



HOLY EUCHARIST PARISH

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26TH SUNDAY IN ORDINARY TIME YEAR B,

25 & 26 SEPTEMBER 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

SPECIAL NOTICE

Dear Parishioners,

Due to the Current Covid19 situation, the Church and Parish Office will be closed, therefore:

- ◆ **Tues-Sat:** No Community Masses until further notice

Only Online Mass

Sunday: 10:30am English

12:00pm Vietnamese

Live streaming on:

1. Parish Facebook Page:

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

2. Parish Youtube Channel:

bit.ly/HolyEucharistYoutube

3. Parish Website: you can join the live mass or join at any time convenient to you.

http://www.holyeuchariststalbans.org/mass_stream.html

4. <https://www.facebook.com/StAlbansOfficials>

THE LIVING WORD

First reading Numbers 11:25-29

If only the whole people of the Lord were prophets!

The Lord came down in the Cloud. He spoke with Moses, but took some of the spirit that was on him and put it on the seventy elders. When the spirit came on them they prophesied, but not again.

Two men had stayed back in the camp; one was called Eldad and the other Medad. The spirit came down on them; though they had not gone to the Tent, their names were enrolled among the rest. These began to prophesy in the camp. The young man ran to tell this to Moses, 'Look,' he said 'Eldad and Medad are prophesying in the camp.' Then said Joshua the son of Nun, who had served Moses from his youth, 'My Lord Moses, stop them!' Moses answered him, 'Are you jealous on my account? If only the whole people of the Lord were prophets, and the Lord gave his Spirit to them all!'

Responsorial Psalm Ps. 18(19):8,10,12-14

The precepts of the Lord give joy to the heart.

The law of the Lord is perfect,
it revives the soul.

The rule of the Lord is to be trusted,
it gives wisdom to the simple.

The precepts of the Lord give joy to the heart.

The fear of the Lord is holy,
abiding for ever.

The decrees of the Lord are truth
and all of them just.

The precepts of the Lord give joy to the heart.

So in them your servant finds instruction;
great reward is in their keeping.

But who can detect all his errors?
From hidden faults acquit me.

The precepts of the Lord give joy to the heart.

From presumption restrain your servant
and let it not rule me.

Then shall I be blameless,
clean from grave sin.

The precepts of the Lord give joy to the heart.

Second reading James 5:1-6

The Lord hears the cries of those you have cheated

An answer for the rich. Start crying, weep for the miseries that are coming to you. Your wealth is all rotting, your clothes are all eaten up by moths. All your gold and your silver are corroding away, and the same corrosion will be your own sentence, and eat into your body. It was a burning fire that you stored up as your treasure for the last days. Labourers mowed your fields, and you cheated them – listen to the wages that you kept back, calling out; realise that the cries of the reapers have reached the ears of the Lord of hosts. On earth you have had a life of comfort and luxury; in the time of slaughter you went on

eating to your heart's content. It was you who condemned the innocent and killed them; they offered you no resistance.

Gospel Acclamation of John 17:17

Alleluia, alleluia! Your word, O Lord, is truth: make us holy in the truth. Alleluia!

Gospel Mark 9:38-43,45,47-48

Do not stop anyone from working a miracle in my name

John said to Jesus, 'Master, we saw a man who is not one of us casting out devils in your name; and because he was not one of us we tried to stop him.' But Jesus said, 'You must not stop him: no one who works a miracle in my name is likely to speak evil of me. Anyone who is not against us is for us.

'If anyone gives you a cup of water to drink just because you belong to Christ, then I tell you solemnly, he will most certainly not lose his reward.

'But anyone who is an obstacle to bring down one of these little ones who have faith, would be better thrown into the sea with a great millstone round his neck. And if your hand should cause you to sin, cut it off; it is better for you to enter into life crippled, than to have two hands and go to hell, into the fire that cannot be put out. And if your foot should cause you to sin, cut it off; it is better for you to enter into life lame, than to have two feet and be thrown into hell. And if your eye should cause you to sin, tear it out; it is better for you to enter into the kingdom of God with one eye, than to have two eyes and be thrown into hell where their worm does not die nor their fire go out.'

