



## 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.holyeuchariststalbans.org](http://www.holyeuchariststalbans.org)



SIXTH SUNDAY IN ORDINARY TIME YEAR C

12 & 13 FEBRUARY 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

- 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

**Wishing a Happy Feast to the South Sudanese Community as they celebrates the Feast of St Bakhita this Sunday, February 13 2022. Hope you have a great celebration.**

*More details on pg. 4*

### PRECA COMMUNITY

#### SACRAMENTAL PREPARATION

Preca Centre, 29 Rosslare Parade,  
St Albans – Ph: 9356 0734  
between 7-8pm or Br Tony on  
0419 115 692

Email: [precastalbans@tpg.com.au](mailto:precastalbans@tpg.com.au)  
[www.precacommunity.org](http://www.precacommunity.org)

### THE LIVING WORD

#### First reading Jeremiah 17:5-8

*A blessing on the man who puts his trust in the Lord*

The Lord says this: 'A curse on the man who puts his trust in man, who relies on things of flesh, whose heart turns from the Lord. He is like dry scrub in the wastelands: if good comes, he has no eyes for it, he settles in the parched places of the wilderness, a salt land, uninhabited. 'A blessing on the man who puts his trust in the Lord, with the Lord for his hope. He is like a tree by the waterside that thrusts its roots to the stream: when the heat comes it feels no alarm, its foliage stays green; it has no worries in a year of drought, and never ceases to bear fruit.'

#### Responsorial Psalm Ps. 1:1-4,6

##### Happy are they who hope in the Lord.

Happy indeed is the man  
who follows not the counsel of the wicked;  
nor lingers in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night.

##### Happy are they who hope in the Lord.

He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper.

##### Happy are they who hope in the Lord.

Not so are the wicked, not so!  
For they like winnowed chaff  
shall be driven away by the wind:  
for the Lord guards the way of the just  
but the way of the wicked leads to doom.

##### Happy are they who hope in the Lord.

#### Second reading 1 Corinthians 15:12,16-20

*If Christ has not been raised, you are still in your sins*

If Christ raised from the dead is what has been preached, how can some of you be saying that there is no resurrection of the dead? For if the dead are not raised, Christ has not been raised, and if Christ has not been raised, you are still in your sins. And what is more serious, all who have died in Christ have perished. If our hope in Christ has been for this life only, we are the most unfortunate of all people. But Christ has in fact been raised from the dead, the first-fruits of all who have fallen asleep.

#### Gospel Acclamation Luke 6:23

Alleluia, alleluia!

Rejoice and be glad;

your reward is great in heaven.

Alleluia!

## Gospel Luke 6:17,20-26

*Happy are you who are poor, who are hungry, who weep*

Jesus came down with the Twelve and stopped at a piece of level ground where there was a large gathering of his disciples with a great crowd of people from all parts of Judaea and from Jerusalem and from the coastal region of Tyre and Sidon. Then fixing his eyes on his disciples he said: 'How happy are you who are poor: yours is the kingdom of God. Happy you who are hungry now: you shall be satisfied. Happy you who weep now: you shall laugh. Happy are you when people hate you, drive you out, abuse you, denounce your name as criminal, on account of the Son of Man. Rejoice when that day comes and dance for joy, for then your reward will be great in heaven. This was the way their ancestors treated the prophets. 'But alas for you who are rich: you are having your consolation now. Alas for you who have your fill now: you shall go hungry. Alas for you who laugh now: you shall mourn and weep. 'Alas for you when the world speaks well of you! This was the way their ancestors treated the false prophets.'

### REFLECTION ON THE GOSPEL

This classic gospel message is addressed to those who listen. To hear and respond to the heart of the message that follows, namely to love your enemies and to do good to those who hate you, calls for an extraordinary expansiveness of spirit only possible for those who are totally open to the power of God's Spirit working in their lives. It is not easy to love one's enemy particularly when the enemy, the one subtly undermining or manipulating you, comes in the guise of friend. Yet, even in the face of subtle enmity, the message is clear: do not respond in kind, respond instead with love, compassion and unreserved forgiveness. It is also important to rise above the pettiness of the other and refuse to be a victim. To the one who takes away your coat, you offer your shirt as well. In this way, the real power remains with the one who is too expansive to retaliate.

