



## HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021

Office Hours: Tues - Fri: 9:00am - 3.30pm

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**SEVENTH SUNDAY IN ORDINARY TIME YEAR A**

**18 & 19 FEBRUARY 2023**

### REDEMPTORIST COMMUNITY

**Acting Mission Leader**

Fr Vinsensius (Lovin) Lolo CSsR

**Parish Priest**

Fr Vincent Long Pham CSsR

**Assisting Priests**

Fr Joseph Hieu Xuan Nguyen 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  
7.30pm Vietnamese
- ♦ **Sunday:** 9:00am, 10:30am,  
6:00pm  
12:00pm Vietnamese

### Other Masses

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



**22nd February 2023**

⇒ **English 9am & 6pm**

⇒ **Vietnamese 7.30pm**

**All Are Welcome!**

### THE LIVING WORD

**First Reading: Leviticus 19:1-2,17-18**

*You must love your neighbour as yourself*

The Lord spoke to Moses; he said: "Speak to the whole community of the sons of Israel and say to them: "Be holy, for I, the Lord your God, am holy. "You must not bear hatred for your brother in your heart. You must openly tell him, your neighbour, of his offence; this way you will not take a sin upon yourself. You must not exact vengeance, nor must you bear a grudge against the children of your people. You must love your neighbour as yourself. I am the Lord."

**Responsorial Psalm: Ps. 102(103):1-4,8,10,12-13**

**The Lord is kind and merciful.**

My soul, give thanks to the Lord  
all my being, bless his holy name.

My soul, give thanks to the Lord  
and never forget all his blessings.

**The Lord is kind and merciful.**

It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love and compassion.

**The Lord is kind and merciful.**

The Lord is compassion and love,  
slow to anger and rich in mercy.  
He does not treat us according to our sins  
nor repay us according to our faults.

**The Lord is kind and merciful.**

As far as the east is from the west  
so far does he remove our sins.

As a father has compassion on his sons,  
the Lord has pity on those who fear him.

**The Lord is kind and merciful.**

**Second reading 1 Corinthians 3:16-23**

*You belong to Christ and Christ belongs to God*

Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple. Make no mistake about it: if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. Why? Because the wisdom of this world is foolishness to God. As scripture says: The Lord knows wise men's thoughts: he knows how useless they are; or again: God is not convinced by the arguments of the wise. So there is nothing to boast about in anything human: Paul, Apollos, Cephas, the world, life and death, the present and the future, are all your servants; but you belong to Christ and Christ belongs to God.

## Gospel Acclamation 1 John 2:5

Alleluia, alleluia!

Whoever keeps the word of Christ,  
grows perfect in the love of God.

Alleluia!

## Gospel Matthew 5:38-48

*Love your enemies*

Jesus said to his disciples: 'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away. 'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.'

### REFLECTION ON THE GOSPEL

Today's gospel is a continuation of the Matthean Jesus' teaching on the sort of righteousness to which his followers are called in their living of the Law, namely right relationship and justice. The Law of Moses included a law of retaliation designed to make punishment for wrongdoing to persons or property proportionate to the offence (Exodus 21:24, Leviticus 24:20 and Deuteronomy 19:21). This was quite enlightened legislation at that time. In a series of striking images, Jesus invites his followers to go far beyond the strict application of the law and to embrace a new way of thinking about and acting towards those who have injured them or us.

Relinquishing your right to compensation is one thing. Giving more of your property to one who has stolen from you is quite another. Do we take this teaching literally or do we simply embrace the spirit of non-retaliation that seems to be at the heart of this teaching? A too-easy amnesty does not always bring justice. Last week's gospel reminded us that there is to be no place for uncontrolled anger or murderous thoughts in our hearts. Both that teaching and this seem to be about taking responsibility for how we live. Harboursing anger can have disastrous consequences for oneself as well as for others. It tends to become a state of being and to skew our capacity for right judgement. What happens to us may be beyond our control. What we do with what comes our way is for us to decide. Jesus makes it clear that we have

choices in the face of life's struggles. The disciple is called to assume personal responsibility and to refuse the way of retaliation.

