



St Anthony's Parish



St Bernard's Parish

67-75 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 12th Sunday In Ordinary Time

Year A

21st June 2020

PARISH PRIEST: Fr Fabian Smith

ASSISTANT PRIESTS: Fr Lucas Kyaw Myint /Father Marcus Goulding

ST ANTHONY'S PARISH

Parish Secretary: Lesley Morffew
Admin Assistant: Judy Johnson
Parish Office Hours: Tuesday-Friday 9.00am-1.00pm
Father Fabian 0403 435 471
Fr Lucas 0478 768 141 /Fr Marcus 0468 367 893
Email: meltonsouth@cam.org.au
Website: www.stanthonyofpadua.com.au
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: Marlene Jorgensen **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
Parish Office Hours: Tuesday-Friday 9.30am-1.00pm
Father Fabian 0403 435 471
Fr Lucas 0478 768 141/Fr Marcus 0468 367 893
Email: bacchusmarsh@cam.org.au
Website: www.stbernardsbacchusmarsh.com.au

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
Kim Nguyen	0431 035 980

EX-OFFICIO:
Fr Fabian Smith PP, Fr Lucas Kyaw Myint, Fr Marcus Goulding
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
Moir Ross	0400 675 056
Aaron Russell	0401 927 502
John Thorne - Secretary	5310 6692
James Waters - Chair	0403 822 795

EX-OFFICIO:
Fr Fabian Smith PP, Fr Lucas Kyaw Myint, Fr Marcus Goulding
and Emilio Scalzo

CHILD SAFETY OFFICERS

Coordinator: Godwin Barton (0425 735 449)

Officers: Aloysious Dacunha, Karina Dunne & Lorraine Tellis

[PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION](#)

Parishioners who normally give cash each weekend for the collections, if they wish to donate, are now able to go to the link below and make their payments online.

The link to the St Anthony's Parish is: [CDFpay for St Anthony's Parish, Melton South](#)

The link to the St Bernard's Parish is: [CDFpay for St Bernard's Parish, Bacchus Marsh](#)

Please put your name and thanksgiving number if you know it as a reference. Thank you.

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH

MASS TIMES : 22nd-28 June

Monday:	9.30am & 6.00pm	
Tuesday:	9.30am & 6.00pm	
Wednesday:	9.30am & 6.00pm	
Thursday:	9.30am & 6.00pm	
Friday:	9.30am & 6.00pm	
Saturday:	9.30am	FLM
	6.00pm	FFS
Sunday:	8.30am	FFS
	10.30am	FMG
	5.00pm	FFS

INDIVIDUAL RECONCILIATION

Reconciliation will be heard 30 minutes prior to morning Masses Mon-Sat and for up to 30 minutes after evening Masses Mon-Sat.

ADORATION & ROSARY

Will be held before every evening Mass Monday-Saturday at 5.30pm

ST BERNARD'S BACCHUS MARSH

MASS TIMES : 22nd-28th June

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

Monday :	No Mass	
Tuesday:	6.00pm	
Wednesday :	9.30am	
Thursday :	6.00pm	
Friday:	9.30am	
Saturday Vigil :	5.00pm	FMG
Sunday :	8:30am	FLM
	10.00am	FLM

INDIVIDUAL RECONCILIATION

Reconciliation will be heard for half an hour prior to the start of each Mass.

OUR LADY HELP OF CHRISTIANS KOROBET

MASS TIME

Saturday Vigil:	6.30pm	FMG
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ANOINTING OF THE SICK

Anointing of the sick can be organised with the Priests directly, please call them.
Phone numbers for the Priests are listed on the front page of the newsletter.

