

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 Dagne 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 and your contact details.

All non-urgent calls should be made during office hours.

Baptisms: currently in abeyance

Weddings: currently in abeyance

Parish Pastoral Council: Greg Imhagve 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

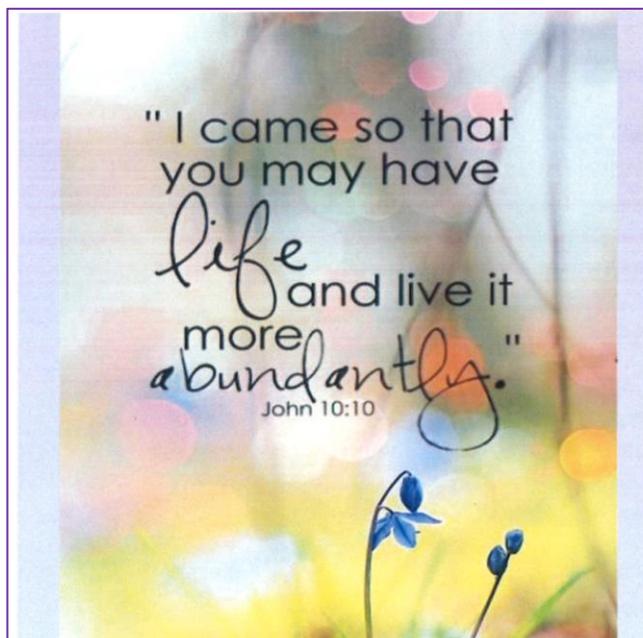
Principal: Mrs Jodie Ware

Lavalla Catholic College 5174 5272

Principal: Mr John Freeman

Kildare Campus 5174 8111

St Paul's Campus 5174 7355



LIVE LIFE TO THE FULL Mental Health in the Time of Pandemic

The COVID-19 pandemic is impacting the mental health of many members of our parishes, schools and communities. There are those around us who need our support. We can be people of acceptance, care and healing, reaching out to others with simple acts of kindness, a listening ear and primed with practical help.

Let us reflect with one another on the stresses and strained boundaries of hope that can afflict us and those we care about... and be nurtured by the Word of God, respond in song, reflect in silence, express our concerns in prayer and enter into moments of quiet... together as parish, face to face.

All parishioners, school staff members and school families are warmly invited to join in our zoom Liturgy on Wednesday 30th September at 7:30pm. Please contact the Parish Office on 5174 2060 or by email to sec@smpt.org.au.

Zoom Liturgy

Celebrating together
from afar

I know the Lord is
always with me
Psalm 168

We want Christ to
hurry and calm the
storm. He wants us
to find him in the
midst of it first.

*Life is not measured
by the number of
breaths we take but
by the moments that
take our breath away*

ZOOM LITURGY
Wednesday
September 30th
7.30 pm

Register at the
parish office...
phone 51742060
Participants must
register to attend.

**Parish
Office Hours**
Tuesday to Friday
9:00am to 4:00pm

Celebrations of Mass are in abeyance until further notice.

PARISH OFFICE CLOSED: The office remains closed due to the pandemic restrictions. All contact needs to be made by phone (5174 2060) or email (sec@smpt.org.au). Thank you.

In case of an after hours emergency please call 0448 529 712 and leave a clear and concise message and your contact details for Father.

PLEASE PRAY FOR: We remember those who have died recently including Dungal De Los Angeles, Julie Ferrier, Hiliary Rooney and Nellie Coleman and those whose anniversaries occur at this time including Mick McNulty, Ray Still, Alan Webber, Andrew Seychell, Mark Martin, and Warren Wicks.

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

MASS OFFERINGS: Masses have been offered this week for Mick McNulty.

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, Sr Cathy Dean RSJ, 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, Jerry Templer, Julie Vaz, Brian Vivian, Celie Smith, George Walkan, Roy Ward 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.

FEAST DAY OF OUR PATRON SAINT:

Friday 29th September is the Feast Day of St Michael (and the archangels). It would be wonderful if we could all stop for a minute or two at midday on Friday 29th and pray in thankfulness for our Parish, for its past and for our future.

Saint Michael,

Defend us in the turmoil of our lives; protect us against all evil; that our lives may reflect only the glory of God.

Amen.

NEXT WEEKEND

REMEMBER: Next Sunday at 2:00am it becomes 3:00am. Daylight saving will end on Sunday 4th April, 2021.



