



## 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)



### THIRD SUNDAY OF EASTER YEAR B

17 & 18 APRIL 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.

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

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

#### OBSERVE THE FOLLOWING GUIDELINES

##### For the safety of everyone

- ◆ Please use the hand sanitizer provided and keep social distancing at all time.
- ◆ Everyone over 12 years of age, please wear face coverings.
- ◆ When a cantor is singing or a reader/commentator is reading, the face covering may be lowered.
- ◆ Rite of Peace, please avoid shaking hands but instead say "Peace be with you" and offer a smile, wave, nod or bow.
- ◆ Please observe social distancing at Holy Communion, which will only be given in the hand.
- ◆ If you feel unwell, please stay at home.

Thank you for your collaboration.

God bless and protect us always.

#### MASS COUNTS 2021

The Archdiocese of Melbourne conducts Mass count during the month of May. The count is conducted over the first four consecutive Sundays (and Saturday evenings) in May. Counting over four Sundays ensures that fortnightly and monthly Masses are not overlooked. This is particularly important for many country towns and migrant communities.

This year, parishes will also be asked to provide estimates of the age and sex of those who attend Mass and Sunday assemblies. As well, in light of ongoing COVID-19 restrictions in some areas, parishes will be invited to provide the number of 'views' of Masses or Sunday assemblies streamed online. Volunteers and Community Leaders will be informed to organise this. Thank you

#### THE LIVING WORD

##### First reading Acts 3:13-15,17-19

*You killed the prince of life: God, however, raised him from the dead*

Peter said to the people: 'You are Israelites, and it is the God of Abraham, Isaac and Jacob, the God of our ancestors, who has glorified his servant Jesus, the same Jesus you handed over and then disowned in the presence of Pilate after Pilate had decided to release him. It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses. 'Now I know, brothers, that neither you nor your leaders had any idea what you were really doing; this was the way God carried out what he had foretold, when he said through all his prophets that his Christ would suffer. Now you must repent and turn to God, so that your sins may be wiped out.'

##### Responsorial Psalm Ps. 4:2,4,7,9

##### Lord, let your face shine on us.

When I call, answer me, O God of justice;  
from anguish you released me,  
have mercy and hear me!

##### Lord, let your face shine on us.

It is the Lord who grants favours to those whom he loves;  
the Lord hears me whenever I call him.

##### Lord, let your face shine on us.

'What can bring us happiness?' many say.

Lift up the light of your face on us, O Lord.

##### Lord, let your face shine on us.

I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety.

##### Lord, let your face shine on us.

## Second reading 1 John 2:1-5

*Jesus Christ is the sacrifice that takes our sins away, and the world's*

I am writing this, my children, to stop you sinning; but if anyone should sin, we have our advocate with the Father, Jesus Christ, who is just; he is the sacrifice that takes our sins away, and not only ours, but the whole world's.

We can be sure that we know God only by keeping his commandments. Anyone who says, 'I know him', and does not keep his commandments, is a liar, refusing to admit the truth. But when anyone does obey what he has said, God's love comes to perfection in him.

## Gospel Acclamation of Luke 24:32

Alleluia, alleluia!

Lord Jesus, make your word plain to us: make our hearts burn with love when you speak.

Alleluia!

## Gospel Luke 24:35-48

*It is written that the Christ would suffer and on the third day rise from the dead*

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of bread.

They were still talking about all this when Jesus himself stood among them and said to them, 'Peace be with you!' In a state of alarm and fright, they thought they were seeing a ghost. But he said, 'Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.' And as he said this he showed them his hands and feet. Their joy was so great that they still could not believe it, and they stood there dumbfounded; so he said to them, 'Have you anything here to eat?' And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, 'This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms has to be fulfilled.' He then opened their minds to understand the scriptures, and he said to them, 'So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

