



St Anthony's Parish

67-75 EXFORD ROAD, MELTON SOUTH, 3338.
P.O BOX 2152 MELTON SOUTH 3338
TEL: 9747 9692



St Bernard's Parish

61 LERDERBERG STREET, BACCHUS MARSH 3340
TEL: 5367 2069
OUR LADY HELP OF CHRISTIANS, KOROBET
309 MYRNIONG-KOROBET ROAD 3341

3rd SUNDAY OF EASTER-YEAR A

23rd April 2023

PARISH PRIEST: Fr Fabian Smith
ASSISTANT PRIESTS: Fr Lucas Kyaw Myint and Fr Samuel Kapani

ST ANTHONY'S PARISH

Parish Secretary: Lesley Morffew
Admin Assistant: Judy Johnson

Parish Office Hours:

Mon 9am-12noon Tue-Fri 9.00am-4.00pm
Email: parishsecretary83@gmail.com
Website: www.stanthonyofpadua.com.au

St Anthony's School **Principal:** Damien Schuster
Wilson Road, Melton South 3338

Phone: 8099 7800
Email: principal@sameltonsth.catholic.edu.au
Website: www.sameltonsth.catholic.edu.au

St Lawrence of Brindisi School **Principal:** Bill Hill
31 Waterway Boulevard, Weir Views, 3338

Phone: 8099 6699
Email: principal@slweirviews.catholic.edu.au
Website: www.slweirviews.catholic.edu.au

ST BERNARD'S PARISH

Parish Secretary: Dolores Turcsan
Admin Assistant: Judy Johnson
Sacramental Coordinator/ Bookkeeper: Naim Chdid

Parish Office Hours:

Tue 9.00am-11.30am Wed & Thu 9.00am-1.00pm
Email: bacchusmarsh@cam.org.au
Website: www.stbernardsbacchusmarsh.com.au
Facebook link:
<https://www.facebook.com/stbernardsbacchusmarsh>

St Bernard's School **Principal:** Sr Mary Sarah Galbraith
19a Gisborne Rd, Bacchus Marsh VIC 3340

Phone: (03) 5366 5800
Email: principal@sbbacchusmarsh.catholic.edu.au
Website: www.sbbacchusmarsh.catholic.edu.au

St Francis Catholic College- Melton (Years 7-12)
Principal: Marlene Jorgensen **Phone:** 8099 6000
109-141 Bulmans Rd, West Melton, 3337 **Website:** www.crcmelton.com.au

If you need a Priest in the case of a genuine emergency please call 0403 435 471

ST ANTHONY'S PASTORAL COUNCIL

Naim Chdid	0437 004 790
Lillian Christian - Vice Chair	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	0457 042 695
Natalie Howard - Chair	0492 947 201
Rose Ma'ae	0460 672 571

EX-OFFICIO: Fr Fabian Smith PP, Fr Lucas Kyaw Myint,
Fr Samuel Kapani, Damien Schuster and Bill Hill
Council Secretary: Judy Johnson

ST BERNARD'S PASTORAL COUNCIL

Rob Brennan OLHC	0430 312 684
Shane Cook -School Advisory Board	0419 999 052
Peter Kennedy - Secretary	0407 778 119
Annette Marum	0417 525 617
Moir Ross	0400 675 056
Aaron Russell - Chair	0401 927 502

EX-OFFICIO:
Fr Fabian Smith PP, Fr Lucas Kyaw Myint and Fr Samuel Kapani
Sr Mary Sarah Galbraith

SAFEGUARDING COMMITTEE OFFICERS

Coordinator/Officer: Godwin Barton (0425 734 449) **Officers:** St Anthony's - Lorraine Tellis 0409 110 259 & Geetha Vincent 0478 112 996
St Bernard's - Margaret Love (0437 247 779) Evana Miesen & Ron Geurts

Items for the newsletter must be submitted by Tuesday 6.00pm. Please email judyparishnews@gmail.com or call 0414 007 009

Judy Johnson's Office Hours 9.00am-1.00pm Monday-Wednesday

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH 24/4/2023-30/4/2023

MASS TIMES:

Monday 24/4	6.30pm
Tuesday 25/4	9.30am
Week 6 of the St Anthony's Novena	6.15pm
Followed by Mass	6.30pm
Wednesday 26/4	7.30am & 9.30am
Thursday 27/4	9.30am
Friday 28/4	9.30am
Rosary at 9.00am before 9.30am morning masses	
<u>Sunday Masses</u>	
Saturday 29/4	5.00pm
Sunday 30/4	8.30am & 10.30am

Confession available 30 minutes prior to each Mass.
No Confession on Monday.