MASS TIMES—LIVE STREAMING FROM ST ANTHONY'S CHURCH

Monday-Saturday: 5.30pm Adoration/Rosary/Benediction
 6.00pm Mass

Sunday: 10.30am Mass

MASSES AVAILABLE ON LIVE STREAMING- FACEBOOK AND YOUTUBE

St Anthony's Parish are live streaming Masses on YouTube https://www.youtube.com/channel/UC1MHR7tf4-7qIFEikXU6l_w
 The Masses are also being live streamed on Facebook. You can watch Masses by going to the website: stanthonyofpadua.com.au. Click the link for Live Masses. The Masses are coming through the St Anthony's Facebook page—St Anthony of Padua Catholic Church Melton South (you will need to have a Facebook account to be able to view the Masses).

PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION OR PARISH APPEALS

Parishioners who normally give cash each weekend for the collections, if they wish to donate, are now able to go to the link below and make their payments online.

Parishioners are able to make quick and easy recurring thanksgiving payments or can choose a one-off offering from the comfort of their own home.

When making an offertory online, parishioners have the option to choose which collection they would like to partake in, as they usually would during Sunday Mass - first collection, second collection or a parish appeal.

The link to the St Anthony's Parish is: [CDFpay for St Anthony's Parish, Melton South](#)

The link to the St Bernard's Parish is: [CDFpay for St Bernard's Parish, Bacchus Marsh](#)

Please put your name and thanksgiving number if you know it as a reference. Thank you.

ST ANTHONY'S FACEBOOK

Please visit our Facebook page.:

[St Anthony of Padua Catholic Church Melton](#)
[South Live Masses](#)



streaming from St Anthony's daily.



St Anthony's Parish

Dear Parishioners of St Anthony's

We are pleased to be able to celebrate public Masses at St Anthony's subject to the temporary conditions laid down by the Victorian Government and the Archbishop of Melbourne. We can accommodate **fifty** people at Mass from (22nd June) in addition to those required for the celebration of Mass.

WEEKDAY MASSES

You will not need to book to attend a weekday Mass. You will be required to fill in your details (name and contact number) every time you attend a week day Mass. This regulation is part of the Government's COVID-19 Safety requirements.

WEEKEND MASSES

You must register with TryBooking online to attend any of the weekend Masses. From Monday 22nd, please go to our website and follow the link **Website:** www.stanthonyofpadua.com.au. Whilst the number for attendance has increased to 50, we must be aware we have 650 Parishioners attend Mass each weekend (pre COVID-19). If you would kindly limit your bookings to 2 Masses a month this will allow more Parishioners the chance to attend a weekend service.

Parishioners who do not have access to the internet can SMS or leave a message for Judy on 0414 007 009 with the names of those who wish to attend mass, which weekend Mass you would like to attend and a contact number.

PLEASE NOTE FROM THE 28TH JUNE WE WILL HAVE AN ADDITIONAL SUNDAY MASS AT 5.00PM.

Please note: All evening masses are Live-Streamed so we need it to be conducive for Live-Streaming. If you have children under four years of age can you please attend the morning masses Monday to Saturday or Sunday 8.30am.

To ensure all safety requirements are met for the wellbeing of all in attendance, only those who are allocated a booking for a weekend mass will be admitted entrance to the church. Entry to the church will be closed 10mins before mass begins.

Thank you.

St Bernard's Parish



REGISTER TO ATTEND MASS AT ST BERNARD'S BY TRYBOOKING OR PHONE

Dear parishioners of St Bernard's,

We are pleased to be able to celebrate public Masses at St Bernard's subject to the temporary conditions laid down by the Victorian Government and the Archbishop of Melbourne. We can accommodate **50** people at Mass (from 22nd June) in addition to those required for the celebration of Mass.

We are now using Trybooking to facilitate registration for Masses at St Bernard's. To book for Mass, visit **www.trybooking.com/BJVHO**. Alternately, visit our parish website **www.stbernardsbacchusmarsh.com.au** and follow the link to Trybooking. Parishioners who do not have access to the internet can continue to register for Mass using our dedicated registration phone number **0432 055 992**.

Parishioners are welcome to attend Mass **as frequently as they like**.

