



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

18th Sunday in Ordinary Time

Year C

4th 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

PARISH EVENTS & NOTICES

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.

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

ANNUAL PROPAGATION OF THE FAITH APPEAL

Our recent collection for the Propagation of the Faith Appeal raised \$ 580.20 at St Anthony's and \$ 557.00 at St Bernard's. Thank you for your generosity.

NEWS FROM THE PARISH OFFICES

ST ANTHONY'S

WELCOMING NEW PARISHIONERS - LAST FIVE YEARS

The Parish would like new Parishioners who have joined St Anthony's Parish during the last five years to come together on this date - **Sunday, 25th August 11:30am in the Padua Hall**. Kindly save this date and place your name on the clipboard that is at the back of the Church, for catering purposes as a luncheon will be provided.

ROCK AND ROLL DINNER DANCE -7TH SEPTEMBER

Save the date . Details to follow.

THANKSGIVING ENVELOPE -WORKING BEE

We need volunteers to help with the thanksgiving envelope mail out after 9.15am Mass on Wednesday 7th August. Light luncheon provided. Thank you, Lesley.

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.

THANK YOU – SRI LANKAN COMMUNITY

The Fund Raising Committee would like to thank the Sri Lankan Community for raising \$812.30 by selling their Take Away food last weekend. Special thanks to all who supported this. The proceeds will go towards the Heating and Cooling System for the Church.

FATHER JOSEPH'S FAREWELL

We were informed last weekend that Father Joseph will be leaving St Anthony's and moving to Geelong as Assistant Parish Priest of St Mary's on the 19th August. We will have the opportunity to gather and farewell Father Joseph after all Masses at St Anthony's on the weekend of 10th and 11th August. Please bring a plate to share.

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: **15th 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.

JOSEPHITE ASSOCIATE

The Josephite Associate (Bacchus Marsh) group will be celebrating the feast day of Saint Mary of the Cross MacKillop. After the 10 am mass on Sunday 11th August the Josephite Associates will be having a brunch and get together. Details of the venue will be provided shortly.

READERS AND EXTRAORDINARY MINISTER'S WORKSHOP

Saturday August the 24th at 3.30pm is confirmed as the date and time for the Readers and Extraordinary Ministers workshops. Details to follow.

FATHER JOSEPH'S FAREWELL

We were informed last weekend that 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. Father Joseph will be celebrating 10.00am Mass this Sunday and will be attending morning tea. He will also be celebrating all Masses at St Bernard's on the weekend of the 17th and 18th August.

WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 10th & 11th August MINISTERS OF THE WORD

5.30pm : Gavin Pereira
8.30am: Anthea Scerri
10.30am: Faustina Mae

EXTRAORDINARY MINISTERS

5.30pm: Dolores Turcsan (P) & Philip Anyayahan
8.30am: Michael Higgins (P), Villy Julita
& Edwina La Rose
10.30am: Doris Bonello & 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: Godwin Barton & Leonia Jessop

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 ANTHONY'S PASTORAL CARE

We pray for the death anniversary at this time of:

Veronica Butler, Maria Cilia, Ralph Cinel, Maria Debrincat, Domenica Dimartino & Carmen Zarb

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: 10th & 11th August MINISTERS OF THE WORD

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

EXTRAORDINARY MINISTERS

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

PRAYERS OF THE FAITHFUL ROSTER

August: Mary Flanagan

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: **15th 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:

Carol Wells

We pray for the death anniversary at this time of:

Mary Evans, Audrey Peasley, Nadia Vescovi & Gerard Wheelahan.

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: 10th & 11th August

PIETY STALL VOLUNTEERS

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



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.