The recipients of this gospel, the members of Luke's late first century communities, were well acquainted with the Jewish traditions that informed their faith, even if many were not themselves Jewish. The Jewish Christians in the community as well as the "God-fearers" who accepted Jesus of Nazareth as Saviour and Christos or Messiah had been introduced to the God of steadfast love (*hesed*) and womb-compassion (*rahāmîm*). They believed that God was concerned about justice in the legal system (*mishpat*) and right relationship (*sedeqah*) between people and nations, ever ready to forgive those who turn away from injustice and wrongdoing. The songs

and prayers of the Jewish heritage reminded them constantly of the compassionate ways of God in their history and in their personal lives. When the Lukan Jesus tells these people to be merciful or compassionate as God is compassionate, they know what he means. They also know the cost of compassion in situations where retaliation is the more spontaneous instinct. God-like compassion remains the stance required of Christian disciples in the face of opposition and hatred, even the opposition that comes in the guise of friendship.

Compassion, forgiveness and love of enemies are rare commodities in international politics and in the resolution of global conflicts as well as in personal relationships. Sadly, the major trouble spots on our globe witness to constant retaliation and face-saving measures that harden positions and exacerbate division. There is ample evidence that hatred, fuelled by injustice, is begetting violence in many parts of the world. And yet the only way to break the cycles of violence that perpetuate death and destruction is the way of compassion and love. God-like compassion requires that we, as nations and as individuals, let go of past hurts, examine our tenaciously held opinions, try to see the world from the perspective of those we mistrust and work for peace that is grounded in love.

*By Veronica Lawson RSM*

### FIVE WAYS WE CAN PRACTICE CONVERSION

***Be converted, the kingdom of God is at hand.***

These are the first words we hear from the lips of Our Blessed Savior as He initiates His Public ministry. Conversion in Greek is *Metanoia*, meaning change of heart. The core of the teaching of the Precursor of Jesus, St. John the Baptist, was the same, "Be converted because the Kingdom of God is at hand." Furthermore, St. Peter and the Apostles also preached the call to conversion. Therefore, if the greatest of all prophets, the first Pope, and Jesus Himself preached the urgency of conversion then indeed it must be important!

The Church, the Mystical Body of Christ, reiterates this message in various forms and seasons. At the start of the Holy Sacrifice of the Mass, after greeting the people, the priest invites himself and the whole congregation to pause briefly for an examination of conscience. On what? Our communal and personal recognition of sin and humble invocation that God would have mercy on us and help us to undergo *metanoia*—conversion of life.

*Ways that we can undergo a true conversion of life*

The following are ways that we can delve deep into our souls and strive for a sincere and deep conversion of life! However, we must always remember that true conversion of life is more God's work in our souls than our doing! We must collaborate with the grace of the Lord!

**1. Memory**

Our memory is in need of constant purification. St. Paul exhorts us to put on the mind of Christ; then he says that you have the mind of Christ. Past wounds in our early years, addictions that enslaved, abuses either physical, emotional, social or moral—all of these must be brought to the Lord for a deep healing and conversion. One short but powerful suggestion: **THE WORD OF GOD!** The Word of God is powerful like a two-edged sword that separates bone from marrow. The daily reading of the Word of God in prayerful meditation can result in the conversion of the mind. One more step: memorize Sacred Scripture! If you like this analogy: what chlorine is and does to a swimming pool (cleansing and purifying) the Word of God can do to the human mind. *Lord, may your Word be a light for my path and a torch for my steps!*

## **2. Eyes**

Our eyes need constant vigilance and control. Unfortunately, the most powerful addiction in the United States is that of pornography. Children are exposed to this ravenous and merciless wolf at a very tender age. Studies show that pornography can be more powerful than the addiction to drugs. A recovering gang member, drug-addict and alcoholic rejoiced that he was able to conquer all the above vices. However, he could not detach himself from the addiction to pornography.