Confessions will be heard for half an hour prior to the start of each Mass.

Masses are being offered at St Bernard's at the following times:

Sunday | 8.30am & 10.00am

Tuesday | 6.00pm

Wednesday | 9.30am

Thursday | 6.00pm

Friday | 9.30am

Saturday | 5.00pm (Vigil)

Only those people who have registered by Trybooking or Phone will be admitted entrance to the Church for Mass. We look forward to seeing you back at St Bernard's.

PARISH EVENTS & NOTICES

EXTRAORDINARY FORM MASS (1962 LATIN) | EXPRESSIONS OF INTEREST WELCOME

Several parishioners have indicated their desire to attend Mass according to the Extraordinary Form of the Mass. In 2007, Pope Benedict XVI issued the motu proprio *Summorum Pontificum* expanding access to the pre-Conciliar form of the Sacred Liturgy, also known as the Extraordinary Form of the Roman Rite or Latin Mass. The priests of St Anthony's and St Bernard's are open to scheduling a regular Sunday Mass in the Extraordinary Form and would appreciate expressions of interest from parishioners. To share your thoughts, please complete the survey available at the following places:

www.stanthonyofpadua.com.au

www.pol.org.au/bacchusmarsh

https://s.surveypal.com/pgy_MfqND

The survey will be open until Tuesday, 7th July 2020.

BAPTISMS

Baptisms will be held on the 1st and 3rd Sunday of each month. Parents and Godparents must attend a Baptism Preparation meeting. Current government restrictions on gatherings will be adhered to for both the Preparation Meetings and the Baptism Services. **Please note we need a minimum of 4 weeks notice before the Baptism.** Our next Preparation Meetings will be held at **St Anthony's at 6.45pm on Thursday 25th June** and at **St Bernard's at 11.15am on Sunday 28th June.**

VINNIES COVID-19 WINTER APPEAL-

Every day at Vinnies, we see that ordinary people are able to make an extraordinary difference in their local communities. We are inspired by the joy of the Gospels and our Catholic social teachings to do things that matter. The spirit to feed, heal, shelter, nurture, and inspire – the power to change lives – is in everyone.

As we enter this winter in the shadow of coronavirus, your commitment to helping those experiencing disadvantage, poverty, loneliness and homelessness is still very much needed and appreciated.

If you are able to make a contribution to the Vinnies COVID-19 Winter Appeal, please do so by visiting vinnies.org.au or calling 13 18 12. Please help us to help others. Thank you.



PRAYER DURING THE COVID-19 PANDEMIC (Adopted from the USCCB)

Mary, Help of Christians, we fly to you today as your beloved children.

We ask you to intercede for us with your Son, as you did at the wedding in Cana.

Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of God's holy angels, that we may be spared the worst of this illness.

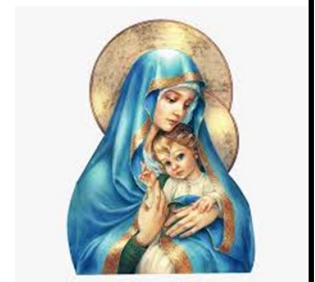
For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust.

In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy.

Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your Son, Jesus. Amen

Source: Aid to the Church in Need



Please contact Judy Johnson for any Parish news you would like published in the Newsletter

Email: judyparishnews@gmail.com

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

ST ANTHONY'S

ST ANTHONY'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

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, Liza Fernandes, Judy Layton, Peter Manicaro, Reg Marslen, Kevin Michael, Veronica Michael, Wanda Novak, John Osborne, Peter Poole, Irene Rahilly, Catherine Roberts, Peter Roberts, Pat Roberts, Charlie Spiteri, Dolores Turcsan, 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)

ST BERNARD'S

ST BERNARD'S PASTORAL CARE

FAITH ON FIRE PRAYER GROUP

Every fortnight on Thursday at 7.00pm. We pray the Rosary, Stations of the cross, Divine Mercy chaplet and do a Bible reading and discussion.

