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Nineteenth Sunday in Ordinary Time, Year B

August 11, 2024

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.

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



Opening ourselves up to God by Damian Coleridge

Gospel Reflection: 19th Sunday in Ordinary Time Year B

John 6:41-51

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Get yourself a life coach says an online ad and you can 'turn the ordinary into the extraordinary.' At some point in our lives, it may serve a purpose but contrast it with a local parish which decided to have a weekly meal for anyone who wished to come along.

On the first occasion they had nine guests and eleven helpers, and they responded to this potential embarrassment by everyone eating together. "It was coming together and a blessing I felt," said one of the organisers.

We can see here how the ordinary stuff of our lives, eating together, can be the context for something quite unexpected to happen. The life coach ad invites us to take control of our lives and make it happen, whereas in the parish setting, something else happened.

It relates to what we hear in the first reading. The prophet Elijah is in a dark place, alone and hungry, wanting to die. In the midst of his desolation, he is fed by an angel, and comes to understand God is present in what he's living through. In doing so he discovers a renewed purpose. The food he's given enables him to make the long journey to Mt Horeb (Sinai), the holy mountain, where God speaks to him. Desolation, the gift of food, the long journey – in the ordinariness of our lives, quite unexpectedly, we may come to discover the presence of God.

Again, in Paul's letter to the Ephesians, he speaks of our daily commitment to loving one another as Jesus loves us; learning to befriend each other whatever our differences; avoiding the petty behaviours which bring us undone. Our learning to love in this way is enabled by the Holy Spirit, who reveals the unending love of the Father and Son. We're slowly learning to open ourselves to a God who loves us, come what may.

In the gospel, when Jesus says, "I am the bread from heaven," the authorities are shocked. They insist he's not from heaven, he's a local boy, we know his father. In other words, he's too ordinary. Then, amid their complaints, Jesus speaks of his divine origins and reminds us, this is God's initiative, to which we're invited to respond.

We're asked to let go of our securities and our prejudices and open ourselves to a bigger God, a loving God. A little like the moment at the parish meal when they decided to eat together. This is the God who draws us into Christ and into unending life, through our eating together with him. Jesus gives us his life and invites us to do the same – to give of our lives.

Before the parish meal, with everyone's agreement, they prayed, and concluded their prayer with these words: 'Thank you Lord for the blessings you have given us in our lives, especially one another. Amen.' Often, we may yearn for a special experience of God, only to miss the presence of God here, in our lives.

| Sunday Mass Times | |
|--------------------|--|
| Saturday | 5:00pm Mass |
| Sunday | 9:30am Mass 5:00pm Mass |
| Weekday Mass Times | |
| Tuesday Aug 13 | 9:30am Mass 11:00am Mass @ Dalkeith |
| Wednesday Aug 14 | 11:00am Reconciliation 11:00am Exposition 12:00pm Mass |
| Thursday Aug 15 | 9:30am Mass* |
| Friday Aug 16 | 9:30am Mass |

*Mass this Thursday will be held at St Michael's Church as we join together to celebrate the Feast of the Assumption of the Blessed Virgin Mary.

PLEASE PRAY FOR: those who have died recently including Patricia Elaine Clement, Margaret Evans, Vincenza Tripodi, Bob Ferris, Adriana Cook, Jess Whitty, and those whose anniversaries occur at this time including Nicholas Lowden, Audrey Sherry, Tony Duyndam, Trevor Lay, Rosa Doganieri, Maureen Metcalf, Veronica Thomson, Vivienne Dessent, Brian Hourigan, Nessie Dal Pra and Jim Flynn. *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.*

Congratulations!

Congratulations to Father John Speekman who celebrates the 40th anniversary of his ordination to the priesthood this weekend. Today also ends the annual week-long celebration dedicated to promoting vocations to ordained ministry and consecrated life. Let us continue to pray for our priests and deacons and those discerning their paths. Congratulations to Lee and Hollie on the safe arrival of baby Paul Joseph. You are in our thoughts and prayers during this time of change and growth.

