



ST JOHN'S CATHOLIC PARISH
& PRIMARY SCHOOL

ST JOHN'S CATHOLIC PARISH

52 Yarra Street
HEIDELBERG

We acknowledge the traditional custodians of the land on which our parish stands, the Wurundjeri-Balluk clan of the Woi wurrung people in the Kulin Nation. We respectfully recognise elders, both past and present, and join in a silent prayer for healing of the pains caused by our ancestors.

St John's parish is a child-friendly community and we gratefully welcome young children and their families; we are committed to the safety, wellbeing and dignity of all children and vulnerable adults in our midst.

20TH / 21ST JULY—16TH SUNDAY IN ORDINARY TIME, YR C

PARTICIPATING IN COMMUNION RESPECTFULLY

Dear Parishioners, Visitors and Friends,

Only a few weeks ago we celebrated the beautiful feast of the Body and Blood of Christ. This provides us with an annual reflection on who we are and what we do as Body of Christ!

The phrase Body of Christ refers to the full and real sacramental presence of Jesus hidden to our eyes under the shape of bread and wine. It also refers to the community of the faithful, the People of God, the *Ecclesia*, those gathered in faith—the Church. It also refers to us because we, both individually and as a faith community, become what we receive; each time we eat and drink the Body and Blood of Christ, we become this Body of Christ.

Because we come up and share in this sacrificial meal so regularly, it is easy for us to forget what is expected of us. I thought this would be a good time for us to remind ourselves of what we are doing each time we come forward for Communion.

As I have said earlier, we firmly believe that what to us as humans looks, smells and tastes like simple bread and wine, after the time of consecration, this has become true Body and Blood of Jesus Christ, fully as God and equally fully as human. And since we can never separate the Son from the Father and the Holy Spirit, God himself is wholly and fully present in the simple bread and wine we share. This is a great mystery that God has given us as a gift: food and drink for our journey.

As I come forward to receive Communion I am invited to make a sign of reverence, usually bowing my head. I do this while the person in front of me is receiving Communion. Then I approach with my hands clearly held in front of me—in the shape of a cross or a small throne—ready to hold the real presence of God. Or—if I prefer—I open my mouth to receive the Body of Christ on my tongue. When the minister, showing me the Body of Christ, declares: 'The Body of Christ,' I reverently respond: Amen—I do believe!

Once I receive the Body of Christ in my hand or in my mouth, I am the closest to heaven I can ever be while here on earth. God himself is in my hands and in my mouth. Once I eat what looks like bread, I am consumed by God—I become God! From that moment nothing else exists within me or around me.

It is not appropriate to bow or genuflect at the altar because God within me bows nor genuflects at nothing in this world! Similarly, when I approach to drink from the cup, it is not appropriate to reverence the cup—God within me does not reverence himself! The Body and Blood of Christ are only separated and received at different moments because our humanity cannot allow us to do more than one action at a time, but receiving from the cup is simply a continuation of the receiving of the Body we have just done. From the time we participate in Communion by eating and drinking the Body and Blood of Christ, until the final blessing and dismissal from Church, we can consider that the presence of God is true and real within us and our only responsibility then is to respectfully appreciate this moment.

Thank you.

.... Mario

PARISH PRIEST: Fr Mario Zammit
PARISH SECRETARY: Mary Peeris
PARISH PASTORAL COUNCIL CHAIR:
Christopher Ratnayake
CHILD SAFETY OFFICER:
Michelle Robertson m:0409 533 100

PARISH OFFICE:
52 Yarra Street Heidelberg 3084
t: 9457 1066
e: heidelberg@cam.org.au
w: cam.org.au/heidelberg
facebook/stjohnheidelberg
OFFICE HOURS:
Mo, Tu, Th, Fr; 9:30am to 2:30pm

MASS TIMES:
Weekend: Saturday: 6:00pm
Sunday: 8:30am, 10:30am, 5:00pm
Austin Hospital:
3rd Sunday of the Month at 9:30am
Weekdays: 9:15am

RECONCILIATION (CONFESSION):
Saturdays at 9:45am & 5:30pm
or by appointment
BAPTISMS: Sundays at 11:45am, by
appointment
BAPTISM INFORMATION EVENING:
Last Thursday of each month at
7:30pm in the parish house,
except Dec and Jan
WEDDINGS: By appointment
**FIRST RECONCILIATION,
FIRST COMMUNION, CONFIRMATION:**
Parish Secretary (9457 1066)

ROSARY: Monday to Saturday after
morning Mass
EXPOSITION OF THE BLESSED SACRAMENT:
Wednesday: 7:30pm - 9:00pm;
Thursday: 9:40am - 11:00am,
Friday: 8:00am - 9:00am