Three suggestions to attain this *metanoia*/conversion:

- At the crack of dawn upon waking, to consecrate one's who being - especially the eyes - to the Immaculate Heart of Mary.
- Second, when tempted invoke the Precious Blood of Jesus as a shield against the fiery darts of the devil.
- Lastly, visit the Blessed Sacrament exposed and contemplate the Eucharistic heart of Jesus. In the words of the Psalmist: "Look to the Lord and be radiant with joy."

## **3. Control the Tongue**

Our tongue has to be controlled constantly! Saint James reminds us poignantly that we should be slow to speak and quick to listen. Jesus reminds us that every word that issues from our mouth will be subject to judgment. Also the Lord tells us that from the abundance of the heart the mouth speaks.

Here are three concrete suggestions to attain conversion of our mouth, a transformation of our speech:

First, we should get in the habit of speaking more to God and less to people.

Second, we should learn to hold back our impulses and think before we speak.

Finally, apply the Golden Rule of Jesus to speech. Do to others what you would have them do to you; say to others what you would like them say to you! Following this advice, we are on the highway to converting our tongue!

## **4. Intentions**

Being honest with ourselves we must humbly admit that our intentions are often mixed. Even in the best of actions are hidden some self-seeking, self-love and vanity. Sincere examination of conscience will highlight this truth! In the Diary of Saint Faustina, time and time again Jesus manifests His desire that she always have purity of intention, that her actions be done to please Him and for the honor and glory of God. The Bible

points out that man sees the appearance but God reads the heart. In the Sermon on the Mount Jesus strictly warns us not to do our actions to be seen and praised by man. Remember! Do your actions such that your right hand does not even know what your left hand is doing. Your father who sees in secret will recompense you.

The motto of St. Ignatius, the founder of the Jesuits, is four letters: A.M.D.G. —*Ad Maiorem Dei Gloriam*—meaning, for the greater glory of God. That indeed should be the motivating principle that drives all of our actions in life! One concrete suggestion to obtain the conversion/*metanoia* of our intentions — Give all to Jesus through the hands of Mary.

In the classic of St. Louis de Montfort, *True Devotion to Mary*, St. Louis presents a scene in which a pauper desires to present the King with an apple. The apple is not of the best, nor is the pauper the most worthy of admiration. However there is a secret to access to the heart of the King—the love the King has for his Queen. If the pauper can reach the Queen and give her the apple, then her Highness will take the apple, polish it, place it on a golden platter next to a beautiful flower and present it to the King. Then the King will accept it. Why? Not because of the pauper but because of the powerful and irresistible persuasion of the Queen. If we place our intentions in the Immaculate Heart of Mary then she purifies, embellishes and corrects our distorted motives!

## **5. Heart**

Last but not least we all must go through a daily conversion of the very center of our being - our heart. Jesus says that from the abundance of the heart the mouth speaks. The human heart can contain within it the most noble of intentions, but the human heart can also embrace the most despicable of desires. Constant conversion/*metanoia* of heart is necessary on a daily basis!

What might be the most efficacious means to undergo a true conversion of heart? Simple and to the point: *fervent and passionate daily holy communion!* In Holy Communion we receive the totality of Jesus: His Body, Blood, Soul, and Divinity. Therefore, if we receive His Body, that means we also receive His Sacred Heart. In the most Sacred Heart of Jesus can be found all of the most sublime virtues and to the highest degree of holiness and perfection.

Faith, hope, charity, patience, purity, meekness, obedience, mortification, fortitude— just to mention a few, are some of the virtues present in the Sacred Heart of Jesus. These virtues are present in every Consecrated Host that we can receive in Holy Communion on a daily basis.

In a real sense, we can undergo a daily spiritual heart transplant every time we receive Holy Communion with faith, devotion and love. Beyond a shadow of doubt, Holy Communion received with the proper dispositions is by far the most efficacious channel to arrive at a true conversion of heart. Our Lord's loving Heart burns and consumes all that is ugly and ignoble in our hearts so that we can truly say with the Apostle Saint Paul: "It is no longer I who live but Christ who lives in me!"

