



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

THE 19th SUNDAY IN ORDINARY TIME -YEAR B

11th August 2024

PARISH PRIEST: Fr Alex Clemente
ASSISTANT PRIESTS: Fr Wilford Urmaza and Fr Lucas Kyaw Myint

ST ANTHONY'S PARISH

Parish Secretary: Lesley Morffew
Admin Assistant: Judy Johnson

Parish Office Hours:

Tuesday—Friday 9.30am-4.30pm

Email: meltonsouth@cam.org.au

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

Bookkeeper: Naim Chdid

Pastoral Worker for the Catholic Archdiocese of Melbourne

Parish Office Hours:

Tuesday—Friday 9.30am-1.30pm

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 / Bridge Rd, Cobblebank 3338 **Website:** www.sfcc.vic.edu.au

In the case of urgent situations-sickness etc. please call 0422 869 646

ST ANTHONY'S PASTORAL COUNCIL

Godwin Barton	0425 734 449
Naim Chdid	0437 004 790
Lillian Christian - Vice Chair	0400 441 257
Amy Honrade	0457 042 695
Natalie Howard - Chair	0492 947 201
Rose Ma'ae	0460 672 571
EX-OFFICIO: Fr Alex Clemente PP, Fr Wilford Urmaza, Fr Lucas Kyaw Myint, 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
Annette Marum	0417 525 617
Moir Ross	0400 675 056
Aaron Russell - Chair	0401 927 502
EX-OFFICIO:	
Fr Alex Clemente PP, Fr Wilford Urmaza, Fr Lucas Kyaw Myint and Sr Mary Sarah Galbraith	

SAFEGUARDING COMMITTEE OFFICERS

Coordinator/Officer: Aloysious Dacunha 0431 012 511 **Officers:** St Anthony's - Allison Pereira 0422 775 245 Lorraine Tellis 0409 110 259
Geetha Vincent 0478 112 996
St Bernard's - Margaret Love (0437 247 779) Ron Geurts, Vikki Benson & Marj Tung

Email: parish.safeguard@gmail.com

For any queries regarding the newsletter please contact Judy Johnson 0414 007 009

Items for the newsletter must be submitted by Wednesday midnight please email judyparishnews@gmail.com

Judy Johnson's office hours are Tue, Wed and Thu 9.30am-1.30pm

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH 12/8/2024-18/8/2024

MASS TIMES:

Monday	12/8	6.30pm
Tuesday	13/8	9.30am & 6.30pm
Wednesday	14/8	9.30am
Thursday	15/8	The Assumption of the Blessed Virgin Mary 9.30am & 6.30pm
Friday	16/8	9.30am
Saturday	17/8	9.00am

Rosary **9.00am prior to weekday masses &**

Rosary **8.30am prior to Saturday mass**

Sunday Masses

Saturday Vigil	17/8	5.00pm
Sunday	18/8	8.30am & 10.30am

Confession is available and begins 30 minutes prior to each Mass and will cease 5 minutes before Mass commences.
No Confession on Monday.

ST BERNARD'S BACCHUS MARSH 12/8/2024-18/8/2024

MASS TIMES:

Monday	12/8	No Mass
Tuesday	13/8	7.30am
Holy Hour		7.00pm
Wednesday	14/8	9.30am
Thursday	15/8	The Assumption of the Blessed Virgin Mary 7.30am & 7.00pm
Friday	16/8	7.30am

Saturday 17/8 9.00am

Sunday Mass

Saturday Vigil	17/8	5.00pm
Sunday	18/8	8.30am & 10.30am

(Rosary in the Chapel 10.00am on Sundays)

Confession is available and begins 30 minutes prior to each Mass and will cease 5 minutes before Mass commences.

OUR LADY HELP OF CHRISTIANS KOROBET MASS TIMES

Saturday Vigil **2nd & 3rd Saturdays of the month** 5.00pm
Saturday 10th & 17th August

PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION

Parishioners who normally give cash each weekend for the collections, and wish to pay electronically 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 19th SUNDAY IN ORDINARY TIME-YEAR B - Fr Alex Clemente RCJ

There is a French proverb which says *"You become what you eat"*. If you consume heaps of sugary food and drinks, you'll end up diabetic. While those who maintain healthy diet stay healthy and strong!

