



# HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021  
Office Hours: Tues - Fri: 9:00am - 3.30pm  
Phone: 9366 1310, Fax: 9366 9359  
Email: [stalbanssouth@cam.org.au](mailto:stalbanssouth@cam.org.au)  
Website: [www.holyeuchariststalban.org](http://www.holyeuchariststalban.org)



## FOURTH SUNDAY IN ORDINARY TIME YEAR B

30 & 31 JANUARY 2021

### 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

Michael Bonnici PH: 8312 0900

#### Filipino Chaplain

Fr Joselito Asis

#### South Sudanese Chaplain

Deacon George B.P.Meat

### MASS TIMES

- ◆ **Tues-Fri:** 9:00am
  - ◆ **Saturday:** 6:00pm
  - ◆ **Sunday:** 9:00am, 10:30am, 6:00pm
- 12:00pm Vietnamese

#### Other Masses

- 1<sup>st</sup> & 2<sup>nd</sup> Sun Sudanese Mass - 3.00pm
- 3<sup>rd</sup> Sun Samoan Mass - 2.00pm
- 4<sup>th</sup> Sun Filipino Mass - 3.00pm

#### SOCIAL OFFICE

Contact: Son Nguyen & Tammy Le  
Phone 9366 1310

Tuesday & Friday 10:00am-3:00pm.

**FOODBANK** open Fridays  
10.30am until 2.00pm. More details call Charlie 03 9366 1310.

**Closed 18/12/2020 Reopened 5/2/2021**

**St Vincent de Paul:** Call Centre is now open. Please contact 1800 305 330. Thank you.

**RCIA:** Please contact Br. Anthony Gatt on 0419 115 692 or call the Parish Office for more details.

### SCHOOL PRINCIPAL'S MESSAGE

Dear Families and Friends,  
Welcome back to another exciting year at Holy Eucharist School. I hope that you all had a wonderful Christmas and a great start to the New Year. I would like to extend a warm welcome to all our new students, families, and staff. I am sure you will find our school community a very welcoming and caring environment.

As the new Principal of the school, it is both a great honour and privilege to lead and serve the Holy Eucharist community. I am looking forward to continue working in partnership with you in order to 'engage, educate and empower' our students. I also look forward to continue building "community", a sense of belonging and connectedness between students, families, staff and the wider parish, inspired by the teachings of Christ and led by His Spirit.

God Bless,

Mr. Michael Bonnici

**Principal**

### PRECA CENTRE



**Come and See** is a youth group within a Catholic Faith community called the Preca Community. Preca is an inclusive multicultural community which welcomes youth and their families in a safe and vibrant environment. **Come and See** provides a weekly opportunity to celebrate our faith and family life. There is time for recreational sport, community prayer, learning groups, birthday and anniversary celebrations and just hanging out with friends in a relaxed and safe atmosphere.

**Come and See** meets every Friday from 6:45pm till 9:00pm. We welcome youth from 11 years and over both girls and boys. Their families are welcome to stay and be part of our gatherings.

Visit: [www.precacommunity.org](http://www.precacommunity.org) and also on

<https://www.facebook.com/precacommunitymel>

### OBSERVE THE FOLLOWING GUIDELINES

The restrictions in place are compulsory as issued under lawful direction of the Chief Health Officer of Victoria.

As of 5:00pm, 31 December 2020:

- ◆ **All people must carry a face covering when leaving home** unless they have a lawful reason not to.
  - ◆ It is **mandatory to wear fitted face coverings in all indoor public spaces** unless you have a lawful reason not to do so, or are a child under 12 years of age.
  - ◆ Wearing a face covering is strongly recommended outdoors if a distance of 1.5 metres from other people cannot be maintained.
  - ◆ Up to 15 people can visit an individual's home per day. There is no limit on the number of households those people come from. Front and backyards are considered part of the home.
  - ◆ Weddings, funerals and religious gatherings can occur with no limits on the number of guests or attendees. To ensure people can keep 1.5 metres distance the 'venue' must apply the two square metre rule. Anything conducted in a private home must apply the gathering limits for private homes of 15 people.
  - ◆ Record keeping remains an important and critical tool for keeping all in the community safe.
- Under no circumstances should anyone awaiting a COVID-19 test verification, including Clergy (even without presenting symptoms) attend a church or parish setting until a diagnosis is confirmed. Additionally, under no circumstances should anyone attend who is closely connected to people who are awaiting test results or who have tested positive.