*By Fr. Ed Broom, O.M.V.*

## BIBLE SUNDAY

Pope Francis has asked Parish Priest to make books on the Bible available to their congregation.

Fr. Max Barrett, C.Ss.R., who died in 2021, has written many books on Scripture.

The Parish is making available the following books by Fr Max.

**Please feel free to take a copy.**

A gold coin donation would be appreciated to help delivery costs.

Thank You.



*"In God's will, there is great peace."  
St Josephine Bakhita*

South Sudanese Catholic Community Chaplaincy in Melbourne Celebrates the feast day of her patron

### **St. Josephine Bakhita**

Community Feast Day Celebration

**Sunday, 13 February 2022**

**Holy Eucharist Parish,**

**St Albans South at 2pm.**

**Main Celebrant -**

**Most Reverend Martin Ashe**

Auxiliary Bishop for the Western Region.



**Join Fr. Peter Carrucan in Celebrating a milestone.**

**On Saturday the 19 Feb. 2022 from 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.*

**Contacts - Fr Peter Carrucan  
0400 908 199 or Sharma Saunders  
0409 122 654**

## READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

**Tues 9:00 AM, 15-02-22**

Reader Xuan Duong  
Eucharistic Min. Monica Lomen

**Wed 9:00 AM, 16-02-22**

Reader Carmen Camilleri  
Eucharistic Min. Volunteer

**Thur 9:00 AM, 17-02-22**

Reader Shirley Krizmanic  
Eucharistic Min. Shirley Krizmanic

**Fri 9:00 AM, 18-02-22**

Reader Helen Maddela  
Eucharistic Min. Catherine Bartolo

**Sat 6.00 PM, 20-02-22**

Lit. Coordinator: Charlie Pace  
Reno Attard  
Commentator: Antony Naidu  
Reader: Tavalo Family Choir  
Eucharistic Min. Alaistair Surrao  
Anthony Naidu & Reno Attard

**Sun 9.00 AM, 20-02-22**

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

**Sun 10:30AM, 20-02-22**

Lit. Coordinator: Taoete Afano  
Commentator Cristina Pedroso  
Reader Junior Tufuga  
Joh Cablao  
Eucharistic Min. Mary Giuffrida  
Rita Martin & Taoete Afano

**Sun 6.00PM, 20-02-22**

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

## CHOIR GROUPS

**Saturday 19th February 2022**

\* **6pm** – Tavalo Family Choir

**Sunday 20th February 2022**

\* **9am** - Charlie Schembri

\* **10.30am** - Holy Eucharist Family Choir

\* **6pm** - Youth & D'Zousa Family

## CLEANING ROSTER

Week Beginning 16th February 2022  
Group 13 - Sudanese Community.

## SCHOOL IMPORTANT DATES

### FEBRUARY

- \* Mon 14th Feb -Grade Prep are full time from now on
- \* 21st-23rd Feb -Year 6 Camp at Doxa-Malmsbury
- \* 22nd Feb -School Advisory Council-Meeting (TBC)

## LET US PRAY FOR

### The Sick

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

### Recently Deceased

Shirley Dondasekera, Marlene Farrugia, Enga Micallef-Grimaud, Telma Dioses, Anthony Chircop.

### Anniversaries

Joseph Formosa, Family Attard, Family Zammit, Charlie Grech, Bruce McLean, Joseph & Carmen Bajona, David & Adran Camilleri, Joseph & Rita Micallef-Grimaud, John, Joseph & Christine Montebello, Joseph & Rose Sammut, Bajona Family, Joseph & Nina Borg, Norberto Laririt, Criselda Fernandez, Angela Chircop, Maria Vu Thi Yeu Thuong, Peter Disco, 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

Try not to pray for an easy life; rather, pray to be a strong person. Strong in trust, hope, care, love. Follow the Master.

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