



HOLY EUCHARIST PARISH

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THE ASCENSION OF THE LORD YEAR A

20 & 21 MAY 2023

REDEMPTORIST COMMUNITY

Parish Priest & Mission Leader

Fr Vincent Long Pham CSsR

Priests in Residence

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:** 5:00pm
6.30pm Vietnamese
- ♦ **Sunday:** 8:45am, 10:00am,
6:00pm
12:00pm Vietnamese

Other Masses

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



**LAUDATO SI'
MOVEMENT**

Catholics for Our Common Home

Beginning this Sunday we will celebrate Laudato Si' Week (May 21-28) around the world. It is a celebration of change, a Hope for the Earth and for all Humanity. We will begin on Sunday, May 21st, and conclude on Pentecost Sunday by asking God the Creator to send his Holy Spirit upon all those who work for our common home.

You might gather with your family and friends to watch the Movie **The Letter**. The Pope's call to care for our world.

THE LIVING WORD

First Reading: Acts 1:1-11

Jesus was lifted up while they looked on

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.' Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky?

Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.'

Responsorial Psalm: Ps.46(47):2-3,6-9
God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High,
we must fear,
great king over all the earth.

God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.

Sing praise for God, sing praise,
sing praise to our king, sing praise.

God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

God is king of all the earth,
sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

Second Reading Ephesians 1:17-23

God made him sit at his right hand in heaven

May the God of our Lord Jesus Christ, the Father of glory, give you a spirit of wisdom and perception of what is revealed, to bring you to full knowledge of him. May he enlighten the eyes of your mind so that you can see what hope his call holds for you, what rich glories he has promised the saints will inherit and how infinitely great is the power that he has exercised for us believers. This you can tell from the strength of his power at work in Christ, when he used it to raise him from the dead and to make

him sit at his right hand, in heaven, far above every Sovereignty, Authority, Power, or Domination, or any other name that can be named not only in this age but also in the age to come. He has put all things under his feet and made him, as the ruler of everything, the head of the Church; which is his body, the fullness of him who fills the whole creation.

Gospel Acclamation Matthew 28:19. 20

Alleluia, alleluia!

Go and teach all people my gospel.

I am with you always, until the end of the world.

Alleluia!

Gospel Matthew 28:16-20

Go and make disciples of all nations

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

REFLECTION ON THE GOSPEL

Loss is part of the human experience and death is generally the most painful experience of loss. As the confirmed death toll from Covid-19 approaches seven million, we become more and more conscious of loss as a global reality. This loss of human life takes place against the backdrop of a catastrophic loss of species and of eco-systems, exacerbated by devastating bushfires and floods. Today's Feast invites us to face the experience of loss in a transformative way. Over Lent and Easter, we have been re-memorating his death and resurrection. The Ascension draws us into another aspect of the Mystery, that of the presence of the Risen One even in his absence.

While today's gospel recounts Matthew's story of Jesus' final encounter with his disciples, it does not provide an account of Jesus' "ascension" or return to God. For that, we must turn to the first reading (Acts 1:1-11). This Lukan story presupposes a pre-scientific, three-tiered understanding of the structure of the world. In this ancient view, God is in the heavens above and the prophet Jesus, like the prophet Elijah of old, is caught up into God's presence. The Holy Spirit will "descend" upon God's people and "clothe" them with power to bring the gospel to the ends of the earth. The vertical (up and down) movement is balanced by a horizontal movement: Jesus' family and followers who grieve the loss of their loved one are told not to keep looking up to the heavens. They have work to do: strengthened by his blessing, they are to stay in the city for the present and be empowered by the

Holy Spirit to continue the prophetic ministry of Jesus, to be witnesses to his death and resurrection. They have to face the fact that the physical loss of Jesus means a new and different sort of presence and that they have a role to play in making him present in their world.

The gospel reading has Jesus on a mountain top where he commissions his male disciples to make disciples of all nations, literally "to disciple all peoples". He has already commissioned the women on the open road to announce the good news of the resurrection (Matt 28:10). They are to be fearless in their mission. In Matthew's final chapter, then, both men and women are commissioned to proclaim the gospel. There are other dimensions to their mission, namely to baptize in the name of the Triune God and to teach what Jesus has taught or "commanded" them. The confidence that they need to engage in this mission is the assurance that the One whom God has raised is with us to the end of time. The gospel has come full circle. In the first chapter of Matthew, an angel announces that the child to be born will be called Emmanuel, God-with-us. The last verse of the gospel invites us once more to ponder that mystery and to commit ourselves to a life-giving gospel mission.

