



HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021
Office Hours: Tues - Fri: 9:00am - 3.30pm
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THIRD SUNDAY IN ORDINARY TIME YEAR C

22 & 23 JANUARY 2022

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

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

PRECA COMMUNITY

- Sacraments enquires and enrollments for all classes start from 8th February 2022 from 645pm onwards - Reconciliation, Holy Communion and Confirmation.

- RCIA enquires and enrollments at Preca Centre from 7th February 2022 from 645pm.

- Friday Youth group and families with children from 21st January 2022 from 645pm.

- For RCIA enquires put Br Tony Gatt - 0419115692.



Join Fr Peter Carrucan in celebrating a milestone

Date	19 Feb 2022
Day	Saturday
Time	2pm - 4.30pm
Venue	St Augustines Parish Grounds 631 Bourke St Melbourne Vic 3000

Note: Please bring a platter to share and drinks for your consumption
Cake will be cut at 3pm

Contacts	Fr Peter Carrucan 0400 908 199 Sharma Saunders 0409 122 654
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THE LIVING WORD

First reading Nehemiah 8:2-6,8-10

All the people listened attentively to the Book of the Law

Ezra the priest brought the Law before the assembly, consisting of men, women, and children old enough to understand. This was the first day of the seventh month. On the square before the Water Gate, in the presence of the men and women, and children old enough to understand, he read from the book from early morning till noon; all the people listened attentively to the Book of the Law. Ezra the scribe stood on a wooden dais erected for the purpose. In full view of all the people – since he stood higher than all the people – Ezra opened the book; and when he opened it all the people stood up. Then Ezra blessed the Lord, the great God, and all the people raised their hands and answered, ‘Amen! Amen!’ Then they bowed down and, face to the ground, prostrated themselves before the Lord. And Ezra read from the Law of God, translating and giving the sense, so that the people understood what was read. Then Nehemiah – His Excellency – and Ezra, priest and scribe, and the Levites who were instructing the people, said to all the people, ‘This day is sacred to the Lord your God. Do not be mournful, do not weep.’ For the people were all in tears as they listened to the words of the Law. He then said, ‘Go, eat the fat, drink the sweet wine, and send a portion to the man who has nothing prepared ready. For this day is sacred to our Lord. Do not be sad: the joy of the Lord is your stronghold.’

Responsorial Psalm Ps. 18(19):8-10,15

Your words, Lord, are Spirit and life.

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.

Your words, Lord, are Spirit and life.

The precepts of the Lord are right,
they gladden the heart.

The command of the Lord is clear,
it gives light to the eyes.

Your words, Lord, are Spirit and life.

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

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

Your words, Lord, are Spirit and life.

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock!

Your words, Lord, are Spirit and life.

Second reading 1 Corinthians 12:12-14,27

You together are Christ's body, but each a different part of it

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. Now you together are Christ's body; but each of you is a different part of it.

Gospel Acclamation Luke 4:18

Alleluia, alleluia!

The Lord sent me to bring Good News to the poor
and freedom to prisoners.

Alleluia!

Gospel Luke 1:1-4,4:14-21

'This text is being fulfilled today even as you listen'

Seeing that many others have undertaken to draw up accounts of the events that have taken place among us, exactly as these were handed down to us by those who from the outset were eyewitnesses and ministers of the word, I in my turn, after carefully going over the whole story from the beginning, have decided to write an ordered account for you, Theophilus, so that your Excellency may learn how well founded the teaching is that you have received.

Jesus, with the power of the Spirit in him, returned to Galilee; and his reputation spread throughout the countryside. He taught in their synagogues and everyone praised him.

He came to Nazara, where he had been brought up, and went into the synagogue on the sabbath day as he usually did. He stood up to read and they handed him the scroll of the prophet Isaiah. Unrolling the scroll he found the place where it is written:

The spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord's year of favour.

He then rolled up the scroll, gave it back to the assistant and sat down. And all eyes in the synagogue were fixed on him. Then he began to speak to them, 'This text is being fulfilled today even as you listen.'

Today's gospel follows John the Baptist's preparation of the people of Israel for the coming of the Messiah. John's mission is to communicate as clearly as possible that God's people are in feeble spiritual health. John knows that God's chosen one is coming to offer a new way of knowing and relating to God.

So, John exhorts them to repentance so that they will turn towards God with their whole hearts and respond to God's coming decisive action in the world.

Repentance can be a painful prospect when we must confront ourselves for the selfish people that we often are. Repentance also comes with the pain of discarding those desires and actions that we know hurt ourselves or others but that we hunger to keep enjoying. But, as we can see in the crowd's response, the baptiser's words don't cause people to be fearful or despairing. Instead, John's exhortations stir up genuine expectation within their hearts.

John's promise of God's just judgement and the call to repentance is a sign to the Jewish people that the time of God's salvation and intervention in the world is at hand. The promise that God is going to act decisively in the world is now being fulfilled. Instead of fear, the crowds know the hope of being gathered, like wheat, into God's dwelling place.

