



St Michael's Catholic Parish Traralgon

St Michael's Vision Statement: Inspired by Jesus Christ, we are a welcoming Catholic Community seeking to enrich lives. Come and join us!

St Michael's Mission Statement:

To provide opportunities for parishioners –

- to grow in holiness
- to discover and live out their personal and community call to mission to live as Catholics who effectively transform society.

www.smpt.org.au

email: traralgon@cdsale.org.au

Statement of Commitment to the safety of children and vulnerable adults: Central to the mission of St Michael's Parish is an unequivocal commitment to fostering the dignity, self-esteem and integrity of children, young people and vulnerable adults and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially. Please contact our Safeguarding Officers, Chris DiCorleto and Shane Reid on 0417 572 546 if you have any concerns.

St Michael's Parish Information

Fr Francis Otobo Parish Priest
Fr Ajin Albarnas IVD Assistant Priest
 Parish Centre 5174 2060
 Priests' Residence: 5174 6765

Deacon Tony Aspinall
 Phone 5174 8167
 Em: deacontony8@gmail.com

Sr Doreen Dagne RSJ 5174 9997

Monsignor John Allman
 O'Mara House 5174 9674

St Michael's Parish Office 5174 2060
 35 Kay Street, Traralgon
 PO Box 103, Traralgon 3844
 Office hours –
 Tues to Friday 9:00am to 4:00pm
 Parish Secretary: Bev O'Brien
 Email: sec@smpt.org.au
 Sacraments / Youth Jenifer Hanratty
 Email: sacraments@smpt.org.au

After office hours - in case of an emergency please call 0448 529 712 and leave a message. All non-urgent calls should be made during office hours.

Baptisms: currently in abeyance

Weddings: currently in abeyance

Parish Pastoral Council: Greg Imhagwe Chairperson, Fr Francis, Sr Doreen, Lia Di Corleto, Watson Gomez, Jenifer Hanratty, Steve Kimani, Judi McLaughlin, Thomas Mathew, Amanda Reid, Kevin Taylor, Jodie Ware, Ros Joyner, Doug Doherty and Bev O'Brien.

Our Schools:

St Gabriel's School 5174 5515
 Principal: Mrs Roslyn Joyner

St Michael's School 5174 3295
 Principal: Mrs Jodie Ware

Lavalla Catholic College 5174 5272
 Principal: Mr John Freeman
 Kildare Campus 5174 8111
 St Paul's Campus 5174 7355

Prayer for a Pandemic By Cameron Bellm

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those who are the most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle for quarantine at home remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbours.

Amen.

(From A Consoling Embrace, Twenty Third Publications.)

PUMPKINS: - news from Alby Van Berkel.

Some of our parishioners received pumpkin seeds handed out by Alby Van Berkel last year, asking folk to grow them. The resultant crop was planned to be used by the Vinnies Soup Van in their ministry in Traralgon and Churchill. Though the soup van deliveries have been curtailed due to Covid-19 restrictions, St Vincent de Paul Society members are still delivering hampers of non-perishable foods to the local boarding houses and some homes. Should you now have pumpkins which are ripe and ready for picking, here's some handy tips

- ensure you take some of the stalk when picking, they will keep much longer
- store in a dark corner, a little off the ground to allow air circulation
- try and store them on their sides.

Hopefully the Soup-Van will be operational again soon, when your pumpkins will be gratefully received. Watch this space for further news in the coming weeks. Please contact Sue MacManus on 0409 766 959 to organize delivery of the pumpkins.

Whether your pumpkins did well this summer or not, it will be wonderful if parishioners would again 'have a go' at growing pumpkins for this worthy cause. Alby will be keeping seeds from one of his pumpkins for next season. Thanks one and all for your support.



Sunday Mass Times		
Saturday	4:00pm	5:30pm
Sunday	9:00am	10:30am
	4:00pm	5:30pm
Weekday Mass Times		
Tuesday to Friday	9:30am	5:30pm
Attendance at Mass is limited to 10 parishioners. ATTENDANCE MUST BE BOOKED AT THE PARISH OFFICE.		

PLEASE PRAY FOR: We remember those who have died recently both here and overseas due to the Covid-19 virus and those whose anniversaries occur at this time including Dot Trewella, Bishop James Corbett and Monsignor Jim O'Mara.

Lord, let your perpetual light shine upon them. May they rest in peace. Amen.

