

## HOLY EUCHARIST PARISH

1A Oleander Drive  
St Albans South 3021  
Western Highway Deanery



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## EIGHTEENTH SUNDAY IN ORDINARY TIME A

1 & 2 AUGUST 2020

### REDEMPTORIST COMMUNITY

#### Mission Leader

Fr Peter Danh CSsR

#### Parish Priest

Fr Vincent Long Pham CSsR

#### Assistant Parish Priest

Fr Vinsensius (Lovin) Lolo CSsR

Fr Oche Matutina CSsR

Fr Patrick Corbett CSsR

#### Parish Secretary

Mary-Lucy Atonio PH: 9366 1310

#### Parish School Principal

Jeffrey Parker PHONE: 8312 0900

#### Filipino Chaplain

Fr Joselito Asis

#### South Sudanese Chaplain

Deacon George B.P.Meat

### COVID ANNOUNCEMENT

Dear Parishioners

You would be aware of the Victorian government's announcement on

**Tuesday 30 June 2020 to return particular COVID Hotspots to Stage 3 Restrictions.**

For the sake of safety and the life of many, there is **NO public Mass in our Church until further notice.**

During this time, if you would like, you can make a donation directly to:

Holy Eucharist Church Account,  
BSB 083 347 & Account Number  
65100 9359.

I am very grateful for your continued prayers and support. You are in my daily prayers.

Stay safe.

God bless us and protect us

Fr Vincent



### FEAST OF ST ALPHONSUS

1<sup>st</sup> August marks the feast of St. Alphonsus Liguori, founder of the Redemptorist order, patron saint of moral theologians, bishop, and doctor of the Church.

Saint Alphonsus Maria de' Liguori (27 September 1696 – 1 August 1787), was an Italian Catholic bishop, spiritual writer, composer, musician, artist, poet, lawyer, scholastic philosopher, and theologian.

He was talented. He was a brilliant layer...

He founded the Congregation of the Most Holy Redeemer (the Redemptorists) in 1732.

He was a great model of servant leadership.

He was called to serve the poor, the abandoned, and the outcast.

May St Alphonsus intercede for us.

### WISDOM IN TIMES OF CRISIS

*"As we experience discomfort in this time, let's begin to dream of a new normal, a new normal that addresses the weaknesses and problems that were going unaddressed in the old normal. If we're wise, we won't go back; we'll go forward."*

*By Brian McLaren*

### During lockdown, draw strength from Jesus: Archbishop encourages Melbourne Catholics

How might we be "revealers of Jesus" during this time of pandemic? In his latest video message, Archbishop Peter A Comensoli encourages the community to draw strength from Jesus, whose vulnerability on the cross revealed to the world the depths of His love. Let us take our fragility and bring it to the foot of the Cross, offering it up to Jesus and seeing in Him a way to live through these challenging times.

### LIVE STREAMING OF MASSES from St Patrick's Cathedral to continue on C31 (digital channel 44).

Broadcasting the **Sunday Mass on TV** has been essential during this time of COVID-19, especially for those in our community with limited internet access. Sunday 11am Mass will continue to televised free-to-air.

**All daily Masses will also continue to be live streamed on our Archdiocesan YouTube channel and website.**

**JOIN IN** Masses at St Patrick's Cathedral on the Archdiocesan YouTube channel.

<https://www.youtube.com/archmelb>

- Monday – Friday 1.00pm
- Saturday – 8.00am
- Sunday – 11.00am OR
- Sunday – 11am free-on-air C31 (digital channel 44)

For more details, please visit:

<http://melbournecatholic.org.au>.

Please share this news widely with family and friends!

## THE LIVING WORD

### First Reading Is 55:1-3

A reading from the prophet Isaiah

#### *Hasten and eat.*

Thus says the Lord: Oh, come to the water all you who are thirsty; though you have no money, come! Buy corn without money, and eat, and, at no cost, wine and milk. Why spend money on what is not bread, your wages on what fails to satisfy? Listen, listen to me and you will have good things to eat and rich food to enjoy. Pay attention, come to me; listen, and your soul will live. With you I will make an everlasting covenant out of the favours promised to David.