Next meeting **To be advised**

We pray for the recently deceased:

John Madigan, Magdalena Wasilewski.

We pray for those whose death anniversaries occur at this time:

Fairy Bellman, Maria de Freitas, Henry Hocking, Ray Marshall Dorothy Shelly, James Vallence, Noreen Wheelahan, & Jean Young.

Please pray for the Sick:

Noah Barlow, Chaiel Balcombe, Michael Barrett, Peter Bennett, Steven Braszel, Kevin Bridges, Tina Bower, John Canty, Fred Capuano, Gary Ching, Josephine Cilia, Robyn Cola, Ted Cooling, Marianne Cuskelly, Lindsay & Kathleen Dally, Judy Delahey, Jack DeLuca, Allison Evans, Helen Evans, Justin Fernandez, Pasquale Gagliarbi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Adam Hillier, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Chaiel Jackson, Matthew Jansen, David Johnson, David Kasprzak, Michael Larkin, Marie Maloney, Patricia Marechal, Debbie Marshall, Jordanis Mary 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, Elizabeth Stehmann, Susan Trist, Dolores Turcsan, Stephen Van Eede, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Mary Walsh, Cath Wheelahan, Jayne Wilkins, Patricia Yazbek, & Betty Young.

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

FATIMA STATUE

These families are praying together for the mission of the Parish:

- Group 1: **Anna Samy** **0435 258 230**
- Group 2: **Tune & Epi Kepu** **0410 416 445**
- Group 3: **Louise Sciberras** **9748 1376**



NEO-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

Along the track

Five Sparrows

"Are not five sparrows sold for two pennies? Jesus asked. "Fear not, you are of more value than many sparrows."

In the Sermon on the Mount, Jesus again urges us "Look at the birds of the air, they do not sow or reap or stow away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26)

We may be tempted to think that Jesus lived in a much simpler age, where life was far less complex and less stressful, without the pressures and fears and anxieties we face today. We may be tempted to think that His message may have been OK for those times but a bit naïve or irrelevant to ours. But Jesus lived in very trying times in a country occupied by a foreign and very cruel power, where freedom was limited and human rights were virtually non-existent, where poverty and sickness were common. Superstition, suspicion and anxiety were commonplace and the pillars which gave stability and purpose to life, government and the faith he lived by had become corrupted. There was much discontent and frustration expressed by a yearning to restore the glories of the past – to 'make Israel great again.'

For many of us, we live in an age where we have never been healthier or wealthier. But we also live in an age of discontent and dissatisfaction. The media appears obsessed with the cult of celebrity, with fashion and consumerism, with violence and conflict, with suspicion of people who may be different feeds our anxiety and mistrust. Many feel angry and even fearful that others seem to be getting a better go than we are.

Jesus gave us a new story, a new narrative to live by, not hankering back to past days of glory and power but He spoke of a time of trust in God and in each other, of being at the service of others. Jesus invited us to share with others, to work with them to build the future. Restoring Israel's past was not about restoring past power and glory, Jesus said, but seeing ourselves as people loved by God, people striving together to bring into reality God's vision for our world.

That begins within each of us. It won't happen otherwise. It is not someone else's job. Today there is a lot of discontent, a lot of negativity. We hear

and see it in the streets, in homes, in our places of work and recreation, in our media. There is a lot of anger around, a negative attitude towards the world, always looking for someone to blame, having a chip on one's shoulder. That discontent and negativity and anger won't just go away. Each of us has to do something about it.