REFLECTION ON THE GOSPEL

Sometimes we act and speak as though we humans have the monopoly on access to the power of God even if, in fact, we have no such monopoly. In today's gospel Jesus seems to be telling his disciples that God works through people of good will, irrespective of whether they are on the edge ("not one of us") or at the centre of the kin-dom of God movement. Much the same message is found in the first reading from the Book of Numbers which has Joshua trying, on somewhat tenuous grounds, to exclude two men from prophesying. Moses does not take Joshua's advice. On the contrary, he prays that the Spirit of God might "rest on" and, by implication, work through all of God's people. Both the gospel passage and the reading from Numbers seem to be warning against attempts to control or domesticate the Spirit of God. The second part of the gospel reading (9:42-48) brings a dramatic change of mood as it takes up the issue of scandalising the "little ones". The reference to "little ones" marks a return to the scene in the latter part of last week's gospel reading where Jesus takes a little child in his arms and instructs his disciples.

The horror of harming the little ones is dramatized in a series of sayings that challenge the most vivid of imaginations. These sayings are hardly intended to be taken literally. Cutting off offending limbs only deals with the symptoms. It may, however, offer some solace to those little ones who have suffered "scandal" or worse to know that there is no stronger condemnation in the

gospels than that reserved for those who bring harm to children and to vulnerable others. We are impelled to do everything in our power to heal the hurts of the past and to create conditions that ensure the protection and safety of our children. We are likewise impelled to heal the hurts affecting tiny creatures like the bees that are so crucial for life in our common home.

The provision of secure and affordable housing for vulnerable families is one possible response to today's gospel challenge. The restoration of habitat where fire has ravaged the land is yet another response. As we move into the final week of the Season of Creation (September 1-October 4), we recall the 2021 theme, "A Home for All". Every creature needs a home. The escalating cost of housing and of rental properties has accelerated the problem of homelessness in the human community. The climate crisis has accelerated the loss of habitat for countless other species. To take up the challenge of addressing homelessness is to accept the invitation of Pope Francis to live the eighth work of mercy. It involves imagination and industry. It means visualising new possibilities and engaging in "daily gestures" that have the potential to bring life to the "little ones" of this world, the human and the other-than-human.

By Veronica M. Lawson RSM

10 TOOLS TO HELP YOU OFFER YOUR PRAISE TO GOD

Catechism of the Catholic Church on Adoration

Praise and adoration are closely related, often interchangeable. The Catechism of the Catholic Church offers a short but excellent explanation of ADORATION: "ADORATION is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the King of glory, respectful silence in the presence of the "ever-greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance of our supplications." (CCC # 2628)

Helpful Acronym: A.C.T.S.

This short acronym of four letters can prove extremely useful in ordering our prayer life, our priorities and pursuits—**A.C.T.S.**

- ♦ **A = ADORATION**... First and foremost, we are all called to adore God with all our heart, mind, soul, being, and strength; then to love our neighbor as ourselves.
- ♦ **C = CONTRITION**... Being sinners and failing God often. The Bible states that the just man falls seven times a day. (Prov 24:16) We must beg God's pardon and forgiveness for our transgressions and sins, always trusting in His mercy.
- ♦ **T = THANKSGIVING**... We should never allow a day to transpire without spending at least a short time, hopefully a long time, in rendering thanks to God. We are in debt to God for all that we have. With the Psalmist let us lift our

hearts in gratitude: “Give thanks to the Lord for He is good; His mercy endures forever.” (Ps 136:1)

- ◆ **S=SUPPLICATION.** The great Saint Augustine states the utter truth: “We are all beggars before God.” In supplication, we implore God for all the things—both material and spiritual—that we are in desperate need of in order to live a life of security and dignity.

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These are the four basic sentiments of prayer. However, the first in the hierarchy of importance is that of praising God and striving to do it with every fiber of our being. We must constantly strive to praise God in this life because we will be doing it for all eternity.

This being the case, what are some ways that we can offer to Almighty God the praise that He undoubtedly deserves from us, His creatures? We will offer a list with the hope that you will implement these channels of praise to enrich your spiritual life, to enrich and enhance your filial relationship to your Heavenly Father who loves you so very much!