### Responsorial Psalm Ps 144:8-9. 15-18. R. v.16

(R.) The hand of the Lord feeds us: he answers all our needs.

1. 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. (R.)
2. The eyes of all creatures look to you  
and you give them their food in due time.  
You open wide your hand,  
grant the desires of all who live. (R.)
3. The Lord is just in all his ways  
and loving in all his deeds.  
He is close to all who call him,  
call on him from their hearts. (R.)

### Second Reading Rom 8:35. 37-39

A reading from the letter of St Paul to the Romans

#### *No creature can separate us from the love of God, which is in Christ.*

Nothing can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. These are the trials through which we triumph, by the power of him who loved us. For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

### Gospel Acclamation

Alleluia, alleluia!

No one lives on bread alone, but on every word that comes from the mouth of God.

Alleluia!

### Gospel Mt 14:13-21

A reading from the holy Gospel according to Matthew

#### *They all ate and were satisfied.*

When Jesus received the news of John the Baptist's death he withdrew by boat to a lonely place where they could be by themselves. But the people heard of this and, leaving the towns, went after him on foot. So as he stepped ashore he saw a large crowd; and he took pity on them and healed their sick.

When evening came, the disciples went to him and said, 'This is a lonely place, and the time has slipped by; so send the people away, and they can go to the villages to buy themselves some food.' Jesus replied, 'There is no need for them to go: give them something to eat yourselves.' But they answered, 'All we have with us is five loaves and two fish.' 'Bring them here to me,' he said. He gave orders that the people were to sit down on the grass; then he took the five loaves and the two fish, raised his eyes to heaven and said the blessing. And breaking the loaves he handed them to his disciples who gave them to the crowds. They all ate as much as they wanted, and they collected the scraps remaining, twelve baskets full. Those who ate numbered about five thousand men, to say nothing of women and children.

## REFLECTION ON THE GOSPEL

*By Veronica Lawson RSM*

According to the most recent International Food Policy Research Institute (IFRI) Report, the number of people living in extreme poverty has fallen below ten percent of the global population for the first time in history, down from nineteen per cent in 1990. The same figures hold for the undernourished in our world. Encouraging as the improved statistics may be, it is still a fact that almost three quarters of a billion people have less than \$US1.90 per day to meet all their basic needs for food, shelter and security and this situation has been seriously exacerbated by the outbreak of Covid-19. It is difficult in our affluent society to imagine the plight of so many in the war-torn countries of our world or to get inside the desperation of parents watching their children die from starvation. According to research conducted by Footprint Melbourne, Melbourneans waste enough food annually to feed two million people at a cost of \$3.5 million. That may be changing in these times of pandemic and somewhat heightened awareness of the suffering of those on the edge.

What has this to do with our gospel reflection? In the first reading from Isaiah, God tells the "thirsty": "Listen and delight in rich food....Incline your ear, and come to me; listen that you may live". The gospel reading from Matthew tells a story of hungry people "hearing", following Jesus, and enjoying an abundance of life-sustaining food. In other words, Matthew presents Jesus as the one who makes the Isaian dream a reality for those who hunger and thirst both literally and figuratively. The passage echoes key aspects of Israel's history. Jesus retreats to a "desert" place, recalling the experience of God's people in the wilderness of Sinai. Those who follow Jesus find life-restoring food in the desert, evoking the manna that God provided for the hungry in the Sinai desert.

