forgiveness greatly. It is not just empty forgiveness and flowers they want. True forgiveness is recognising a hurt, apologising for having caused it, and doing your best not to repeat it. Saying sorry is taking responsibility, not appearing weak.

7. Say what you feel

When you're not in listening mode and it's your time to communicate, say what you feel. Holding on to difficult feelings will not do you any good.

If something is bothering you, give yourself time to process it and share it in the way you know how. Don't hide the feelings. If you are going to be vulnerable, make sure you trust the person you are being vulnerable with. But do share your feelings with the woman you trust (your wife) and who will be emotionally supportive of you.

8. Avoid pettiness

Your wife may often push your buttons. It's easy to yell. Fighting and harsh words are natural and something we all did as teenagers. Avoiding the harsh rhetoric and getting to the root of the problem is a challenge. That's manning up.

When conversing, stay out of the small and petty. Avoid negativity and criticism. Don't deliberately hurt your wife. Always give her the benefit of the doubt, believe she is acting with goodwill and take the high road. Look to avoid conflict, try to reduce putdowns and look at how to resolve any conflict so that you both come out satisfied.

Manning up isn't toughening up, it's about softening up. You may not be the stereotypical image of a "man's man" when you "man up" in these ways, but you will undoubtedly be your wife's idea of a "real man".