



# 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 13th Sunday In Ordinary Time**

**Year A**

**28th 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 : 29th June-5th July**

<b>Monday:</b>	9.30am & 6.00pm
<b>Tuesday:</b>	9.30am & 6.00pm
<b>Wednesday:</b>	9.30am & 6.00pm
<b>Thursday:</b>	9.30am & 6.00pm
<b>Friday:</b>	9.30am & 6.00pm
<b>Saturday:</b>	9.30am 6.00pm
<b>Sunday:</b>	8.30am 10.30am 5.00pm

#### **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 : 29th June-5th July**

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

<b>Monday :</b>	No Mass
<b>Tuesday:</b>	6.00pm
<b>Wednesday :</b>	9.30am
<b>Thursday :</b>	6.00pm
<b>Friday:</b>	9.30am
<b>Saturday Vigil :</b>	5.00pm
<b>Sunday :</b>	8.30am 10.00am

#### **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**

<b>Saturday Vigil:</b>	6.30pm
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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**

<b>Monday-Saturday:</b>	5.30pm Adoration/Rosary/Benediction 6.00pm Mass
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<b>Sunday:</b>	10.30am Mass
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#### **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](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](http://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

***With a sudden rise in COVID cases throughout Victoria, the Premier has announced changes to the proposed easing of restrictions that was to come in to place from Monday 22 June. As of 11:59pm Sunday 21 June 2020, numbers in places of worship will remain at 20 until 12 July 2020 (dependant on trending health concerns and advice).***

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

## **WEEKDAY MASSES**

If you have not attended a weekday Mass and you would like to, please contact Judy 0414 007 009, who will be able to assist you with your initial booking. We will have the Mass booking sheets available at the Church for you to book yourself in for further weekday Masses. 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.** Please go to our website and follow the link **Website:** [www.stanthonyofpadua.com.au](http://www.stanthonyofpadua.com.au) 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 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



***With a sudden rise in COVID cases throughout Victoria, the Premier has announced changes to the proposed easing of restrictions that was to come in to place from Monday 22 June. As of 11:59pm Sunday 21 June 2020, numbers in places of worship will remain at 20 until 12 July 2020 (dependant on trending health concerns and advice).***

## **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 **20** people at Mass 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](http://www.trybooking.com/BJVHO). Alternately, visit our parish website [www.stbernardsbacchusmarsh.com.au](http://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 **twice a week**.

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](http://www.stanthonyofpadua.com.au)

[www.pol.org.au/bacchusmarsh](http://www.pol.org.au/bacchusmarsh)

[https://s.surveyplanet.com/pgy\\_MfqND](https://s.surveyplanet.com/pgy_MfqND)

The survey will be open until Tuesday, 7<sup>th</sup> 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 Preparation Meetings will be held at **St Anthony's at 6.45pm on the fourth Thursday of the month** and at **St Bernard's at 11.15am on the Fourth Sunday of the month.** Please contact the Parish Office for further information.

### **YEAR 7, 2022 ENROLMENTS**

Enrolment application dates for Year 7, 2022 have been changed by Catholic Education Melbourne, due to COVID-19. Enrolment applications are now due on Friday 9 October. Application forms can be returned to the College reception or via email [enrolments@crcmelton.com.au](mailto:enrolments@crcmelton.com.au).

If you return your application via email, you will be contacted regarding the payment of the \$50 enrolment fee when the application is processed.

Applicants will be notified by mail of the result of their application by Tuesday 1 December 2020.

### **A Prayer to St Joseph, the Great Protector**

*St Joseph,*

*You were receptive to God working in your life.*

*Help us by your prayers at this time of trial.*

You kept Jesus and Mary under your watchful care:

may your prayers assist our local Church to respond to those in need.

You taught the Christ Child your trade and prayers:

help us to follow his example of love.

You were part of God's plan for all humanity:

assist us to be vigilant and responsible this day.

You spent your life in service:

may we be mindful of others, particularly the elderly and vulnerable, caring for them in these difficult days.

You trusted in the clear primacy of God over all history and every situation: help us to grow in faith and pray to the Father, Thy will be done.

Amen

Source: Catholic Archdiocese of Melbourne



**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:**

Cecil Fernandez & Peter John Thomas

**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)**

**FATIMA STATUE**

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

Group 1: **Robert & Angela Lacono**                      **0424 801 928**

Group 2: **Kalolaine & Sam Fona**                              **0432 295 121**

Group 3: **Mark & Edwina La Rose**



**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:**

Brian Glenane

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

Violet Borg, Mary Evans, Hazel Glasheen, Bronwyn Kays, Elizabeth Kruzynski, Ray Marshall, Stan Mullane, Paul Murray, Genevie Noonan, Rod Osborne, Audrey Peasley, David Rowen. & Jane Sammut

**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 Gagiarbi, 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)**

**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

## Spiders that Sail

Scientists in Britain have discovered that an ordinary little spider, one we have all seen hundreds of times, is actually a very adept sailor. Some species of spider form diving bells out of silk to enable them to breathe under water. All the spiders examined by scientists were able to stand on water thanks to their water-repellent legs. They showed off sailing skills, catching the wind and cruising forward by making 'sails' from parts of their bodies. Some pointed two forelegs up in a V-shape, while others thrust their abdomen skyward – the equivalent of a handstand on the water.