In this Sunday's gospel, Jesus continues to assert *"I am the living bread which has come down from heaven"*. He offers himself as a spiritual nourishment in the Eucharist. In our lowest moments of exhaustion and isolation, like the difficult struggles of the prophet Elijah in the first reading, He can bring comfort and can provide support. Communion with Jesus transforms us into Spirit led disciples glorifying God and building one another up.

Thus, St Paul, in the second reading encourage the believers in Ephesus to *"be filled not with wine, but with the Spirit"*

Jesus invites us to trust his words and receive His life-giving presence.

As we partake of the sacred celebrations in the Church, we are assured *"taste and see the goodness of the Lord"*

How do you respond when you feel overwhelmed like Elijah?

What does it mean to you that Jesus is the bread of life?

In what ways can you nourish your spiritual journey and fellowship with others?

Lord, thank you for your constant care and support. Help us to live with kindness and forgive others as you forgive us. Strengthen our faith in Jesus, the bread of life. Amen.



PARISH & EVENTS NOTICES

NEWS FROM THE PARISH OFFICES

FAITH FORMATION

Sessions will begin **27th August** every **Tuesday at 7.15pm** in the Mackillop meeting room at St Anthony's church.

Everyone is encouraged to attend especially those who seek to deepen their faith or learn about the catholic faith or want to receive the Sacraments of the Catholic Church and be baptised a Catholic. Please contact the parish office for enquiries.

TOGETHER WE CAN KEEP THE FAITH ALIVE - AID TO THE CHURCH IN NEED (ACN)

Did you know that across the world tens of millions of Christian families are in exile following persecution because of their faith?

Aid to the Church in Need is a spiritual and pastoral charity which seeks to keep the flame of faith alive in those places where it is at risk of extinction. An ACN speaker who will share with us about the work of Aid to the Church in Need and how we can help our suffering and persecuted brothers and sisters, will speak at our weekend masses. **St Bernard's 10th & 11th August.**

NATIONAL VOCATIONS AWARENESS WEEK

National Vocations Awareness Week - Please pray for our priests today in thanksgiving for their ministry and presence in our community. Please pray for the religious who do so much in pastoral care, education, health care and many other ministries. Pray also that the saints may inspire many vocations to consecrated life and priesthood, especially from our community.

THE ARCHBISHOP'S CAMPAIGN The 2024 Archbishop's Campaign is now underway, and we ask everyone to consider a pledge to support the vital ministries of our Archdiocese. These ministries are outlined in the Campaign brochure which you will find in your pew and in the foyer today. Gifts of \$2 or more are tax-deductible. Tax-deductible donations go to the Archbishop's Charitable Fund which supports the Corpus Christi College Building Fund, the Priests Retirement Foundation, John Pierce Centre, Melbourne Overseas Mission, University of Divinity Building Fund as well as Catholic community agencies and service organisations through annual grants. Non-tax-deductible donations go to the Catholic Archdiocese of Melbourne Religious Projects Fund and support seminarian formation and evangelisation ministries. Please review the campaign material and prayerfully consider pledging a recurring monthly gift to help us continue to strengthen the Christian faith and address the needs of God's people.

Tear-off pledge cards are attached to the campaign envelopes in the church. You can also make a gift online at [Archbishop's Campaign | Melbourne Catholic](#) or via the QR codes on the campaign materials. I invite you to give generously to this important campaign.

ST ANTHONY'S

THE ASSUMPTION OF THE BLESSED VIRGIN MARY **THURSDAY 15TH AUGUST**

Please join us for fellowship after the 6.30pm evening mass.
Please bring a plate to share.

FATIMA STATUE

Please note the contact person for the Fatima Statue is now Lillian Christian, if you are on the roster or would like to join the group in 2025 or have any queries please call Lillian on 0400 441 257

PRINCIPAL -DAMIEN SCHUSTER -ST ANTHONY'S **PRIMARY SCHOOL**

St Anthony's Primary School would like to invite the community including past and present families to celebrate Principal Mr Damien Schuster's retirement. The school will have a community Mass followed by an afternoon tea in Padua Hall.

