



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

Website: www.holyeuchariststalban.org



FIFTEENTH SUNDAY IN ORDINARY TIME - YEAR B, 13 & 14 JULY 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

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

FR. PAT CORBETT'S 90TH BIRTHDAY & HIS FAREWELL



Fr Pat will celebrate

the **9.00 am Mass**

FRIDAY THE 19 JULY

Following the Mass there will
be a **Birthday Cake & refresh-**
ments in the foyer.

A message from Fr Pat

Dear Parishioners,

Each week in the Church's
Morning Prayer, I read
Psalm 90: *Our days may come to
seventy years, or eighty, if our
strength endures; yet the best of*

them are but trouble and sorrow, for they quickly pass, and we are gone.

Apparently, the Psalms were not expecting people to reach
90! Of course, if I had not had open-heart surgery, I would
not have reached 80! One can only wonder at modern surgery
and skilled doctors and nurses that add bonus years to our span
of life.

In my case, my 'open-heart' happened in 2013. It was a little
miracle; thus giving me eleven bonus years!

While they have passed quickly, the best of them were not
'trouble and sorrow'. Rather, I look back on these years with joy
and wonder.

Most of my 'bonus' years have been in Holy Eucharist Par-
ish where I have experienced so much joy, excitement, and
wonder. It is this welcoming parish that has kept me 'alive and
active' right up to my 90th year. However, at ninety new questions
rise!

I come from a family of ten children where joy and wonder
were part of daily life. I still have an older sister and a younger
brother. A move to Sydney would mean the ability to spend pre-
cious time with them. Also, our Redemptorist Congregation has
built a Retirement section as part of our community in Kogarah,
in Sydney. There I would join several other in their late 80s and
early nineties.

So, it is time to say thanks! and a fond Farewell! to Holy Eu-
charist parish where I have lived some of my most happy
and productive years. You have taught me so much about life and
living it to the full.

My last Mass will be on the weekend of the 24 -25 August.

Fr. Patrick Corbett, CSsR

THE LIVING WORD

First Reading: Amos 7:12-15

'Go, shepherd, and prophesy to my people Israel'

Amaziah, the priest of Bethel, said to Amos, 'Go away, seer;' get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple.' 'I was no prophet, neither did I belong to any of the brotherhoods of prophets,' Amos replied to Amaziah 'I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, "Go, prophesy to my people Israel."' "

Responsorial Psalm Ps. 84(85):9-14(Sun15)

Lord, show us your mercy and love, and grant us your salvation.

I will hear what the Lord God has to say,
a voice that speaks of peace,
peace for his people.

His help is near for those who fear him
and his glory will dwell in our land.

Lord, show us your mercy and love, and grant us your salvation.

Mercy and faithfulness have met;
justice and peace have embraced.
Faithfulness shall spring from the earth
and justice look down from heaven.

Lord, show us your mercy and love, and grant us your salvation.

The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

Lord, show us your mercy and love, and grant us your salvation.

Second Reading: Ephesians 1:3-10

God chose us in Christ before the world was made

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ. Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved, in whom, through his blood, we gain our freedom, the forgiveness of our sins. Such is the richness of the grace which he has showered on us in all wisdom and insight. He has let us know the mystery of his purpose, the hidden plan he so kindly made in Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth.

Gospel Acclamation of Ephesians 1:17-18

Alleluia, alleluia!

May the Father of our Lord Jesus Christ enlighten the eyes of our heart that we might see how great is the hope to which we are called.

Alleluia!

Gospel Mark 6:7-13

'Take nothing with you'

Jesus made a tour round the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, 'Do not take a spare tunic.' And he said to them, 'If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.' So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

GOSPEL REFLECTION

To be a disciple of Jesus is to experience a call. It is also to be sent on a mission in partnership with others, a mission invariably expressed in terms of preaching, teaching, healing, and/or driving out of demons or unclean spirits. In other words, it is to be authorised to do what Jesus did and to proclaim what he proclaimed. When we hear of Jesus casting out demons and telling his disciples to do likewise, we tend to think that whatever they did is something that belongs to another time and has little to do with our contemporary society.

In the cosmology of the time, there was a realm between the divine and the human that was inhabited by good and evil spirits (angels and demons). The divide between these realms was conceptualised as porous so that humans could be protected by the angels or "possessed" by the demons. While the cosmology of the twenty-first century has no "place" for such beings, the contemporary imagination allows space for a metaphorical engagement with the angelic and demonic. When we speak of "demons" now, we are talking about something recognisable in human experience, even if somewhat removed from the "demons" that beset the poor in the Roman imperial provinces of the first century.

Today's parents spend much of their time casting out the "demons" that beset their children, as do our friends when they sit and listen to the pain in our hearts and help us to let go of the "demons" that so often inhabit our psyches. Many health profession-

als are paid to heal the hurts as well as the cuts and burns. They drive out the demons of fear and hate and prejudice and of paralysing mental illness. Educators also, aware that learning occurs only when students are relatively free from fear and anxiety, know what it means to drive out the demons.

It is significant that Jesus instructs the disciples to travel light. They need the basics to live and to do their job, but if their mission is to be effective, they must be free from the anxiety that comes from excess. Psychologist and social critic John F. Schumacher suggests that societies with the most material goods tend to be the most anxious. “Mutual respect, community-mindedness, an eagerness to share, reverence for nature, thankfulness and love of life”, it seems, are the major ingredients for a stress- or “demon”-free personal and community life. There would be no need to shake the dust from our feet for want of hospitality if that were the way we all chose to live. What’s more, there would be enough for all on our planet, the human and other-and-human, to live in dignity and peace. The experience of Covid-19 has been devastating in so many ways. While the only way out is widespread vaccination, many are fearful and anxious of being vaccinated. To allay the fears in our neighbours and friends is to live the gospel at this time.