This humble little spider has been sailing over ponds and rivers and creeks for thousands of years. And we just found out about it! And we think we know it all!

Nature reveals her wonders every day. New technologies allow us to go to ocean depths not accessible before and a whole new world has opened up before us, previously undiscovered species, new creatures, new forms of life. And they have been there for centuries and centuries. Space travel is revealing new planets, new moons, new galaxies. So are more and more sophisticated telescopes. The microscope can reveal the intricacies of plant and animal life not visible to the naked eye.

The wonders of creation are continually revealed in her incredible ingenuity and in her beauty, in the thousands of ways she has adapted to changing circumstances, in the unending variety and splendour that we are continuing to discover. For some, that is enough, just to be amazed by the wonder and design of all that is around us, for the way things have evolved. For others that is not enough.

Thousands of years ago, poor suffering Job had some advice:

*But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the Earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the LORD has done this? In His hand is the life of every creature and the breath of all mankind.*  
Job 12:7-10

Faith is the key that enables us to see the wonders of the Creation as well as the love of its Creator. For some, that is delusional, fantasy as it were. But faith is far from that. Faith is both a challenge and a responsibility. It invites us to take time to feel the presence of the Creator all around us, in the beauty, the power, the wonder and awe of the greatest and smallest of things. Faith challenges us to wonder and question – how did all this happen and why?

Faith also challenges us to take on responsibility for creation. The Creation story is a picture of what life could be. The Creation story reveals that creation is "good". Our Christian faith asks us to have a genuine love for the world. The Garden of Eden is not so much a place but rather a state of mind, an ideal, a vision to work towards where we can recognise God's presence and purpose, where we grow to live in harmony with God, with each other and with God's creation.

Faith challenges us not to be seduced by superiority, that we are above all and everything is made for our use, the creed of consumerism. Faith reminds us that we too are here as part of creation, not just as consumers of it. We are here to care for this planet, not to dominate or exploit it. We are here to find our proper place in it, to grow with it spiritually as well as physically.

Sr Joan Chittister sums it up rather succinctly:

*We know now that if human beings disappeared tomorrow, the existence of birds, insects, water creatures, and land animals wouldn't be affected at all. If animals disappeared tomorrow, on the other hand, human beings could not possibly live without them—even the smallest of bees are needed to pollinate plants. As the top of the food chain, we would be the first to go....The Creator of all, the scriptures tell us, saw all of creation as "good". It is our role to protect it, to guard it, to develop it, to sustain it—not to destroy it for our own purposes.*

What will you do today to care for creation? Will you take a moment to stop and enjoy the wonders of it?

Regards  
**Jim Quillinan**

Email: [jquillinan@dcsi.net.au](mailto:jquillinan@dcsi.net.au)

## LITURGY OF THE WORD

### **ENTRANCE PROCESSION**

All peoples, clap your hands.  
Cry to God with shouts of joy!

### **FIRST READING** 2 Kings 4:8-11, 14-16

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'  
One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.'

The word of the Lord.  
**Thanks be to God.**

### **RESPONSORIAL PSALM: 88**

**Comm:** For ever I will sing the goodness of the Lord.

**All:** For ever I will sing the goodness of the Lord.

I will sing for ever of your love, O Lord;  
through all ages my mouth will proclaim your truth.  
Of this I am sure, that your love lasts for ever,  
that your truth is firmly established as the heavens.

Happy the people who acclaim such a king,  
who walk, O Lord, in the light of your face,  
who find their joy every day in your name,  
who make your justice the source of their bliss.

For it is you, O Lord, who are the glory of their strength;  
it is by your favour that our might is exalted:  
for our ruler is in the keeping of the Lord;  
our king in the keeping of the Holy One of Israel.

**All:** For ever I will sing the goodness of the Lord.

### **SECOND READING** Romans 6:3-4, 8-11

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

The word of the Lord.  
**Thanks be to God.**

### **GOSPEL ACCLAMATION**

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people.  
Praise God who called you out of darkness and into his marvellous light.  
Alleluia!

### **GOSPEL** Matthew 10:37-42

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.'

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.'

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.'

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

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

### **COMMUNION ANTIPHON**

Bless the Lord, O my soul,  
and all within me, his holy name.