Date: Wednesday 14th August

Mass: 2.00pm Afternoon Tea: 2.50pm.

PARISH OFFICE-

Parishioners please note the Parish Office hours next week will be:
Tuesday-Friday 9.30am-1.30pm.

BINGO

Bingo is held every Tuesday evening at 7.00pm, in the Padua Hall. Bingo books can be purchased from 6.00pm. We have a great canteen with delicious food available and we have complimentary tea and coffee.
Come along and try your luck!

ST BERNARD'S

ST. BERNARD'S FEAST DAY-TUESDAY 20TH AUGUST

Please come and celebrate our Parish saint by attending either the 9.30am Mass or the 7.00pm Mass. (Please note that there will be no adoration on this evening) We will pray a novena to St. Bernard leading up to the Feast Day. Morning Tea after the 9.30am Mass. Please bring a plate to share.

MINISTERS

Thank you to the parishioners who signed up for training of Altar Serving, Reading & Eucharistic minister's last weekend. The clipboards are once again in the Gathering space for more names.

Dates of training sessions will be announced soon. Also, current ministers will be required to attend these training sessions to serve as an update. All volunteers will be notified personally of the dates of the training sessions-Liturgy committee.

KEY AUDIT

An audit of all Church & Parish Centre keys has been carried out recently. If you **DID NOT** receive contact by the parish office to ascertain the type of key you have in your possession, could you please contact the parish office to let us know what key you have?

KSC MEETING

KSC meeting this Monday 12th August at 8pm in the Parish Centre. To anyone interested in attending a local branch meeting as a guest, you're welcome to come along one night and see what we do. We may be able to help each other, to help others. To see what we're part of in Victoria and Nationally, visit <https://ksca.org.au/index.html>

TRIVIA NIGHT

A night of fun and games was enjoyed by 100 parishioners and guests at last week's trivia night. Thank you to everyone who attended and helped raise \$1,266 for the parish.

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: 17th & 18th August

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: Marian Muller & Lisa Marshall

8.30am: Leonia Jessop & Amy Honrade

10.30am: Anakin Anderson & Rosabella Tuala

EXTRAORDINARY MINISTERS

5.00pm: Gavin Pereira & Aloysious Dacunha

8.30am: Roa Seufatu & Geoff Sutton

10.30am: George Bonello & Doris Bonello

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

MASS COORDINATORS

5.00pm: Natalie & Ron

8.30am: Josephine & Lillian

10.30am: Leonia & Godwin

ST BERNARD'S MINISTRIES

NEXT WEEKEND ROSTER: 17th & 18th August

MINISTERS OF THE WORD

5.00pm: Sonia Smith

8.30am: Moira Ross

10.30am: Beatrice Younger

EXTRAORDINARY MINISTERS

5.00pm: Colin Remedios

8.30am: Volunteer needed

10.30am: Vanina Isah

PRAYERS OF THE FAITHFUL

August: John Wilson

ST ANTHONY'S PASTORAL CARE

We pray for the recently deceased:

Kim Borg and Margaret Fench

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

Margaret Austin, Theresa Buttigieg, Emmanuel Calleja, Cynthia (Topsy) Daly, Eva Cornelisz, Brodie Grevink, Lucy Harrington, Charles Van Hoos & Frances Micallef

Please pray for the Sick:

Bruce Amoa, Teresita Arrozal, Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Christabelle, Lydia De Vega, Ann Eskdale, Melanie Fue, Bruce Hynes, Kotinis Cornelia Kani, Judy Layton, Faamu Leiataua, Peter Manicaró, Damien Michael, Hazel Michael, Tony Michael, Veronica Michael, Jan Mifsud, Nickol, Caleb O'Brien, John Osborne, Anna Samy, Samantha Smith, Sina, Saleri, Charlie Spiteri, Janko Stojanovic, 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.**

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



ST BERNARD'S PASTORAL CARE

We pray for the recently deceased:

Brian O'Connel

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

Margaret Barry (Deveny), Lena Carli, Leonard Condon, William Cook, Billy Gleeson, Milos Kratochvil, Moya McGonegal, Kevin O'Shea & Edward Tudball.