Jesus has compassion for people struggling with disease and thirsting for the means to live. In biblical terms, compassion is always accompanied by action for restorative justice. Jesus heals the sick and creates a structure for the sharing of resources. Faced with a hungry crowd, the disciples offer a simple solution: “Send them away.” Sending the desperate away is a travesty of gospel compassion in a way of life that claims Eucharist as its central tenet. It has, sadly, been part of our national response to many hungering and thirsting for life and security. Jesus refuses such a solution and invites his disciples instead to take some personal responsibility for the situation. The gospel invites us as contemporary disciples to attend to food security in our world and to address ways of meeting the United Nations Sustainable Development Goal of eliminating poverty and hunger by 2030. Informing ourselves on the issues might be one place to begin. Another might be to check supplies before shopping for more food than we need.

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## LOOK WITH THE EYES OF COMPASSION

*The Buddhist monk Thich Nhat Hanh (born 1926) is one of the world’s most influential spiritual teachers. During the Vietnam War, his work for peace brought him into friendship with Dr. Martin Luther King, Jr., Thomas Merton, and other Christians who shared his belief that peace must be who we are, not just something we demand. Thich Nhat Hanh teaches:*

This capacity of waking up, of being aware of what is going on in your feelings, in your body, in your perceptions, in the world, is called Buddha nature, the capacity of understanding and loving. . . . It is with our capacity of smiling, breathing, and being peace that we can make peace.

Many of us worry about the world situation. We don’t know when the bombs will explode. We feel that we are on the edge of time. As individuals, we feel helpless, despairing. The situation is so dangerous, injustice is so widespread, the danger is so close. In this kind of situation, if we panic, things will only become worse. We need to remain calm, to see clearly. Meditation is to be aware, and to try to help.

I like to use the example of a small boat crossing the Gulf of Siam. In Vietnam, there are many people, called boat people, who leave the country in small boats. Often the boats are caught in rough seas or storms, the people may panic, and boats can sink. But if even one person aboard can remain calm, lucid, knowing what to do and what not to do, he or she can help the boat survive. His or her expression—face, voice—communicates clarity and calmness, and people have trust in that person. They will listen to what he or she says. One such person can save the lives of many.

Our world is something like a small boat. Compared with the cosmos, our planet is a very small boat. We are about to panic because our situation is no better than the situation of the small boat in the sea. . . . Humankind has become a very dangerous species. We need people who can sit still and be able to smile, who can walk peacefully. We need people like that in order to save us. Mahayana Buddhism says that you are that person. . . .

The root-word “budh” means to wake up, to know, to understand. A person who wakes up and understands is called a Buddha. It is as simple as that. The capacity to wake up, to understand, and to love is called Buddha nature. [*Christians would call this Christ nature, the Christ self, or the mind of Christ.*] . . .

When you understand, you cannot help but love. . . . To develop understanding, you have to practice looking at all living beings with the eyes of compassion. When you understand, you love. And when you love, you naturally act in a way that can relieve the suffering of people.

*By Richard Rohr*

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## PANDEMIC

*(The wisdom of this poem goes far beyond the circumstances of the pandemic.)*

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,  
on trying to make the world  
different than it is.

Sing. Pray. Touch only those  
to whom you commit your life.

Center down.

And when your body has become still,  
reach out with your heart.

Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)

Know that our lives  
are in one another’s hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

*By Lynn Ungar*

## SCHOOL NEWS

### ➤ ONLINE LEARNING - ATTENDANCE

Just a reminder that it is a legal requirement in for students in Melbourne to complete the set tasks outlined in the Remote Learning packs. Remote Learning is just like a "normal" school day and attendance is compulsory. All students are to complete set tasks during school hours.

**Please remember**, if your child is attending school during remote learning, it is vital that they do not come to school if they have any symptoms like sore throat, temperature, tiredness, loss of taste or smell, tummy pains or shortness of breath. They will be sent home if they show any of these symptoms. All children attending school will have their temperature taken on arrival. Any child who registers a temperature of 37.5 or more, will be sent home. It is important that your emergency contact is available if, for any reason you are unable to pick up your child if we ring you. The constant message is for all of us to be responsible in the actions we take. By keeping yourself safe, you are keeping your families, your colleagues and your friends safe.