Thanks for your collaboration.

## THE LIVING WORD

### First Reading Dt 18:15-20

A reading from the book of Deuteronomy

*I will put my words into the prophet's mouth, and he will tell them all I command.*

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."

### Responsorial Psalm Ps 94:1-2. 6-9. R. v.9

(R.) If today, you hear his voice,

harden not your hearts.

1. Come, ring out our joy to the Lord;  
hail the rock who saves us.

Let us come before him, giving thanks,  
with songs let us hail the Lord. (R.)

2. Come in, let us kneel and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand. (R.)
3. O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work (R.)

### Second Reading 1 Cor 7:32-35

A reading from the first letter of St Paul to the Corinthians

*The unmarried woman dedicates herself to the things of the Lord, that she might be holy.*

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

### Gospel Acclamation Mt 4:16

Alleluia, alleluia!

A people in darkness have seen a great light:  
a radiant dawn shines on those lost in death.

Alleluia!

### Gospel Mk 1:21-28

A reading from the holy Gospel according to Mark

*This is a new kind of teaching that speaks with authority.*

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

### REFLECTION ON SUNDAY GOSPEL

It is not unusual to suggest that people have been 'economical with the truth'. Generally, this is a kind way of suggesting that they have been embellishing a story or telling a 'white lie' to avoid giving offence.

However, in this new age of tweeting on social media, in some circles at least the truth seems to have become a rare commodity. If lying becomes commonplace, it certainly damages trust and inevitably human relations become strained and societies become divided. But, while there is always the temptation to conclude that we are seeing a deterioration in behaviour by comparison with a bygone era, there is no doubt that duplicity and deceit have been part and parcel of the human story from the very beginning.

This Sunday the Church invites us to reflect on how Moses reassured his people that God would raise up a prophet like himself, to whom they must listen and in whom they could trust. There is also a warning for those prophets who choose to go their own way: they will not prosper. The Old Testament is littered with the stories of such prophets who tried to mislead the people for their own ends.

Ultimately, Moses is pointing us towards the coming of Jesus. At the beginning of his gospel, Mark is determined that we should get the connection by establishing the authority of Jesus, who acts and speaks in a manner that the people had clearly not been used to. Jesus makes a deep impression on them precisely because he teaches 'with authority'. He speaks the truth.

The battle between good and evil is going to be waged. It is the man who possesses the spirit of evil who identifies Jesus of Nazareth as "the Holy One of God". This is the truth that Mark wishes to establish in our minds right from the

outset. Everything that follows is designed to reinforce that message. In our age, as in every age, we are caught up in the great struggle between good and evil.

At the same time, the recurring theme is that Christ, through his passion, death and glorious resurrection, has conquered, and that his victory is our victory if we allow his Spirit to dwell within us.

By the time John is writing his gospel, after a lifetime of meditating on this mystery, John repeatedly returns to the notion of truth. He recalls that Jesus, at the Last Supper, points out to Thomas that *he* (Jesus) is “the way, the truth and the life”, having previously taught those who took his word to heart: “you will learn the truth and the truth will make you free.”

In an age of fake news, we will do well to ensure that we always speak the truth, and then we can enjoy the freedom that follows.

*By Tim Buckley CSsR*

## 6 WAYS TO HOLD ONTO JOY IN TROUBLED TIMES

### **The joy we seek can be found in God.**

There are many verses in Scripture that refer to how God is good to us, especially troubled times. Philippians 4:19 says, "My God will supply all your needs according to His riches in glory in Christ Jesus." God never gives us what He knows would harm us. His desire is for us to live. God distinguishes between our wants and our needs, and He is concerned with every part of our being. God provides for us beyond anything we can ask or imagine. He uses the tough times to not only shape but also transform our lives. We can trust His guidance, goodness, and intention to do more for us than we could ever do. There are times when we may doubt His power, but God can see us through all circumstances. Here are six ways to hold onto joy in troubled times.