The final example or antithesis in the list of six that Jesus offers in the Sermon on the Mount is the most confronting of all: there are to be no limitations on love. Loving one's enemies is quite a challenge, on a personal as well as a global level. We learn the hard way that we cannot change others. We can only change our attitudes and our approaches to those who harm us in any way. Catherine McAuley, the first Sister of Mercy, wrote that her sisters "never let the sun go down on their anger". I used to wonder how they managed that. Over recent years I have found that praying quite deliberately for those who give me a hard time or cause me grief is by far the most effective way of retaining my own peace of mind and of expelling retaliatory thoughts. For me, it is a matter of gently bringing these people to mind, of breathing in the loving kindness or ~~hesed~~ of God that suffuses the universe and of breathing it out to them. Such prayer enables me to think of them in kindly ways and act towards them without rancour, even when these sentiments are not reciprocated.

**By Sister Veronica Lawson rsm**

## 5 POWERFUL THINGS THE FIRST PSALM SAY ABOUT A RIGHTEOUS LIFE

Psalm 1 may only be six verses long, but the truth it conveys is powerful and inspiring. It draws readers into the reality of God's kingdom versus evilness. Psalm 1 highlights the matter of the heart that God so deeply cares about in each of us — will we foster hearts of righteousness or wickedness? The last verse in this Psalm summarizes it this way.

*"For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction" (Psalm 1:6).*

The two paths — the righteous life or wicked life — will result in completely different outcomes and experiences. God shares the truth of both and gives each person the choice to come to Him or indulge the ways of the evil one. We know that God desires we choose a righteous life rather than following sin and temptation. Here are five things Psalm 1 says about the righteous life God wants us to live.

### What Is Psalm 1 about?

Psalm 1 is about living a righteous life. The word righteous means virtuous or morally right. In the Bible, the concept of righteousness is deeply connected to one's faith in God. Righteousness comes from God alone. Elsewhere in the Psalms, we find this truth about being righteous.

*"Surely the righteous will never be shaken; they will be remembered forever. They will have no fear of bad news; their hearts are steadfast, trusting in the Lord. Their hearts are secure, they will have no fear; in the end they will look in triumph on their foes. They have freely scattered their gifts to the poor" (Psalm 112:6-9).*

A righteous life is one marked by confidence in the Lord, an honorable legacy, not giving in to fear but rather keeping one's trust in God, and being generous to those in need. In

Psalm 1, the righteous life and the wicked life are placed in stark contrast of one another. A righteous person will be blessed and delight in God's law (Psalm 1:1). The unrighteous ones will be knocked down and led to destruction and death (Psalm 1:6).

Psalm 1 presents a sobering outlook of the choice we must make to follow God or not. Will we walk the path of righteousness or wickedness?

**Why Is It Significant That This Is the First Psalm?**

Psalm 1 is the first in the collection of 150 psalms written by various authors over the course of hundreds and hundreds of years. The psalms are a compilation of songs, writings, and prayers that flow from the journey of faith. In them are songs of worship and prayers of all kinds. We find in the psalms victory, fear, death, joy, hope, waiting, anticipation, the hope of a Messiah, and so much more! Psalm 1 is intentional and sets the tone for the entire book of psalms.

It is significant that this is the first Psalm because it tells of the blessing of a life lived for God and the destruction and uncertainty (worry, fear, doubt, anxiety) that comes with living wickedly and apart from God. Truly, the rest of the psalms make better sense in light of what this psalm teaches. It is through this lens that we can understand the ups and downs the psalmists write about and experience. Their faith in God, through everything they faced, becomes believable because these writers know that apart from God, they will only experience destruction and death. Yet if they endure, they will experience the blessing of following God and living a righteous life.

