



St Michael's Catholic Parish Traralgon

St Michael's Vision Statement: Inspired by Jesus Christ, we are a welcoming Catholic Community seeking to enrich lives. Come and join us!

St Michael's Mission Statement:

To provide opportunities for parishioners –

- to grow in holiness
- to discover and live out their personal and community call to mission to live as Catholics who effectively transform society.

www.smpt.org.au

email: sec@smpt.org.au

Statement of Commitment to the safety of children and vulnerable adults: 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 vulnerable adults and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially. Please contact our Safeguarding Officers, Chris DiCorleto and Shane Reid on 0417 572 546 if you have any concerns.

St Michael's Parish Information

Fr Francis Otobo Parish Priest

Fr Ajin Albarnas IVD Assistant Priest

Parish Centre 5174 2060

Priests' Residence: 5174 6765

Deacon Tony Aspinall

Phone 5174 8167

Em: deacontony8@gmail.com

Sr Doreen Dagge RSJ 5174 9997

Monsignor John Allman

O'Mara House 5174 9674

St Michael's Parish Office 5174 2060

35 Kay Street, Traralgon

PO Box 103, Traralgon 3844

Office hours –

Tues to Friday 9:00am to 4:00pm

Parish Secretary: Bev O'Brien

Email: sec@smpt.org.au

Sacraments / Youth Jenifer Hanratty

Email: sacraments@smpt.org.au

After office hours - in case of an emergency please call 0448 529 712 and leave a message. All non-urgent calls should be made during office hours.

Baptisms: currently in abeyance

Weddings: currently in abeyance

Parish Pastoral Council: Greg Imhagwe Chairperson, Fr Francis, Sr Doreen, Lia Di Corleto, Watson Gomez, Jenifer Hanratty, Steve Kimani, Judi McLaughlin, Thomas Mathew, Amanda Reid, Kevin Taylor, Jodie Ware, Ros Joyner, Doug Doherty and Bev O'Brien.

Our Schools:

St Gabriel's School 5174 5515

Principal: Mrs Roslyn Joyner

St Michael's School 5174 3295

Principal: Mrs Jodie Ware

Lavalla Catholic College 5174 5272

Principal: Mr John Freeman

Kildare Campus 5174 8111

St Paul's Campus 5174 7355

SCRIPTURE COMMENTARY by Dianne Bergant CSA

In the first reading, the Shunemite woman recognises Elisha as a prophet. She is a woman of influence, who was able to convince him to dine with her (see Lydia in Acts 16:15). She was also a woman of means, who could afford to add a room to her home so that the prophet might stay there on a regular basis. Compelled to reward her generosity, the prophet promises: By this time next year you will have a son. There is no magic here, no divination. The only way that Elisha could have made a promise that would eventually be fulfilled would have been through the power of God.

Today's responsorial psalm comes from a royal hymn that praises God's commitment to David (see 2 Sam 7:16). Lovingkindness and faithfulness are technical terms for God's covenant fidelity. Unlike the covenant made with the people through the mediation of Moses (see Exodus 19-21), an agreement which required their compliance to God's law, this covenant imposes no added responsibilities on David or his descendants. These covenant promises are pure gift. The psalmist then turns to the people (vv. 16-17) who will enjoy the blessings that flow from God's lovingkindness and faithfulness. They are brought to praise God for such goodness.

Today Paul explains how Baptism enables believers to participate in the death and resurrection of Jesus. The ritual is itself the re-enactment of his death and resurrection. As they were plunged into the water, they were buried with Christ in death; as they emerged from the water, they rose with him into new life. Paul's real purpose in drawing these lines of comparison between the death and resurrection of Jesus and baptism and new life of the Christians is ethical exhortation. He seeks to encourage them to set aside their old manner of living and to take on a new life of holiness. This may entail hardships, but the cross is the only way to new life.

The gospel reading is an instruction on the demands (vv. 37-39) and rewards (vv.40-42) of discipleship. Jesus insists that if the believers are not willing to measure up to these demands, they are not worthy to become his disciples. This 'cost of discipleship' challenges the ties of kinship which are marked by natural affection. Such bonds must take second place to commitment to him. "Carrying the cross" is probably an allusion to Jesus' own crucifixion. Playing with the idea of finding and losing, Jesus states that to find one's life means to live self-centredly, but to lose oneself in sacrifice will be rewarded with ultimate life. Jesus then promises an assurance of the hospitality of others. Finally, those who offer disciples such hospitality will themselves be rewarded.