The same can be true for us. The act of repentance often feels like taking a pickaxe to the hard soil of our own hearts, digging through the dry crust so that something can take root, grow and produce fruit. Once we let God break through our self-absorption and start to surrender our lives to God in concrete ways, we begin to experience the hope of a new life of joy and peace that we can have with God. In this way, repentance clears the way for hope to emerge.

In today's gospel, John is talking to a people who now realise their spiritual poverty and see that not only do they need to change how they live, but they want to change and can change. In response, John's advice to the crowds is profoundly practical. There are identifiable changes in how people can go about their work and daily lives that will turn them back to God's way. We can see here that the repentance that God desires applies to even the most mundane features of our lives. The works of mercy that John describes are not just products but features of authentic repentance.

And this is the glory of the baptism through the Holy Spirit referred to by John. John's baptism relied on the individual's willpower to turn and conform their lives to God's will. However, the baptism of the Holy Spirit, promised by Jesus, pours into us the grace of God. This gift of God's grace slowly transforms us into new creatures that are fully capable of lives oriented towards love and justice in communion with God and our neighbour.

By Joseph Doyle

TEN WAYS TO IMPROVE YOUR PRAYER LIFE

Prayer is the key to salvation. St. Augustine says that he who prays well lives well; he who lives well dies well; and to he who dies well, then all is well. St. Alphonsus reiterates the same principle: “He who prays much will be saved; he who does not pray will be damned; he who prays little places in jeopardy his eternal salvation.” The same saint asserted that there are neither strong people nor weak people in the world, but those who know how to pray and those who do not. Prayer is our strength in all times and places.

We would like to offer ten words of encouragement to help us on the highway towards heaven through the effort to grow in our prayer life!

1. Conviction or Determination.

There is no successful person in this world in any enterprise who was not animated by a firm determination to achieve his goal. Super athletes, accomplished musicians, expert teachers, and writers never arrived at perfection by mere wishful thinking but by a firm determination to arrive at their goal — come hell or high water. For this reason, Saint Teresa of Avila, the Doctor of prayer, stated: “We must have a determined determination to never give up prayer.” If we really believed in the depths of our hearts the priceless treasures that flow from prayer, we would make it our aim in life to grow constantly in prayer.

2. Holy Spirit As Teacher.

St. Paul says that we do not really know how to pray as we ought, but that it is the Holy Spirit who intercedes for us teaching us to say “*Abba*” Father. The Holy Spirit is the Interior Master or Teacher. With Mary, the Apostles spent nine days and nights praying and fasting and they were imbued with the power from on high — the Holy Spirit.

Before starting any formal prayer period, why not invoke the Person of the Holy Spirit to help you in your weakness. During the course of your prayer, beg the presence of the Holy Spirit to enlighten your mind and ignite your heart. He is closer to you than you are aware. If you are in the state of grace, He resides in your heart.

3. Time, Place, Good Will, and Silence.

As with every art, we learn by practicing. This applies to prayer. To learn how to pray, we must have a set time, a good place, goodwill on our part and silence.

The saying rings true in sports as well as in prayer: “*Practice makes perfect.*”

4. Penance.

Maybe our prayer has become insipid, boring, anemic and stagnant for many reasons. One possible reason might be a life of sensuality, indulgence, gluttony, or simply living more according to the flesh than to the spirit.

As St. Paul reminds us, the flesh and the spirit are in mutual opposition. Jesus spent forty days and nights praying and fasting. The Apostles spent nine days and nights praying and fasting. One cannot arrive at any se-

rious mystical life led by the spirit if he has not passed through the ascetical life of self-denial, mortification and penance.

A bird needs two wings to fly; so does the follower of Christ. To soar high in the mystical life, the two wings are prayer and penance. If you have no training in the penitential life, consult a good spiritual director and start with small acts of penance to build up will-power so as to do the more heroic acts of penance! If you have never run before, start with a block and build up to the mile.

5. Spiritual Direction.

Athletes need coaches; students need teachers; teachers need mentors to learn the art. Equally important, prayer-warriors must have some form of guidance, and this is called spiritual direction.

St. Ignatius of Loyola insisted on the spiritual life as being a journey of accompaniment. St. Teresa of Avila had several saints directing her on her long and painful journey leading to perfection—St. John of the Cross, St. Peter of Alcantara, and St. Francis Borgia.

There are many obstacles in the spiritual journey, especially when one pursues a deeper life of prayer; for that reason, having a trained spiritual director who knows the traps of the devil, the pitfalls always present, and the dangers that are always present can help us to grow steadily in holiness through a deeper and more authentic prayer life.

6. Prayer and Action.

St. Teresa of Avila points out that authentic growth in prayer is proven by growth in holiness and that means by the practice of virtue. Jesus said that we know the tree by the fruits. Likewise, an authentic life of prayer blossoms forth in the practice of virtues: faith, hope, charity, purity, kindness, service, humility and a constant love for neighbor and the salvation of his immortal soul.

Our Lady is model at all times but especially in the intimate connection between contemplation and action. In the Annunciation we admire Mary absorbed in prayer; then in the following mystery (in the Visitation) she follows the inspiration of the Holy Spirit to serve her cousin in a mission of love. In truth, we can call Mary a true “Contemplative in action”. Like Mary, we are called to be *contemplative in action*.