LECTIO DIVINA: Every second and
fourth Monday of the month at
7:00pm, in the parish house
LEGION OF MARY: Every Tuesday
night at 7:00pm in the parish house;
contact Sue 9459 8604
PARISH PILGRIM STATUE OF MARY:
To have the statue of Mary in
your home for one week contact
Marj McBroom m: 0414 289 304

ST JOHN'S CATHOLIC PARISH PRIMARY:
PRINCIPAL: Maureen Stella
ADDRESS:
55 Cape St Heidelberg 3084
t: 9459 2963;
office@sjheidelberg.catholic.edu.au

HALL HIRE:
Fran Gasior: m:0417972317
10:00am-5:00pm; Mon-Fri only

NEW PARISHIONERS WELCOME:
Please contact parish office to
introduce yourself

PARISH PRAYER

Heavenly Father, we the parishioners of St John's are grateful for all we have received from the men, women and children of our past. Help us to cherish and maintain our parish heritage. Most of all, enable us to be people who welcome the stranger, the needy, the sick and the lonely. Like St John, our patron saint, may we be people who love others, as your Son Jesus, asked us to do. We make this prayer, through Christ our Lord. *Amen.*

ST JOHN'S WALKING GROUP: Monday 22nd July we will be walking some of the Plenty River Trail breaking for coffee in Lower Plenty. Please join us outside the parish house at 10:00am to explore this beautiful area. Come along and enjoy our relaxing, chatty walks. Contact: Jan (0423 478 504).

GEMS 50+ (AND FRIENDS): Tuesday 23rd July at 10:00am. Join us to play **Scattergories** in the Francis Xavier meeting room at the rear of the Parish House. *Scattergories* is a creative-thinking category-based game. The objective of the game is to score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit.

Upcoming 'Dementia Friends': At Francis Xavier meeting room Tuesday 30th July at 10:00am. Presented by 'Dementia Australia.' Presentation will increase awareness and understanding of what it is like to live with Dementia, and to show support of Dementia in the community. This is a social awareness presentation which provides attendees with a brief view of Dementia.

OUR LADY OF MERCY COLLEGE: is taking enrolments for Year 7 2021. College tours Wednesday 14th August 9:00am to 10:30am. Enrolments close 23rd August 2019. Enquiries: Merri O'Halloran mohalloran@olmcheidelberg.catholic.edu.au

SHOW, SELL AND SHARE: On Sunday 4th August, in the parish hall after all Masses. Bringing together people who would like to show, maybe sell their handmade goods and share their skill to any who would like to have a go. So far we have volunteers who knit, crochet, scrapbook, make cards and paint. All goods must be made by you. Proceeds donated to the Jose De Piro Kabataan (youth) Orkestra. Contact Jan on 0423478504.

BIRTH OF A CHILD, MILESTONE BIRTHDAYS AND ANNIVERSARIES: As a parish family we are invited to thank God, acknowledge and pray for parishioners celebrating milestone birthdays, anniversaries or the birth of a child. Kindly inform the parish office of these occasions: 94571066.

WHY ARE WE VIOLENT?: Pax Christi National Conference, Friday 16th August to Sunday 18th August: Keynote Speaker: Dr Susan Connelly, a Josephite Sister, who worked with the people of Timor Leste for over 20 years. Facilitates discussion around: What is it that makes us violent? What is scapegoating? What role for nonviolence and forgiveness? Larry Marshall, worked on the conflict in Sri Lanka, speaks on the situation in Sri Lanka. Venue: Kildara Centre, Rear 41 Stanhope Street, Malvern. Contact: Rita Camilleri 93793889.

COLLECT PLASTIC LIDS: please place in the container in the church foyer.

PLEASE REMEMBER IN YOUR PRAYERS

RECENTLY BAPTIZED: Georgia Fowler, Luke Kujawa, Zara & Isla McLennan.

THE SICK: Gena Lipshutt, Mary Palmer, Christopher Dabal, Peggy Preston, Lina Poon, Tom Suri, Jean Webb, Shannol Sarikamis, Eleanor Bowring, Raymond Walsh.

ANNIVERSARIES: Mary Lucy, Marianne Palmer, John Ryan, Vincent Powell, Agnes Jones, Giuseppe Campagnaro.

RECENTLY DECEASED: Bill Palmer.