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Sunday Mass Times	
Saturday	4:00pm 5:30pm
Sunday	9:00am 10:30am
	4:00pm 5:30pm
Weekday Mass Times	
Tuesday to Friday	9:30am
Attendance at Mass is limited to 20 parishioners.	
ATTENDANCE AT ALL MASSES MUST BE BOOKED AT THE PARISH OFFICE.	

PLEASE PRAY FOR: We remember those who have died recently including Maureen Van Berkel and those whose anniversaries occur at this time including Isabella Hunter, Jozef Cukier, Win Caffrey, Tommie Robinson, Kate O'Connor, Nell Murphy, Aleykuty Varkey, Antony Ryan, Aleyamma Varghese, Princy Xavier, Dora & Sam Vella, Mary Mathew, Charles Glaubitz, Jane McLoughlin, Patrick Mayne, Antonella Fuoco.

Lord, let your perpetual light shine upon them. May they rest in peace. Amen.

WE PRAY FOR THOSE WHO ARE SICK including Maria Alessandrini, Lee Allman, Lulu Aragon, Cath Boers, Fr Bernard Buckley, Conceicao Carvalho, Peter Dal Pra, Ann-Maree Daly, Anthony Derham, Gary Donchi, Bill Edgar, Bernadette Formaran, Fr Frank Freeman, Marj Gilbert, Carolyn Gleeson, Robert Hazelman, Imogen Hillier, Marie Howard, Joan Lamont, Peter Lont, Joyce Martin, Ivy May, Deborah McKerchar, Ben Melenhorst, Joan Quigley, Joan Riggall, Kath Ryan, Ray Smith, Jerry Templer, Julie Vaz, Brian Vivian, Celie Smith, George Walkan, and Fr Frank Young, and all those we hold dear in our hearts.



AN ACT OF SPIRITUAL COMMUNION

The simple and loving act of Spiritual Communion (written by St. Alphonsus Liguori) can be made when we are unable to attend Mass and receive the Eucharist.

Pray these words:

My Jesus,

I believe that You are in the Blessed Sacrament.

I love You above all things, and I long for You in my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have

already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

Amen.

PLEASE SPREAD THE WORD: Please deliver a bulletin to anyone you know who might like one. It would be lovely if we could reach as many of our parishioners as possible, so they too may be aware of the changes happening in our Parish life.

RECORDING OUR LIFE IN THESE TIMES OF ISOLATION:

As you'll remember from previous Bulletins, we are seeking 100-200 word 'pictures' of what life during this pandemic has meant to parishioners. Unfortunately, we don't have any contributions for this weekend's Bulletin. Please share your isolation experience with the Parish, and send your story in.

CHURCH CLOSED: The Church will be closed for maintenance reasons on Monday and Tuesday next week. (June 29 & 30) Mass will not be celebrated on Tuesday June 30.

OFFICE NEWS: Our office remains closed due to the isolation restrictions. All contact must be made by phone (51474 2060) or email (sec@smpt.org.au). *Please note that the office will be unattended on Wednesday July 01.*

HAPPY HOUR WITH FR FRANCIS: Notes from our Parish Zoom meeting held on Sunday June 21, 2020.

The Meeting opened with prayer led by Theresa Denny. In Attendance: Anne Taylor, Kev Taylor, Bev O'Brien, Theresa Denny, Carolyn McCabe, Matt Hanratty, Jenifer Hanratty, Fr Francis Otobo, Gregory Imhagwe, Jodie Ware, Catherine Hill and Mike Hansen.

* Parishioners shared their personal experiences during the lockdown period. Overall, most parishioners enjoyed the opportunity to spend time with family, but missed the parish community and Mass, and longed to be able to go back to Mass.

* Fr Francis gave us an update on what the church is doing as the restrictions are eased. Overall, we wait for directives from the Government and the Diocese setting out what we are allowed to do at each step in the changing of restrictions.