By Sr. Veronica Lawson rsm

YOUTH SECTION

Teens and Anger

How parents can model healthy coping skills

Adolescents are growing and changing. And the hormones that drive puberty can have a big impact on mood. When kids seem like they’re overreacting it’s important to remember that they’re less able to manage big feelings, like anger, than adults are. Parents should try to see teenage anger as a normal part of being a person. The goal shouldn’t be to stop teens from feeling anger, but to help them find safer, less harmful ways of expressing it. Teenage problems can seem silly. But to your child, the feelings they cause are real and painful. When your child is ready to talk, let them know you take their feelings seriously. Do your best to ask questions and listen without trying to “solve” the problem.

Help kids talk about their feelings. True, sometimes teens are just in a bad mood, but anger can also be a sign that something is wrong. If kids don’t know how to think about and share their feelings, they may act out when what they really need is help. Start by letting them know you’re concerned: “I can tell you’re feeling upset. I’d really like to help. Can we make time to talk when you’re ready?” But

let’s be real. Parents are only human and teenagers can be very difficult. It’s normal to feel frustrated. But kids (yes, even teenagers) look to parents for cues on how to behave. If you or your teen are struggling to keep your temper, take a break, and be open about why: “I can tell I’m just too frustrated to talk right now. Let’s take some time to cool down and start over when we’re feeling calmer.” You can also practice (and let your teen see you practicing) mindfulness skills like deep breathing or counting to ten.

Finally, anger, frustration, irritation, and even rage are all part of being a person. But if your teen’s anger is having a negative impact on their life, or if there’s violence, it may be time to seek some help

SOURCE: <https://childmind.org/article/teens-and-anger/>

FOOD FOR THOUGHT

Transformation and Growth. How Does One Become a Butterfly?



“Just when the caterpillar thought the world was over, it became a butterfly”.

If one of your New Year resolutions is to pursue transformation and growth in order to become the best version of yourself, I invite you to study the life of a butterfly and learn from it. **But how does one become a butterfly?**

SOURCE: <https://medium.com/mindfully-speaking/transformation-and-growth-how-does-one-become-a-butterfly-ead2ebd6fc2>

A WARM VISIT BY OUR PRECA BROTHERS



Amid secularism in Australia, there is always a way to witness the Good News of the Gospel among believers. One of them is through Gospel friendship and fraternal support which we extend to our fellow brothers from the PRECA Community – Society of

Christian Doctrine. It is our honour to welcome them on their visit to our parish office recently on 10th July 2024. What made it meaningful was that this was also the first visit by their Society's Assistant Superior General – Brother Oliver Aquilina who is based in Malta. He was accompanied by Bro Noel De Bono and Bro Tony Gatt. We continue to pray for our Brothers from the Preca Community and the new mission which their other brothers will undertake in Lipa, Philippines.

Put together by y Fr. Robin Lomangkok, CSsR

A STORY OF SURVIVAL

After the Mass on the 19th July, I am happy to share the day with **Huan Tran Ho**, a parishioner who has written about his escape by boat from Vietnam. **Bishop Vincent Long** has written the *FOREWORD* likening it to his own escape by boat. I was very happy to help Huan with the English translation. So, it seems appropriate to launch the book on my birthday. Huan is also an artist and some of his artwork will be on display

By Fr. Pat Corbett, CSsR

SPECIAL BLESSINGS FOR ALL LOLAS & LOLOS

“On this World Day of Grandparents and the Elderly, I say: the whole Church is close to you - to us - and cares about you, loves you and does not want to leave you along!” - Pope Francis

Celebration of World Day for Grandparents and the Elderly
Sunday, 28 July 2024.

During the Filipino Mass at Holy Eucharist Church, 1A Oleander Drive, St Albans South.

For Details: Fr. Asis - 0404261228, Jing Sosa - 0402001489, Celine Rivera - 0450087041

CHURCH CLEANING

Week starting 17th July 2024
Group 4 - Otilia & Tufuga Family.

READERS/COMMENTATOR/ COORDINATOR/EUCHARISTIC MINISTERS

Tues 9:00 AM, 16-07-24

Reader Xuan Duong
Eucharistic Min. Monica Lomen

Wed 9:00 AM, 17-07-24

Reader Carmen Camilleri
Eucharistic Min. Carmen Camilleri

Thurs 9:00 AM, 18-07-24

Reader: Volunteer
Eucharistic Volunteer

Fri 9:00 AM, 19-07-24

Reader Helen Maddela
Eucharistic Min. Catherine Bartolo

Sat 5.00 PM, 20-07-24

Lit. Coordinator: Reno Attard
Commentator: Violeta Montoro
Readers: Agatha Saliba
Wendy Forbes-Perera
Eucharistic Min. Carmen Camilleri
Nanette Micallef-Grimaud
Reno Attard

Sun 8.45 AM, 21-07-24

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

Sun 10:00AM, 21-07-24

Lit. Coordinator: Taoete Afano
Commentator: Christina Afano
Readers: Christine Pedroso
Rita Martins
Eucharistic Min. Br. Noel Debono
Br. Tony Gatt
Taoete Afano

Sun 6.00PM, 21-07-24

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

CHOIR GROUPS

Saturday 20th July 2024

♦ 5pm – Tavallo Family

Sunday 21st July 2024

♦ 8.45am - Charlie Schembri

♦ 10.00am - The D'Souza

♦ 6pm - Angeline Veigas

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

Jude Hendricks

Death Anniversaries

Tulsi Randeniya, Ellawala family, Lawrence Grasso, 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 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

In today's First Reading, Amos says he did not choose to be a prophet. God selected him. Maybe God is asking you to reconsider what you are doing and do His work instead.

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