*Names on the sick list remain for six weeks, unless otherwise advised.
Please submit any items for the newsletter, including sick, recently deceased and anniversaries, by **Thursday morning** latest. Thank you.*

20 July/21 July	Sat 6:00pm	Sun 8:30am	Sun 10:30am	Sun 5:00pm
1st Reader	Moira Di Cesare	Marguerite Ryan	Claire Newsome	Matthew Sanders
2 nd Reader	Anita Metcalf	Michael Leonard	Michelle Robertson	Mark Aiello
Communion	Marco Di Cesare	Bobbie Bartkus	Yannick Jonas	Jenny Hollaway
	Adrian Daly	Ronnie Maloney	Liz Sier	Leo Cosio
	Maria Basilone	Peter O'Donoghue	Vin Sier	Charito Cosio
	TBA	Val Wallis	Tim Boyle	TBA
27 July/28 July	Sat 6:00pm	Sun 8:30am	Sun 10:30am	Sun 5:00pm
1st Reader	Domenica Ashworth	Garry Sproules	Bob Dowling	Mary Kotefski
2 nd Reader	Grace Lew-Kee	Ronnie Maloney	Elizabeth Williamson	Margaret Andrews
Communion	Sue Lew-Kee	Jack Naden	Ann Domaingue	Sally Tramontana
	Jeanette O'Sullivan	Alice Wong	Mary Furlan	Des O'Brien
	Emma Chang	Fiona Curry	Geraldine Manuel	Matthew Sanders
	Lorraine Mascarenhas	Pauline Griffiths	Brian McIntosh	Olivia Sanders
Counters	21 July: Garry Sproules, Janice McGrath, Giuseppe Amoroso & 28 July: Graeme Foote, Michael Tilley.			
Collection Weekly Average for June			Heidelcare Co-Ordinator	
Parish		Presbytery		July : Val 0490 254 928
Stewardship	\$2,977.00	Stewardship	\$573.93	August: Cath 0490 254 928
Loose	\$744.30	Loose	\$357.50	
Thank you for supporting St John's financially. Please advise if your credit card is lost/stolen or the expiry date has changed.				

AUSTIN MASS: this Sunday 21st July. Volunteers please meet at 8:30am for 9:30am Mass. Parishioners are also invited to participate in this Mass to minister to the sick by their presence.

GOLD COIN COLLECTION: Next weekend 27th/28th at all Masses. The May collection was \$578.95, thank you for your generosity.

ST JOHN'S ANOINTING MASS: 1st August at 9:15am. This is a beautiful opportunity for those seeking some healing in their lives, physical, emotional or spiritual. A chance to support each other and then come for morning tea in the Francis Xavier meeting room. All are welcome. If you require transport contact Elizabeth (0447195553).

PARISH COMMUNITY DINNER: Saturday 18th August from 7:00pm, meeting at Four Leaves Café in Rosanna. A relaxed evening of community and friendship. Order from the menu and pay your own way. All welcome. Please book through the parish office: 9457 1066. **Note change of date!**

COMMUNION MINISTERS AND READERS ARE NEEDED: To participate in our weekend Masses; an important way to help our community in its time of prayer. A training workshop for New Communion Ministers will be held on Monday 5th August at 7:00pm. Thank you to all current Communion Ministers and Readers.

PHILIP: A New Life course will be presented by the Catholic School of Evangelisation at St Thomas the Apostle Church, Nth Greensborough. Six Thursday evenings starting 1st August from 8:00pm to 9:30pm. This course leads participants to experience a personal encounter with Jesus, to realise they are loved by God and be open to a fresh outpouring of the Holy Spirit. Register by 29th July. Payment by donation only. Enquiries: Rose (0411 650 339) or Emilia (0418 120 902).

CELEBRATING IN OUR COMMUNITY: We often get to challenge great events in our families. Our family is the first Church where faith is lived and handed down; it is therefore a good place where we can meet and celebrate God's many gifts to us and to our family. The invitation to join your family in these special celebrations is always open, please contact the office to make a time. You can organise a meeting for your family and / or invite a group of friends to celebrate together. We can offer Mass together as a family or we can offer a moment of blessing and thanksgiving. I had the opportunity of celebrating one such 'home Mass' last week with a group of friends. These occasions also give us time to get to know each other and support each other in our faith. Contact the parish office: 9457 1066 / heidelberg@cam.org.au

JOURNEY IN HOPE SUPPORT GROUP: sharing our grief and loss experiences and learning from each other; meeting in a relaxed and informal setting on Thursday mornings at 10:30am in the Francis Xavier meeting room. To join contact Jan (0423 478 504) or Elizabeth (0447 195 553). All welcome.