In the words of Fr Ronald Rolheiser:

Simply put, for all of us, adults, it is hard to be mellow, and easy to be bitter; it is hard to be embracing, and easy to be suspicious; it is hard to be open to delight, and easy to be angry; it is hard to be truly concerned about the wounds of others, and easy to be filled with self-pity; it is hard to be able to admire beauty, gift, and success in others; and easy to be jealous; it is hard to have a universal heart, and easy to be petty; it is hard to be honest about our own weaknesses and brokenness, and easy to blame; it is hard to be trustful, and easy to be suspicious; it is hard to have hope, and easy to be cynical; it is hard to have good manners, and easy to be uncouth; it is hard to be gentle, and easy to be harsh; it is hard to be gracious...

But that was and is the message of Jesus – that was part of his "Good News" for the world of His time and the world of our time. Making things great again is not about power and fame or riches and glory. It is about trusting in God and God's vision for our world, God's vision for what will make the world a fairer, more caring, more loving, more generous place. Believing in God, trusting in God means that sometimes we have to go against the tide, to take the road less travelled, to be generous in mind and heart and action when it is not 'fashionable' to do so.

Why the five sparrows? Because, in Jesus' eyes, everyone is important to God, everyone is precious, everyone is special, everyone has a purpose, a mission in life. Recognising that in heart and in action is a great place to start. We are asked to take on the mind and heart of God. Then we can begin to make things great again!

Regards
Jim Quillinan

Email: jquillinan@dcsi.net.au

LITURGY OF THE WORD

ENTRANCE PROCESSION

The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your heritage,
and govern them for ever.

FIRST READING Jeremiah 20:10-13

Jeremiah said:

I hear so many disparaging me,
"Terror from every side!"
Denounce him! Let us denounce him!
All those who used to be my friends
watched for my downfall,
'Perhaps he will be seduced into error.
Then we will master him and take our revenge!
But the Lord is at my side, a mighty hero;
my opponents will stumble, mastered,
confounded by their failure;
everlasting, unforgettable disgrace will be theirs.
But you, Lord of Hosts, you who probe with justice,
who scrutinise the loins and heart,
let me see the vengeance you will take on them,
for I have committed my cause to you.
Sing to the Lord,
praise the Lord,
for he has delivered the soul of the needy
from the hands of evil men.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 68

Response: Lord, in your great love, answer me.

All: Lord, in your great love, answer me.

It is for you that I suffer taunts,
that shame covers my face,
that I have become a stranger to my brothers,
an alien to my own mother's sons.
I burn with zeal for your house
and taunts against you fall on me. **R.**

This is my prayer to you,
my prayer for your favour.
In your great love, answer me, O God,
with your help that never fails:
Lord, answer, for your love is kind;
in your compassion, turn towards me. **R.**

The poor when they see it will be glad
and God-seeking hearts will revive;
for the Lord listens to the needs
and does not spurn servants in their chains.
Let the heavens and the earth give him praise,
the sea and all its living creatures. **R.**

SECOND READING Romans 5:12-15

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

The Spirit of Truth will bear witness to me, says the Lord,
and you also will be my witnesses.

Alleluia!

GOSPEL Matthew 10:26-33

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the house-tops.

'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

The eyes of all look to you, Lord,
and you give them their food in due season.

NEXT WEEK'S READING— 13th Sunday in Ordinary Time

First Reading: 2 Kg 4:8-11, 14-16;

Second Reading: Rom 6:3-4,8-11;

Gospel: Mt 10:37-42



The life of Catholic worship and piety XXII

Gestures of Worship:

Our Ritual Language (2)

Only a few ritual gestures by the people remain in general practice today. Among these few are making the sign of the cross with holy water when entering and leaving the church, genuflecting before entering and leaving the pew, and kneeling briefly in prayer before Mass begins.

Instructions (called “rubrics”) for some gestures of the people were explicitly included in the revised liturgical books: striking the breast during the Confiteor (at “through my fault”), bowing or genuflecting during the Creed at the Incarnatus (“and was made man”), and making a gesture of reverence (often the sign of the cross) before receiving Communion while standing. But these rubrics have been generally ignored, and none of these gestures are commonly observed in Catholic parishes.