1. *The Book of Psalms*

No doubt whatsoever, the greatest *Prayer Book* is that of the Psalms. Many are attributed to King David — the poet, mystic, and writer — and they are replete with prayers expressing the full gamut of the sentiments of the human heart in all their variety. Many of the Psalms express the attitude of praise implicitly. Whereas some of the Psalms are nothing except praise.

2. *Psalms 148, 149, & 150*

The Book of Psalms contains 150 in total. How interesting in the composition of the totality of the Psalms is the fact that the last three of the Psalter are dedicated totally and unreservedly to the praise of God. In a certain sense God, who speaks through the Psalms, is saying to us: “Start your life on earth praising God on the day of your Baptism; but also end your life giving praise to God. If done, you will be praising Me for all eternity in heaven with the angels and saints.”

3. *Daniel 3*

It is hard to find one chapter in the totality of the Bible itself that is more replete with copious expressions of praise than that found in the Prophetic Book of Daniel, most specifically Chapter 3.

By the way, this is also one of the longest chapters in the Bible—100 verses! The majority of the words and verses cry out to nature, for this element of God’s creation resounds in praise of the Creator—sun and moon and stars, praise the Lord. . . light and darkness, cold and heat, praise the Lord. . . animals and sea-animals, praise the Lord.

This canticle of praise, especially on the beauty of God’s creation, can serve as a powerful elevator to lift our whole being to praise God.

4. *The Benedictus*

Throughout the world, in Morning Prayer (Laudes), the totality of the Catholic Church lifts up its voice to praise God through the prayer that was uttered by Zechariah, the father of Saint John the Baptist. After having doubted God through the ministry of the Arch-

angel Gabriel and having been struck dumb, upon recovering his voice, the first thing he utters is a beautiful canticle of praise that is called the “*Benedictus*”—which means *Blessing!* Get into the habit of praying this beautiful and powerful canticle of praise, uniting yourself with Holy Mother Church every day.

5. *The Liturgy of the Hours*

Following up on the prayer of praise of Zechariah, the *Benedictus*, why not learn the art of praising God through praying the *Liturgy of the Hours*. Deacons and priests pray this prayer of the Church every day as a commitment in the reception of Holy Orders. But the lay people are also strongly encouraged to undertake this most noble spiritual enterprise and practice.

Actually, there are five separate times or hours during the day that can be prayed: Morning Prayer, Midday Prayer, Evening Prayer, Night Prayer, and the Office of Readings. Even if lay people would pray the *two hinge hours*—*Morning Prayer and Evening Prayer*—they would greatly enhance and enrich their attitude of praise.

By the way, besides providing an excellent commentary on the Daily Readings in the Mass, the magazine *Magnificat* includes Morning Prayer and Evening Prayer as part of their daily text. Closing up on this topic we encourage you to read the excellent writings of Fr. Tim Gallagher on *The Liturgy of the Hours*. If this is done, your knowledge and appreciation of this form of praise will skyrocket!

6. *The Magnificat*

Once again, with respect to the Liturgy of the Hours and Biblical passages dedicated to praising God, the *Magnificat* should be part and parcel of our life of praise. This prayer is prayed in the Liturgy of the Hours every evening of the year.

Of all the prayers of praise that can be offered, this is without doubt one of the greatest. Why? The *Magnificat* is a hymn and canticle of praise that flowed from the depths of the Immaculate Heart of Mary in the context of her visit to her cousin, Saint Elizabeth.

The New Testament has just a few words of the Blessed Virgin Mary recorded. However, this is the longest Biblical expression of Mary’s words and a hymn and canticle of praise of the greatest depth, simplicity, holiness, and inspiration.

Praising God through the most pure and Immaculate Heart of Mary is most pleasing to our Triune God.

My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
because He has regarded the lowliness of His handmaid.
For behold, henceforth all generations shall call me blessed,
because He who is mighty has done great things for me,
and holy is His name.

His mercy is from generation to generation,
on those who fear Him.

He has shown might with His arm,
He has scattered the proud in the conceit of their heart.

He has put down the mighty from their thrones,
and has exalted the lowly.