### **NEXT WEEK'S READING--** **14th Sunday in Ordinary Time**

**First Reading:** Zech 9:9-10;  
**Second Reading:** Rom 8:9, 11-13;  
**Gospel:** Mt 11:25-30





# The life of Catholic worship and piety XXIII

## Gestures of Worship: Our Ritual Language (3)

### Striking the Breast

The gesture of striking the breast expresses sorrow, unworthiness, extreme humility. For Christians, this ritual gesture expresses our contrition, our sense of sinfulness and unworthiness before God.

Father Guardini also sees in this gesture an interior meaning that calls us to repentance. He writes in *Sacred Signs*: “To strike the breast is to beat against the gates of our inner world in order to shatter them. The blow also is to wake us up. It is to shake the soul awake into the consciousness that God is calling. She reflects, repents and is contrite.”

### Kneeling

Kneeling is an almost universal ritual gesture of homage, honour, reverence and worship. There are many, many biblical references to kneeling in both the Old and New Testaments, and these passages reveal that the gesture of kneeling is a very ancient, multivalent sign that expresses worship, respect, willing obedience, prayer, reverence, petition, supplication and homage. Kneeling has from time immemorial been a customary ritual posture in both public and private worship.

As Bishop Thomas Olmsted has observed: “What we do with our knees gives evidence of what we believe in our hearts. When we kneel down beside the bed of a dying person, when we stand up for the dignity of the unborn child, when we genuflect before Christ in the Blessed Sacrament, we say louder than any rhetoric what matters most in our lives. Knees express what we believe, and make clear what we will live and die for.

“Not surprisingly, then, knees play an important role in the Church’s Sacred Liturgy, especially during the season of Lent. What we do with our knees during worship is anything but trivial. It rivals in importance what we do with our voices and our ears, what we do with our hands and our hearts.”

Although kneeling, especially during the Consecration and just before receiving Communion, has been customary practice in most parishes in Australia, this gesture has also been the source of some confusion and misunderstanding. Before the Second Vatican Council people generally knelt throughout the entire Low Mass.

In his chapter, “The Body and the Liturgy”, from *The Spirit of the Liturgy*, then Cardinal Ratzinger describes in some detail the various forms of kneeling, their biblical origins and meanings.

He also observed: “Kneeling does not come from any culture — it comes from the Bible and its knowledge of God. The central importance of kneeling in the Bible can be seen in a very concrete way. The word *proskynein* alone occurs 59 times in the New Testament, 24 of which are in the Apocalypse, the book of the heavenly Liturgy, which is presented to the Church as the standard for her own Liturgy.

By Helen Hull Hitchcock, www.catholiceducation.org

“It may well be that kneeling is alien to modern culture — insofar as it is a culture, for this culture has turned away from the faith and no longer knows the One before whom kneeling is the right, indeed the intrinsically necessary gesture. The man who learns to believe learns also to kneel, and a faith or a liturgy no longer familiar with kneeling would be sick at the core.

“Where it has been lost, kneeling must be rediscovered, so that, in our prayer, we remain in fellowship with the apostles and martyrs, in fellowship with the whole cosmos, indeed in union with Jesus Christ Himself.”

### Relearning Ritual Language

Though ritual gestures are intrinsically acts by which all people physically express worship (an external and visible sign of an internal and spiritual reality), the ritual gestures that appear in the Roman Missal directives, with a few exceptions, apply to clergy.

Even in the current revised liturgical books there are very few indications of ritual gestures for the people — although this may seem ironic in light of the strong emphasis placed on “active participation” of the people at Mass in the liturgical reform both before and after the Council.

Yet the Council’s Constitution on the Liturgy, *Sacrosanctum Concilium*, explicitly stressed the importance of this aspect of the liturgical reform. We read in its first chapter that active participation expressly includes “actions, gestures, and bodily attitudes”. It says:

“30. To promote active participation, the people should be encouraged to take part by means of acclamations, responses, psalmody, antiphons, and songs, as well as by actions, gestures, and bodily attitudes. And at the proper times all should observe a reverent silence.

“31. The revision of the liturgical books must carefully attend to the provision of rubrics also for the people’s parts.”

There has been an encouraging increase in people’s practice of making a gesture of reverence before receiving Communion since Archbishop Hart emphasised the importance of such a gesture. However, even today, several years later, it is by no means universally observed. So there is more teaching and learning to be done.

The ritual gestures we make during worship are, as Father Guardini observes (*Sacred Signs*), “a form of speech by which the plain realities of the body say to God what its soul means and intends”.

By our ritual gestures — this “body language” — we unite the physical and mental/spiritual aspects of our worship of the Lord, and express our unity with Him with our entire being.

Recalling this may help remind each of us to make the effort to restore this ineffable and powerful “form of speech” in our own acts of worship. With our bodies and our minds united, we express our love for Christ and witness to others His love for all.