



HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021
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SIXTEENTH SUNDAY IN ORDINARY TIME - YEAR B, 20 & 21 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

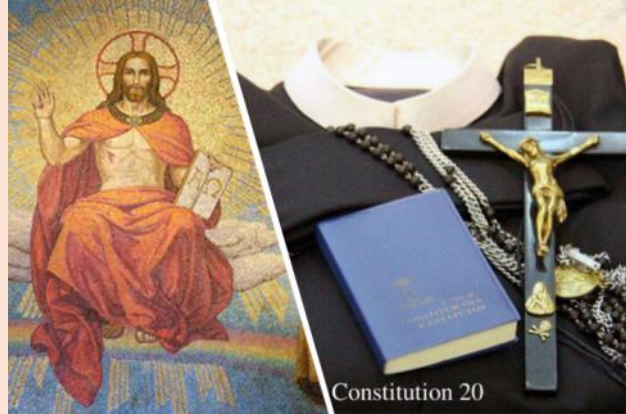
- 1st & 2nd Sun. Sudanese Mass 3pm
- 3rd Sun Samoan Mass - 2.00pm
- 4th Sun Filipino Mass - 3.00pm

SPECIAL NOTICE

**The Church DRIVEWAY
from Oleander Drive will be
closed from next
Tuesday 23rd July until 3rd
August, 2024.**

This will allow enough time for the old asphalt to be removed, new asphalt to be laid and ready for use. We kindly ask your cooperation with us to make work goes smoothly and at the same time to keep everyone safe. **THANK YOU!**

FEAST OF THE MOST HOLY REDEEMER



Every year, the Redemptorists celebrate the feast of the Most Holy Redeemer on the third Sunday of July. Redemptorists have celebrated this feast on the third Sunday of July since 1749. The solemnity has its great importance with the beginning of the Religious Order.

The Congregation of the Most Holy Redeemer, founded by Saint Alphonsus on 9th November 1732, is a clerical missionary religious Institute of pontifical right, enjoying the privilege of exemption and having members belonging to various rites. Its purpose is to “follow the example of Jesus Christ, the Redeemer, by preaching the word of God to the poor, as he declared of himself: ‘He sent me to preach the Good News to the poor’.” In this way, the Congregation shares the mandate given to the Church, which, since it is the universal sacrament of salvation, is a missionary of its very nature. It does so by responding with missionary thrust to the pressing pastoral needs of the most abandoned, especially the poor, and by devoting itself entirely to evangelization. The Redemptorist Congregation truly follows the example of Christ in the apostolic life, which comprises at one and the same time a life specially dedicated to God and a life of missionary work. (Consti.1)

Who are Redemptorists? The Redemptorist Missionaries are Strong in faith, rejoicing in hope, burning with charity, on fire with zeal, in humility of heart and persevering in prayer; Redemptorists as apostolic men and genuine disciples of Saint Alphonsus follow Christ the Redeemer with hearts full of joy; denying themselves and always ready to undertake what is demanding, they share in the mystery of Christ and proclaim it in Gospel simplicity of life and language, that they may bring to people plentiful redemption. (Consti. 20)

The Redemptorists filled with the Holy Spirit (Lk. 4:18-19) are called to announce the good news of salvation and the “favourable time” (2 Cor. 6:2), so that people be converted, believe in the Gospel (cf. Mark 1:15), really live their baptism and put on the new self (cf. Eph. 4:24). They are the apostles of conversion”, in so far as the chief object of their preaching is to lead people to a radical choice regarding their life – a decision for Christ – and draw them firmly and gently to a continuing and total conversion (Const. 11).

THE LIVING WORD

First Reading: Jeremiah 23:1-6

I will gather together the remnant of my flock and raise up shepherds for them

‘Doom for the shepherds who allow the flock of my pasture to be destroyed and scattered – it is the Lord who speaks! This, therefore, is what the Lord, the God of Israel, says about the shepherds in charge of my people: You have let my flock be scattered and go wandering and have not taken care of them. Right, I will take care of you for your misdeeds – it is the Lord who speaks! But the remnant of my flock I myself will gather from all the countries where I have dispersed them, and will bring them back to their pastures: they shall be fruitful and increase in numbers. I will raise up shepherds to look after them and pasture them; no fear, no terror for them any more; not one shall be lost – it is the Lord who speaks! ‘See, the days are coming – it is the Lord who speaks – when I will raise a virtuous Branch for David, who will reign as true king and be wise, practising honesty and integrity in the land. In his days Judah will be saved and Israel dwell in confidence. And this is the name he will be called: The-Lord-our-integrity.’

Responsorial Psalm Ps. 22(23)

The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.

The Lord is my shepherd; there is nothing I shall want.

He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.

The Lord is my shepherd; there is nothing I shall want.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

The Lord is my shepherd; there is nothing I shall want.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord’s own house shall I dwell
for ever and ever.

The Lord is my shepherd; there is nothing I shall want.