ST BERNARD'S BACCHUS MARSH 24/4/2023-30/4/2023

MASS TIMES:

Monday 24/4	No Mass
Tuesday 25/4	7.30am
Holy Hour	7.30pm
Wednesday 26/4	9.30am
Thursday 27/4	7.30am
Friday 28/4	7.30am
Saturday 29/4	9.00am
<u>Sunday Masses</u>	
Saturday 29/4	6.30pm
Sunday 30/4	8.30am & 10.30am
(Rosary in the Chapel 10.00am on Sundays)	
Every Monday-Rosary and Adoration 7pm-8pm in the church.	
Confession available 30 minutes prior to each Mass.	

OUR LADY HELP OF CHRISTIANS KOROBET

MASS TIMES

VIGIL	29/4	5.00pm
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PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION

Parishioners who normally give cash each weekend for the collections, if they wish to donate, are now able to go to the link below and make their payments online.

The link to the St Anthony's Parish is: <https://bit.ly/CDFpayMeltonSouth>

The link to the St Bernard's Parish is: <https://bit.ly/CDFpayBacchusMarsh>

Please put your name and thanksgiving number if you know it as a reference. Thank you.

REFLECTION 3rd SUNDAY EASTER 2023-Sr Mary Fermio rsj

Recall a time you felt flat and disappointed, when the future seemed dark and fearful, when something you anticipated did not eventuate.

The two disciples walking the seven miles to Emmaus must have felt this way. All they had anticipated about life with Jesus and a better future suddenly gone – Jesus was dead! When Jesus joined them, they did not recognise him, but when he started explaining the Scriptures and why he had to die, they later recalled how their “hearts were burning within them”. Did they start to feel some hope, that there was still something to look forward to? When breaking bread with Jesus their eyes were opened and such was their joy, they rushed back to Jerusalem to tell the others.

When you feel flat, and the future seems dark, listen to Jesus, break bread with him, let him open your eyes and let hope arise in your heart, knowing that Jesus is walking with you and there is light in the darkness.

Jesus said: I am the light of the world.



PARISH & EVENTS NOTICES

NEWS FROM THE PARISH OFFICES

POSTPONEMENT OF SAFEGUARDING WORKSHOP

Please be informed that the scheduled Safeguarding Workshop on Saturday, 29th April has been postponed. We will advise parishioners of the new date in due course. For queries, please contact Godwin on 0425 734 449 or Margaret Love on 0437 247 779.

NEW PARISH PRIEST AND NEW ASSISTANT PRIEST

St Anthony's and St Bernard's Parishes warmly welcome our new Parish Priest Fr Alex Clemente and Assistant Priest Fr Wilford Urmaza, from the Rogationist Congregation.

Our new Priests will begin their appointment on the 3rd May 2023.

ST ANTHONY'S

FR FABIAN'S FAREWELL

Brothers and Sisters

A great Priest is hard to find

And even harder to forget.

Please join us to Farewell the Great

Fr Fabian Smith

At any of the following functions

Saturday 29th April after the 5pm Mass

at Padua Hall for Dinner

Sunday 30th April for Morning Tea

After each of the morning Masses.

Please note the Parish Council is coordinating the Events

If you would like to assist, please place your name on the clipboard at the back of the church

There will be another clip board

For catering numbers also.

FR FABIAN'S FAREWELL COLLECTION

Fr Fabian will be leaving our Parish. His last weekend Masses at St Anthony's will be on the 29th & 30th April. We will have a farewell collection for Father this weekend. This collection will be presented to Father at his farewell function.

MEN'S RECOLLECTION-TUESDAY 25th APRIL

A time for prayer, learning, making resolutions and fellowship. 7pm-9pm. Topic this month: The Last Supper and Holy Mass.