PRAYING THE ANGELUS: Parishioners are encouraged to pray the Angelus during the month of October. Please see page 5 of this Bulletin for further details.

HAPPY BIRTHDAY Wishing **Rosanna Cunico** a very happy 80th Birthday this weekend, from us all. We hope you have a lovely day; best wishes for good health and happiness in all your years ahead, Rosanna.

THURSDAY OCTOBER 8, 7:30PM Fr Austin Cooper OMI will be addressing 'Spiritual Thoughts During A Pandemic'. This event is brought to us by the Latrobe Valley Pastoral Group. The link to register is <https://tinyurl.com/Austin-Cooper-talk>. There is no charge, but registration is essential. Once you have registered you will be emailed a link, along with further information.

SEPTEMBER: A Catholic Season of Creation: In September we are asked to focus on God's creation and our care for it. Pope Francis states in *Laudato Si (On Care for our Common Home)* that the Season of Creation is a "season of increased prayer and effort on behalf of our common home". Please take the time to check out various websites and resources to help us celebrate this important time in communion with our Christian brothers and sisters.

The season commenced on September 01 when we celebrated the World Day of Prayer for Creation, and ends on October 04, the Feast of St Francis of Assisi, the patron saint of ecology beloved by many Christian denominations.

1. *The Columbans have published a digital resource 'A Catholic Season of Creation – Sundays of September 2020. You can download these files at <https://tinyurl.com/Creation-resource>.*
2. *The Vatican's invitation, Pope's letter, resources and prayers to celebrate the Season of Creation can be found at <https://seasonofcreation.org/catholic>*
3. *Catholic Earthcare Australia is hosting a free online 2020 Convocation with webinar offerings during the month of September. Program and registration at <https://catholicearthcare.org.au/soso-convocation/>*
4. *Full list of resources from the Catholic Bishops of Australia <https://catholic.org.au/national-liturgical-council/holy-see-s-world-day-of-prayer-1-september-and-season-of-creation-1-september-4-october>*

ART AND SOUL:

Fr Elio Capra has started a website on art and spirituality. The website is called **Art and Soul with Elio**. He admits that he is not an art historian; he is presenting art from his heart, the ways that art has touched him, and what he sees when looking at art. While he may discuss the techniques and history related to an art work, his primary focus is the spiritual dimension that the work opens and the way it provokes reflection and prayer.

His videos are between 3 to 5 minutes in length, and will, no doubt, be worthy of watching.

His hope is that by sharing his thoughts and ideas, we may all be prompted to uncover the spiritual in art as we experience it.

Please visit <https://elioartandsoul.wordpress.com/>

PRAYERS FOR MIGRANT AND REFUGEE SUNDAY:

- ◆ We pray for all church leaders who minister to migrants and refugees, that accompanied by our prayers and support, they may tirelessly champion a culture that upholds the innate dignity of all migrants and refugees.
- ◆ We pray for the leaders and policy makers of all nations, that God will grant them compassion, wisdom and discernment so they can enact laws that ensure the greater protection of all migrants and refugees.
- ◆ We pray for the families who are currently separated from their loved ones because of violence and poverty, that they may be comforted in knowing God's peace and may be supported by all members of God's family.

ST VINCENT DE PAUL SOCIETY 'ASSIST A STUDENT': The SVDP 'Assist a student' program is seeking assistance from us. This program supports very poor students in countries to our north, to allow them to attend school. Without the assistance of AAS program not be able to afford to attend. The cost is \$100 per student, but SVDP are happy to accept any donations. Any administrative costs are met by the Australian SVDP. The aim is to break the poverty cycle students may be born into, and it encapsulates the Vincentian message of a "hand up, not a hand out". Please donate online by going to www.vinnies.org.au/AAS. Donations over \$2 are tax deductible. Email donation@svdp-vic.org.au. Ph (03) 9895 5959.

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>
Mass with Fr Rob Galea can be found by going to frgministry.com.

Music and prayer for 26th 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

Australian Catholics - use the Scriptures and the reflection questions provided for your personal prayer or for your Sunday Liturgy of the Word celebration at home or via livestream <https://tinyurl.com/Scripture-and-Reflections>
Psalms and chants from Marist Music for this Sunday www.maristmusic.org.au/ available as sheet music and audio.