By Sister Veronica Lawson rsm

WHAT IS THE LORD'S PRAYER, AND HOW DOES IT GUIDE OUR PRAYERS?

Across the various denominations of Christianity, there is one prayer that most practice. It is a beautiful and impactful prayer that brings unity and togetherness to the body of Christ — it is the prayer taught to us by Jesus Himself which has been termed "The Lord's Prayer." This prayer is found in two of the Gospels: Luke and Matthew. In Luke's Gospel, we find a shortened version.

"Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation" (Luke 11:24).

Although the version of the Lord's Prayer is shorter in Luke's Gospel, the wording in both is nearly identical. It makes sense that Jesus would have taught this prayer on multiple occasions to His disciples and followers. The Lord's Prayer is the prayer that Jesus taught His followers to say when they asked Him to teach them how to pray. It has been learned by the majority of Christians throughout the history of the church.

What Is the Lord's Prayer?

In Matthew's Gospel, during the Sermon on the Mount, Jesus preached about many topics, one of which was how to pray. It is during this portion of Jesus' sermon that He instructed the people to pray in a certain way.

"This, then, is how you should pray:

'Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,

on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one”
(Matthew 6:9-13).

This demonstration of prayer taught by Jesus was simple, yet it shows us how we can come to God in prayer. Jesus was often seen going away from crowds to pray and spend time with the Father. He recognized the significance of having a healthy prayer life, and practiced it regularly. It is no surprise that during His sermon the mount, He taught the people about prayer.

What Is the Context of the Lord's Prayer?

Jesus taught the Lord's prayer during His sermon on the mount. The sermon on the mount is found in Luke 5-7. It is three chapters and is the longest recorded sermon given by Jesus. Scholars believe it would have taken about 10-15 minutes for Jesus to deliver this impactful, life-changing sermon. When Jesus spoke, He taught the Lord's Prayer to those who were at the sermon on the mount.

Before Jesus began teaching about prayer, He was instructing the people to not practice righteousness and goodness in front of others to get recognition and praise from fellow humans. Rather they should do good and righteous things in secret and God will reward them for their obedience and faithfulness.

“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven” (Matthew 6:1).

It is in this context that Jesus teaches about three spiritual practices that should be done in secret to the best of our ability. The first, when His followers give to the needy and poor. The second, when they pray. The third, when they fast. All these spiritual disciplines should be done in obedience to God, not to make ourselves look good in front of others. When Jesus spoke specifically about prayer, He warned the people to not pray openly to gain attention and to not pray long prayers to impress others.

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words” (Matthew 6:5-7).

Humanity is prone to pride, self-centeredness, and boasting of ourselves. Jesus warned against these inclinations and to instead be righteous for God's sake and glory. Therefore, He taught them the Lord's Prayer as an example of how to keep their hearts pure before the Lord in prayer. Jesus desired that

His followers pray to the Lord for the purpose of deepening their relationship with God. Prayer is an important way for people to connect with God and be in relationship with Him.

What Are the Parts of the Lord's Prayer?

The Lord's Prayer is composed of five distinct sections.

The first, to give praise and glory to the Lord (v. 9). God has no equal, He alone is God and worthy of all praise.

The second, to ask for God's kingdom to be done here on earth (v. 10). We bear the light of Jesus in a dark world and have been tasked with sharing the Gospel message of hope found in Jesus Christ.

The third, to ask for God's provision and basic needs to be met (v. 11). God is our provider and takes care of all our needs.

The fourth, to ask God's forgiveness of our sins just as we forgive others (v. 12). We are a forgiven people whom God has instructed to forgive others.

The fifth, to ask God's help that we would avoid sin, temptation, and to not be overcome by the enemy (v.13). Truly, there is freedom and victory through Jesus Christ for those who are covered in His saving grace.

These five parts of the Lord's Prayer are significant components to include whenever we pray to the Lord. God already knows what is on our hearts and minds (see Matthew 6:8), so when we pray, we don't have to be eloquent or lengthy in words. God does not want prayer to be intimidating, or a way for us to impress others. Prayer is about trust, praise, and relationship. Prayer is about God's kingdom, not building ourselves up.

Prayer can bring healing, restoration, and forgiveness — but it is all through God's power, not our own.

Why Does Jesus Give Us the Lord's Prayer?

Jesus was intentional with His time on this earth. Nothing He did was without meaning and purpose. It is why Christians are taught to live their lives as He did. In Matthew's Gospel, Jesus explained that He taught this prayer because He did not want His followers to pray to impress others or gain human praise. Jesus gave us the Lord's Prayer to teach the importance of having the right perspective and motives behind praying.