ANNUAL ANNIVERSARY MASS: celebrating 25th, 40th, 50th, or 60th-70th wedding anniversary this year? Life, Marriage & Family Office invite you and your family to the Annual Anniversary Mass at St Patrick's cathedral on Sunday 28th July at 11:00am.

KUMON HEIDELBERG: offering a free trial in August for your child to undertake Maths or English classes. Contact: Maureen Hegarty (0423 877 736) to register your interest or find out about Kumon programme.

SHARING OUR STORIES: We are dedicating an issue of the Eyrie parish magazine to celebrate our diversity. We all have lots of stories to tell from our past. Please share them with us! Please write an article (around 500 words). Email: heidelberg.eyrie@cam.org.au

FIRST READING

Genesis 18:1-10

The Lord appeared to Abraham at the Oak of Mamre while he was sitting by the entrance of the tent during the hottest part of the day. He looked up, and there he saw three men standing near him. As soon as he saw them he ran from the entrance of the tent to meet them, and bowed to the ground. 'My lord,' he said, 'I beg you, if I find favour with you, kindly do not pass your servant by. A little water shall be brought; you shall wash your feet and lie down under the tree. Let me fetch a little bread and you shall refresh yourselves before going further. That is why you have come in your servant's direction.' They replied, 'Do as you say.'

Abraham hastened to the tent to find Sarah. 'Hurry,' he said, 'knead three bushels of flour and make loaves.' Then running to the cattle Abraham took a fine and tender calf and gave it to the servant, who hurried to prepare it. Then taking cream, milk and the calf he had prepared, he laid all before them, and they ate while he remained standing near them under the tree.

'Where is your wife Sarah?' they asked him. 'She is in the tent,' he replied. Then his guest said, 'I shall visit you again next year without fail and your wife will then have a son.'

RESPONSORIAL PSALM

Psalm 14:2-5

TOGETHER: The just will live in the presence of the Lord.

LEFT SIDE

Lord, who shall dwell on your holy mountain?
He who walks without fault; he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue.

RIGHT SIDE

He who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord.

LEFT SIDE

He who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

TOGETHER: The just will live in the presence of the Lord.

SECOND READING

Colossians 1:24-28

It makes me happy to suffer for you, as I am suffering now, and in my body to do what I can to make up all that has still to be undergone by Christ for the sake of his body, the Church. I became the servant of the Church when God made me responsible for delivering God's message to you, the message which was a mystery hidden for generations and centuries and has now been revealed to his saints. It was God's purpose to reveal it to them and to show all the rich glory of this mystery to pagans. The mystery is Christ

among you, your hope of glory: this is the Christ we proclaim, this is the wisdom in which we thoroughly train everyone and instruct everyone, to make them all perfect in Christ.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Happy are they who have kept the word with a generous heart and yield a harvest through perseverance.

Alleluia!

GOSPEL

Luke 10:38-42

Jesus came to a village, and a woman named Martha welcomed him into her house. She had a sister called Mary, who sat down at the Lord's feet and listened to him speaking. Now Martha who was distracted with all the serving said, 'Lord, do you not care that my sister is leaving me to do the serving all by myself? Please tell her to help me.' But the Lord answered: 'Martha, Martha,' he said, 'you worry and fret about so many things, and yet few are needed, indeed only one. It is Mary who has chosen the better part; it is not to be taken from her.'

CHOOSING THE BETTER PORTION

Two sisters, Martha and Mary, give hospitality to Jesus. Martha appears to be the dominant personality, perhaps the elder. Certainly, her hospitality is more active and practical. Her sister Mary simply sits at Jesus' feet and listens. This sets up the kind of 'triangular' pattern often found in scenes in Luke's Gospel: Jesus interacts with a character, usually someone in a marginal situation; a third character takes offence at this and grumbles. Jesus defends the more marginal party, showing how their action is the more appropriate in view of what he has to bring.

In this case, it is Mary whom Jesus defends. Martha fusses about preparing many dishes. (Think of non-Western cuisine when several different dishes—fish, chicken, lamb, vegetable, etc.—are placed before guests all at once.) Jesus points out that just one dish would have been enough. Drawing a metaphor from the meal, he states that, by simply listening to him, Mary has 'chosen the better portion'—that is, of the 'meal' that he is providing.

Many readers of this episode, especially women, side with Martha. Her complaint is very reasonable.

But this is precisely the point. Frenetic service, even service of the Lord, can be a deceptive distraction from what is most appropriate. Good people often measure their goodness by all they do for the Lord, forgetting that nothing that they can ever do could match all they need to receive. The Lord's primary intent towards us is to bestow life, love and salvation. That is the 'better portion that Mary understands and receives.

Fr Brendan Byrne sj