



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: sec@smpt.org.au

Statement of Commitment to the safety of children and adults at risk: 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 adults at risk and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially.

Please contact our Safeguarding Officers Shane Reid or Sally Darby on 5174 2060 if you have any concerns.

St Michael's Parish Information

Fr Aju Varghese Parish Priest
Parish Centre 5174 2060
Priest's Residence: 5174 6765

Deacon Tony Aspinall
Email: deacontony8@gmail.com
Telephone: 5174 9012

St Michael's Parish Office
Telephone: 5174 2060
Address: 35 Kay Street, Traralgon
PO Box 103, Traralgon 3844

Office hours – by phone and email
Tues to Friday 9:00am to 4:00pm
Parish Secretary: Catherine Hill
Email: sec@smpt.org.au
Sacraments / Youth: Jenifer Hanratty
Email: sacraments@smpt.org.au

After office hours - in case of an emergency please call 0499 162 313 and leave a message and your contact details. All non-urgent calls should be made during office hours.

Baptisms: Six weeks notice required

Weddings: Six months notice required

Parish Pastoral Council: Fr Aju Varghese, Deacon Tony Aspinall, Ben Kennedy, Brett Van Berkel, Cath Hill, Cathy McLure, Elizabeth Joseph, Jenifer Hanratty, Jodie Ware, Judi McLaughlin (chairperson), Kim Zerafa, Michael Hansen (deputy chairperson), Michelle Charlton, and Roy Varghese.

Our Schools:

St Gabriel's School 5174 5515
Principal: Mrs Michelle Charlton
St Michael's School 5174 3295
Principal: Mrs Jodie Ware
Lavalla Catholic College 5174 5272
Principal: Mr Ryan Greer
Kildare Campus 5174 8111
St Paul's Campus 5174 7355



61st NATIONAL VOCATIONS AWARENESS WEEK August 04 – 11, 2024

Dear Friends in Christ,

As National Vocations Awareness Week dawns upon us, we are invited to reflect on the unique calling God has placed in each of our hearts. This special week, starting from the first Sunday in August, is a time for us to become conscious of our vocation to holiness as we serve God and our community.

Vocation is not just about priesthood or religious life; it encompasses several walks of life, through which we can live out our faith, including marriage, single life, and lay ministry. Each vocation is a precious gift from God, and each of us plays a vital role in the life of the Church.

During this year's Vocations Awareness Week, let us pray especially for an increase in vocations to the priesthood and religious life, which are essential for the Church's mission. Let us also support those discerning their paths, offering our encouragement, prayers, and guidance. Families, parishes, and communities play a crucial role in fostering vocations by creating an environment where individuals feel supported and inspired to answer God's unique call in their lives.

Let us pray earnestly for more vocations while also becoming individuals who educate and invite others to consider their unique calls. Let us listen to the stories of those who have found their calling, and reflect on how God might be calling you to serve as well.

This year's celebration coincides with the feast of our country's first saint, St. Mary of the Cross MacKillop. Like her, let us be open to God's invitation to work for His kingdom, in whichever way He might be calling each one of us.

Yours in Christ,

Fr Stanly Devasia
Vocations Director
Diocese of Sale

National Vocations Awareness Week is an annual week-long celebration dedicated to promoting vocations to ordained ministry and consecrated life. This week highlights all vocations, including marriage, single life, and lay ministry. Let us pray for an increase in priestly and religious vocations and support those discerning their paths.

Sunday Mass Times		
Saturday	5:00pm	Mass
Sunday	9:30am	Mass
	5:00pm	Mass
Weekday Mass Times		
Tuesday Aug 06	9:30am	Mass
	12:00pm	Requiem Mass for Jessica Whitty
Wednesday Aug 07	11:00am	Reconciliation
	11:00am	Exposition
	12:00pm	Mass
	1:30pm	Requiem Mass for Vincenza Tripodi
Thursday Aug 08	9:30am	Mass*
Friday Aug 09	9:30am	Mass

*Mass this Thursday will be held at St Gabriel's Primary School. Parishioners are warmly invited to join the Prep students as they celebrate the Feast of St Mary of the Cross MacKillop.

PLEASE PRAY FOR: those who have died recently including Vincenza Tripodi, Bob Ferris, Adriana Cook, Jess Whitty, and Muriel Thomson, and those whose anniversaries occur at this time including Nessie Dal Pra, Jim Flynn, Margaret Dick, Peter Ryan, Frank Silvestro, Victoria Silvestro, Angelina Agostino and Julia Moretti. *Lord, let your perpetual light shine upon them. May they rest in peace. Amen.*