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 : 10th & 11th August

PIETY STALL VOLUNTEERS

Saturday: Jan & Colm
Sunday: Mandy Harrington

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

Deborah Hosking



COUNTING TEAM # 1

Allan Comrie
Jim Scott
Peter Mooney
Margot Short

PRESBYTERY & CHURCH GROUNDS- (August)

Front Garden:	Volunteer Please
Back/Side Garden:	Volunteer Please
Parish Centre:	Ron Geurts
Carpark/Pines:	Ron Geurts
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 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: **Anna Samy** 0435 258 230

Group 2: **Iopu & Agnes Akalga** 0401 975 591

Group 3: **Louise Sciberras** 9748 1376



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

O God, come to my assistance;
O Lord, make haste to help me!
You are my rescuer, my help;
O Lord, do not delay.

FIRST READING Ecclesiastes 1:2; 2:21-23

Vanity of vanities, the Preacher says. Vanity of vanities.
All is vanity!
For so it is that a man who has laboured wisely, skilfully
and successfully must leave what is his own to someone
who has not toiled for it at all. This, too, is vanity and
great injustice; for what does he gain for all the toil and
strain that he has undergone under the sun? What of all
his laborious days, his cares of office, his restless
nights? This, too, is vanity.
The word of the Lord.
Thanks be to God.

RESPONSORIAL PSALM: 89

Comm: In every age, O Lord, you have been our
refuge.

All: In every age, O Lord, you have been our refuge.

You turn men back into dust
and say: 'Go back, sons of men.'
To your eyes a thousand years
are like yesterday, come and gone,
no more than a watch in the night.

You sweep men away like a dream,
like grass which springs up in the morning.
In the morning it springs up and flowers:
by evening it withers and fades.

Make us know the shortness of our life
that we may gain wisdom of heart.
Lord, relent! Is your anger for ever?
Show pity to your servants.

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Let the favour of the Lord be upon us:
give success to the work of our hands.

All: In every age, O Lord, you have been our refuge.

NEXT WEEK'S READINGS –

19th SUNDAY IN ORDINARY TIME

First Reading: Wis 18:6-9;
Second Reading: Heb 11:1-2, 8-19;
Gospel: Lk 12:32-48



SECOND READING Colossians 3:1-5, 9-11

Since you have been brought back to true life with Christ, you must
look for the things that are in heaven, where Christ is, sitting at
God's right hand. Let your thoughts be on heavenly things, not on
the things that are on the earth, because you have died, and now
the life you have is hidden with Christ in God. But when Christ is
revealed - and he is your life - you too will be revealed in all your
glory with him.

That is why you must kill everything in you that belongs only to
earthly life: fornication, impurity, guilty passion, evil desires and
especially greed, which is the same thing as worshipping a false
god; and never tell each other lies. You have stripped off your old
behaviour with your old self, and you have put on a new self which
will progress towards true knowledge the more it is renewed in the
image of its creator; and, in that image there is no room for
distinction between Greek and Jew, between the circumcised or
the uncircumcised, or between barbarian and Scythian, slave and
free man. There is only Christ: he is everything and he is in
everything.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Happy the poor in spirit;
the kingdom of heaven is theirs!
Alleluia!

GOSPEL Luke 12:13-21

A man in the crowd said to Jesus, 'Master, tell my brother to give
me a share of our inheritance.' 'My friend,' he replied 'who
appointed me your judge, or the arbitrator of your claims?' Then he
said to them, 'Watch, and be on your guard against avarice of any
kind, for a man's life is not made secure by what he owns, even
when he has more than he needs.'

Then he told them a parable: 'There was once a rich man who,
having a good harvest from his land, thought to himself, "What am
I to, do? I have not enough room to store my crops." Then he said,
"This is what I will do: I will pull down my barns and build bigger
ones, and store all my grain and my goods in them, and I will say,
to my soul: 'My soul, you have plenty of good things laid by for
many years to come; take things easy, eat, drink, have a good
time.'" But God said to him, "Fool! This very night the demand will
be made for your soul; and this hoard of yours, whose will it be
then?" So it is when a man stores up treasure for himself in place
of making himself rich in the sight of God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

You have given us, O Lord, bread from heaven,
endowed with all delights and sweetness in every taste.

The Catholic family: Raising children in a secular world XXXV

10 Reasons to Eat Together with Your Family

Let me give you 10 irrefutable reasons why you need to get your family to turn off the television, computer and mobile phone and eat together as a family.

