



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



### THIRTEENTH SUNDAY IN ORDINARY TIME - YEAR B, 29 & 30 JUNE 2024

#### REDEMPTORIST COMMUNITY

**Parish Priest & Mission Leader**

Fr Vincent Long Pham, CSsR

**Assistants**

Fr Joseph Xuan Hieu Nguyen, CSsR

Fr. Dominic Carrigan, CSsR

Fr. Robin Lomangkok, 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**

Fr Stephen Battal

#### MASS TIMES

- ♦ **Tues-Fri:** 9:00am
- ♦ **Saturday:** 5:00pm  
6.30pm Vietnamese
- ♦ **Sunday:** 8:45am, 10:00am,  
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

#### SOCIAL OFFICE/(JP SERVICE)

Contact: Son Nguyen

Phone 9366 1310

Friday 10:00am-3:00pm.

**FOODBANK** open Fridays  
10.30am until 2.00pm. More  
details call Charlie 03 9366 1310.

**RCIA:** Please contact Br. Anthony  
Gatt on 0419 115 692 or call the  
Parish Office for more details.

#### SACRAMENTAL PREPARATION

Preca Centre, 29 Rosslare Parade,  
St Albans – Ph: 9356 0734

between 7pm-8pm

Email: [stalban@preca.org.au](mailto:stalban@preca.org.au)

#### THE LIVING WORD

**First Reading: Wisdom 1:13-15,2:23-24**

*God takes no pleasure in the extinction of the living*

Death was not God's doing, he takes no pleasure in the extinction of the living. To be – for this he created all; the world's created things have health in them, in them no fatal poison can be found, and Hades holds no power on earth; for virtue is undying. Yet God did make man imperishable, he made him in the image of his own nature; it was the devil's envy that brought death into the world, as those who are his partners will discover.

**Responsorial Psalm Ps. 29(30):2,4-6,11-13**

**I will praise you, Lord, for you have rescued me.**

I will praise you, Lord, you have rescued me

and have not let my enemies rejoice over me.

O Lord, you have raised my soul from the dead,

restored me to life from those who sink into the grave.

**I will praise you, Lord, for you have rescued me.**

Sing psalms to the Lord, you who love him,

give thanks to his holy name.

His anger lasts a moment; his favour all through life.

At night there are tears, but joy comes with dawn.

**I will praise you, Lord, for you have rescued me.**

The Lord listened and had pity.

The Lord came to my help.

For me you have changed my mourning into dancing:

O Lord my God, I will thank you for ever.

**I will praise you, Lord, for you have rescued me.**

**Second Reading: 2 Corinthians 8:7,9,13-15**

*The Lord Jesus became poor for your sake, to make you rich*

You always have the most of everything – of faith, of eloquence, of understanding, of keenness for any cause, and the biggest share of our affection – so we expect you to put the most into this work of mercy too. Remember how generous the Lord Jesus was: he was rich, but he became poor for your sake, to make you rich out of his poverty. This does not mean that to give relief to others you ought to make things difficult for yourselves: it is a question of balancing what happens to be your surplus now against their present need, and one day they may have something to spare that will supply your own need. That is how we strike a balance: as scripture says: The man who gathered much had none too much, the man who gathered little did not go short.

**Gospel Acclamation 2 Timothy 1:10**  
Alleluia, alleluia!

Our Saviour Jesus Christ has done away with death and brought us life through his gospel.  
Alleluia!

**Gospel Mark 5:21-24,35-43**

*Little girl, I tell you to get up*

When Jesus had crossed in the boat to the other side, a large crowd gathered round him and he stayed by the lakeside. Then one of the synagogue officials came up, Jairus by name, and seeing him, fell at his feet and pleaded with him earnestly, saying, 'My little daughter is desperately sick. Do come and lay your hands on her to make her better and save her life.' Jesus went with him and a large crowd followed him; they were pressing all round him. While he was still speaking some people arrived from the house of the synagogue

official to say, 'Your daughter is dead: why put the Master to any further trouble?' But Jesus had overheard this remark of theirs and he said to the official, 'Do not be afraid; only have faith.' And he allowed no one to go with him except Peter and James and John the brother of James. So they came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. He went in and said to them, 'Why all this commotion and crying? The child is not dead, but asleep.' But they laughed at him. So he turned them all out and, taking with him the child's father and mother and his own companions, he went into the place where the child lay. And taking the child by the hand he said to her, 'Talitha, kumi!' which means, 'Little girl, I tell you to get up.' The little girl got up at once and began to walk about, for she was twelve years old. At this they were overcome with astonishment, and he ordered them strictly not to let anyone know about it, and told them to give her something to eat.

### GOSPEL REFLECTION

In Mark's gospel, we often find a story within a story. Some scholars refer to this technique as the making of a Markan sandwich, others as a framing device. In Mark 5:21-43, the frame consists of the two-part story of the desperately ill twelve year old daughter of Jairus, a synagogue official. Jairus falls at the feet of Jesus in a surprising attitude of reverence from a Jewish official. Jairus pleads with Jesus the itinerant preacher to come and lay hands on his daughter. Jesus is clearly known as a healer, one who can "save" life. The passage closes with the young woman's seeming death and restoration to life. In between the two parts of this story, we hear of the plight of an older woman, also seriously ill, possibly with a gynaecological problem. She has been haemorrhaging for twelve years and has spent all her money on doctors to no avail.