WE PRAY FOR THOSE WHO ARE SICK including, including Megan Agostino, Maria Alessandrini, Lee Allman, Lulu Aragon, Cath Boers, Fr Bernard Buckley, Conceicao Carvalho, Peter Dal Pra, Ann-Maree Daly, Anthony Derham, Gary Donchi, Bill Edgar, Bernadette Formaran, Fr Frank Freeman, Marj Gilbert, Carolyn Gleeson, Robert Hazelman, Imogen Hillier, Marie Howard, Joan Lamont, Peter Lont, Joyce Martin, Ivy May, Deborah Mc Kerchar, Ben Melenhorst, Joan Quigley, Joan Riggall, Kath Ryan, Ray Smith, Jerry Templer, Julie Vaz, Brian Vivian, Celie Smith, George Walkan, and Fr Frank Young, and all those we hold dear in our hearts.



BAPTISM: This week, we welcome for Baptism **Abigail Anne Kennedy**, daughter of Ben and Marita, baby sister of Isaac and Leo.

Congratulations to the Kennedy family, from us all! Welcome to the Parish family, Abigail.



MASS OFFERINGS: During the week Masses will be offered for all refugees and homeless and for all those in need.

An Act of Spiritual Communion

The simple and loving act of Spiritual Communion (written by St. Alphonsus Liguori) can be made when we are unable to attend Mass and receive the Eucharist.

Pray these words:

My Jesus,

I believe that You are in the Blessed Sacrament.

I love You above all things, and I long for You in my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

Amen.

EASING OF MASS RESTRICTIONS: As our State Government has eased slightly the restrictions on celebrating Mass, we are now able to offer Mass, with no more than ten parishioners present.

The Mass times are as in Column 1 on this page. **Attendance is restricted to those who have booked to attend Mass.**

Please phone the Parish Office 5174 2060 between 1:30-4:00pm Tuesday to Friday to make a booking.

We are required to keep strictly accurate records of every attendance at every Mass.

Social distancing is required at Mass, and those in attendance need to attend to cleaning and disinfecting before they leave. **Please do not come to Mass if you are unwell.**

Fr Francis, Fr Ajin and Deacon Tony are all delighted to see some smiling faces in our pews again.

PLEASE SPREAD THE WORD: Please deliver a bulletin to anyone you know who might like one. It would be lovely if we could reach as many of our parishioners as possible, so that they too, may be able to book in to attend Mass.

ARCHBISHOP-ELECT PATRICK O'REGAN:

Please keep Archbishop-elect Patrick O'Regan in your prayers, as he makes his final preparations for his **Service of Installation as Adelaide's Archbishop on Monday May 25.** **The link to view the live streaming of his Installation service is <https://youtu.be/WaG12a-tCw4>, which will run at 11:00am Victorian time.** The link will also be posted on the Diocesan Facebook Page and Website.

Prayer for Archbishop-elect Patrick O'Regan

O God, the giver of all good things,

We bless and thank you for Archbishop-elect Patrick, for the five years of his ministry and servant leadership among us as our Bishop in the Diocese of Sale.

We thank you for the example of goodness that he has been to us and by which we have been encouraged and inspired

in our journey of discipleship of your son, Jesus.

May your Holy Spirit continue to grace him with the gifts of wisdom and strength, gentleness and compassion.

May he be welcomed joyfully into the Archdiocese of Adelaide,

now entrusted to his care and leadership.

May you continue to guide him and bless him all the days of his life.

We ask this through your Son Jesus Christ, in the unity of the Holy Spirit,

One God, for ever and ever.

Amen,

Our Lady of Perpetual Help pray for us

St Mary of the Cross MacKillop pray for us



SUPPORTING ONE ANOTHER AND OUR PARISH:

As we figure out how to 'be parish' in this time without Sunday and weekday Masses in our Church, we need to consider :-

- * our prayer and spiritual life
- * our commitment to and support for our Parish
- * our community.

In this time of uncertainty, please remember our priests and religious in your prayers. Our priests are financially supported by our weekly 'first collections', and these expenses will still need to be met. Parishioners are asked to make donations by electronic transfer to St Michael's Parish Traralgon Presbytery Account, BSB 083 879 Account Number 48906 6098.

Our Parish will still need to pay our utility bills, our wages bills, rates and insurances. We meet these costs through the Planned Giving Program. Parishioners who currently give via the weekly envelopes are asked to consider altering their giving to Direct Debit giving to enable our Parish to continue. Direct Debit Giving forms are available at the office, please phone or email and we can get one to you.

Anyone wishing to make a general donation to our parish can do so by electronic transfer to St Michael's Parish Traralgon Church Account, BSB 083 879, Account Number 48885 1289. Please let me know by email (traralgon@cdsale.org.au) if you decide to do this. Thank you.

If you are wanting to request a Mass Offering, then please place your donation in an envelope, and clearly mark:-

1. The name of the person(s) for whom you wish to offer the Mass.
2. Whether it's a death anniversary, or recent death.
3. Your name, contact number and email.