PRIME TIMERS

Our April outing is on WEDNESDAY 26th because of Anzac Day on the 25th. We are going to Russo Estate, 760-818 Holden Rd. Diggers Rest. Seniors Menu available. Meet at 12 o'clock. RSVP Ineke 0400120401 or ineke49@yahoo.com to confirm numbers.

PARISH OFFICE The Parish Office will be closed on Tuesday 25th April for the ANZAC Day public holiday.

ST BERNARD'S

FR FABIAN'S FAREWELL AND FR LUCAS' 70TH BIRTHDAY CELEBRATION

Please join us to farewell Fr Fabian and to celebrate

Fr Lucas' 70th Birthday. join us in the Parish Centre after the 10.30am Mass on Sunday 23rd April.

We will be having a POT LUCK LUNCH. Please bring a plate to share!

MOTHER'S DAY CAKE and CRAFT STALL

Calling on all cooks and crafters in our parish!

Please make, create or donate a craft item, or bake a cake, slice or biscuits to sell at our stall at all Masses on the weekend of 6th/7th of May.

Craft donations can be put in the labelled basket in the foyer.

Proceeds go towards the oven in the Parish centre.

Thank you!

ROSARY & ADORATION

Every Monday we will have Rosary and Adoration 7pm-8pm in the church.

PARISH OFFICE

The Parish Office will be closed on Tuesday 25th April for the ANZAC Day public holiday.



Thank You!

Caritas Australia would like to **THANK YOU** for supporting Project Compassion 2023. If you still have your Project Compassion box or set of envelopes at home, please bring them back next week or visit caritas.org.au/project-compassion and donate online. **Your generosity will empower the world's most vulnerable communities to grow stronger and lift themselves out of poverty.**

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations**. You can donate through Project Compassion donation boxes/envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.

WORSHIP NEWS

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT VALID WORKING WITH CHILDREN CHECK AND A CODE OF CONDUCT FORM SIGNED.

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 29th & 30th April

Please present yourself to the Mass Coordinator

15 minutes before the scheduled Mass time or a replacement will be found. Thank you.

MINISTERS OF THE WORD

5.00pm: Rebecca Comini

8.30am: Amy Honrade

10.30am: Nikshita D'Souza

EXTRAORDINARY MINISTERS

5.00pm: Dolores Turcsan

8.30am: Philip Anyayahan

10.30am: Frank Carreon

If you are unavailable for these dates please contact Lesley at the Parish Office Thank you

MASS COORDINATORS

5.00pm: Godwin & Coleen

8.30am: Jun Viray & Godwin

10.30am: Leonia & Annonika

ST BERNARD'S MINISTRIES

MINISTERS OF THE WORD-THIS WEEKEND

6.30pm: Maureen Zahra

8.30am: Margaret Love

10.30am: Samantha Butler

EXTRAORDINARY MINISTERS-THIS WEEKEND

6.30pm: Mary Beaton

MINISTERS OF THE WORD 29th & 30th April

6.30pm: John Thorne

8.30am: Gerard O'Shea

10.30am: Charlotte Lindorff

EXTRAORDINARY MINISTERS 29th & 30th April

6.30pm: Volunteer needed

PRAYERS OF THE FAITHFUL

April: John Thorne

ST ANTHONY'S PASTORAL CARE

We pray for the recently deceased:

Jenny Brown

We pray for those whose death anniversaries occur at this time:

Jennifer Barrow, George Bonello, John DeBrincat, Bernie Lavery, Honorato E Miranda, Kenneth & Ella Rule & John David Schuler.

Please pray for the Sick:

David Bonello, Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Christabelle, Lydia De Vega, Melanie Fue, Bruce Hynes, Kotinis Cornelia Kani, Judy Layton, Peter Manicaro, Lisa Melia, Damien Michael, Hazel Michael, Tony Michael, Veronica Michael, Nickol, Caleb O'Brien, John Osborne, Vaivasa Ruth Perez, Catherine Roberts, Peter Roberts, Pat Roberts, Anna Samy, Samantha Smith, Charlie Spiteri, Janko Stojanovic, Christina Tuigamala, Uatoa Tuigamala, Clint Abela Wadge, Wai Walsh and all those who have requested our prayers. **PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST.**

ST BERNARD'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

Muriel Burt, Bill Coburn, Carmel Fitzgerald, Patrick Leonard, Paul Micallef, Judy (O'Leary) Shepherd & Neville Thompson.