### **God is Preparing Us For a Joyful Future**

We should see the challenges and trials we face as God's perfect way of preparing us for a brighter future. When you are going through troubled times, God often puts someone in your path to assist you through your trial period by lending you emotional support. Often, these are friends, family, and loved ones, but sometimes God will even place strangers in your life to bring you through tough circumstances. If you close yourself off from the world, it may be hard for you to see that God is putting someone in front of you to help you and working through that person to get you through the situation you're facing. However, when you open yourself up, this person can guide you out of the pit so that you can experience joy.

### **This is Only a Trial Period**

Going through troubled times can be frustrating. Life can feel unpredictable and out of control during these periods. During this trial period, God can inspire some great ideas to turn your life around. For example, if you are unemployed and stressed, God may inspire you to think of new and creative ways to produce additional income, while also channeling your talents. You can

begin by making a list of services needed by people around you and find a way to make yourself useful in those areas. This may be a test by God to humble you, while also helping you to grow. Trusting in God and having a positive mindset will help you think outside of the box and transform your life.

### **Turn to Scripture**

If you happen to be struggling through hard times today, Scripture is an excellent healing place. The words you read can be a great blessing through difficult times. We can find incredible joy when we trust in God's Word. Scripture can lead us to exactly where we need to be, even during our darkest trials. Sometimes, you can run through Scripture, stop on a passage, and discover that God is speaking through those words. Other times, you can listen to the readings or the pastor's message on Sunday and hear God speaking to you through those verses. No matter what circumstance you are facing, you can always rest in the fact that God will always be faithful.

### **Remember the Presence of the Holy Spirit**

God's Spirit is present in all creation and sent out to bring about God's new creation. First and foremost, the Spirit is God's presence. You have felt the quiet confirmation in your heart and mind that something was real, and you knew that it was inspiration from God. For some, it may have come during a talk, lesson, or hymn in church. The Holy Spirit is the Spirit of Truth. You feel peace, hope, and joy when He speaks to your heart and mind that something is true. When you allow the Holy Spirit to work through you, darkness can be dispelled, and the desire to do right and transform your thinking grows. When we're going through troubled times, the key for each of us is to accept and hold the gift God has promised us.

### **Listen to Words of Encouragement**

Sometimes we wake up in the morning, and before our feet



even hit the floor, we know the day is careening downhill fast. Life hits us with disappointments, challenges, and heartache. Sometimes, there is

no apparent reason – our mood shifts from light-hearted to heavy. In these moments, it feels like joy is absent. When you are going through troubled times, sometimes just hearing encouragement can lift your spirits. It would help if you had some momentum to reframe your thoughts. Often, God puts a person in your path who will say something that catches your heart and makes you feel better about what you are going through. Other times, we will run across words that show up to brighten our day. These are little reminders from God that we are His beautiful children and that He loves us.

### **Listen to Music**

How often have you turned on the radio or a playlist, and a song speaks to you? The song playing right at this moment is not accidental. God's timing is perfect, and He shows us so

much grace and love while we walk through calamity. God will play certain songs at the right time, so you know that He is present and that things will be ok. These moments are wholly unexpected but can brighten our spirits when we are feeling particularly down. Going through hard times can be extremely stressful and seem never-ending, but God works in mysterious ways and provides the spiritual gift of music to some to help people through some of their darkest trials. Music can pull you out of the pit during troubled times.

Psalm 46:1-3 says, "God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give away and the mountains fall in the heart of the sea, though its waters roar and foam and the mountains quake with their surging." God never says He will provide for your wants, but He clarifies that He will provide for His children's needs. This is one of the many reasons we can trust God to be there for us, not only when times are good, but also when times are rough. God is faithful, and He knows our every need. God will provide, even in difficult times. The days may be dark now, but God is preparing us for something greater.