He has filled the hungry with good things,
and the rich He has sent away empty.

He has given help to Israel, His servant, mindful of His mercy,
even as He spoke to our fathers, to Abraham and to his posterity forever.

7. *The Glory Be*

Given that this short prayer is said often by practicing Catholics, we can easily pray it mechanically, perfunctorily, and without attention. However, we must be careful! Though short and consisting of very few words, the *Glory Be* is the prayer of praise most used by Christian-Catholics. Indeed, this short prayer is one in which we praise the Trinity—the Father, the Son, and the Holy Spirit. Pray it slowly with attention, devotion, and unction. Call to mind the presence of the Blessed Trinity in your soul starting with your Baptism. Recall also that if you are living in the state of sanctifying grace, you are presently a living Temple of the Blessed Trinity. Stop at times during the course of the day to praise the Trinity who lives within the very depths of your soul!!

8. *The Corporal Act of Praise and Worship*

Every time you enter Church, when walking in front of the Blessed Sacrament, in the tabernacle or in the monstrance, where Jesus is truly present in His Body, Blood, Soul, and Divinity in the consecrated Host, you must make a *genuflexion*. By bending your right knee and touching the ground, even without words spoken corporally, you are saying with this gesture and hopefully from your heart: Jesus, I praise, adore, and worship you present in the Tabernacle, present in the Blessed Sacrament.

9. *The Divine Praises*

At the conclusion of the Holy Hour and after the Benediction with the Blessed Sacrament, the Church praises God with the *Divine Praises*. What an excellent way to offer praise to God! What an excellent way to praise God in your heart, praying the *Divine Praises* after receiving Jesus in Holy Communion during Holy Mass.

The Divine Praises are the following:

Blessed Be God; Blessed be His Holy Name;

Blessed be Jesus Christ, true God and true man;

Blessed be the Name of Jesus;

Blessed be His Most Sacred Heart;

Blessed be His Most Precious Blood;

Blessed be Jesus in the Most Holy Sacrament of the Altar;

Blessed be the Holy Spirit, the Paraclete;

Blessed be the great Mother of God, Mary Most Holy;

Blessed be her Holy and Immaculate Conception;

Blessed be her Glorious Assumption;

Blessed be the Name of Mary, Virgin and Mother;

Blessed be Saint Joseph, her Most Chaste Spouse;

Blessed be God in His Angels and in His Saints. Amen.

10. *Praise God With Your Lips and Heart, but Also With Your Life*

In one of the many writings of the great Saint Augustine, he admonishes the followers of Jesus to praise God with their lips in prayer, but to be careful that they do not tarnish, blemish, besmirch, or contradict the praise that issues from their lips with the style of their lives. In other words, we must praise God in our fervent prayers, but also in the expression of our holy lives!

In conclusion, let us beg the Holy Spirit and Mary, the Spouse of the Holy Spirit, for the light, grace, and motivation to praise God with our lips, our hearts, our bodies, and our lives in this life, so that we may praise the Father, the Son, and the Holy Spirit in heaven forever and ever. Amen.

By Fr. Ed Broom, OMV



FOOD AND EMERGENCY RELIEF ASSISTANCE



This project is supported by the Victoria Government through the Priority Response to Multicultural Communities during Coronavirus (PRMC) program.

Application:
<https://bit.ly/EmergencyFoodRelief3021>

More Information Please Contact
Tammy 0415 599 413
Email: L.nguyen@cssr.org.au



LET US PRAY FOR

The Sick

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

Recently Deceased.

Cecilia Vo Thi Ngoc Hoa, Maria Trần Thi. Loan & Giuse Đăng Thành Trong

Anniversaries

Winifredo Delariarte, Gregoria Delariarte, Norberto Larrit, Criselda Fernandez, Angela Chircop, Maria Vu Thi Yeu Thuong, Peter Disco, Frank Kreuger, Richard Curmi, Iro & Jessie Vella, Anthony Gatt, Nazareno 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

Some people do not respond to God's call because they feel they are not worthy to do God's work. And they are not - nobody is! But still God calls. There is enough ministry for many more. Answer God's call.

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