**5 Things Psalm 1 Says about a Righteous Life**

Reading through Psalm 1 will give an important look into what a righteous life is all about. This psalm explains some of the differences between a righteous life and a wicked life. Here are five things Psalm 1 teaches about a righteous life.

**1. A Righteous Life Is Blessed**

*“Blessed is the one who does not walk in step with the wicked” (Psalm 1:1a).*

A righteous life is a blessed life. The Hebrew word for blessed in this verse is *eschar*. It means blessed, happy, or to go or be straight. When we live a life like Christ – a righteous life – we will experience God's blessings and goodness, we will feel joy and happiness despite our circumstances, and we will be walking the straight path that God has for us.

**2. A Righteous Life Avoids Sin and Wickedness**

*“Who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers” (Psalm 1:1b).*

A righteous life is one that avoids wicked and sinful ways. We live in a time where people mock God, delight in evil, and indulge any desire they have. Yet God's word remains clear on the matter of sin — it is wrong, it is evil, and it leads us to death. We must confront our sin and repent if we will live a righteous life. In doing so, we will experience the abundance that God has for us (Psalm 1:3).

**3. A Righteous Life Is in Sync with God's Law**

*“Whose delight is in the law of the Lord, and who meditates on his law day and night” (Psalm 1:2).*

A righteous person will delight in God's law — learning it, meditating on it, and following it. We cannot do this in our own power, but God will give us the strength to follow His ways when we have a genuine desire to do His good rather than evil. Sin and temptation are real, and we have an enemy who is out to destroy God's people, but when we love God's word and let it guide our thoughts, word, and actions, we will walk in His righteous ways. This Psalm takes seriously that we cannot compromise the word of God.

**4. A Righteous Life Is Fruitful and Prosperous**

*“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither — whatever they do prospers” (Psalm 1:3).*

A righteous life will be productive and flourishing — what a beautiful promise for those who follow the Lord. Life will surely be full of many troubles and trials (see John 16:33), but when we live how God wants us to live, we will reap goodness and abundance. When we are in line with God's plans, we will see His hand of blessing on what we do rather than the pain of living for ourselves and reaping only the fruit of pride, selfishness, and compromise.

**5. A Righteous Life Is Secure in God**

*“For the Lord watches over the way of the righteous” (Psalm 1:6).*  
What comfort knowing that God is watching over those who live a righteous life. God sees us and what we are going through. He keeps us safe, even when we face seemingly insurmountable situations or go through devastating situations. God is watching over us and will lead us in the right way when we cling to Him and keep our trust in Him. What compassion God has for us, and what perfect love He has for His children, that He watches over those who follow Him.

By Pamela Palmer

**RITE OF ACCEPTANCE**

We congratulate

**Fatos Qorri, Steven Ho, Willis Lie & Kenny Quan** on their journey in accepting the Catholic faith into their lives.



**STATION OF THE CROSS**

Commencing  
**Friday 24th  
February 2023**  
at 8.30am in the  
Church until the

31st March 2023. This will replace Adoration of the Blessed Sacrament on Fridays during the time of Lent.

**READERS/COMMENTATOR/  
COORDINATOR/EUCHARISTIC  
MINISTERS**

**Tues 9:00 AM, 21-02-23**

Reader Xuan Duong  
Eucharistic Min. Monica Lomen

**Wed 9:00 AM, 22-02-23**

Reader Carmen Camilleri  
Eucharistic Min. Carmen Camilleri

**Thur 9:00 AM, 23-02-23**

**Readers** Shirley Krizmanic  
Eucharistic Min. Shirley Krizmanic

**Fri: 9:00 AM, 24-02-23**

Reader: Helen Maddela  
Eucharistic Min. Catherine Bartolo

**Sat 6.00 PM, 25-02-23**

Lit. Coordinator: Reno Attard  
Commentator: Miriam Vella  
Readers: St Francis choir  
St Francis choir  
Eucharistic Min. Carmen Vella  
Wendy Forbes-Perera  
Reno Attard