*By Lesli White*

### TAI CHI CLASSES

Yang Style 24 Commencing on **Thursday Night at 6.30pm on the 4/2/21.**

The Classes will be held at the HOLY EUCHARIST HALL 1A Oleander Drive St Albans.

All welcome. gold coin donation. Please wear Comfortable Clothing and Footwear."

### ST ALBANS SOUTH SENIOR CLUB

Dear Members & Friends, our first Bingo session will be on: Wednesday 3rd February 2021, doors open from 9:00am, eyes down 10.15am.

Please be aware that the first FOUR WEEKS will be on Wednesdays, due to the school prep orientation. Look forward to seeing you all back!

### READERS/COMMENTATOR/ COORDINATOR/EUCHARIST

**Tues 9:00 AM, 02-02-21**

Reader Xuan Duong  
Eucharist: Monica Lomen

**Wed 9:00 AM, 03-02-21**

Reader Carmen Camilleri  
Eucharist: Elizabeth Delacruz

**Thur 9:00 AM, 04-02-21**

Reader Shirley Krizmanic  
Eucharist: Shirley Krizmanic

**Fri 9:00AM, 05-02-21**

Reader Helen Maddela  
Eucharist: Catherine Bartolo

**Sat 6.00 PM, 06-02-21**

Lit. Coordinator: Reno Attard  
Charlie Pace  
Commentator Violetta Montoro  
Reader: Jinky Monteros  
Susan Hallorina  
Eucharist: Violleta Montoro  
Alaistair Surrao

**Sun 9.00 AM, 07-02-21**

Lit. Coordinator: Monica Lomen  
Commentator Mini Eddy  
Reader: Shirley Krizmanic  
Pam Norris  
Eucharist: Fred Storage  
Monica Lomen

**Sun 10:30AM, 07-02-21**

Lit. Coordinator: Taoete Afano  
Commentator School Leader  
Reader School Leader  
School Leader  
Eucharist: Taoete Afanao  
Rita Martin

**Sun 6.00PM, 07-02-21**

Lit. Coordinator Lani Laririt  
Commentator Xuan Duong  
Reader Angeline  
Mario  
Eucharist: Lani Laririt  
Xuan Duong

### CHOIR GROUPS

**Saturday 6th February 2021**

**6pm – Fernandez Choir**

**Sunday, 7th February 2021:**

**9am - Charlie Schembri**

**10.30am – Samoan Choir**

**6.00pm – Exxzimos Choir**

### PRECA CENTRE

We are commencing our Sacrament Classes on **2nd February 2021 @ 7pm.** Both for past 2020 enrollments and the new 2021 enrollments. The first 3 weeks are open for registrations every Tuesday from 645pm followed by the allocated class. Dates for Sacraments will be given upon registration. Contact 9356 0734, Preca Centre 29 Rosslare Parade, St Albans

### CHURCH CLEANING

Week beginning: 2rd Feb. 2021. Group 11: Ed & Joh Cablao, Jinky Monteros & Family.

### LET US PRAY FOR

#### Prayers For The Sick

Toni Antonowicz, Linda Ratbone, Anna, Maria Kim, Yulette Tanner, Jessie Spiteri, Stella Sandle, Frank, Doris Carabott.

#### Recently Deceased

Arthur Garciliano

#### Anniversaries

Daminh Tran Huu Manh, Anthony Gatt, Nazareni Spiteri, Antonio Mifsud, Philip Gauci, George & Angela Bugeja, Wayne Camilleri, Bartolo family, Brincat & Galea family, Vincent Duong Kham Su, Mary Camilleri & Family, Joseph, Frank & John Xerri, Charlie Xerri, Lewis Spiteri, Raymond Abela and All Souls.

### SAFETY FOR ALL

Holy Eucharist Parish is committed to the safety, wellbeing and dignity of all children, young people and vulnerable adults.

### ACKNOWLEDGEMENT

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

### VOCATION VIEW

"Let us not get confused that power and authority are two very different things. We must imitate Jesus and use these gifts in service of the poor. It is this power that is at work in us. "

All information used in accordance with the terms of our privacy policy.