7. Study & Read About Prayer.

St. Teresa of Avila would not permit women who could not read to enter into her order. Why? The simple reason was that she knew how much one could learn on many topics, especially on prayer, through solid spiritual reading.

Find good literature on prayer and read! Many helpful ideas come through good spiritual reading. One suggestion: read [Part Four of the Catechism of the Catholic Church](#). This is a spiritual masterpiece on prayer.

8. Retreats.

To go deeper in prayer, it’s a good idea to set aside some time for a prolonged period of prayer; this we call

a spiritual retreat. One of the most efficacious styles of retreats are Ignatian retreats. It might last a whole month, or eight days, and even a weekend retreat can prove extremely valuable.

Seeing the Apostles overwhelmed with work, Jesus exhorted them: "Come apart for a while and rest..." This rest that Jesus mentioned has classically been interpreted as a call to the spiritual retreat! Look at your calendar for the year and set aside some time. More extended periods of time for prayer allow for greater depth in prayer!

9. Confession and Prayer.

Sometimes prayer proves exceedingly difficult due to a dirty conscience. Jesus said: "Blessed are the pure of heart, they will see God." (Mt. 5:8) After a good confession, the Precious Blood of Jesus washes our souls and consciences clean. Then the interior eye of the soul can see and contemplate the face of God with greater clarity.

10. Our Lady and Prayer.

We have mentioned the importance of the Holy Spirit to us as our Interior Master. We should also constantly beg Mary to *pray for us* and to *pray with us* every time we dedicate time and effort to prayer. She will never fail us. As Jesus turned water into wine at Cana through Mary's intercession, so she can help to turn our insipid and flavorless prayer into the sweet wine of devotion. *Mary will never fail you! Call upon her.*

By Fr. Ed Broom, OMC

NOVENA



- ◆ 8.30am - Pray the Rosary in different languages
- ◆ 9.00am – Novena Mass to Our Lady of Perpetual Help
- ◆ Please join us in devotions to our Lady!

READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

Tues 9:00 AM, 25-01-22

Reader Xuan Duong
Eucharistic Min. Monica Lomen

Wed 9:00 AM, 26-01-22

Reader Carmen Camilleri
Eucharistic Min. Volunteer

Thur 9:00 AM, 27-01-22

Reader Shirley Krizmanic
Eucharistic Min. Shirley Krizmanic

Fri 9:00 AM, 28-01-22

Reader Helen Maddela
Eucharistic Min. Catherine Bartolo

Sat 6.00 PM, 29-01-22

Lit. Coordinator: Charlie Pace
Reno Attard
Commentator: Violetta Montoro
Reader: Alastair Surrao
Carmen Camilleri
Eucharistic Min. Anthony Naidu
Miriam Vella & Reno Attard

Sun 9.00 AM, 30-01-22

Lit. Coordinator: Monica Lomen
Commentator Shirley Krizmanic
Readers: Wilma Marmur
Pam Norris
Eucharistic Min. Shirley Krizmanic
Wilma Marmur & Monica Lomen

Sun 10:30AM, 30-01-22

Lit. Coordinator: Ed Cablao
Commentator Cristine Pedroso
Reader Rita Martin
Christina Afano
Eucharistic Min. Ed Cablao
Cristine Pedroso & Rita Martin

Sun 6.00PM, 30-01-22

Lit. Coordinator Rod Lalunio
Commentator Lani Laririt
Reader Larnie Mendoza
Xuan Duong
Eucharistic Min. Rod Lalunio
Xuan Duong & Larnie Mendoza

CHOIR GROUPS

Saturday 29th January 2022

* 6pm – Volunteers

Sunday 30th January 2022

* 9am - Charlie Schembri

* 10.30am - St Francis Choir

* 6pm - Volunteers

CLEANING ROSTER

Week Beginning 20 January 2022
Group 10 - St Francis Choir

**“Congratulations on
your wedding day dear
Tammy & Ngoc. God**



**bless you both as you begin this
wonderful journey of marriage
and best wishes for a happy life
together!”**

SACRAMENT OF BAPTISM

Baptism will be on the 1st Saturday of each Month and it will resume Saturday 5th February 2022 10am & 11am. Please contact Parish Office for further details.

LET US PRAY FOR

The Sick

Ash Dominic Marguerite, Nithy Chellapa Shirley Dondasekera, Anthony Chircop, Rachel Piskon, Toni Antonowicz, Linda Ratbone, Anna, Maria Kim, Yulette Tanner, Jessie Spiteri, Stella Sandle, Frank, Doris Carabott

Recently Deceased

Ranjani Goonetilleke, Hema Somaratne Rafael Dela Cruz, Vincent Ciappara

Anniversaries

Arthur de Silva, Emille Ranasinghe, Mary Grasso, Norberto Laririt, Criselda Fernandez, Angela Chircop, Maria Vu Thi Yeu Thuong, Peter Disco, Frank Kreuger, Richard Curmi, Iro & Jessie Vella, Anthony Gatt, 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

The word of God becomes the flesh of God when YOU live it in your life. Believe what you read; live what you believe. Be another Christ.

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