Of course, there will be some occasions when this is just not possible. For instance, when Australia gets into the grand final of the soccer World Cup. Now, that's a good reason to have a dinner around the TV. But I'm not sure that there are many other good reasons because science is now proving what has been known for centuries.

Eating together as a family is good for you, your family and particularly your children.

Eating Together

Our society's frenetic lifestyle with, in many cases, two parents working hard to bring home the bacon, not to mention the mind-numbing explosion of media and technology, has brought enormous pressures on our ability to sit together, eat together and talk as a family.

The good news is that eating together as a family is actually on the rise. In 2005 a survey by the National Center on Addiction and Substance Abuse in the United States reported that 58 per cent of children aged 12 to 17 ate dinner with their families at least five times a week, up from only 47 per cent in 1998.

In Australia a study by Queensland University in 2005 showed that 75 per cent of families in Brisbane reported eating together at least once a day. So here are the 10 reasons to get with the strength.

1. Better Nutrition for Children Plus Mum and Dad

Numerous studies have overwhelmingly pointed to the fact that families who eat together have better overall nutrition. In turn, this means they also have a lower risk of many diseases and of being overweight or obese.

2. Helps Language and Social Skills

When it comes to family events, family dinners are the most important one in contributing to children's language development. Dr Catherine Snow, Professor of Education at Harvard, says: "When there is more than one adult at the table, it tends to make talk richer, topics are established by adult interest and can be extremely valuable opportunities for children to learn."

3. Eating Family Dinners is More Healthful

A Harvard study has shown that eating family dinners together most or all days of the week is associated with eating more healthfully. A University of Minnesota study found that children who ate family meals consumed more fruits, vegetables and fewer snack foods than children who ate separately from their families.

4. Reduces Obesity for Children

Young kids who don't eat regular family meals and do watch lots of TV are more likely to be overweight. And if they gain weight by grade 3 in primary school, they are

likely never to lose it. Australian researchers have found that teenagers who regularly eat with their families are less likely to be overweight. Regular family meals may reduce snacking and mean parents have better knowledge of what and how much their children eat.

5. Happier Children

Oxytocins, the chemical hormones of human bonding, and often associated with happiness, are released in many cases by eating. This may explain why a survey of high-achieving teens shows that those who regularly eat meals with their families tend to be happier with their present life and their prospects for the future.

6. Better Grades in School

Children who frequently eat meals with their families tend to do better in school as well. A national poll of high-school senior students showed higher scholastic scores among students who frequently shared meals with their families. Another study found frequent family dinners were associated with better school performances, with teens 40 per cent more likely to get A's and B's.

7. Long Term Good Habits

Researchers found eating family meals together during adolescence resulted in adults who ate more fruit, dark-green and orange vegetables and key nutrients, and drank less soft drinks. Frequency of family meals predicted females would eat breakfast as adults. For both sexes, frequency of family meals as adolescents predicted eating dinner more frequently as adults, placing a higher priority on structured meals and a higher priority on social eating. Another study found that girls who ate five or more family meals a week had a much healthier relationship with food in later life.

8. Less Likely to Get Involved with Negative Behaviours

Not only have studies found that kids who eat with their families get better grades in school and have a more positive attitude about their future, but they are also less likely to get involved with negative behaviours like drinking alcohol, taking drugs or smoking. Those who ate dinner with their families only twice a week were more likely to engage in such negative behaviours than were teens who ate five or more family dinners a week.

9. Less Risky Behaviour

Parents who do not want their teens to engage in risky sexual behaviour would make family time a priority, a study suggests. The more times a week that an adolescent reported having dinner with their family, "doing something religious" as a family, or having fun with their family, the less likely he or she was to engage in risky sexual behaviour, the researchers found.

10. More Family Time

You don't need a university professor to tell you that if you put a priority on eating meals with your family you will have more time with them and they will have more time with you. Make sure that you make use of that commodity and make it enjoyable for the whole family. That is why the other nine reasons work.