PARISH HALL UPDATE: As you have probably seen, the first stage of our building project is coming along well. The external wall of the parish centre has been removed in preparation for the extension to create space for our new parish hall. The old foundations have also been taken out, ready for a new concrete slab which will happen in the coming weeks. Our parish staff will be working from home this week as the St Vincent de Paul Centre is unavailable on Tuesday. They can still be contacted via the usual phone (5174 2060) or email (sec@smpt.org.au) Tuesday to Friday from 9am – 4pm.

| THIS WEEK'S EVENTS: | |
|---------------------|---|
| Tuesday August 13 | |
| 11:00am | Mass at Dalkeith Gardens Aged Care, Dalkeith Gardens |
| 7:00pm | Baptism Preparation Meeting, St Michael's Church |
| 7:30pm | Risk Management Meeting, St Vincent de Paul Centre |
| Wednesday August 14 | |
| 11:00am | Reconciliation, St Michael's Church |
| Thursday August 15 | |
| 10:30am | Charismatic Prayer Group, St Michael's Church |
| Sunday August 18 | |
| 10:30am | Family Groups Morning Tea & J-Walkers Market, Mary MacKillop Hall |



The Assumption of the Blessed Virgin Mary

Thursday August 15
Mass at St Michael's Church, 9:30am

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.



SACRAMENT OF RECONCILIATION: This weekend we welcome our children who are preparing for their First Reconciliation, and their families, for their prayer letter mass. Please keep them in your prayers as the journey towards their first reconciliation which will be held on Tuesday August 20 here in the church.

RCIA: Are you or someone you know interested in becoming a Catholic or learning more about the Catholic Faith? 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: The J-Walkers will run a 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.

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.

J-Walkers Youth Market & Family Groups Morning Tea

Sunday August 18
Mary MacKillop Hall

Join us next Sunday August 18 for Mass at 9:30am followed by morning tea in the Mary MacKillop Hall, to celebrate our St Michael's Family Groups. We invite past and current family group members, along with all our parishioners to come along for a coffee and a chat after Mass. Come and share stories and learn more about our Family Groups. Our J-Walkers will also be on hand with their market stalls, including honey, henna, biscuits, raffles and lucky dip. So come along for a morning of fun and games, or a quiet coffee with friends, whichever you prefer. All are welcome!

ST MICHAEL'S FAMILY GROUPS: The Passionist Family Group Movement has been a large part of the St Michael's Parish for many years. You may ask "What are Family Groups?"



Family Groups are a way to build a Christian community through an extended family. A family for all who wish to belong - married, single, young, old or anywhere in between!

Traditionally each Family Group is made up of 5 - 10 family units and they gather once a month with a planned activity - a picnic, dinner, games night etc. A fabulous way to connect with others and have fun while building community.

On **Sunday 18th August**, the St Michael's Family Groups will celebrate together with 9:30 am mass and morning tea in the hall. Together, with the J-Walkers, we shall celebrate the fabulous parish that we belong to. Everyone is welcome to join us for a great morning.

For more information about Family Groups speak contact either the parish office on 5174 2060 or Sue on 0416 167 081



OUR STORIES - OUR CHURCH – OUR MISSION PARISH DIOCESAN CONSULTATION MEETINGS

PHASE ONE:- Huge thanks to our Parishioners who came and shared in this time of prayer, reflection and conversation. On both evenings, parishioners enjoyed a dinner of pizza, before getting down to our topic – Our Stories, Our Church, Our Mission. The input of our parishioners has been recorded and sent to the Diocese of Sale for collation with the information gathered from all the other parishes in our Diocese. This information will be used as a base to start from when we come to Phase Two of the process – Looking to the Future in September.

A huge thank you to Fr Aju and Deacon Tony for supporting us in this process, to Mike Hansen for facilitating both evenings, to those who acted as scribes, and to those who shared in the process and helped with packing up the hall. What a fabulous team effort, we are indeed blessed.