Even the gesture of reverence before receiving Communion, though this is specifically mentioned in the General Instruction of the Roman Missal, is by no means universally observed — not even since the emphasis that former Archbishop Denis Hart gave it some years ago, when he instructed that a bow of reverence directly before receiving the Eucharist fulfils this requirement.

The origin of most of these symbolic gestures that are integral to Catholic worship — a wordless liturgical language — is, in many cases, lost in history. A basic vocabulary would include: genuflecting towards the altar and tabernacle, bowing the head at the name of Jesus and when the names of the Trinity are pronounced (the Doxology, or “Glory be”), along with bowing towards the crucifix, striking the breast and making the sign of the cross. They do have meaning as powerful signs of worship even if the way this happens is only dimly understood.

The vocabulary of ritual gestures that Catholics make during worship is by now clearly endangered — as has happened with other unwritten languages. As there are few explicit rules (and even these are often not followed), little uniformity of practice, and much confusion, it seems worthwhile to compile a sort of “dictionary” of ritual gestures, their meaning and grammar, in order to relearn our historic language of ritual worship.

Bowing at the Name of Jesus

The origin of bowing the head at the mention of the Holy Name of Jesus is scriptural, found in Philippians 2:10: “That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth.”

This bow was mandated at the Second Ecumenical Council of Lyons convened by Pope Gregory X in 1274: “Those who assemble in church should extol with an act of special reverence that Name which is above every Name, than which no other under Heaven has been given to people, in which believers must be saved, the

Name, that is, of Jesus Christ, Who will save His people from their sins. Each should fulfil in himself that which is written for all, that at the Name of Jesus every knee should bow; whenever that glorious Name is recalled, especially during the sacred Mysteries of the Mass, everyone should bow the knees of his heart, which he can do even by a bow of his head.” (Constitutions §25)

The Sign of the Cross

One of the principal gestures of Christian worship is the sign of the cross — tracing the cross on our body by touching our head, abdomen, left and right shoulder signifies our salvation through Christ’s sacrifice on the cross. It is a reminder of our baptism, and of our commitment to Christ. It is also a sign of our worship of the triune God, Father, Son and Holy Spirit. (In the Orthodox and Byzantine Catholic churches, the sign of the cross is made with the thumb and first two fingers together, symbolic of the Trinity, and the right shoulder is touched before the left shoulder.)

For this reason, we make the sign of the cross whenever the sacred name of God (Father, Son, and Holy Spirit) is invoked, either in acclamation or blessing or absolution. We make the sign of the cross following the confession of sins, because the absolution is made in the name of the Trinity and because it is the cross of Christ that makes possible our forgiveness.

Making the sign of the cross before and after we receive Communion signifies that in the sacrament of the Eucharist, we recognise Christ crucified, risen, and present with us. We make the sign of the cross at the blessing at the very end of the liturgy because the blessing is made in the name of God, Father, Son, and Holy Spirit.

Father Romano Guardini’s little book, *Sacred Signs*, describes some of these gestures in detail: kneeling, folding the hands, striking the breast, standing, even walking. The sign of the cross, Father Guardini explains, is the “sign of the universe and the sign of our redemption”.

On the cross Christ redeemed mankind. By the cross He sanctifies man to the last shred and fibre of his being. We make the sign of the cross before we pray to collect and compose ourselves and to fix our minds and hearts and wills upon God. We make it when we finish praying in order that we may hold fast the gift we have received from God.

In temptations we sign ourselves to be strengthened; in dangers, to be protected. The cross is signed upon us in blessings in order that the fullness of God’s life may flow into the soul and fructify and sanctify us wholly.

Think of these things when you make the sign of the cross. It is the holiest of all signs. Make a large cross, taking time, thinking what you do. Let it take in your whole being — body, soul, mind, will, thoughts, feelings, your doing and not-doing — and, by signing your whole being with the cross, strengthen and consecrate the whole in the strength of Christ, in the name of the triune God.