



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 14th Sunday In Ordinary Time

Year A

5th July 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 : 6th July– 12th July

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 6.00pm
Sunday:	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 : 6th July-12th July

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
Sunday :	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

Saturday Vigil:	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

Monday-Saturday:	5.30pm Adoration/Rosary/Benediction 6.00pm Mass
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Sunday:	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
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 **20** people at Mass in addition to those required for the celebration of Mass.

WEEKDAY MASSES

Weekday evening Masses are now available to book online with Trybooking.

Please go to our website and follow the link <https://stanthonyofpadua.com.au/>

If you would like to book a morning weekday Mass and you do not have a current booking please SMS or leave a message for Judy on 0414 007 009.

WEEKEND MASSES

Weekend Masses are now available to book online with Trybooking.

Please go to our website and follow the link <https://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 Mass you would like to attend and a contact number.

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



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. 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 **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

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 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@crmelton.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 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.



Source: Divine Mercy Publications Pty Ltd

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:

William Austin Ainsworth, Fonoti Sepelini Ma'ae, Chantelle Medhurst, Bianca McCurry, Clarrie Rietschel & Estanislao Sanchez.

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: **Joe & Jacqueline Spiteri** **0402 512 841**
- Group 2: **Seufatu Family** **0402 182 458**
- Group 3: **Godwin & Kim Barton** **9747 9493**



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:

Spiro Abela, Thomas Blood, Damian Condon, Alice Cook, Mary Glenane, Ivy (Pat) Ragan, Edward Skinner, & Patricia Wittick.

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

Buon Camino

On the way to Spain, I read an article about Stan Grant. He vividly remembers the day he and the other aboriginal students of his age were called to the principal's office and told that there was no place for them at that school. They were now at a legal age when they could leave school so, 'go now' they were told. Not surprisingly, that has stayed with him for the rest of his life – 'there is no place for you here'.

As I walked the Camino I could not get that out of my mind – 'there is no place for you here'. Why do we put up barriers, why do we make judgments, who do we see ourselves as better than others, our way as better than someone else's? The pilgrims we met along the way came from different countries, different races, different faith journeys, different ages, different cultures, different backgrounds, people with belief in God, and those who did not... and definitely different levels of fitness. There was a place for them all. The Camino has welcomed such pilgrims for hundreds and hundreds of years. It is surprising to find out how many have done this journey once or twice, even many times before. We met people who had been on the way for weeks, travelling thousands of kilometres. There was a shared genuine interest and curiosity in who we were and where we had come from when we walked together or shared meals in the evenings. On the Camino, it was not a case of 'there is no place for you here'. People take on this journey for many reasons. Over evening meals or a quiet drink, quite spontaneously and naturally we shared our very, very different life journeys. That was enriching. In the words of one fellow pilgrim... *all those treasured moments along the way as we got to know each other. Those moments were, at different times, funny, touching, supportive and always interesting.*

Pilgrims carry a scallop shell. There are many, many explanations for this symbol. The one that most appealed to me was that the shell is open and empty. The walk is supposed to help us open ourselves up to God, to others, to life itself. It is empty as the Camino calls us to empty us of our own preoccupations and problems. There is a peace that is quite unique to this journey. This journey gave flesh to Pope Francis' plea *I have a dogmatic certainty: God is in every person's life. God is in everyone's life. Even if the life of a person has been a disaster, even if it is destroyed by vices, drugs or anything else - God is in this person's life. You can - you must - try to seek God in every human life.*

The scallop shell also reminds us that sometimes at various stages in life we are nagged by questions that we find hard to answer, questions that, if we are open to it, are growth points, questions that faith enriches and gives new meaning. Not just the 'Who am I really?

What is expected of me now?' questions or 'there is more to me than this job.' In contrast, questions revolved around: What are 'the loves of my life'? Where is God in my life and what might God be asking of me now? Sometimes 'God' was replaced by other words, other concepts but the Camino invited us to go deeper, to share more deeply and to draw closer to God, as each of us understood that to be.

We greeted our fellow pilgrims with the universal greeting 'Buon Camino.' At first it seemed a bit artificial, a novelty but it became much more than a hollow greeting, the 'have a nice day' type thing. It became a prayer for each person on this shared journey. It crossed all languages. It became a word of greeting to the many of other cultures and languages, it became a word of shared experience, a word of encouragement when the going got tough. It reminded me of what Pope Francis said: 'How beautiful it is to support one another in this wonderful adventure of faith!' Faith certainly is an adventure, a journey of discovery, a step into the deep but our faith needs the support of others.

On our last evening in Santiago, by sheer chance, we came across a very memorable experience. It was the Feast of Corpus Christi and the Archbishop and all the priests of the Diocese led a Eucharistic procession through the streets of the old city. It was a very solemn affair. The crowds were silent and very respectful and the silence was only broken occasionally by a brass band that followed the official retinue. Flower petals were thrown from the buildings. It took us back to our childhood, to the Eucharistic Gatherings at Sunbury our family went to each year, and the Feast Day processions at boarding school. Pilgrims of many faiths and none from all over the world stood in respectful silence right across the city as the procession passed by. It was very moving.

There isn't a lot of time to read on this journey but one article I managed to skim contained a challenging question asked by a father of his daughter: 'What would you like me to be more of and what would you like me to be less of?' It is a very good question. If those close to us asked that question, how would you answer? And if God asked?