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>

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.



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 on the Joy

of the Gospel, Sharing the Greatest Love Story and God Who Heals. 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!

STEWARDSHIP MATTERS

"Get up and eat, else the journey will be too long for you!" 1 KINGS 19:7

Jesus knows that our stewardship journey will be difficult; we are not designed to do it on our own. Fortunately, Jesus gave us the greatest gift of all – the gift of the Eucharist; His own body and blood. When we join our sacrifices with the sacrifice of the Mass, we find the strength and courage to be His joyful disciples.

Rosters for August 17 & 18, 2024

20th Sunday in Ordinary Time, Year B

| | Lector | Commentator | Welcomer | Eucharistic Minister | Musicians |
|-------------------------------|--------------------|-------------|-----------------------|------------------------|-------------------------|
| Saturday Aug 17 5:00pm | R Foote & T Larkin | M Noone | C Payne | A Meredith & B Purcell | Alison, Amanda & Jeanne |
| Sunday Aug 18 9:30am | J Dal Pra | C McCabe | M Blanchard & A Sykes | M Hansen & P Abilash | Charismatic Choir |
| Sunday Aug 18 5:00pm | E Harte | J Fleming | 2 x volunteers | C Hill & Volunteer | Jane & Simon |

| | | |
|----------------------------|-----------|-----------------|
| Church Cleaning | August | Welcomer's Team |
| Mick's Kitchen | August 15 | Hemming Team |
| Touring Statue of Our Lady | August 11 | V Vaz |

August 22 Scholtes Team

First Reading

1 Kings 19:4-8

A reading from the first book of Kings

Strengthened by the food, he walked to the mountain of the Lord. Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

Responsorial Psalm Ps 77:3-4. 23-25. 54. R. v.24**(R.) Taste and see the goodness of the Lord.**

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad. **(R.)**

Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free. **(R.)**

Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress. **(R.)**

The angel of the Lord is encamped
around those who revere him, to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him. **(R.)**

Second Reading

Eph 4:30-5:2

A reading from the letter of St Paul to the Ephesians
Walk in love, just as Christ.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ. Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

Gospel Acclamation

John 6:51

Alleluia, alleluia!

*I am the living bread from heaven, says the Lord;
Whoever eats this bread will live for ever.
Alleluia!*

Gospel

John 6:41-51

A reading from the gospel according to John

I am the living bread come down from heaven.

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.

It is written in the prophets:

They will all be taught by God,
and to hear the teaching of the Father,
and learn from it,
is to come to me.

Not that anybody has seen the Father,
except the one who comes from God:
he has seen the Father.

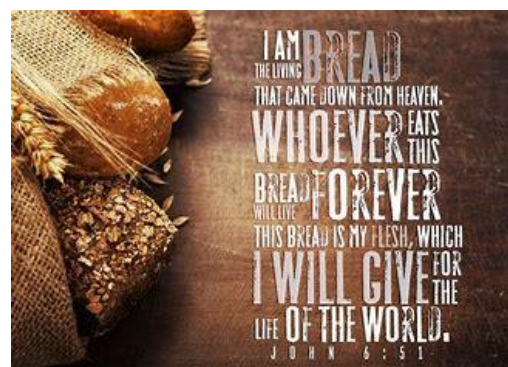
I tell you most solemnly,
everybody who believes has eternal life.
I am the bread of life.

Your fathers ate the manna in the desert
and they are dead;

but this is the bread that comes down from heaven,
so that a man may eat it and not die.

I am the living bread which has come down from
heaven.

Anyone who eats this bread will live for ever;
and the bread that I shall give
is my flesh, for the life of the world.'



Next week's Readings

20th Sunday in Ordinary Time

First Reading: Proverbs 9:1-6

Second Reading: Ephesians 5:15-20

Gospel: John 6:51-58