Please pray for the Sick:

Patricia Allison, Noah Barlow, Chaiel Balcombe, Michael Barrett, Peter Bennett, Carmel Berry, Steven Braszel, Tina Bower, Fred Capuano, Gary Ching, Chris, Josephine Cilia, Robyn Cola, Ted Cooling, Lindsay & Kathleen Dally, Judy Delahey, Theresa Dockter, Allison Evans, Helen Evans, George Farrell, Justin Fernandez, Pasquale Gagliarbi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Adam Hillier, Leonie Kervin, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Chaiel Jackson, Matthew Jansen, David Kasprzak, Michael Larkin, Marie Maloney, Patricia Marechal, Brian Marshall, Debbie Marshall, Jordanis Mary Pauline McDonald, Ian McKechnie, , Marcus Meno, Paul Mullin, Arthur Pape, Michael Paterson, Georgia Peacock, Mitchell Prendergast, Peter Roberts, Ken Shaw, Terry Sims, Marian Smith, Elizabeth Stehmann, Colin Taffe, Catherine Time, Susan Trist, Stephen Van Eede, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Cath Wheelahan, Jayne Wilkins, Patricia Yazbek, Betty Young and all those who have requested our prayers. **PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST.**

PRAYER FOR THE SICK

Father we lift up all those who are facing illness. We ask that You bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of your love. Amen



SERVICE / COMMUNITY

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT VALID WORKING WITH CHILDREN CHECK AND A CODE OF CONDUCT FORM SIGNED.

ST ANTHONY'S

WEEKEND VOLUNTEERS: 29th & 30th April

PIETY STALL VOLUNTEERS

5.00pm Vigil: To be advised
8.30am: Judy Johnson
10.30am: To be advised

CHURCH FLOWERS

April: Ana

ST VINCENT DE PAUL SOCIETY

Welfare Number: 1800 305 330
The Melton South Conference meet every 3rd Tuesday morning in the Meeting Room 10.30am.
New members most welcome, training provided.
Non perishable items within the use by date can be left in the 'drop box' in the Church foyer.
We cannot accept re-packaged food.

COMBINED CHURCHES CARING MELTON INC

We're here to support City of Melton residents get ahead through access to our foodbank and other community programs. It's never just about the food or the budget help, it's about recognising the beauty that is in the person and bringing it out so they can be their best.
Address: 100 Coburn Road Melton South 9747 6811

God, strengthen and sustain all those who volunteer in our Churches; that with patience and understanding they may love and care for your people; and grant that together they may follow with Jesus Christ offering to you their gifts and talents.

Amen



ST BERNARD'S

WEEKEND VOLUNTEERS : 29th & 30th April

PIETY STALL VOLUNTEERS

Saturday: 6.30pm Jackie Tabone
Sunday: 8.30am Lyn Shea
10.30am Natalia Klenkowski

CHURCH FLOWERS

April: Melinda Martin Blooms

PRESBYTERY & CHURCH GROUNDS-MOWING

April: Stephen Millington

ST VINCENT DE PAUL SOCIETY:

Welfare number 1800 305 330.
Bacchus Marsh Vinnies Store 164-190 Main Street is in urgent need of donations. All donations gratefully appreciated and can be dropped at the Store 7 days a week. Any enquiries please contact the Store Manager on 8199 4205

THE NEIGHBOURS PLACE

The Neighbours' Place is a Christian not-for-profit organisation whose aim is to serve people of the **Moorabool Shire**, west of Melbourne Australia, who are disadvantaged, at risk or temporarily unable to feed themselves or their family and who are in need of emergency food relief.

NILS is a **No Interest Loans Scheme** for assistance of up to \$1500 for things like white goods, furniture and minor car repairs to keep life going.