The envelopes can be 'posted' through the mail slot beside the front door of the Parish Office.

Please look out for those in our community who are the most vulnerable and could be in need of our support. Let the Office know if you know of anyone in need.

Sincere thanks to those parishioners who have dropped in their Giving Envelopes, made payments via electronic means, and are keeping all our parish community firmly in their prayers.

FINANCE MATTERS:

"I am praying for them..." JOHN 17: 9

Prayer is the foundation of our Faith and the foundation of Stewardship. Pray in good times and in bad. Prayer is always the first best option in any situation, not just the last resort. Pray for friends and family and for those that don't treat you very well. Pray to give praise, to thank and to ask God for help. Pray to see what God wants you to do with the gifts He has given you.

PARISH FINANCE MATTERS:

Please don't hesitate to contact the Parish Office on 5174 2060 or by email to sec@smpt.org.au if you want assistance or information regarding your Planned Giving.

Isolation Prayer Life, Access to Masses online/TV/:

Keep up to date with the latest prayer resources for your communities <https://www.cdsale.org.au/news/prayer-resources-in-time-of-need>

Livestreamed Masses <https://www.cdsale.org.au/coronavirus>

Music and Prayer for Ascension Sunday

You are invited to pray at home with the Sunday readings with free access to the following online music and video resources

- **Psalms and chants from Marist Music** <http://www.maristmusic.org.au/ascension-sunday-year-a-psalm-and-gospel-chant-available>
- **Sunday Readings and Family Prayer** – download and pray the Scriptures of the Sunday Mass and/or use the Family Prayer sheets with children. From Liturgy Brisbane <https://www.liturgybrisbane.net.au/>
- **Sunday Liturgy of the Word at Home (for families with kids)** <http://melbournecatholic.org.au/easter>
- **Weekly Easter Reflections** <http://melbournecatholic.org.au/easter>
- **CathFamily – CathKids is weekly interactive experience with a short animated video on the Sunday reading, questions to stimulate discussion, a simple activity and prayer. It's perfect for use in the classroom, in children's liturgy and at home. Can be facilitated by an adult or in self-directed exploration by children aged 7-12. Free access to CathKids until 30 June 2020** <https://cathfamily.org/>

Spirituality offerings

- **54th World Communications Day - 24 May 2020 (Ascension Sunday)** read Pope Francis' message <https://tinyurl.com/Pope-on-World-Communications>
The Bible is thus the great love story between God and humanity. At its centre stands Jesus, whose own story brings to fulfilment both God's love for us and our love for God. Henceforth, in every generation, men and women are called to recount and commit to memory the most significant episodes of this Story of stories, those that best communicate its meaning.
- **Laudato Si': On the Care of Our Common Home** by Pope Francis, has its 5th anniversary this Sunday 24th May. Check out the resources at <https://laudatosiweek.org/> and the attached prayers.
- **Novena for Peace and Healing** <https://tinyurl.com/Novena-for-Peace-and-Healing>

Easter Hope & Pentecost

<http://www.emmausproductions.com/special-feature/easter-hope-pentecost-expectation-2020/>

Weekly readings

Weekly readings and family orientated prayers can be found at: <https://www.liturgybrisbane.net.au/prepare/sunday-readings-and-family-prayer/>

AS WE BEGIN OUR 'NEW' WAY OF CELEBRATING MASS:

Some of the comments we've heard ~

- How lovely is it to just be able to be inside our beautiful church.
- So nice to feel at home in God's house again.
- Thanks to Fr Francis and Fr Ajin, we are so privileged to have them here with us.

May we move gently and always be aware of keeping ourselves our priests, and our fellow parishioners safe.

Entrance Antiphon Acts 1:11

Men of Galilee, why gaze in wonder at the heavens?

This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

First Reading Acts 1:1-11

A reading from the Acts of the Apostles

Why are you standing here looking into the sky? Jesus has been taken into heaven.

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 46:2-3 6-9 Rv6

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

1. 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. *(R.)*
2. 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. *(R.)*
3. 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. *(R.)*

Second Reading

Eph 1:17-23

A reading from the letter of St Paul to the Ephesians

He made Jesus to 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 Mt 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

Mt 28:16-20

A reading from the holy Gospel according to Matthew

All authority in heaven and on earth has been given to me.

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 commandments I gave to you. And know that I am with you always; yes, to the end of time.'



Next weeks Readings – Pentecost Sunday Year A

1st Reading Acts 2:1-11

2nd Reading 1 Corinthians 12:3-7, 12-13

Gospel John 20:19-23