The stories are linked in many ways, first by the repetition of the number twelve, a symbolic number in a Jewish context. Both the young Jewish woman and the older Jewish woman are in need of the saving power of God mediated through Jesus the healer. Later in the Markan story (7:24-30), a Gentile mother and daughter will beg for and receive that same saving power of God. Jairus' daughter does not speak for herself. Like all young women of that culture, ill or not, she is dependent on the voice of her father. The older woman comes tentatively "from behind". She speaks, but only to herself, as she touches Jesus' cloak and, through this touch, experiences healing in her body. Does the healing power of God suffuse even the fabric of Jesus' cloak? The woman is finally shamed into telling all. Like Jairus, she falls in desperation at the feet of Jesus.

Jairus refers to his little girl on the brink of adulthood as "my daughter". Jesus addresses the older woman as "my daughter". Both women, the younger and the older, are daughters of Israel. Both are restored to health, one on ac-

count of the faith of her parents (the unnamed mother and the named father), the other because of her own faith. Jesus the healer has embraced and responded to the pain of a woman alone on the one hand and of a family (mother, father, and daughter) on the other.

Towards the end of the gospel (14:3-9), this Jesus who has brought healing to little children, to older women and younger women, to older men and younger men, to Jews and to Gentiles, will himself become the recipient of the healing ministry of an insightful woman who draws on Earth elements and pours out healing ointment. He will recognise this action as a beautiful thing that she has done "in him" For now, the stories recount "the beautiful thing" he does in the lives of suffering humanity, irrespective of age or gender or status or ethnicity.

*By Sr. Veronica Lawson rsm*

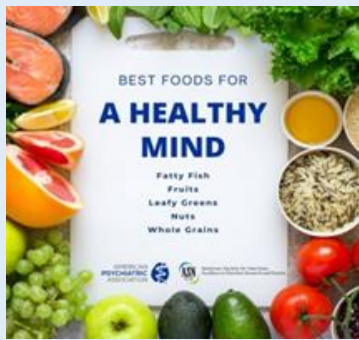
### OUR YOUTH CARE FOR THE HOMELESS!



"Hi! Would you like some food?" Those were the words of greeting offered by one of our youth members to a man sitting on the street corner of Footscray town recently. With a smile on his face, the man immediately said, "Yes." This was one of the 20 homeless people our Holy Eucharist Youth reached out to last Saturday as part of their winter mission. The youth also traveled by train to Flinders Street, continuing to distribute food packages to the homeless in that area. The mission to the homeless will be carried out once a month throughout the winter season. Let's continue to pray for our youth at the parish, that they will be able to reach out to more of our fellow brothers and sisters in need, especially at this time. Matthew 25:40: "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

*By Fr. Robin Lomangkok, CSsR*

## **FOOD FOR THOUGHT** *mental health and nutrition*



*How are you doing parishioners?  
It's time to do a little bit of  
check-in.*

Depression and anxiety are the most common mental health conditions in the world. Counselling and medications are the cornerstone of managing many

mental health problems. But now we are discovering that what we eat can also have an important role. A nutritious diet is not just good for your body. It is good for your brain and mental health too. A healthy diet is linked with better stress management, concentration and improved mental health. How food and mood are related is a two-way street. What you eat can affect your mood, but your mood also influences what you choose to eat. You're more likely to make positive food choices when you're in a good headspace. When you're feeling stressed or depressed, it can mean turning to 'comfort food' to feel better. However, some of these easy-to-buy foods are highly processed and rich in sugar, salt and fat. Be aware that these foods will not benefit your mental health. Good nutrition is crucial in helping to improve the outlook of people experiencing problems with their mental health. And with each new research study published, we are learning more about how diet can influence mental health.

**Source:** [https:// dietitiansaustralia.org.au/ health-advice/ mental-health-including-anxiety-and-depression](https://dietitiansaustralia.org.au/health-advice/mental-health-including-anxiety-and-depression)

## **ABORIGINAL AND TORRES STRAIT ISLANDER SUNDAY AND NAIDOC WEEK**

On the **first Sunday of July each year**, the Catholic Church in Australia observes Aboriginal and Torres Strait Islander Sunday. On this day we gather as one to honour and celebrate the rich cultural heritage and contributions of our First Nations Peoples to our Catholic Church. The theme for this year's Aboriginal and Torres Strait Islander Sunday is 'Keep the Fire Burning – Strong in Faith' and the National Aboriginal and Torres Strait Islander Catholic Council (NATSICC) has produced resources to assist parishes in their celebration of this important day.