### ➤ REMOTE LEARNING PACKS

All students in Grades Prep to Grade 6 are required to complete the assigned tasks allocated by the classroom teachers. Please note that all completed work must be returned/submitted every Friday, as these samples will be used for assessment and reporting purposes.

As of next week, all students in Grades Prep to Grade 6 will be commencing their third week of remote learning. **All students are required to complete the assigned tasks allocated by the classroom teacher(s). Please note that all completed work must be returned/submitted every Friday, as these samples will be used for assessment and reporting purposes.**

Take Home packs are available from the school hall every Friday from 8:45 until 3:00pm. Alternatively, you may wish to download the packs from our school website. If you are downloading these, can you please notify the classroom teacher via Class Dojo.

### ➤ VISITOR ACCESS

Parents/carers/visitors are not to enter the school grounds. The school office will be closed and will only be accessible by appointment only. The School Office will only allow 2 parents at any given time to enter. An admin officer will be at the door to provide hand sanitiser to these parents. If parents are required to be onsite, they must wear mask, minimise their time and practise physical distancing.

### ➤ SCHOOL LITURGY ONLINE

We will be having an online whole school Liturgy of the Word to celebrate the feast of our Australian saint, **Saint Mary MacKillop** (St Mary of the Cross). All students and their families are invited to attend this celebration led by Fr Vincent next **Thursday 6th August at 9:30am**. The celebration on Zoom will held before remote learning and will go for approximately 15 minutes. The link to the celebration will be posted on Class Dojo.

### CAROLINE CHISHOLM – YEAR 7 2022

Enrolments for Year 7 at Caroline Chisholm for 2022 are open until 9th October 2020. If you wish to secure a place at the Catholic college for Year 7 in 2020, please visit [ccc.vic.edu.au](http://ccc.vic.edu.au)



Next weekend is the CatholicCare Sunday Appeal. As our parish's social service agency, CatholicCare delivers family and relationship counselling, refugee and settlement support, education and school programs, and pastoral services. Donations from our parish community will help care for the most vulnerable families in our community.

**Please donate to CatholicCare Sunday Appeal.** Your support and generosity will help break barriers to social inclusion and strengthen families and communities to live life to the full. You can donate online at [www.ccam.org.au/SundayAppeal](http://www.ccam.org.au/SundayAppeal) or call (03) 9287 5513. All gifts of \$2 and above are tax deductible.

## Congratulations & Happy 60<sup>th</sup> Wedding Anniversary Fred & Pauline Storage.

### AN ACT OF SPIRITUAL COMMUNION

*by St Alphonsus de Liguori, Founder of the Redemptorist*

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. Amen.

### LET US PRAY FOR

#### Prayers For The Sick

Louise Tonna, James Raitmajer, Toni Antonowicz, Linda Ratbone, Anna, Maria Kim, Yulette Tanner, Peter Disco, Jessie Spiteri, Stella Sandle, Frank, Doris Carabott.

#### Recently Deceased

Peter Murphy, Vincent Doan, Alfred (Fred) Hickey, Maria Dang Thi Lien, Maria Tran Thi Nhi.

#### Anniversaries

Luchy Ellawala, Nazareno Spiteri, Antonio Mifsud, Philip Gauci, George & Angela Bugeja, Wayne Camilleri, Vincent Duong Kham Su, Mary Camilleri & Family, Joseph, Frank & John Xerri, Charlie Xerri, Lewis Spiteri, Raymond Abela and All Souls.

**Food Bank** opens Fridays from 10.30am until 2.00pm. Contact Charlie at the Presbytery 9366 1310

### ACKNOWLEDGEMENT

*Holy Eucharist parish respectfully acknowledges the Wurundjer people as the traditional custodians of the land on which we reside and worship.*

**VOCATION VIEW:** "If some people did not hoard the riches of this world, all people would have enough to eat and drink. Too many people starve to death every day. Who will speak loudly of justice today?"

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