Second Reading: Ephesians 2:13-18

Christ Jesus is the peace between us

In Christ Jesus, you that used to be so far apart from us have been brought very close, by the blood of Christ. For he is the peace between us, and has made the two into one and broken down the barrier which used to keep them apart, actually destroying in his own person the hostility caused by the rules and decrees of the Law. This was to create one single New Man in himself out of the two of them and by restoring peace through the cross, to unite them both in a single Body and reconcile them with God: in his own person he killed the hostility. Later he came to bring the

good news of peace, peace to you who were far away and peace to those who were near at hand. Through him, both of us have in the one Spirit our way to come to the Father.

Gospel Acclamation John 10:27

Alleluia, alleluia!

My sheep listen to my voice, says the Lord; I know them, and they follow me.

Alleluia!

Gospel Mark 6:30-34

They were like sheep without a shepherd

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, ‘You must come away to some lonely place all by yourselves and rest for a while’; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

GOSPEL REFLECTION

In every life, there is need for a balanced rhythm of work and recreation. With so much pain and suffering in our world at the moment, the demands of living a gospel way of life can overwhelm us and cause us to act as though everything depends on us. While we can never really escape the responsibility of being there for those in need, today’s gospel reminds us that there is a time for being out on mission and a time for being with the one who calls and sends us.

The apostles have been busy—preaching, healing and driving out the “demons” as instructed. They now report back to Jesus with an account of their activities and are invited to take time to rest and recuperate. “Come away to a desert place all by yourselves and rest a while” is the invitation that Jesus extends to them. The reference to desert evokes the wilderness of Sinai through which the people of Israel travelled for forty years. For the contemporary reader, it evokes the diversity of life in the desert, on the one hand, and the desertification of so much of the earth’s surface as a result of tree-clearing and mindless destruction of forests on the other.

The “rest” that Jesus proposes is short-lived: the crowds pursue him. His response to these crowds is a physical one: he is “moved with compassion”. The Greek verb for being moved with compassion suggests a “gut” reaction in Jesus: he is physically affected in the depths of his being by the plight of the people who are “like sheep without a shepherd”, and he is ready to do something about it. As the story continues, we find Jesus inviting his disciples to accept responsibility for relieving the hunger of the people in the desert. “You give them something to eat” is his instruction to those who would turn the people away.

Like the Israelites of old, the afflicted Earth community in any age needs good leaders or “shepherds” who will “practice justice and righteousness in the land”, as the first reading from the prophet Jeremiah reminds us. The Hebrew word for justice in this

context refers to justice in the law courts. The word for righteousness is about right relationship at every level. Jesus demonstrates for his disciples and for us what justice and righteousness entail.

As the gospel story unfolds, we find that Jesus' disciples are wellmeaning, though slow to learn. They are a bit like us in that. The more we take time to reflect, however, the more likely we are to respond with the compassionate heart of the "shepherd", and the more likely we are to achieve lasting justice and right relationship in a world of unconscionable disparities and unprecedented displacement of peoples and of other-than-human species. We might advocate at this time for a more equitable distribution of vaccines so that all may know the saving power of God.

By Sr. Veronica Lawson rsm

YOUTH SECTION

To Gather, Reflect and Empower!



This was the experience of some of our parish youth core group members last Saturday when we organised a half-day pilgrimage to Ta Pinu Shrine, Bacchus Marsh. It was also a significant time spent by the group to discuss and formulate our parish youth group's mission and vision statements, in line with our parish's own mission and vision statements. These statements will be a guiding light to accompany their fellow youth in the parish and beyond in various aspects of their faith and human development. Let us continue to pray for their effort.

FOOD FOR THOUGHT

Image source: <https://www.istockphoto.com/search/2/image-film?phrase=lost+sheep>



Have you ever experienced being lost like this sheep? If yes, how did you see God reaching out to you at that time? Take time to reflect on this. May

the memories of the gentle care of God be your anchor and inspiration as you continue to embrace your faith in our challenging world of today.

WITNESSING FAITH IN THE SECULAR WORLD THROUGH SPORTS

a) Euro 2024: Bishops highlight the faith of the coach of Spain's victorious soccer team

Seville, Spain, Jul 15, 2024 / 17:20 pm (CNA).

Following Spain's 2-1 victory over England yesterday to clinch its fourth European Championship, several Spanish bishops have congratulated the country's



national soccer team and highlighted the Catholic faith of their coach, Luis de la Fuente. The archbishop of Seville, José Ángel Saiz Meneses, extended his congratulations to the national team **on X** after it won the final this Sunday in Berlin. Saiz noted that the national coach is "a deeply believing man, without complexes about publicly manifesting his faith and devotion to **the Holy Christ of the Expiration**," a large crucifix in Seville which depicts Christ's last breath as he dies on the cross. For the archbishop, the coach "has known how to communicate faith, humility, the value of the team above individuality, the spirit of sacrifice, effort, trust."

Source: <https://www.catholicworldreport.com/2024/07/15/euro-2024-bishops-highlight-the-faith-of-the-coach-of-spains-victorious-soccer-team/>

b) Wimbledon 2024 Champion

Wimbledon champion Carlos Alcaraz's visit to the Our Lady of Guadalupe shrine last year.

