



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 Ascension of the Lord

Year A

24th May 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: Mon-Fri 10.00am-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: Tue/Thu/Fri 10.00am-1.00pm

Father Fabian 0403 435 471

Fr Lucas 0478 768 141 /Fr Marcus 0468 367 893

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
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.



St Anthony's Parish

Thank you to our Care Team who have been contacting people in the Parish and updating details. We now have a list of Parishioners who will be contacted and allocated a Mass time. We are currently in the process of contacting these Parishioners. We have had a number of Parishioners whose contact details needed to be updated, we will be sending out letters to these Parishioners and requesting them to update their details. If you receive one of these letters please update your details ASAP, so we can allocate a Mass time for you. Thank you.

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 ten people at Mass in addition to those required for the celebration of Mass.

We had 650 parishioners attending mass before the lockdown. Celebrating 14 masses per week will enable 140 parishioners the opportunity to participate in mass at St Anthony's church. To ensure everyone has the opportunity to come to Mass, parishioners will be contacted and a Mass time will be allocated.

Masses will be celebrated weekly at the following times:

Monday – Saturday 9.15am and 6pm

Sunday 8.30am and 10.30am

Confessions 30mins before each weekday mass

Rosary Monday – Saturday 5.30pm

Only those who are allocated a time and day will be admitted entrance to the church for Mass. The more flexible you are with your day and time the easier it will be for you to attend mass.

St Bernard's Parish



**Thank you to all the Parishioners who have called and registered with us for a Mass. We are continuing to contact Parishioners who have left their details.
Once you have attended a Mass you may register again for another Mass and we will be in touch.**

PUBLIC MASS AT ST BERNARD'S IS BACK! REGISTER NOW!

Call 0432 055 992 now! From Sunday 17th May 2020, 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 ten people at Mass in addition to those required for the celebration of Mass.

To ensure everyone has the chance to come to Mass, parishioners will be limited to attendance at one Mass a week for the time being. Masses will be celebrated weekly at the following times:

Sunday 10am
Tuesday 6pm
Wednesday 10am
Thursday 6pm
Friday 10am
Saturday 6pm (Vigil)

To register for a Mass, call our dedicated hotline 0432 055 992. Leave a message indicating your name, contact number and preferred Mass time and day. We will then call you back to confirm your registration. We will require 24 hours to process your registration. **Only those people whose registration we have confirmed will be admitted entrance to the church for Mass.**

PARISH EVENTS & NOTICES

RECONCILIATION/ANOINTING OF THE SICK

St Anthony's Parish—Father Fabian/ Father Marcus are available for Reconciliation Tue-Friday 10.00am-1.00pm, also you can arrange a time to see them for Reconciliation outside these hours just give Father Fabian or Father Marcus a call.

St Bernard's Parish—Father Lucas is available for Reconciliation Tue-Friday 10.00am-1.00pm, also you can arrange a time to see him outside these hours for Reconciliation , just give him a call.

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.

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).

MASS TIMES—LIVE STREAMING FROM ST ANTHONY'S CHURCH

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

Sunday: **9.30am Mass**

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.



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.

MASS AT ST PATRICK'S CATHEDRAL

The 11am Sunday Mass at St Patrick's Cathedral will be televised every week during the COVID-19 restrictions, on Channel 31 (often listed as Channel 44 on digital TVs). Also 'Mass for you at Home' is televised on channel 10 every Sunday at 6am. Please share this news with friends and family who might be limited to TV viewing. Please check you TV guides for changes.

ST ANTHONY'S PARISH OFFICE HOURS– THIS WEEK

Monday– Friday 10.00am-1.00pm

ST BERNARD'S PARISH OFFICE HOURS-THIS WEEK

Tue/Thu/Fri– 10.00am-1.00pm

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:

Vincent Barton, Raymond Borg, John DeBrincat, Sam DeBrincat, Mary Giordmaina & Joseph Portelli

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 those whose death anniversaries occur at this time:

Kay Cowman, John Deveny, Isabel Fitzpatrick, Thomas Monaghan, Keith Selvidge, Aldo Vescovi & Elaine Wooller.

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: Brian Baker | 0408 974 322 |
| Group 2: Leonia Jessop | 0450 371 965 |
| Group 3: Angila Saliba | 0431 095 885 |



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

A CORONAVIRUS HEALING PRAYER

Jesus Christ, you travelled through towns and villages “curing every disease and illness”. At your command, the sick were made well.

Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

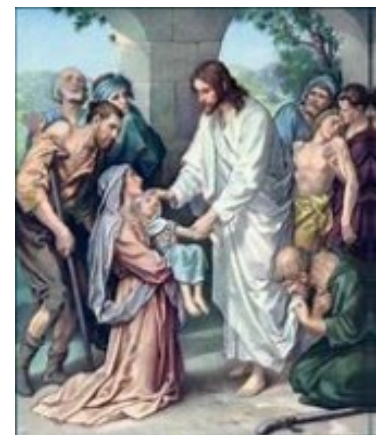
Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process.

May they know your protection and peace.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare.

In place of our anxiety, give us your peace.

Jesus Christ, heal us . Amen.



Along the track

Decluttering

In the town where I live, the rather scruffy railway precinct has been developed into a car park. Old sleepers, rubble and rails have been removed, an old building has been relocated. What was once a pretty unsightly area has been rejuvenated. As an added bonus, the restoration has revealed an unobstructed view of the wonderful, historic railway station building. It was always there but before it was obscured and rather unappealing, but now!

Sometimes we have to get rid of stuff, clean up the mess and discard what we have hoarded 'in case they might come in handy sometime'. Don't we pack suitcases for travel that way too? Not many of us are minimalists. Do you ever watch those shows about selling houses? What a difference decluttering can make! It can reveal all sorts of things, bringing out the beauty of what might have lain hidden. Not a bad metaphor for life really.

Decluttering our life can certainly be a challenge in a society that urges us to buy more and more, to have more and more but, in reality, it's not hard to find reasons why we ought to get rid of stuff – it is good to recycle, to donate things we don't need to others, not just our unwanted junk. Making the decision to remove possessions makes us ask some important questions about what we value, what's truly most important to us. Sometimes it helps us let go of the past, to embrace the present without hindrances. There really is joy in giving, especially of the things that mean something to us – in Pope Francis' words, freeing ourselves "from the obsession of possession, from the fear of losing what we own, from the sadness of those who do not want to share their well-being with others".

Decluttering our lives doesn't only apply to possessions. Sometimes we need to take stock and get rid of the things that may be obscuring the real me. Despite the fact that we have so many reasons to be grateful, to be at peace and happy – the love of family, friends, health, material possessions, food on the table, a roof over our heads - we still can experience anger, jealousy and feeling hurt and wounded. We can feel frustration at 'what might have been'. The problem is, we can hang onto these feelings, we store them up. We can hold onto grudges from the long distant past, feeling slighted and overlooked perhaps. We can sometimes point to certain events and individuals that have hurt us deeply and blame much of the pain or anger we carry on them. Sometimes past attitudes can make us apprehensive, even afraid, a fear of the unknown, where's it all going. Without some decluttering we are seldom fully at peace with who we are or at peace with others. Our cluttered minds can drag us into "the past" and pull us away from the present. We tend to hold onto too much baggage. It is not surprising that St Paul wrote:

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32

It is good to do a stocktake of ourselves at regular intervals, of our attitudes, our beliefs, of what motivates us, what we hold dear; to reflect on the people and the things that we have loved in life and what difference they have made to who we are and what we have become. It is always helpful to reflect on the people, the events that have liberated me, the ones who encouraged me, who freed me from being afraid to do this or that, those who supported me in the good times and the bad, encouraged me when it was time to step out 'into the deep'. It is helpful to think about our beliefs, those that sustain, those we have outgrown, our prejudices and where they came from. We can hang onto them for too long. As St Paul reminded us: "When I was a child, I spoke as a child, I understood as a child, I thought as a child. But, when I became an adult, I put away the things of a child (1 Cor 13:11)".

Decluttering our minds can give us the freedom to think, to develop ideas, plans, visions and dreams. We are all extremely busy and pressured. We have technology at our finger tips, information about virtually everything, cell phones, iPods and i-Pads, personal computers - we are perhaps the most communication-conscious people ever. We spend a lot of time 'multitasking,' but that doesn't always allow time for reflection, for communicating within, time to savour the moment, time to explore what's really deep in our mind. That also calls for a bit of decluttering, giving ourselves time for enjoying the sacredness of each moment, some time for 'aloneness' with ourselves and with God, taking time for prayer. The rejuvenation of the railway precinct enhanced a beautiful old building but it also highlighted its surroundings. The neighbourhood is no longer the 'other' end of town. It has also given us a much improved and wider view, a different perspective. When we come to take stock, to re-appraise, to declutter we can come to see the bigger picture, not just who we are, what we are meant to be and what others need from us but a wider view of others, the world we live in. Perhaps Nelson Mandela's, inaugural address as President of South Africa might throw further light:

You are a child of God...
We were born to make manifest
the glory of God that is within us.
It is not just in some of us; it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.

