



www.smpt.org.au
email: sec@smpt.org.au

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



Walking faithfully with Jesus

by Michael A Kelly CSsR

Gospel Reflection: John 6:51-58

Sourced from www.majellan.media

In the book of Exodus, God appeared to Moses asking him to free the Israelites who were enslaved by the Egyptians. Unsure of his ability to achieve this outcome, Moses asks God what he is to say to the Israelites.

God says to Moses, "I am who I am," and that he should answer their question by saying "I am has sent me to you."

When Jesus tells his followers, "I am the bread of life," his words confused his audience as they understood them literally. They also wondered if Jesus was making a claim about his identity. His followers understood the statement as an assertion that Jesus was identifying himself as God.

There are six more incidents in John's gospel where Jesus uses the words "I am," and each time an action accompanies his words. In this first saying, Jesus' claim follows the feeding of five thousand in the wilderness.

"I am the light of the world" is the second of the "I am" statements and comes after the healing of a man born blind. Jesus not only says he is the light, but he proves it, and in doing so echoes the words of Genesis where God said, "Let there be light and there was light."

"I am the door," and "I am the good shepherd" are both statements about the sheepfold, and the shepherd as the one who loves and cares for the flock even to the point of death. The title of good shepherd is unmistakably one of God's titles as we learn in the beloved twenty-third psalm.

Jesus states, "I am the resurrection and the life," after raising Lazarus from the dead. Again, his words are not empty rhetoric but substantiated by action. This gospel, written at a time when the followers of Jesus were being cast out of the synagogues, offers a definitive response to those who rejected them by asserting, "I am the way, and the truth and the life."

The final statement, "I am the true vine, and you are the branches," emphasises the sustaining power of Christ without whom we will not bear fruit in the Christian life.

There are two more "I am" statements in John's gospel, but they are not metaphors like the above seven instances but are instead declarations applied by Jesus to himself. "I tell you the truth," Jesus says, "before Abraham was born, I am." The final instance occurs in the Garden of Gethsemane when the mob comes to arrest Jesus and, when he asks them whom they seek, they say, "Jesus of Nazareth," and Jesus replies, "I am he."

All of these statements of Jesus make it abundantly clear that Jesus is God. Each day we are invited to accept the presence of Jesus in our lives and to walk faithfully in his way.

Sunday Mass Times		
Saturday	5:00pm	Mass
Sunday	9:30am	Mass
	5:00pm	Mass
Weekday Mass Times		
Tuesday Aug 20	9:30am	Mass
	10:45am	Mass @ Margery Cole
Wednesday Aug 21	11:00am	Reconciliation
	11:00am	Exposition
	12:00pm	Mass
Thursday Aug 22	9:30am	Mass*
Friday Aug 23	9:30am	Mass

*Mass this Thursday will be held at St Michael's Church as St Gabriel's is closed for a student free day.

PLEASE PRAY FOR: those who have died recently including Karen Coulthard, Kerrie O'Keefe, Margaret Evans, Vincenza Tripodi, Bob Ferris, and those whose anniversaries occur at this time including Roger King, Patricia Clement, 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 Mc Kerchar, 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.*

MICK'S KITCHEN VOLUNTEERS: We are looking for volunteers to join our Mick's Kitchen Emergency Volunteer Roster. Volunteers would be called up occasionally, and if available would join a team low in numbers for that Thursday's meal service. It is a great way to help out and support Mick's Kitchen without committing to helping out regularly with a specific team. No previous experience is required, and there are lots of jobs depending on your skillset, including cooking, cleaning, food preparation, and table service. Mick's Kitchen provides free meals in a dining room setting to those in need in our community. All are welcome, whether they be in need of a warm meal or some company and conversation. Volunteers would need a current Working With Children Check and to sign the Parish Code of Conduct. Please contact Cath in the parish office on 5174 2060 for more information or to register your interest.



Last weekend's menALIVE conference was a resounding success and we are grateful to those who helped organise and support the event. We look forward to hearing more about it in the coming weeks.

THIS WEEK'S EVENTS:	
Tuesday August 20	
10:45am	Mass at Margery Cole Aged Care, Yallambee Traralgon
5:00pm	Sacrament of First Reconciliation, St Michael's Church
Wednesday August 21	
11:00am	Reconciliation, St Michael's Church
Thursday August 22	
10:30am	Charismatic Prayer Group, St Michael's Church
Sunday August 25	
6:00pm	First Reconciliation Pizza Celebration Mary MacKillop Hall

BAPTISMS: Our next Baptism Preparation meeting will be held on **Tuesday September 24 at 7pm** in the church. Please contact the parish office for more information and to register your interest.

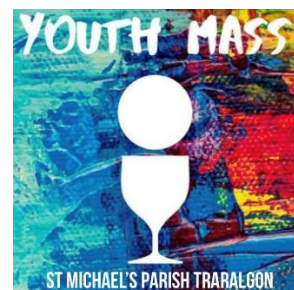


SACRAMENT OF RECONCILIATION: This weekend we welcome our children who are preparing for their First Reconciliation, and their families, for the presentation of their first reconciliation pin. Please keep them in your prayers as the journey towards their first reconciliation which will be held on Tuesday August 20 here in the church. We invite them to join us for our Youth Mass next Sunday at 5pm where they will be presented with their certificates followed by pizza in the hall.

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 this **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. Next **Sunday August 25** we will celebrate our First Reconciliation Children with a Youth Mass at 5pm followed by Pizza in the Mary MacKillop Hall. All are welcome and invited to come along and support our young ones as they take the next step in their sacramental journey.