### REFLECTION ON THE GOSPEL

Most of the gospel readings for this year are from Mark's story of Jesus. As with any story, it is best to read it from beginning to end, attending to the story line, to indications of habitat and of time, to all the actors or characters in the story, human and other-than-human. While the main character or actor is Jesus, there are other characters and character groups that claim our attention. The "worlds" we encounter include the celestial world, the world of spirits and demons, the human, the animal and the plant worlds. In many ways, we can resonate with the worlds that Mark creates. In other ways, they are alien to 21st century scientific sensibilities and experience. We bring our

consciousness of these differences to our reading of the text. As we embark on this reading we might also become aware of what we bring to the text, "the joys and the hopes, the griefs and the anxieties" (GS 1) of our world today, a world still grappling with pandemic and with growing economic inequality. What we bring to the text informs our understanding of the text. As we read, we might think of this gospel as a two-act drama. The first act in the drama (Mark 1:1-8:26) raises the question, "Who is this?" The central scene (Mark 8:27-30) provides a partial answer: Jesus is the Messiah or God's Anointed One, the Christos. The second act of the drama (Mark 8:31-16:8) is full of surprises for its earliest audiences: Jesus is not a militaristic messiah, but one who is prepared to suffer death for the sake of God's empire; God finally triumphs over suffering and death. The invitation to us as readers is to enter into the drama, to identify with the characters and character groups, and to hear the teachings of Jesus. In the passage selected for today, Jesus announces his program and invites others to reorient their lives, to expand their horizons and to join him on a mission of proclaiming God's kingdom, God's way of being in the world. Jesus proclaims the advent of God's "time" or kairos, as opposed to ordinary clock time (chronos). It is crisis time, time to attend to the cries of the earth and the cries of those rendered poor in every age.

One might get the impression in the opening chapters of the gospel that the disciples are all men. We have to go to the end of the gospel to find that there are also women "who came up with him to Jerusalem" from Galilee. The central section of the gospel (Mark 9-10) makes it clear that there are children on the journey as well. So let us imagine a much more extended group around Jesus than today's little gospel reading suggests. Women, men, and children, all are invited to leave behind whatever gets in the way of bringing God's kingdom into our world.

*By Veronica Lawson RSM*

### INVITATION

*You're  
Invited*

Dear Parishioners and Visitors,  
Following my message in the Bulletin last week, I would like to invite you to identify our Parish mission at

the moment and provide your views on what you think as Parish's ministry, needs, issues, etc...

As a parish family we are encouraged to share our gifts and talents in service to others. Therefore, I would like to invite you to have a meeting on **Tuesday 27 April 2021, at 7pm in the Parish Hall.**

Here is a reflective question: *what aspects of our parish life would you like to see improvements?* Our Parish Leadership Team would like to hear your ideas, comments and suggestions so that we are able to make our mission objectives available for everyone.

Look forward to seeing you then.

*Please pick up a mission and vision booklet in the Church foyer for more details.*

Every blessing,

Vincent Long Pham CSsR  
Parish Priest

## WHEN YOU'RE NOT OKAY: A GUIDE TO STAYING WELL IN THE WAKE OF COVID-19

Feeling a bit 'off' this year and can't quite put your finger on it? The sun is now shining, you can visit family and friends, and celebrate public liturgical services, so why are you not feeling so great? You think you should be back to normal as everything settles down.

For many of us, while life has turned in a positive direction, it may be much harder for our minds, bodies and spirits to adjust immediately to the new pace, as positive as it may be. This appears to be an extremely common current phenomenon, evident in my patients and those around me. The gravity of last year's events is starting to hit many full force, emerging out of what has been an unhealthily prolonged period of operating in survival mode.

Think back to last year when our world was turned inside out and upside down by the threat of a deadly and contagious virus that caused international borders to close, and kept us confined in our homes for up to 23 hours a day. There were ever-changing, head-spinning restrictions to keep up with, and workplaces became increasingly more virtual as they adapted rapidly to this changed reality. Many families lost a lot of the practical supports they heavily relied on to keep the wheels turning. Many individuals experienced soul-crushing isolation, and for the first time in their lives, many suffered a steep decline in their mental wellbeing. As in health care, those working in pastoral care were challenged by the intense suffering of their flock, who were without the usual means of personal outreach that could support, heal and restore.

