



St Finbar's Catholic Parish

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Year A

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TWENTY-FIRST SUNDAY IN ORDINARY TIME

The readings highlight two different but related themes: the character of our understanding of Christ, and our understanding of discipleship that flows from it. Christological reflections reach a climax in the question posed to the disciples: Who do you say I am? In this liturgical context, the same question is posed to us. Who is this one who multiplies loaves of bread, who walks on turbulent waters, who breaks the boundaries that separate insider from outsider? It is none other than the messiah.

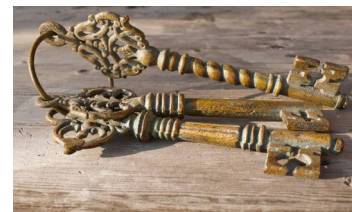
When Peter testified to Jesus' identity, it was a relevant religious and political statement, for messianic expectation was

a burning question at that time. But what does it mean for the average Christian today? Many believers consider messianic expectation a theological theme that belongs to the past. They feel that it is difficult to get excited about the coming of someone who we believe has already come and gone. If Jesus were to pose this question today, how would we answer?

Like Peter, we too may have good intentions, but when they are put to the test we realise that that was all that they were – good intentions. Still, we should not be discouraged by our weaknesses, for just as Peter's failure did not deter God from entrust-

ing him with power and authority, so our failures need not be obstacles to God's grace in our lives. We watch God entrust the church to individuals who are weak and undependable, and we realise that judgments are inscrutable and God's ways unsearchable.

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PLEASE REMEMBER IN PRAYER

Pray for the Sick

Rita Maguire, Tony Conheady

Recent Death

Elaine Collise, Sue Sherman

Anniversaries

Madge O'Connell, Kevin Wood, Antonio Micari, Ann Ryan,

Marie Hughes, Denise McCarthy,

Margaret Mary Sinclair,

Helen Van Dorlar,

Nella LoSchiavo,

Bob Lancet



The Church and Parish is currently closed due STAGE 4 COVID restrictions.

Please feel free to email or call Fr Ian or Carmel if you have any special intentions.

Please refer to the links on parish website for further information regarding Covid regulations.

At present, funerals only are permitted, with limitations/permits as per regulatory instructions.

Home visitations are not permitted unless for grave reasons.



Have you thought?

What's in a name?

On many occasions in the Bible a character is given, or takes on, a new name when they take on a new role or move to a new level in their faith and relationship with God. Abram became Abraham; Sarai became Sarah; Jacob became Israel; and Saul became Paul. In all of these circumstances the person took on a new name to reflect their new relationship with God. This tradition has continued right to this day. Men and women entering religious life have traditionally taken on a new name to indicate the new life they are entering. When Cardinal Joseph Ratzinger became pope he took on the name Benedict to indicate the new role and the new life he was beginning.

MASS & PRAYER AT HOME DURING COVID-19 RESTRICTIONS



My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Coping with isolation

This week I've lost count of lockdown now, and with each day the desire for human interaction and connectedness grows stronger. As an introvert, I was quite comfortable during the initial lockdown period. In fact, I was pleased that for once in my life it was acceptable to remain indoors for an entire week. Or more. But never in my life has it been so long since I've seen my parents. My family. My friends.

Phone calls and video chats don't quite do it justice. The presence of another human being, and basic interactions like a hug or a warm smile, have such a profound impact* on our day-to-day life. So in a time when face-to-face interaction is so limited, how can we cope?

Stay in contact as best you can

During a discussion on isolation, my friend told me that connectedness is about the quality of our relationships, not about our proximity to another person. Proximity helps, of course, to reduce feelings of isolation. But proximity on its own cannot cure loneliness. I resonated with this thought, feeling grateful that I could engage in such meaningful conversation while at such a great distance apart.

Phone and video calls may not feel nearly as enriching as face-to-face interaction, but they are the closest form of "normal" interaction we have available to us right now. Just as we would schedule time to meet or talk with our loved ones, make time for phone and video calls to keep in touch. Writing letters is another great way to communicate. Letters can help foster deeper or more meaningful conversations, as we take more time in thinking about what we want to say. The post isn't the only way of sending letters either. We can send photos of handwritten letters, or use our texting method of choice (including messaging apps) to have long-length letter-style conversations.

Remember, it won't be like this forever

There may be a new "Covid normal" in times to come, but no matter what that is, we will eventually be able to see our family and friends again. Life will go on, and we will adapt. To have hope that things will get better is important too, no matter how bleak it may feel right now.

Keep busy and maintain routine

Feelings of isolation can be exacerbated when we're bored. Because when we're bored, sitting alone and pondering the meaning of life, it is never more blatantly obvious that there is no one around us. Sing, dance, learn a new skill or just take more notice of the things around you.

In the early stages of lockdown, I formed a new friendship with "Garry" our resident (harmless) house spider. While he was an unexpected visitor, and despite the initial urge to "get him out of the house NOW", we let him stay. And each day we would follow his adventures, playing 'Where's Wally' to spot his new location on the wall. Such a small and seemingly meaningless interaction resulted in appreciation and acceptance of something I may not have given much thought to otherwise.

On a more sane note, maintaining a daily or weekly routine can help to create a sense of normality during such an abnormal time. Routine can also give us a sense of control in our lives, increasing feelings of calm and safety. Setting a regular wake up/sleep time is a good place to start! Remember that no matter how lonely or isolated you feel, help is always available. Speaking to a counsellor can, in itself, reduce feelings of isolation and increase connectedness. But counsellors can provide coping strategies and other support too.

© Liz Gellel is Communications Coordinator at CatholicCare

Live telecast of 11am Sunday Mass,

Ch 44 or online

<https://melbournecatholic.org.au/Mass>



Easy online *thanksgiving payments* can be made via this link:

<https://secure.artezpacific.com/registrant/donate.aspx?eventId=52905&spid=5635700>

Thank you to all those who have continued to support St Finbar's Catholic Church during these difficult times.



AUGUST—THE IMMACULATE HEART OF MARY

23rd St Eugene, St Rose of Lima

24th St Bartholomew

25th St Louis & St Joseph Calasanz

27th St Monica

29th The Passion of St John the Baptist