Regards
Jim Quillinan

Email: jquillinan@dcsi.net.au

LITURGY OF THE WORD

ENTRANCE PROCESSION

Men of Galilee, why gaze in wonder at the heavens?
This Jesus whom you saw ascending into heaven
will return as you saw him go, alleluia.

FIRST READING Acts 1:1-11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM:

Response: God mounts his throne to shouts of joy:
a blare of trumpets for the Lord.

All: God mounts his throne to shouts of joy:
a blare of trumpets for the Lord.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth. **R.**

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise. **R.**

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne. **R.**

SECOND READING Ephesians 1:17-23

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named, not only in this age, but also in the age to come. He has put all things under his feet, and made him as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Go and teach all people my gospel.

I am with you always, until the end of the world.

Alleluia!

GOSPEL Matthew 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.



COMMUNION ANTIPHON

NEXT WEEK'S READING- PENTECOST SUNDAY

First Reading: Acts 2:-11;

Second Reading: 1 Cor 12:3-7, 12-13;

Gospel: Jn 20:19-23

The life of Catholic worship and piety XVIII

Leavened or Unleavened Bread

About a year ago, I attended Mass at a parish I had never been to before. During Communion, I noticed that the host was made of leavened bread. I thought Communion hosts were only supposed to be made from unleavened bread. What is the Church's teaching on this matter?

As Catholics, we firmly believe that Our Lord instituted the seven sacraments and entrusted them to the Church. Therefore, the sacraments are the actions of Our Lord and the Church. Through the celebration of these sacraments, the faithful express their faith in genuine acts of worship to God. In turn, the grace received through the sacraments strengthens and sanctifies the faith of the recipients.

Moreover, the sacraments "contribute to the highest degree to the establishment, strengthening and manifestation of ecclesial communion; therefore, both the sacred ministers and the rest of the Christian faithful must employ the greatest reverence and the necessary diligence in their celebration" (Code of Canon Law, No. 840).

The "supreme authority" of the Church alone possesses the authority to approve and to define the elements of matter and form that are required for the valid celebration of a sacrament. Remember that the matter of a sacrament would be the material elements and action involved in performing the sacrament: for example, the pouring of water over a person's head or the immersing of him in water when baptising. The form of a sacrament is the necessary prayer offered: for example, in baptism, the priest prays: "I baptise you in the name of the Father, and of the Son, and of the Holy Spirit."

To tamper with the matter or the form of the sacrament invalidates the sacrament: that is, the sacrament does not occur.

With this understanding, we can now turn to the question regarding the use of leavened bread at Mass. Following Pope John Paul II's "On the Mystery and Worship of the Eucharist" (1980), the Sacred Congregation for Sacraments and Divine Worship issued its "Instruction on Certain Norms Concerning the Worship of the Eucharistic Mystery", with the

intention of repeating and clarifying norms regarding the celebration of the Mass and the holy Eucharist.

Sadly, after the liturgical reforms following the Second Vatican Council, abuses arose that had to be dealt with. For instance, I heard from friends of their experience during a college campus Mass in the early 1970s when beer and pretzels were used by a "with it" campus chaplain to make the Mass relevant for college students; too bad the priest made the Mass irrelevant by being without Christ.

Regarding the matter of the holy Eucharist, the Sacred Congregation specifically states: "Faithful to Christ's example, the Church has constantly used bread and wine mixed with water to celebrate the Lord's Supper. The bread for the celebration of the Eucharist, in accordance with the tradition of the whole Church, must be made solely of wheat, and, in accordance with the tradition proper to the Latin Church, it must be unleavened ... No other ingredients are to be added to the wheaten flour and water ...

"The wine for the Eucharistic celebration must be of the fruit of the vine and be natural and genuine, that is to say not mixed with other substances."

Therefore, if a congregation decided to use leavened bread or add salt, honey, sugar, molasses or any other additive to the bread to be offered at Mass in the Latin Rite, the sacrament would be invalidated, meaning the Eucharist is not confectioned (that is, the bread does not become the Body of Our Lord).

To insure the validity of the sacrament as well as to alleviate the burden for a parish to provide its own unleavened hosts, over the years communities of religious sisters, especially cloistered ones, or commercial companies have come to supply the unleavened hosts for parishes for use at Mass.

Since the sacraments are precious gifts from Our Lord to the Church, they must be carefully guarded. To tamper with the matter and the form or the ritual for the celebration of the sacrament not only invalidates the sacrament but breaks the unity of the Church which the proper celebration is meant to strengthen.