Sunday August 25 @ 5pm
Youth Mass & First Reconciliation Certificate Presentation
 Pizzas in the Mary MacKillop Hall after Mass.
 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.

This **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



FATHER'S DAY MORNING TEA AND RAFFLE:

Our Catholic Women's League will be hosting morning tea to celebrate our Father's on Sunday September 01 after the 9:30am Mass, in the Mary MacKillop Hall. All are welcome as we join together to celebrate this

special day. There will also be a raffle held on the day, with raffle tickets being sold after the 9:30am and 5pm mass next Sunday August 25, as well as on the day.

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.

STEWARDSHIP MATTERS

"Watch carefully then how you live, not as foolish persons but as wise..." EPHESIANS 5:15

A wise person recognizes that all we have and all we are comes from God. A wise person thanks God continually throughout the day for all His many blessings. A wise person realizes that God has blessed us for a reason and that He wants us to help Him build His kingdom of earth.

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>



SAVE THE DATE
"FIRE OF THE HOLY SPIRIT"
A DAY IN THE SPIRIT
ST MARY'S PARISH YARRAM

Saturday October 26, 10am – 4pm

This is a first for Yarram, so please mark your calendars.

Further information: Jan Allgood on 0408 842 568

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.

-OUR STORIES - OUR CHURCH - OUR MISSION-

DIOCESAN CONSULTATION PHASE ONE COMPLETED! During June and July, a significant number of people across the whole Diocese of Sale participated in the first phase of the Diocesan Consultation process. Bishop Greg wants to thank all those who chose to participate by sharing their stories and experiences of the past five years and who listened attentively to others. Thank you to those people who helped to organise and facilitate the meetings. Phase 1 is now complete! During the month of August, the feedback will be compiled into a report. During September & October, the second phase of the consultation, "Looking to the next five years" will take place. Keep an eye out for the dates and times of the meetings in your Parish. Everyone is welcome. Holy Spirit of wind and fire, come!

(Diocesan Animation Team)



FOR POLITICAL LEADERS

"Let us pray that political leaders be at the service of their own people, working for integral human development and the common good, taking caring of those who have lost their jobs and giving priority to the poor."

- Pope Francis -

Rosters for August 24 & 25, 2024

21st Sunday in Ordinary Time, Year B

	Lector	Commentator	Welcomer	Eucharistic Minister	Musicians
Saturday Aug 24 5:00pm	B O'Brien & A Taylor	S Luscombe	L Kennedy	B O'Brien & C Payne	Diamante Family
Sunday Aug 25 9:30am	C McLure & R Diaz	Volunteer	M Wilkinson & M Noone	E Ryan & 2 volunteers	
Sunday Aug 25 5:00pm	YOUTH MASS	YOUTH MASS	YOUTH MASS	YOUTH MAS	YOUTH MASS
Church Cleaning	August	Welcomer's Team			
Mick's Kitchen	August 22	Scholtes Team	August 29	Burns Team	

First Reading

Proverbs 9:1-6

A reading from the book of Proverbs

Come and eat my bread; drink the wine I have prepared.

Wisdom has built herself a house,
 she has erected her seven pillars,
 she has slaughtered her beasts, prepared her wine,
 she has laid her table.
 She has despatched her maidservants
 and proclaimed from the city's heights:
 'Who is ignorant? Let him step this way.'
 To the fool she says,
 'Come and eat my bread,
 drink the wine I have prepared!
 Leave your folly and you will live,
 walk in the ways of perception.'

Responsorial Psalm Ps 33:2-3. 10-15. R. v.9

(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.)**

Revere the Lord, you his saints.
 They lack nothing, those who revere him.
 Strong lions suffer want and go hungry
 but those who seek the Lord lack no blessing. **(R.)**

Come children, and hear me
 that I may teach you the fear of the Lord.
 Who is he who longs for life
 and many days, to enjoy his prosperity? **(R.)**

Then keep your tongue from evil
 and your lips from speaking deceit.
 Turn aside from evil and do good;
 seek and strive after peace. **(R.)**

Second Reading

Ephesians 5:15-20

A reading from the letter of St Paul to the Ephesians

Be watchful that you may know the will of God.

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

Gospel Acclamation

John 6:56

*Alleluia, alleluia!
 All who eat my flesh and drink my blood
 live in me and I in them, says the Lord.
 Alleluia!*

Gospel

John 6:51-58

A reading from the holy Gospel according to John

My flesh is real food and my blood is real drink.

Jesus said to the crowd:
 '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.'
 Then the Jews started arguing with one another:
 'How can this man give us his flesh to eat?' they said.
 Jesus replied:
 'I tell you most solemnly,
 if you do not eat the flesh of the Son of Man and drink his blood,
 you will not have life in you.
 Anyone who does eat my flesh and drink my blood has eternal life,
 and I shall raise him up on the last day.
 For my flesh is real food
 and my blood is real drink.
 He who eats my flesh and drinks my blood lives in me
 and I live in him.
 As I, who am sent by the living Father,
 myself draw life from the Father,
 so whoever eats me will draw life from me. This is the bread come down from heaven;
 not like the bread our ancestors ate:
 they are dead,
 but anyone who eats this bread will live for ever.'



Next week's Readings	
21st Sunday in Ordinary Time, Year B	
First Reading:	Josh 24:1-2, 15-18
Second Reading:	Eph 5:21-32
Gospel:	Jn 6:60-69