Matters raised in the meeting

* Ushers are needed for each our 6 weekend Mass and at all our weekday Masses. We will invite people to join a roster for ushers during this period.

* Cleaning requirements for Masses - the Parish will provide cleaning materials for parishioners to clean after themselves at the conclusion of Masses.

* Community building - welcoming new members and reaching out to our parishioners. Our priests will introduce new parishioners to our community. We will advertise in the Community Noticeboard of the LV Express and in School newsletters that parishioners are able to book to come to Mass.

* There is an awareness that some parishioners may not return - we will need to identify them and reach out to them as appropriate.

* Parish finances. Like many community organisations and local businesses, the disruption caused by COVID-19 has also had a big impact on our finances. With the cancellation of our parish masses and now the limits placed on numbers, our first collection has decreased dramatically. We would like to thank the generosity of our parishioners who have made direct deposits into the Presbytery account and given a little more at our recent masses to help support Fr Francis and Fr Ajin. We have also benefited from both State and Federal initiatives to support organisations who have suffered financially due to the COVID-19 restrictions. Thank you for your ongoing support and please contact Bev in the office if there is anything else you can do to assist, particularly if you can change your giving method to direct debit rather than cash.

* Fr Francis provided us with an update on the proposed new Parish Centre.

- good progress has been made on the project with input from the parish and the Diocese.

- the plan will be placed on the Notice in the Kay Street church entrance for parishioners to view and make any comments they may have to the Parish Office.

Fr Francis closed the meeting with prayer.

(Greg Imhagwe, Chairperson)

Prayer for a new Bishop for our Diocese

Loving God,
in your faithfulness,
grant to the Diocese of Sale
a shepherd whose watchful care and kindly zeal
will continue the good work of his predecessors.
In your love for us, give us a shepherd who will
lead us in being Christ's heart of mercy,
voice of hope, and hands of justice.
Help him to fill our minds and hearts
with the truth of the Gospel,
the power of the sacraments,
and the desire to build up your holy Church.
We ask this through Jesus Christ, your Son and our
Lord,
in the unity of the Holy Spirit, one God, for ever
and ever. Amen.

Isolation Prayer Life, Access to Masses online/TV/:

Keep up to date with the latest prayer resources for your communities <https://www.cdsale.org.au/news/prayer-resources-in-time-of-need>
Livestreamed Masses
<https://www.cdsale.org.au/coronavirus>

Music and Prayer for 13th Sunday in Ordinary Time

You are invited to pray at home with the Sunday readings with free access to the following online music and video resources

- **Psalms and chants from Marist Music for this Sunday** www.maristmusic.org.au/ available as sheet music and audio.
- **Shelter Me** composed by Fr Michael Joncas – a beautiful and heartfelt hymn calling on God's mercy and comfort. Access the Youtube video rendition <https://tinyurl.com/Shelter-Me>. The text is available in the attached document or via <https://tinyurl.com/Shelter-Me-lyrics>. Fr Michael has generously given his permission to use this freely during this time of pandemic.

Sunday Readings and Family Prayer – download and pray the Scriptures of the Sunday Mass and/or use the Family Prayer sheets with children. From Liturgy Brisbane <https://www.liturgybrisbane.net.au/>

Spirituality offerings

MelbournePrays is an online community that brings young people together for daily prayer opportunities via YouTube and Facebook. Each day, people are invited to join in prayer with others for their own needs and the needs of the world at this time. <https://www.facebook.com/MelbournePrays>

FINANCE MATTERS:

"...whoever does not take up his cross and follow after me is not worthy of me." (Matthew 10:38)

Pope Benedict XVI said, "The world offers you comfort. But you were not made for comfort, you were made for greatness." "Comfort" puts me first. "Picking up your cross and following Jesus" puts God and others first. Why settle for comfort when you can achieve greatness! Pick up your cross, ask Jesus for guidance on using your gifts and live the life God intended for you!

PLANNED GIVING RECEIPTS AND ENVELOPES:

Receipts (January to May 31), for all parishioners who contribute to our Planned Giving Program have now been generated. Over the next two weekends, we will endeavour to put out Receipts & envelopes along the front pew for those who are attending Mass. Please take yours home with you.