Source: <https://www.instagram.com/sachinettiyl/p/C9biCMNPNzU/>



Image source: <https://www.independent.co.uk/sport/tennis/carlos-alcaraz-andy-murray-jannik-sinner-emma-raducanu-centre-court-b2579767.html>



Carlos Alcaraz successfully defended his men's Wimbledon title. Perhaps, a momentous victory that was drawn from the support and inspiration of his family, coach, friends, relatives and most of all the gift of his faith.

UNDERSTANDING VIOLENCE AND AGGRESSION IN SOCIETY TODAY

Across existing research, root causes of violence and aggression range across different aspects of a person's life. The following lists look at various factors that may increase one's risk of aggression and violence.

- Biological.** Genetics, neurotransmitters, hormones, and brain structures can predispose one toward violence and aggression. For instance, research has identified specific genes, such as the MAOA gene, which carry aggression traits down to individuals. These genes influence brain chemicals like noradrenaline, serotonin and dopamine, which influence factors like one's impulse control and reaction to perceived threat. Additionally, reduced activity in the prefrontal cortex is associated with increased violence and aggression.
- Psychological.** Although people can become violent or aggressive for various reasons, some mental health conditions in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) have specifically listed violent behaviour as a part of these conditions. These include but are not limited to, Intermittent explosive disorder,

Schizophrenia, Post-traumatic stress disorder (PTSD), and Disruptive mood dysregulation disorder. Contributed by anger and impulsivity, delusions or hallucinations, and compromised executive function, these conditions put these individuals at higher risks of violence and aggression.

3. **Environmental.** One’s interpersonal, social, group, neighbourhood, economic, and cultural conditions can create the potential for or actual violence. For instance, the accumulation of frustration over unmet needs and financial instability can contribute to aggression and potentially erupt into violence. Furthermore, social learning can occur when one observes aggressive tendencies from family, peers, or the media. They may learn that aggression and violence are acceptable and recreate this behaviour.

As violence and aggression continue to be a topic that is very relevant and pervasive in our society, it remains to be something that requires greater understanding and multifaceted intervention. Early intervention is crucial in preventing aggression and violence. By providing individuals with the skills and support they need, it is possible to work towards a safer and more harmonious society.

Source: https://thepsychpractice.com/blog/aggressionandviolence#google_vignette



Former President Donald Trump is assisted offstage after he was shot Saturday in Butler, Pa.

Image source: <https://www.nbcnews.com/news/live-blog/trump-assassination-attempt-rally-shooting-live-update-rna161972>

Put together by
Fr. Robin Lomangkok, CSsR

CHURCH CLEANING

Week starting 24th July 2024 Group 5 - Xuan Dung Huynh, Phuong Ung, Margaret Bajada, Tran Thi Kim Hao, Hong Thuy Tran.

READERS/COMMENTATOR/
COORDINATOR/EUCHARISTIC
MINISTERS

Tues 9:00 AM, 23-07-24
 Reader Xuan Duong
 Eucharistic Min. Monica Lomen
Wed 9:00 AM, 24-07-24
 Reader Carmen Camilleri
 Eucharistic Min. Carmen Camilleri
Thurs 9:00 AM, 25-07-24
 Reader: Shirley Krizmanic
 Eucharistic Shirley Krizmanic
Fri 9:00 AM, 26-07-24
 Reader Helen Maddela
 Eucharistic Min. Catherine Bartolo
Sat 5.00 PM, 27-07-24
 Lit. Coordinator: Charlie Pace
 Commentator: Miriam Vella
 Readers: St Francis choir
 St Francis choir
 Eucharistic Min. Wendy Forbes-Perera

Reno Attard
Sun 8.45 AM, 28-07-24
 Lit. Coordinator Monica Lomen
 Commentator: Mini Eddy
 Readers: Wilma Krizmanic
 Susan Fatai
 Eucharistic Min. Helen Maddela
 Shirley Kriamanic
 Monica Lomen

Sun 10:00AM, 28-07-24
 Lit. Coordinator: Saua Tufuga
 Commentator: Rita Martins
 Readers: Susan Hallorina
 Jinky Monteros
 Eucharistic Min. Br. Noel Debono
 Saua Tufuga
 Rita Martins

Sun 6.00PM, 28-07-24
 Lit. Coordinator Rod Lalunio
 Commentator HE Youth
 Readers: HE Youth
 HE Youth
 Eucharistic Min. Rod Lalunio
 Lani Laririt
 Xuan Duong

CHOIR GROUPS

Saturday 27th July 2024

- 5pm – St Francis Choir

 Sunday 28th July 2024

- 8.45am - Charlie Schembri
- 10.00am - Fernandez Choir
- 6pm - HEY

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
 Jan Vala, Elizabet Danicek, Jan Danicek, Maria Lojdova, Carmelo Faraci, Anita Guzman, Luis Lopez, Boris Kolendouski (9yrs), Luis Lowell, Tulsì Randeniya, Ellawala family, Lawrence Grasso, Joseph Formosa, George Cassar, 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

When the apostles were trying to reflect on their ministry, Jesus asked them to "come by yourselves to an out-of-the-way place." Listening to God in quiet prayer is very important in vocational discernment. Listen to God's voice in an out-of-the-way place.

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