Grief was further complicated by families being separated from dying relatives, and funeral services being postponed or limited to the smallest numbers. Joy and celebration were put on hold, with happy events like weddings and baptisms interrupted. Access to churches and sacramental life was restricted, while other community activities could resume. Many lost their sources of income and, tragically, some lost their lives in despair. While many of us were able to adapt, survive and even see the silver linings in these difficult times, we cannot simply ignore the collective suffering and pain experienced. When we don't process our emotions healthily and suppress our challenging experiences, it can have an impact on our physical, mental and spiritual wellbeing.

In addition to the COVID-19-related adjustment, the other elephant in the room is that of burnout. Interestingly, burnout has only been recently acknowledged as a medical reality (defined as an occupational phenomenon in the 11th revision of the International Classification of Diseases in 2019), even though it is something I have 'diagnosed' in both myself and others long before this. While the 'textbook definition' includes feelings of energy depletion or exhaustion, feelings of negativism or cynicism related to one's job, and reduced professional efficacy, the reality of the experience, like a lot of things, is more complex and nuanced. Australian researchers have demonstrated a wider scope of mental and physical effects, including anxiety, stress, depressed mood, irritability, anger, withdrawal, sleep disturbances, reduced motivation, impaired concentration, memory issues, brain fog, muscle aches, headaches and nausea, just to name a few.



Burnout has been known to be a very common reality pre-COVID-19, and one that 'helping professionals' such as clergy, healthcare workers and teachers are very prone to experiencing. Add in the pressure-cooker COVID-19 effect and burnout levels are now very prevalent in the community, with recent surveys showing that more than 70 per cent of workers today are suffering from burnout. It is vital to address burnout as it is associated with high absenteeism, negative economic effects, poor physical health (such as cardiovascular disease) and high mental-health burden. It also has a negative impact on those we minister to, as well as family, friends and co-workers.

The good news is that there are ways to address COVID-19-related adjustment and burnout symptoms. There are fundamental pillars to maintaining good health that should be adhered to, as basic as they may seem. These include adequate rest (including maintaining regular sleeping hours), attention to nutrition and hydration (which provide the building blocks for our 'happy' brain hormones), and regular physical and recreation activities (which have natural anti-anxiety and antidepressive effects).

From a psychological perspective, it is essential to allow yourself time to readjust to the many changes we have experienced, and to go slowly to help prevent 're-entry anxiety'. As well as adjusting expectations, practising self-compassion and having healthy work boundaries are key burnout-prevention measures. The comparison trap is worth being aware of—just because Fr John down the road has mastered online ministries and is getting thousands of YouTube hits, it does not mean that you are failing in your ministry. We all have different, but equally important roles in being the Body of Christ. Come to know your 'warning signs' for burnout, which may be individual to you—for instance, experiencing 'compassion fatigue' in dealing with others. 'Warning signs' left unchecked and unaddressed could in the long term turn into a mental health crisis.

Addressing adjustment and burnout can be complex to address, as there may also be personal factors such as personality attributes and learnt unhealthy behaviours, as well as external factors such as challenging workplace and interpersonal dynamics. Professional psychological therapy can greatly assist with addressing these complicated issues. Psychological therapies, like other medical therapies, continue to improve, and with time it is possible to find the right healthcare practitioner to meet your needs. It can be beneficial to find healthcare practitioners who understand your spiritual beliefs. Mental health is something we all experience by virtue of having a brain. Just as you would get medical advice on your physical health, give yourself permission to get medical advice on your mental health. Remember that there is strength in vulnerability, and asking for help is not a sign of weakness. Having a regular general practitioner is highly recommended. Your GP can help by referring you to the most appropriate services, and can help to keep you healthy overall.

Last but not least, we have prayer and spiritual guidance. In the paschal mysteries, we have a beautiful and timely reminder of a God of love who suffers with us and for us. We are not alone in this trial, and while it is easy and natural for us to feel spiritually abandoned in our challenges, we are gifted with an enduring hope. Grace and blessings still flow into the perceived darkness, and in time we will feel God's love and warmth again.