WE PRAY FOR THOSE WHO ARE SICK: including Bernadette Formaran, Fr Frank Freeman, Carolyn Gleeson, Jacqui Granville, Barbara Greaves, Ellen Hammond, Robert Hazelman, Imogen Hillier, Joyce Martin, Ivy May, Deborah Mckerchar, Ben Melenhorst, Maree Morris, Henry Polo, Joan Riggall, Theresa Rosello, Jerry Templer, Damiano Tripodi, George Walkan, Victoria Rolih, James Whitty, Peter Dal Pra, Jane Eric, Rose Xuereb, Peter Lorinc, Don Barnes, Paul Laurie, Gus Agostino, Sharon Veleff, Jenny Hansch, Rosemaree Kays, Fr Andrew Wise, Jaime Mack, Greg Doyle and all those we hold dear in our hearts. *Please let the office know if you, or anyone you know would like a visit from the parish.*

PARISH HALL UPDATE: Thank you for your patience and support of our move to Lavalla Catholic College last weekend. We are grateful to the team at Lavalla for welcoming us and to our parishioners who braved the weather and joined us for mass outside the church. The asbestos has now been safely removed and the demolition of the old Assistant Priest's quarters has begun. Mass has now safely returned to our church and we do not think there will be any other changes at this stage. Our parish staff are mostly working from home but are available by appointment on Tuesdays in the St Vincent de Paul Centre or via the usual phone (5174 2060) or email (sec@smpt.org.au) Tuesday to Friday from 9am – 4pm.

FEAST DAY OF ST MARY OF THE CROSS MACKILLOP: This Thursday August 08 we celebrate the feast day of Australia's own saint, Mary of the Cross MacKillop. Mary was dedicated to helping the poor and to providing education for underprivileged children. She is well known for her saying: "Never see a need without doing something about it."

THIS WEEK'S EVENTS:	
Tuesday August 06	
12:00pm	Requiem Mass for Jessica Whitty, St Michael's Church
Wednesday August 07	
11:00am	Reconciliation, St Michael's Church
1:30pm	Requiem Mass for Vincenza Tripodi, St Michael's Church
Thursday August 08	
10:30am	Charismatic Prayer Group, St Michael's Church

BAPTISMS: Our next Baptism Preparation meeting will be held on **Tuesday August 13 at 7pm** in the church. Please contact the parish office for more information and to register your interest.



RCIC BAPTISMS: This weekend we welcome for Baptism, **Alice Maree and Harry Eric Duncan**, children of Jessie and Dave, and **Jonte Craig and Jasmin Kate Backman** children of Kate and Craig. We are thankful to their families for supporting them on this journey and warmly welcome them all to our Parish community. We are especially grateful to our RCIC team of Susan, Alyssa, Adriana and Alison for their time and expertise in helping these children through the Baptism for School Aged Children Program.



SACRAMENT OF RECONCILIATION: This weekend we welcome our children preparing for the sacrament of First Reconciliation, along with their families, for their commitment mass. Please keep them in your prayers as the journey towards their first reconciliation which will be on Tuesday August 20 here in the church.

RCIA: Do you have a question about what Catholics believe or are you considering becoming a Catholic yourself? Join us on Tuesday nights at 7:30pm, where we can answer your questions and shed light on what Catholics believe. Enrolments are closing soon so please contact the parish office for more information or to register your interest as soon as possible.



YOUTH NEWS: Last Sunday our Junior J-Walkers met for an afternoon of fun and formation. We discussed the importance of sharing what we had like the small boy who shared his fishes and loaves, which Jesus then used to feed 5000. We learned about the good works of St Vincent de Paul and Mick's Kitchen and how they were actively living their faith by going out into the margins and helping those in need. We were inspired to think of ways that we as individuals and as J-Walkers could go out and share what we had, to be kind to each other and spread God's love.

YOUTH MARKET DAY: The J-Walkers will run another Market Day in the Mary MacKillop Hall with the Coffee Cart on **Sunday August 18 after 9.30am Mass**. You are all invited to come along and join in the fun. There will be stalls, games, raffles and of course coffee! All money raised will go towards supporting the Youth Ministry and Ignite Conference costs.



SIGN UP SUNDAY: This weekend we encourage the men of our parish to sign up for next weekend's MenALIVE conference. You can speak to one of our MenALIVE team in the foyer of the church after each of the masses, ask any questions you may have and sign up for next weekend's event. The MenALIVE weekend provides an opportunity for men in Traralgon and neighbouring towns to explore what makes them fully alive. We invite and encourage all men to become an active force of renewal in the community and the church and this event is a part of that renewal. Mass is included in the program. For more information and to register, please scan the QR code below.



Saturday August 10, 8am - 9pm
Sunday August 11, 8am - 1:30pm
Mary MacKillop Hall
\$50 per person, (concessions available)
Includes lunch & dinner (Sat),
refreshments, tea/coffee

CHILD SAFETY TRAINING: Some of you may have already received an email asking you to complete an updated SafeTrac Module from the Diocese of Sale, others will receive it in the coming weeks. This is an important requirement of all our volunteers and our commitment to safeguarding children and vulnerable adults in our parish community and we thank you for your ongoing support. If you have any questions regarding the training please do not hesitate to contact the parish office.