We are located at [77 Main Street, Bacchus Marsh](#)

Phone: 03 5367 6222

Email: neighbourspl@iinet.net.au

Hours of Operation: Monday, Wednesday and Friday 9.30am-12.30pm. Closed on public holidays.

SOUL FOOD

Soul Food provides a free community meal each Wednesday (excluding school holidays), in the Uniting Church Hall, Gisborne Rd, Bacchus Marsh. Meals are served up at 12noon. All are welcome and this is a free event. No need to book, just come along.

PARISH CENTRE BOOKING

Tel: 5367 3427 Mon—Fri 9.00am to 6.00pm

Hall Managers: Marie & Terry Casey

FAITH FORMATION

ST ANTHONY'S AND ST BERNARD'S

BAPTISM PREPARATION PROGRAM– ST ANTHONY'S AND ST BERNARD'S

Dear Parishioners, the Parishes of St Anthony's and St Bernard's have updated their Baptism Preparation Program.

Baptisms will be held at St Anthony's on the 1st & 3rd Saturdays of the month at 11.00am and Baptisms will be held at St Bernard's on the 2nd & 4th Saturdays of the month at 11.00am.

Please go to [St Anthony of Padua Catholic Parish | Melton South](#) click on 'Faith Formation' and then 'Baptism of Infants' for all the information and the application form.

Please contact the Parish Offices if you need any assistance. Thank you.



ADULT PREPARATION Adult preparation for the Sacraments of Baptism, Reconciliation, Eucharist or Confirmation are through the R.C.I.A Program. Please see Fr Fabian, Fr Samuel or Fr Lucas .

FATIMA STATUE—ST ANTHONY'S

These families are praying together for the mission of the Parish:

Group 1: Mark & Edwina La Rose
Group 2: Richelle & Mike Lorenzo 0475 887 149
Group 3: Joseph & Carmen Cilia 0418 201 027

DIVINE MERCY SUNDAY

1st Sunday of the month 3pm.



PRAYER TO ST MICHAEL

St. Michael the Archangel, defend us in battle,
be our protection against the wickedness
and snares of the Devil; may God rebuke him,
we humbly pray, and do thou, O Prince of the
heavenly host, by the power of God, cast into hell Satan,
and all the evil spirits, who prowl
through the world seeking the ruin of souls. Amen.



NEO-CONSTANTINOPOLITAN CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down from heaven,

[bow during the next line]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen



Lord, we ask you to continue
to be with us as we
' TAKE THE WAY OF THE GOSPEL '
together in prayer.
May we open ourselves to you
with a new depth of trust and conviction
in your guiding hand,
so that we may discern our journey
with compassionate and humble hearts
and come to know your Holy Spirit
Moving within and amongst us,
And so be transformed Amen.



LITURGY OF THE WORD

ENTRANCE PROCESSION

Cry out with joy to God, all the earth;
O sing to the glory of his name.
O render him glorious praise, alleluia.

FIRST READING Acts 2:14, 22-33

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always,
for with him at my right hand nothing can shake me.

So my heart was glad

and my tongue cried out with joy:

my body, too, will rest in the hope

that you will not abandon my soul to Hades

nor allow your holy one to experience corruption.

You have made known the way of life to me,

you will fill me with gladness through your presence.'

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witness to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM : 15

Commentator: Lord, you will show us the path of life.

All: Lord, you will show us the path of life.

Preserve me, God, I take refuge in you.

I say to the Lord: 'You are my God.

O Lord, it is you who are my portion and cup;

it is you yourself who are my prize.'

I will bless the Lord who gives me counsel,

who even at night directs my heart.

I keep the Lord ever in my sight:

since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;

even my body shall rest in safety.

For you will not leave my soul among the dead,

nor let your beloved know decay.

You will show me the path of life,

and the fullness of joy in your presence,

at your right hand happiness for ever.

Lord, you will show us the path of life.

NEXT WEEKEND 'S READINGS –FOURTH SUNDAY OF EASTER

First Reading: Acts 2:14, 36-41

Second Reading: 1 Pet 2:20-25

Gospel: Jn 10:1-10



SECOND READING: 1 Peter 1:17-21

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason - so that you would have faith and hope in God.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Lord Jesus, make your word plain to us:

make our hearts burn with love when you speak.