Please pray for the Sick:

Aubrey, Noah Barlow, Michael Barrett, Stephen Beaton, Peter Bennett, Carmel Berry, Steven Braszel, Tina Bower, Tracey Burn, Alex, Fred Capuano, Charlie, Gary Ching, Josephine Cilia, Brendan Coburn, Robyn Cola, Ted Cooling, Lindsay & Kathleen Dally, Judy Delahey, Allison Evans, Helen Evans, Evelyn, George Farrell, Yvonne Felicieux, Justin Fernandez, Pasquale Gagliardi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Adam Hillier, Leonie Kervin, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Matthew Jansen, John & Frances, Joe, David Kasprzak, Michael Larkin, Marie Maloney, Patricia Marechal, Brian Marshall, Debbie Marshall, Jordanis Mary Pauline McDonald, Ian McKechnie, Marcus Meno, Paul Mullin, Joanne Mumford, June Murray, Nancy Pace, 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, Jayne Wilkins, Nathan Witmore, 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.

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: 17th & 18th August PIETY STALL VOLUNTEERS

5.00pm Vigil: Julie Sequiera
8.30am: Ineke Allen
10.30am: Gilles Maitre

CHURCH FLOWERS

August: Rosabella

CUPPA VOLUNTEERS

To be advised

ST VINCENT DE PAUL SOCIETY

Welfare Number: 1800 305 330
The Melton South Conference meet every 1st Tuesday of the month in the Mackillop 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.
100 Coburn's Road Melton South 9747 6811

*The Harvest is plentiful, but the laborers are few;
Pray therefore (**Rogate Ergo...**) to the Lord of the Harvest that He may send Good workers into His vast vineyard. (Mt. 9:37-38).*

Prayer is the answer to the perennial problem of the lack of good evangelical workers. It is a command and not just a simple request or an invitation. The Church needs holy workers. She needs committed, faithful, and zealous ministers of the Gospel. But if we will not beg the Lord, we will never be blessed with Good and Holy Vocations.



St. Hannibal Ma. Di Francia, the Patron of Vocations said; Vocations come from on High, if we do not pray, vocations will not come. Let us therefore implore the Master of the Harvest with this short prayer:

Send, O Lord, Holy Apostles into Your Church!

ST BERNARD'S

WEEKEND VOLUNTEERS : 17th & 18th August PIETY STALL VOLUNTEERS

Saturday: 5.00pm: Jackie Tabone
Sunday: 8.30am: Lyn Shea

CHURCH FLOWERS

August: Tup Shea

PRESBYTERY & CHURCH GROUNDS-MOWING

Colm Carragher, Ron Geurts and Michael Love.

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 \$2000 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

All use of the Parish Centre must be authorised by either the parish office or by contacting Marie Casey.
Mass coordinators will unlock & lock the Parish centre before & after masses so that the toilets can be accessed.

FAITH FORMATION

ST ANTHONY'S AND ST BERNARD'S

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

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:

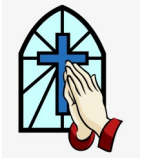
[St Anthony of Padua Catholic Parish | Melton South](#)

[Baptism of Infants | St Bernard's Catholic Parish \(stbernardsbacchusmarsh.com.au\)](#)

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 Alex, Fr Wilford, Fr Lucas or Naim Chdid .



FATIMA STATUE—ST ANTHONY'S

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

Group 1: Aloysious & Michelle Da'Cunha 0469 863 253

Group 2: David & Anne Leheny 0405 621 232

Group 3: Dragica Mladen Soldo 0466 842 035



DIVINE MERCY NOVENA

1st Sunday of the month 3pm.

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.

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

PRAYER TO OUR LADY OF THE ASSUMPTION

O Immaculate Virgin, Mother of God and Mother of men.



We believe with all the fervor of our faith in your triumphal Assumption, both in body and in soul, into heaven where you are acclaimed as Queen by all the choirs of angels and all the legions of saints; and we unite with them to praise and bless the Lord who has exalted you above all other pure creatures, and to offer you the tribute of our devotion and our love.

We know that your gaze, which maternally embraces the humble and suffering humanity here on earth, finds in heaven more reason for pity on our miseries, more power to succour us in our needs.

(Mention your Intention)

We are confident that you, who are clothed with the glory of God, will intercede for us and obtain for us the grace to follow your example.