*By Dr Lucia Murnane*

## SCHOOL NEWS

### DATES of the SACRAMENTS - Church

- ◆ Grades 4 & 5, 2021 First Holy Communion - Sat. 5th June @ 6pm or Sun. 6th June 10.30am
- ◆ Grade 6 2020 & Grade 6 2021 Confirmation - Sat. 19th June @ 2pm FAMILY

### FAITH EVENINGS

- ◆ The Blessed Sacrament of First Holy Communion Tuesday 18 May 7pm-8.30pm
- ◆ Confirmation Tuesday 25 May 7pm - 8.30pm

### OTHER IMPORTANT DATES APRIL

- ◇ Sun 18th April -3rd Sunday of Easter
- ◇ Mon 19th April -Term 2 begins
- ◇ Thurs 22nd April - International Earth Day

## REDEMPTORIST YOUTH MINISTRY, MELBOURNE

All Youths are welcome to make the most of this great opportunity available here at our Parish for Youth help and counseling. Please call/email to make appointment.

**Tammy Nguyen**

**Email: [t.nguyen@cssr.org.au](mailto:t.nguyen@cssr.org.au)**

**Mob: 0415599413**

## TAI CHI CLASSES

Yang Style 24 classes resumes

**Thursday Night the 23rd April 2021 at 6.30pm.** 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."

## FEAST OF ST JOSEPH

Wishing The St Joseph Qala Association a Happy Feast Day as they celebrates this Sunday 18th April 2021. The Community also invites everyone to celebrate with them. Start with the celebration of the Eucharist at 3pm in the church followed by celebration in the Holy Eucharist Parish Hall until 8pm.

## READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

### Tues 9:00 AM, 20-04-21

Reader Xuan Duong  
Eucharistic Min. Monica Lomen

### Wed 9:00 AM, 21-04-21

Reader Carmen Camilleri  
Eucharistic Min. Elizabeth Delacruz

### Thur 9:00 AM, 22-04-21

Reader Shirley Krizmanic  
Eucharistic Min. Shirley Krizmani

### Fri 9:00 AM, 23-04-21

Reader Helen Maddela  
Eucharistic Min. Catherine Bartolo

### Sat 6.00 PM, 24-04-21

Lit. Coordinator: Reno Attard  
Charlie Pace  
Commentator: Carmen Camilleri  
Reader: Alaistar Surrao  
Violetta Montoro  
Eucharistic Min. Wendy Forbes P.  
Anthony Naidu  
Carmen Camilleri

### Sun 9.00 AM, 25-04-21

Lit. Coordinator: Monica Lomen  
Commentator Wilma Marmur  
Readers: Helen Maddela  
Shirley Krizmanic  
Eucharistic Min. Monica Lomen  
Wilma Marmur  
Helen Maddela

### Sun 10:30AM, 25-04-21

Lit. Coordinator: Saa Tufuga  
Commentator Cristina Pedroso  
Reader Jinky Monteros  
Susan Hallorina  
Eucharistic Min. Saa Tufuga  
Joh Cablao

### Sun 6.00PM, 25-04-21

Lit. Coordinator Xuan Duong  
Commentator Larnie Mendoza  
Reader HE Youth  
HE Youth  
Eucharistic Min. Lani Laririt  
Larnie Mendoza  
Xuan Duong

## CHOIR GROUPS

### Saturday 24th April 2021

\* 6pm – Osana Choir

### Sunday 25th April 2021

\* 9am - Charlie Schembri

\* 10.30am - Fernandez Choir

\* 6.00pm - HE Youth

## CLEANING ROSTER

Week Beginning April 21st 2021,  
Group 9: Cita & Frank Carreon,  
Visjna Milinkovic, Joe Camilleri,  
Eddie Domingo & Paul Scerri.

## LET US PRAY FOR

### The Sick

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

### Recently Deceased

Rosa Di Sante, Martin Tolhurst,  
Maria Huong.

### Anniversaries

Guise Nguyen Hoang Tuan, Maria  
Pham Thi Tuyet, Phaolo Nguyen  
Van Dong, Vyvy An Nguyen, Peter  
Disco, Frank Kreuger, Richard  
Curmi, Iro & Jessie Vella, 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

"What could convince someone to turn to God? That God became man and is the sacrifice that takes our sins away. Let us pray - Lord Jesus, make Your word plain to us and set our hearts on fire with love when You speak. Enable us to respond to the call to be witnesses of Your love."

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