You can view these resources here: <https://www.natsicc.org.au/2024-atsi-sunday.html>

In addition, Aboriginal Catholic Ministry Victoria warmly invites you to two important liturgical celebrations that will mark the start and end of NAIDOC week (7<sup>th</sup>-14<sup>th</sup> July). We would especially encourage you to invite the First Nations community members to attend:

**Aboriginal and Torres Strait Islander Sunday  
Mass, 7 July 2024, 11am  
St Patrick's Cathedral, 1 Cathedral Place, East  
Melbourne  
and**

**NAIDOC Week Mass, Sunday 14 July, 11am  
St Francis' Church, 326 Lonsdale St, Melbourne**

## **WHAT A WEEK!**



**T**o finish on time, the workmen repairing the ceiling had to work to late each evening, It's hard to recognize our Holy Eucharist Church in this picture! Our thanks to the team that worked so hard to finish on time. Our Church and the Maltese community then had only a short time to prepare for the most important Feast of St John the Baptist.

## **VIVA SAN JUAN**



## Where are our Priests?? Come aside to a Quiet Placer

In the Gospel of Mark, we are told that Jesus, because the disciple where so busy, took them away to a quiet place where they could be alone. Every year, Redemptorists here in Australia, try to come together for a long Retreat. This year it will be in our Retreat Centre in Galong about an hour's drive from Canberra. An American Redemptorist, **Fr Kevin O'Neill**, a former Professor from our university in Rome, will lead the retreat. We would be grateful for your prayers.

This weekend and for the following five days, you will be looked after by the following priests who have kindly agreed to help. Saturday evening **Fr. Peter Hudson** and **Fr. Tho Tran** for the Vietnamese Mass.

Sunday: 8.45am & 10.00am **Fr Peter Lal Zin** 6.00pm **Fr Thang Vu**

*Put together By Fr. Pat Corbett, CSsR*

### ANOINTING MASS



**Anointing Mass is next Friday the 6th of July @ 9am here at Holy Eucharist Church.**  
**All are Welcome!**

Please find Holy Eucharist Building Fund Account details making available if you wish to contribute towards Church

Project: BSB - 083 347

Account Number - 74751 1503.

**THANK YOU.**

### CHURCH CLEANING

Week starting 3rd July 2024 Group 2 - Jeff & Jenny Colquhoun, Cherie Surrao, Paul Scerri, Hong.

### READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

**Tues 9:00 AM, 02-07-24**

Reader Xuan Duong  
Eucharistic Min. Monica Lomen

**Wed 9:00 AM, 03-07-24**

Reader Carmen Camilleri  
Eucharistic Min. Carmen Camilleri

**Thurs 9:00 AM, 04-07-24**

Reader: Shirley Krizmanic  
Eucharistic Shirley Krizmanic

**Fri 9:00 AM, 05-07-24**

Reader Helen Maddela  
Eucharistic Min. Catherine Bartolo

**Sat 5.00 PM, 06-07-24**

Lit. Coordinator: Charlie Pace  
Commentator: Alaistair Surrao  
Readers: Violeta Montoro  
Wendy Forbes-Perera  
Eucharistic Min. Miriam Vella  
Anthony Naidu  
Reno Attard

**Sun 8.45 AM, 07-07-24**

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

**Sun 10:00AM, 07-07-24**

Lit. Coordinator: Faati Ierome  
Commentator: Rita Martin  
Readers: Samoan Choir  
Samoan Choir  
Eucharistic Min. Br. Noel Debono  
Rita Martin  
Faati Ierome

**Sun 6.00PM, 07-07-24**

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

### CHOIR GROUPS

**Saturday 6th July 2024**

♦ 5pm – Fernandez Choir

**Sunday 7th July 2024**

- ♦ 8.45am - Charlie Schembri
- ♦ 10.00am - Samoan Choir
- ♦ 6pm - Exxemos Choir

### LET US PRAY FOR

#### The Sick

Marlene Ferdinand, Pam Norris, Pauline Storace, Toni Antonowicz, Anna, Maria Kim, Yulette Tanner, Stella Sandle, Frank, Doris Carabott.

#### Recently Deceased

Franklin Rodrigo, Ian Anderson Celieto delaRiarte, George Cassar, Mary Caruana

#### Death Anniversaries

Frances, Ratimir Radulj, Dominico Gianfala, Michael, & Maryann Bordieri, Joyce & John Cassar, Reno, Salvatore, Jane & Lucy DeJahiele, Cecilia Bozickovic, Gregoria & Winifredo delaRiarte, Anthony & Mary Azzopardi, Alfio Chircop, Joseph Formosa, Grazio(Horace) Camilleri, Maria Nguyen Thi Dao, Hoang Family(Fanxico, Maria, Maria & Teresa) & Nguyen Family(Joseph, Anna & Maria), Nazareno & Josephine Spiteri, Antonio Mifsud, Philip Gauci, Joseph, Frank & John Xerri, Cornelio Maddela, Joseph & Franc Xiberras, Reno Cauchi, Maria Khong Kim Duyen, Giuse Nguyen Ba Ky, 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, Maria Tran Thi Huong, Mary Camilleri, Richard & Connie Cummi, 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

She fell at His feet and told Him the whole truth. Jesus restores health and wholeness to an 'untouchable' woman. She is remarkable to show as much courage as for her faith. How can we show the courage to ask for forgiveness from the Lord?

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