Alleluia!

GOSPEL Luke 24:13-35

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast. Then one of them, called Cleopas answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.' Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at the table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?' They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes it is true, The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

The disciples recognised the Lord Jesus
in the breaking of the bread, alleluia.

The Holy Eucharist IX

The Eucharist and Mass (4)

3. Holy Communion

In the ancient sacrifices, both Jewish and pagan, those who took part were given part of the meat of the sacrificed animal, in the hope of a sort of communion with the divinity. In the Mass, after the sacrifice itself is completed, we have the unspeakable privilege of receiving the flesh and blood of the Divine Victim, who is not dead, but living, and comes to give life in abundance to our souls.

This Holy Communion, if we are rightly disposed, produces an increase in sanctifying grace — which enables us to take in the vision of God in the life to come — plus a special claim to actual graces as needed, forgiveness of venial sins for which one is repentant, help to keep from mortal sin, and an increase in the virtue of love.

But good dispositions are needed, for even though the Eucharist contains the very Author of all grace, it does not operate like magic: we must do what we can.

We must of course have the state of grace. Without it, it would be sacrilege, and an added mortal sin, to receive Holy Communion. Right intention is also needed: that is, the intention to please God, to be more closely united with Him, to gain a remedy for our weaknesses.

It is not required to be free from all venial sin. The reception itself may forgive venial sins for which one is sorry. But the fruits of receiving are reduced. It is especially needed that one be free from all deliberate venial sin — in contrast to sins of weakness, sins when one is taken off guard.

For fullest benefits, we should be free from all attachment to anything sinful. Some have as if there were a gap in their purpose of amendment, as if they said, for example: "I do not intend to commit mortal sins, nor all venial sins. But there are some reservations: if it is hard to stick to the truth, I will not do so, or if it is hard to keep a conversation going without a bit of detraction, that is all right too."

These dispositions, sometimes called "affection to venial sin" impose as it were a clamp on one's heart, for he/she has decided to go so far and no farther. So, the dispositions effectively prevent spiritual growth beyond a certain point. How sad that many who could grow much block growth by this means.

But mere carelessness, lack of preparation, or lack of thanksgiving can be harmful. Pope St John Paul II, in his very first encyclical,

Redemptor hominis, §20, wrote that if one does not constantly try to grow spiritually, receiving the Eucharist would "lack its full redeeming effectiveness" and there could even be a spiritual loss. To receive out of mere routine, with no special care, no thanksgiving, is more apt to cause spiritual loss than gain.

To prepare to receive the Eucharist, one should think in advance about what he/she is going to do, especially during the Mass. After receiving, it is valuable to try for recollection, in humility to adore the Lord present within us, to give thanks, to express sorrow for deficiencies, to ask for helps to do better. It is very good to stay a few minutes after the end of the Mass to continue this thanksgiving.

Of course, one should be decently dressed to receive. Some give scandal and lead others into sin in the very act of coming.

The Eucharistic fast has now been reduced to one hour — abstaining from food and drink (except water). The time is computed up to the actual time of reception. The sick, even if not confined to bed, and those actually engaged in caring for them at the time, need not observe any period of fasting. The same applies to the elderly, according to the new Code of Canon Law §919. 3.

Children should begin to receive Holy Communion when they have reached the use of reason, but not before they have made their First Confession. Once one has begun to receive, there is the obligation of receiving at least once a year, at Easter time, unless there is a reasonable cause for using a different time.

Pastors should see to it that the sick can receive at times. Those who are in danger of death are obliged to receive the Sacred Host as Viaticum, which means "provision for the journey" — into the next life.

The present law allows quite a few occasions when the Holy Eucharist may be received under both species. However, Christ is received whole and entire under one form only, for He dies no more: body and blood are never separated. (See First Corinthians 11:26-27, noting that in verse 26, the word "and" shows that both species are needed to express the death of the Lord, but for Holy Communion, only one species is needed. Hence the word "or" is used in verse 27).

When actual reception is not possible, one may profitably make a spiritual communion, by a fervent desire to receive sacramentally. This keeps the soul united with Jesus during the day and prepares better for the actual reception.