**Sun 9.00 AM, 26-02-23**

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

**Sun 10:30AM, 26-02-23**

Lit. Coordinator: Joh Cablao  
Commentator: Christine Pedroso  
Reader: Susan Hallorina  
Jinky Monteros  
Eucharistic Min. Br. Anthony Gatt  
Rita Martin  
Br. Noel Debono

**Sun 6.00PM, 26-02-23**

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

**CHOIR GROUPS**

**Saturday 25th February 2023**

- \* 6pm – St Francis Choir
- \* **Sunday 26th February 2023**
- \* 9am - Charlie Schembri
- \* 10.30am – Fenandez Family
- \* 6pm - HE Youth

**CLEANING ROSTER**

Week starting 22 February  
2023 - Group 3 - Lily Disco,  
Margaret Bajada, Cathy Bartolo  
& Wendy Forbes-Perera.



**LET US PRAY FOR**

**The Sick**

Nguyen Thi San, Diana Moules, Magen Hallorina, James Floros, Pam Norris, Alfred & Pauline Storace, Arnord Fernandez, Toni Antonowicz, Anna, Maria Kim, Yulette Tanner, Jessie Spiteri, Stella Sande, Frank, Doris Carabott.

**Recently Deceased**

Tomas Baquiran, Veronica Malagonio, Joseph D., Joe Favot, Lorenz Colerio, Alexander Scribera, Marko Dorinko.

**Anniversaries**

Angela Bugeja(6th Anniversary), George, Charles, Maria, Tona & Reno Bugeja, John, Rose & Georga Frendo, Carmen Cassar, Lucy & George Cauchi, Angela & Kolina Muscat, Ian Ness, William Miller, Joseph Formosa, Antonio Yelo, Mercia Canicula, Grazio (Horace) Camilleri, Joseph & Franc Xiberras, Reno Cauchi, Angelo Cassar, Mac-co Ngo Van Thinh, Lucia Huynh Thi Kim Hue, Phero Ngo Minh Truong, Maria Huynh Thi Thanh Kieu, Phero Le Nghia, Matta Le Thi Linh, Phero Le Quang Tuan, Theresa Nguyen Ngoc Giang Thu, Dominico Le Ngoc Son, Mary Camilleri, Richard Curmi, Iro & Jessie Vella, Angela Chircop, Peter Disco, Wayne Camilleri, Bartolo family, Brincat & Galea family, Maria Vu Thi Yeu Thuong, Vincent Duong Kham Su, Michael Alphonsus Schiller, Peter Do Van Tri, Inne Maria Le Thi Bien, Mollie Rise (Marie), 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 Wurundjeri people as the traditional custodians of the land on which we reside and worship.*

**VOCATION VIEW**

We read in Leviticus: "You must love your neighbour, as yourself!" Some are being called to love their neighbour as a priest or religious. Pray that many will answer the call to love.

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

**FOR THE INFORMATION OF PARISHIONERS  
LENT 2023**

**Ash Wednesday and Good Friday are days of Fasting and Abstinence from meat.**

On all other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- (a) **Prayer** -for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways.
- (b) **Self-Denial** - for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country or elsewhere; or in other ways. Project Compassion is a major means of expressing our self-denial in Australia.
- (c) **Helping Others** - for example, special attention to someone who is poor, sick, elderly, lonely or overburdened; or in other ways.

- All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain (Canon 1252).

- The Season of Lent is a time of penance. During this season the faithful are exhorted to devote themselves in a special manner to prayer, to engage in works of piety and charity, and to deny themselves.

- Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 22 February 2023 and Trinity Sunday, 4 June 2023 unless for a good reason it is fulfilled at another time during the year.

- The wonderful gift of the Lord's merciful love is offered in a special way in the Sacrament of Reconciliation. Lent is a most appropriate time to receive this Sacrament.

All the faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.

Father Joe Caddy AM  
VICAR GENERAL