LIVING WITH JOY: Join Fr Frankie for a special Women's Retreat on **Saturday August 17 from 9:30am – 4pm** at the Catholic Leadership Centre, 576 Victoria Parade, East Melbourne. Hosted by the Catholic Women's League, the day will

include Holy Mass, Adoration, Confession and inspiring talks. Tickets are \$80 each and include lunch, morning and afternoon tea. Visit trybooking.com/CQZUT to book your place. Encounter God's love and meet a community of women of faith!

ACBC RESEARCH PROJECT, ABSENT FROM THE TABLE: The Australian Catholic Bishops Conference is undertaking a research project aimed at investigating why some Catholics do not participate in regular weekly Sunday Mass (including the Saturday Vigil). The survey closes Tuesday August 20, 2024. Parishioners are encouraged to reach out to those they know who could participate in the survey. For more information visit <https://bit.ly/AbsentFromTheTableSurvey>

ST VINCENT DE PAUL SOUP VAN- VOLUNTEERS



NEEDED: Do you have a passion for giving a 'hand up' to individuals experiencing food and financial insecurity? Love giving back to your local community? Enjoy engaging with people from all walks of life? Volunteers are needed for Traralgon's St Vincent de Paul Soup Van which operates out of Traralgon to prepare and pack food, assist with loading the soup vans, distributing food on a 'Soup Van Run' and assisting in cleaning up the kitchen and soup van vehicle as a team. Please contact Marg Morrison on 0439 600 899 for more information or to register your interest.

RETIREMENT VILLAGE UNIT AVAILABLE: A unit has become available within the Morwell Sacred Heart Village complex located behind Morwell's Sacred Heart Church. For Parishioners over 55 years of age who would like to downsize, this is a great opportunity. Each unit has two bedrooms with a lock up garage. For more information please contact: Anthony Heinemann 0435 800 710, Stan Ruane 0413 201 905, or Joe Deguara 0421 205 034.

YOUTH EVENT FOR AGES 15 - 30: MADE IN HIS IMAGE - 'I praise you for I am fearfully and wonderfully made' Psalm 139:14
 In a world where our Self Image is often obscured by social media & peers, come and be empowered as you rediscover your true identity, value & self image in Christ! God has a unique plan and purpose for your life! You were made for so much more! Join us for a fun and reflective day of Praise & Worship, Games, Inspiring Talks & Testimonies, FREE Food, Reflection, Prayer & Mass! Sunday 11th August 12.30pm - 6.00pm, St Thomas the Apostle Church, 5 Fiorelli Blvd Cranbourne East. Register at <https://www.trybooking.com/CTJTL>
 For more information contact the Clyde North parish office via parish@stthomasap.org.au

STEWARDSHIP MATTERS

"Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not." EXODUS 16:4

When the Israelites gathered more than their daily portion of manna, the surplus became wormy and rotten. In the same way today, self-reliance, pride and ego leads to hoarding and excessive surplus of goods and money. Living a stewardship lifestyle helps us discern our "wants" from our "needs". Living a grateful and generous lifestyle reminds us that God will provide all that we need and that we have plenty to share.

Rosters for August 10 & 11, 2024			19 th Sunday in Ordinary Time, Year B		
	Lector	Commentator	Welcomer	Eucharistic Minister	Musicians
Saturday Aug 10 5:00pm	R Webber	A Taylor	M Giddens & volunteer	A Meredith & Volunteer	
Sunday Aug 11 9:30am	M Hansen & C Mavhundu	M Tainsh	P & J Dal Pra	E Ryan, T Caldwell & Volunteer	Diamente Family
Sunday Aug 11 5:00pm	T Denny	S Darby	T Biancon & Volunteer	M & J McLaughlin	
Church Cleaning	August	Welcomer's Team			
Mick's Kitchen	August 08	Cartledge Team			
Touring Statue of Our Lady	August 11	V Vaz			
			August 15 Hemming Team		

First Reading Exodus 16:2-4 12-15

A reading from the book of Exodus

I will rain bread from heaven upon you.

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our hearts content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your hearts content. Then you will learn that I, the Lord, am your God.'" And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24**(R.) The Lord gave them bread from heaven.**

The things we have heard and understood,
the things our fathers have told us,
we will tell to the next generation:
the glories of the Lord and his might. **(R.)**

He commanded the clouds above
and opened the gates of heaven.
He rained down manna for their food,
and gave them bread from heaven. **(R.)**

Mere men ate the bread of angels.
He sent them abundance of food.
He brought them to his holy land,
to the mountain which his right hand
had won. **(R.)**

Next week's Readings:
19th Sunday in Ordinary Time

First Reading:	Kings 19:4-8
Second Reading:	Ephesians 4:30 – 5:2
Gospel:	John 6:41-51

Second Reading Eph 4: 17, 20-24

A reading from the letter of St Paul to the Ephesians

Put on the new person that has been created in God's image.

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

Gospel Acclamation Matthew 4:4

*Alleluia, alleluia!
No one lives on bread alone,
But on every word that comes
from the mouth of God.
Alleluia!*

Gospel John 6:24-35

A reading from the holy Gospel according to John

Whoever comes to me will never be hungry; whoever believes in me will never thirst.

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?' Jesus answered:

'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat.

Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered:

'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'