And whatever your answer, there is a place for you here!

Regards
Jim Quillinan

Email: jquillinan@dcsi.net.au

LITURGY OF THE WORD

ENTRANCE PROCESSION

Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice

FIRST READING Zechariah 9:9-10

The Lord says this:

'Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM: 144

Comm: I will praise your name for ever,
my king and my God.

All: I will praise your name for ever,
my king and my God.

I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

All: I will praise your name for ever,
my king and my God.

SECOND READING Romans 8:9, 11-13

Your interests are not in the unspiritual, but in the spiritual,
since the Spirit of God has made his home in you. In fact,
unless you possessed the Spirit of Christ you would not belong
to him, and if the Spirit of him who raised Jesus from the dead
is living in you, then he who raised Jesus from the dead will
give life to your own mortal bodies through his Spirit living in
you.

So then, my brothers, there is no necessity for us to obey our
unspiritual selves or to live unspiritual lives. If you do live in
that way, you are doomed to die; but if by the Spirit you put an
end to the misdeeds of the body you will live.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.
Alleluia!

GOSPEL Matthew 11:25-30

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of
earth, for hiding these things from the learned and the clever
and revealing them to mere children. Yes, Father, for that is
what it pleased you to do. Everything has been entrusted to me
by my Father; and no one knows the Son except the Father,
just as no one knows the Father except the Son and those to
whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I
will give you rest. Shoulder my yoke and learn from me, for I
am gentle and humble in heart, and you will find rest for your
souls. Yes, my yoke is easy and my burden light.'

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

15th Sunday in Ordinary Time

First Reading: Is 55:10-11;

Second Reading: Rom 8:18-23;

Gospel: Mt 13:1-23



The life of Catholic worship and piety XXIV

Signs and Symbols in the Mass

Remembering the dress your wife wore on your first date or your husband's favourite meal are small things that truly touch the heart when they are remembered.

It is in the little things — things that may seem unimportant — that we show our unity and find the richest symbolism. It is in the little things of the Mass that we see our unity as Catholics and the richest symbols of the liturgy.

When non-Catholic Christians choose to join the Catholic Church, one factor that they often say attracted them to Catholicism is the beauty of our liturgies, the ritual beauty of our Mass. Yet, many of these converts also wonder why our liturgies are so structured.

I find that many Catholics often wonder this, also, and I think that we are unfamiliar or uncomfortable with it because, as a society, we are moving away from formalities. Our society is becoming more informal, as some people like to call it (I prefer the term sloppy, myself, but that is just my opinion).

The loss of formality in society causes us to lose our understanding of the importance of formality in human experience. Formalities are a very natural and necessary part of our lives. When children have a tea party, the first thing they do is to create rules: "You sit there, and I sit here, and first we drink this and then we eat that." Those are formalities.

We would not have any sport without rules to structure the play and penalties for breaking those rules. Those are formalities. If cars did not all stop on red and go on green, then we would have total chaos on the streets. Those are formalities. They are a natural and necessary part of human endeavours. Hence, it is perfectly natural that formalities would abound in the worship of God, which is the most profound human endeavour.

The Mass is, in fact, a ritualised prayer. A ritual, by its very definition, is something structured, something formal. When we come to Mass, we enter into the ritual, we conform ourselves to it. We do not conform it to us, because the Mass is eternal. It is our foretaste of Heaven. So, we conform our lives to this heavenly liturgy.

By Fr Augustine Tran, www.catholicexchange.com

At the Last Supper, the first Mass, Christ transformed the Passover meal into a symbol of the sacrifice that He would make the next day for the redemption of mankind. We see the sacrificial nature of the Mass in the separation of the body and the blood. When something is sacrificed, it is killed. It is cut open and the blood pours out, so the body and blood are separated. The ritualised, formal way that we symbolise that at the Mass is by consecrating the bread and wine separately; and the two do not meet again until the commixtio, the commingling rite.

Some of you may miss the commingling rite because it happens during the Agnus Dei. It is when the priest breaks off a very small particle of the host and puts it into the chalice. This is a very rich symbol in the Mass, filled with tradition. By breaking off such a small particle, we are acknowledging that every particle, every crumb is fully the body and blood, soul and divinity of Jesus Christ, which is why we treat every particle with such care.

The commingling rite also comes from a very ancient Roman tradition whereby a piece of the host that was consecrated by the Pope was brought to the neighbouring parishes. That piece of host was put into the chalice of the Mass that was being offered in that parish to show the unity between the Mass in that parish and the Mass that the Holy Father was offering.

At the same time, another tradition was developing whereby the priest would take a host from the tabernacle that had been consecrated at a previous Mass and put a piece of that host into the chalice showing the unity between yesterday's Mass and today's Mass. Hence, when we unite the body and blood of Christ we see the unity of the Mass in space — that all the Masses going on worldwide are the same Mass — and we see the unity of the Mass in time — that all the Masses that have been offered, that are being offered, and that will be offered are the same.

We see a unity of the priesthood, that all the priests offering the Holy Mass throughout the world and throughout time are united in the one priesthood of Jesus Christ. All of that is symbolised in the dropping of the piece of host into the chalice.