Amen

LITURGY OF THE WORD

ENTRANCE PROCESSION

Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.

FIRST READING 1 Kings 19:4-8

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.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 33

Commentator: Taste and see the goodness of the Lord.

All: 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.

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.

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.

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.

Taste and see the goodness of the Lord.

NEXT WEEKEND'S READINGS

20th SUNDAY IN ORDINARY TIME

FIRST READING: Prov 9:1-6

SECOND READING: Eph 5:15-20

GOSPEL: Jn 6:51-58



SECOND READING Ephesians 4:30 - 5:2

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.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

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

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.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.

The Blessed Virgin Mary 13

The Annunciation (3)

The angel Gabriel concludes his address to Our Lady at the Annunciation with these words: "Blessed art thou among women".

"Blessed", as being chosen preferably to all of her sex, to be the glorious instrument, in the hand of God, for removing the maledictions laid on mankind in punishment of their sins, and in communicating to them the source of all good. And on this account it was that *all* succeeding generations, as she foretold of herself, "should call her Blessed"; regarding her as the centre in which all the blessings of the Old and New Testament are drawn together.

Though we are obliged to consider the eminent quality of Mother of God as the source of all other graces bestowed on the Blessed Virgin, it must yet be owned that it is not the greatest, and that she was happier in loving Jesus Christ than in having conceived him and brought him forth. She is "blessed among women" and above the rest of creatures, not precisely on account of her maternity, but because she received a fullness of grace proportioned to the dignity to which she was chosen.

So, according to the remark of the holy fathers, she was happier for her sanctity than for her dignity: for her virtues than for her privileges.

Among her virtues, that of purity seems particularly deserving of notice in relation to the Feast of the Annunciation, as the Epistle for this festival records that memorable prophecy of Isaiah: "That a virgin should conceive and bring forth a son"; the most remarkable of the signs God had promised the world for making known the accomplishment of the mystery of man's redemption. And, indeed, right reason seemed to require that she, who was to be the mother of God, should be of an integrity above reproach, and incapable of yielding to any solicitation: it was highly fit that her virginity should be perfectly pure, and removed as far as possible from the least suspicion of blemish.

For this reason, the moment God had chosen her to be his mother, he exacted from her the most authentic proofs of an inviolable attachment to purity. Thus, it is not in a crowd, or in idle conversation, but in a retreat that the angel finds her. It is not from the distraction of diversions and entertainments that he calls her aside to deliver his message. No; she is alone in her

house, with the door shut; "and," as St Ambrose says, "he must be an angel that gets entrance there."

Hence, according to the same holy father, it was not the angel's appearance that gave her trouble, for he will not have it to be doubted but heavenly visions and a commerce with the blessed spirits had been familiar to her. But what alarmed her, he says, was the angel's appearing in human form, in the shape of a young man.

What might add to her fright on the occasion was his addressing her in the strain of praise, which kind of words flattery often puts in the mouths of ill-designing men. And how few, alas, are able to withstand such dangers! But Mary, guarded by her modesty, is in confusion at expressions of this sort, and dreads the least appearance of deluding flattery.

Such high commendations make her cautious how she answers, till in silence she has more fully considered of the matter: "She revolved in her mind", says St Luke, "what manner of salutation this should be."

Ah, what numbers of innocent souls have been corrupted for want of using the like precautions! Mary is silent when commended, and answers not a word till she has well considered what she ought to say: but now it is to be feared that young women never think so little as when they are entertained with flattery. Every soothing word is but too apt to slide from the ear to the heart; and who can tell what multitudes, by their unwary methods, suffer shipwreck of their modesty, and then of their purity. For how can this be long lived after having lost all its guardians? No, it cannot be.

Unless a virgin be assiduous in prayer and spiritual reading, modest in her dress, prudent and wary in her choice of company, and extremely careful in the government of her eyes and tongue when she is in conversation with the other sex, there is but too much reason to apprehend that either her heart is already betrayed, or in danger of being vanquished by the next assault of her spiritual enemy.

A dread of, and a speedy flight from all dangerous occasions is the only security of virtue and innocence. Even Mary, though confirmed in grace, was only secure by this fear and distrust in herself.

To be continued