He also gave us the Lord's prayer to reiterate the importance of having a prayer life. In His sermon, Jesus said, “when you pray” (Matthew 6:5), not “if you pray.” Having a prayer life is not negotiable. Prayer is how Christians talk to God, hear from God, and spend time in His presence. Jesus modeled a prayer life throughout the Gospels when He found time to get away and pray. In fact, before He was arrested and crucified, He went to the Garden of Gethsemane to pray. No doubt, prayer was vital to Jesus' life, and He wants the same for His followers.

How Does the Lord's Prayer Guide Us in Our Own Prayer Life?

Sometimes, prayer can feel intimidating. Often, people won-

der how to pray or feel like they don't pray well enough. Jesus' sermon on the mount corrects those concerns. Prayer is simple. Prayer is talking to the God who loves you and wants to hear from you. If you don't know where to start, start with the Lord's Prayer. You can write it, read it, and hopefully, come to memorize it.

The Lord's Prayer also teaches us significant things to include in our prayers: praise to the Lord, being part of furthering His kingdom on earth, for His provision, for forgiveness, and to avoid sin. As you work toward cultivating a prayer life, you can include these types of petitions and hopes to the Lord when you talk to Him in prayer. God loves His children and simply desires that we come to Him in prayer. The apostle Paul put it this way when he wrote to the church of Philippi:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

We can bring anything to God — just start by praying no matter what is going on in your mind, heart, or life. Prayer can accomplish big things in us — healing, restoration, provision, and most of all, prayer gives us the peace of God in the midst of whatever we face. What a promise God has made to us! The Lord's Prayer is a powerful prayer that comes from the very mouth of Jesus. It has taught Christians how to pray since the beginning of the church, and continues to minister throughout all generations of believers across denominational lines. The Lord's Prayer brings us together as the body of Christ. Through it, we are taught how to pray, and we are taught how vital prayer is to a life lived for God.

By Pamela Palmer

CLEANING ROSTER

Week starting 24 May 2023
Group 4 - Otilia Tufuga & Tufuga Family

READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

Tues 9:00 AM, 23-05-23

Reader Xuan Duong
Eucharistic Min. Monica Lomen

Wed 9:00 AM, 24-05-23

Reader Carmen Camilleri
Eucharistic Min. Carmen Carmilleri

Thurs 9:00 AM, 25-05-23

Reader: HEP School
Eucharistic HEP School

Fri 9:00 AM, 26-05-23

Reader Helen Maddela
Eucharistic Min. Catherine Bartolo

Sat 5.00 PM, 27-05-23

Lit. Coordinator: Charlie Pace
Commentator: Miriam Vella
Readers: St Francis Choir
St Francis Choir
Eucharistic Min. Alaistair Surrao
Carmen Camilleri
Reno Attard

Sun 8.45 AM, 28-05-23

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

Sun 10:00AM, 28-05-23

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

Sun 6.00PM, 28-05-23

Lit. Coordinator Lani Laririt
Commentator HEP Youth
Reader HEP Youth
HEP Youth
Eucharistic Min. Lani Laririt
Xuan Duong
Rod Lalunio

CHOIR GROUPS

Saturday 27 May 2023

- ♦ 5pm – St Francis Choir

Sunday 28 May 2023

- ♦ 8.45am - Charlie Schembri
- ♦ 10.00am - Fernandez Family
- ♦ 6pm - HE Parish Youth

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 Sandle, Frank, Doris Carabott.

Recently Deceased

Grazzio Lia

Death Anniversaries

Joseph Formosa, Mary Faraci, Angela, George, Maria & Charles Bugaja, Rose, John & Georgia Fendo, Kolina, Angela & George Muscat, Carmen Cassar, Lucy & George Cauchi, Salvatore, Jane, Lucy & Reo DeGabriele, Michael & Mary A Bordiori, John Tabone, Tran Thi Huong, Cornelio Maddela, Grazio (Horace) Camilleri, Joseph & Franc Xiberras, Reno Cauchi, Mac-co Ngo Van Thinh, Lucia Huynh Thi Kim Hue, Phero Ngo Minh Truong, Maria Huynh Thi Thanh Kieu, Phero Le Nghia, Mat-ta 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, Duong Family, Do Family, Vincent Duong Kham Su, Michael Alphonsus Schiller, Mollie Rice (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

Through His death, resurrection and ascension, Christ showed us the path to eternal life. Know that the Lord is with you always, through your struggles and triumphs, and that he will hear your prayers.

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