For those who give by envelope, giving envelopes for July 19 to November 01 are included with your receipt. Also included is a Direct Debit Giving form for those of you who might consider giving electronically, you can nominate an amount to be deducted from a bank account and paid directly into the Parish account. This method of giving does not incur any cost to the Parish and reduces the handling of cash.

'BROTHERS, WHAT MUST WE DO?': The 2020 Australian Catholic Mens Gathering. A gathering of men called by the Australian Catholic Bishops. **Free Registration from June 29th, go to bit.ly/cm2020event to register. The revised online program will be available from August 15th.**

Please go to www.catholicmensgathering.com.au.

The program will be delivered in 4 pre-recorded sessions of approximately 1 hour in length, with each session offering input from a variety of speakers and musicians, along with a response and questions for individual reflection.

The aim of the program is to inspire and encourage all Catholic men with a vision for personal discipleship, service and mission in the family, parish, diocese and the world.

Rosters for Saturday July 04 & Sunday July 05, 2020

Mass	Lector	Commentator	Usher
Sat 4:00pm	Richard Webber	Belinda Purcell	
Sat 5:30pm	Anne Taylor	Dorothy Smith	Bev O'Brien
Sun 9:00am	Michael Hansen	Carolyn McCabe	
Sun 4:00pm	Theresa Denny	Lien Van der Velden	
Sun 5:30pm	Susan Grout	Margaret Noone	Sharon Van Den Meiracker

Entrance Antiphon Ps 46:2

*All peoples, clap your hands.
Cry to God with shouts of joy!*

First Reading Jer 2 Kings 4:8-11 14-16

A reading from the second book of Kings

That is the holy man of God, let him remain there.

One day as Elisha was on his way to Shunem, a woman of rank who lived there pressed him to stay and eat there. After this he always broke his journey for a meal when he passed that way. She said to her husband, 'Look, I am sure the man who is constantly passing our way must be a holy man of God. Let us build him a small room on the roof, and put him a bed in it, and a table and chair and lamp; whenever he comes to us he can rest there.'

One day when he came, he retired to the upper room and lay down. 'What can be done for her?' he asked. Gehazi (his servant) answered, 'Well, she has no son and her husband is old.' Elisha said, 'Call her.' The servant called her and she stood at the door. 'This time next year,' Elisha said 'you will hold a son in your arms.'

Responsorial Psalm Ps 88:2-3 16-19 Rv2

(R.) Forever I will sing the goodness of the Lord.

1. I will sing for ever of your love, O Lord; through all ages my mouth will proclaim your truth.
Of this I am sure, that your love lasts for ever, that your truth is firmly established as the heavens. **(R.)**
2. Happy the people who acclaim such a king, who walk, O Lord, in the light of your face, who find their joy every day in your name, who make your justice the source of their bliss. **(R.)**
3. For it is you, O Lord, who are the glory of their strength; it is by your favour that our might is exalted: for our ruler is in the keeping of the Lord; our king in the keeping of the Holy One of Israel. **(R.)**

Next weeks Readings

14th Sunday in Ordinary Time Year A

1st Reading Zechariah 9:9-10

2nd Reading Romans 8:9 11-13

Gospel Matthew 11:25-30

Second Reading Rom 6:3-4 8-11

A reading from the letter of St Paul to the Romans

Having been buried with him through baptism, we shall walk in a new life.

When we were baptised in Christ Jesus we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

But we believe that having died with Christ we shall return to life with him: Christ, as we know, having been raised from the dead will never die again. Death has no power over him any more. When he died, he died, once for all, to sin, so his life now is life with God; and in that way, you too must consider yourselves to be dead to sin but alive for God in Christ Jesus.

Gospel Acclamation 1 Pt 2:9

Alleluia, alleluia!

You are a chosen race, a royal priesthood, a holy people.

Praise God who called you out of darkness and into his marvellous light.

Alleluia!

Gospel

Mt 10:37-42

A reading from the holy Gospel according to Matthew

Anyone who does not accept his cross is not worthy of me. Anyone who welcomes you, welcomes me.

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.

'Anyone who welcomes a prophet because he is a prophet will have a prophet's reward; and anyone who welcomes a holy man because he is a holy man will have a holy man's reward.

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