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/prepare/sunday-readings-and-family-prayer/> (updated weekly). Available by subscription only.

Daily Prayer

Short daily Gospel reflections with access to readings and prayers of the faithful can be found at <https://www.pray.com.au> and at <https://thewell.org.au/about>

Praying at home

1. Pray the Liturgy of the Word: read and pray with the Sunday scriptures. www.liturgybrisbane.net.au
2. Please continue to pray for Bishop-elect Greg as he makes preparations for his episcopal ordination.

MAINTAINING OUR PARISH:

In this time of uncertainty, please remember our priests and religious in your prayers. Our priests are financially supported by our weekly 'first collections', and these expenses will still need to be met. Parishioners are asked to make donations by electronic transfer to **St Michael's Parish Traralgon Presbytery Account, BSB 083 879 Account Number 48906 6098, Reference 1Collect.**

Our Parish still needs to pay our utility bills, our wages bills, rates and insurances. We meet these costs through the Planned Giving Program. Parishioners who currently give via the weekly envelopes are asked to consider altering their giving to Direct Debit giving to enable our Parish to continue. Direct Debit Giving forms are available from the office. If you are able to make the change, **please email to sec@smpt.org.au or phone Bev on 5174 2060 and we can get a form to you.**

Anyone wishing to make a general donation to our parish can do so by electronic transfer to St Michael's Parish Traralgon Church Account, BSB 083 879, Account Number 48885 1289, *Reference Donation(surname)*. Please let Bev know by email (sec@smpt.org.au) if you decide to do this. Thank you. Thanks to those parishioners who have dropped in their planned giving and first collection donations in envelopes through the parish 'mail slot'.

If you are wanting to request a Mass Offering, then please place your donation in an envelope, and clearly mark:-

1. The name of the person(s) for whom you wish the Mass to be offered.
2. Whether it's a death anniversary, or recent death, etc.
3. Your name, contact number and email.

The envelopes can be 'posted' through the mail slot beside the front door of the Parish Office.

Please look out for those in our community who are the most vulnerable and could be in need of our support. Let the Office know if you know of anyone in need.

FINANCE MATTERS:

"Do nothing out of selfishness; rather, humbly regard others as more important than yourselves..." (Philippians 2:3)

Pride and ego are hard things to control. We see how others act or dress and think we are superior to them. We idolize our own self-image. But, if we truly believe everything is a gift from God, we recognize all the people that God has put into our lives as gifts! We are grateful for how they enrich our lives. Pray every day for the people in your life: your family, your friends, and those who make you angry.

Entrance Antiphon Dn 3:31,29,30,43,42

*All that you have done to us, O Lord,
you have done with true judgement,
for we have sinned against you
and not obeyed your commandments.
But give glory to your name
and deal with us according to the bounty of your
mercy.*

First Reading Ez 18:25-28

A reading from the prophet Ezekiel

*The sinner who decides to turn against sinfulness
deserves to live.*

The word of the Lord was addressed to me as follows: 'You object, "What the Lord does is unjust." Listen, you House of Israel: is what I do unjust? Is it not what you do that is unjust? When the upright man renounces his integrity to commit sin and dies because of this, he dies because of the evil that he himself has committed. When the sinner renounces sin to become law-abiding and honest, he deserves to live. He has chosen to renounce all his previous sins; he shall certainly live; he shall not die.'

Responsorial Psalm Ps 24:4-9. R. v.6**(R.) Remember your mercies, O Lord.**

1. Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. **(R.)**
2. Remember your mercy, Lord,
and the love you have shown from of old.
Do not remember the sins of my youth.
In your love remember me,
because of your goodness, O Lord. **(R.)**
3. The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. **(R.)**

**Second Reading** Phil 2:1-11

A reading from the letter of St Paul to the Philippians
In your minds you must be the same as Christ Jesus.

If our life in Christ means anything to you, if love can persuade at all, or the Spirit that we have in common, or any tenderness and sympathy, then be united in your convictions and united in your love, with a common purpose and a common mind. That is the one thing which would make me completely happy. There must be no competition among you, no conceit; but everybody is to be self-effacing. Always consider the other person to be better than yourself, so that nobody thinks of his own interests first but everybody thinks of other people's interests instead. In your minds you must be the same as Christ Jesus:

His state was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross.

But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

Gospel Acclamation Jn 10:27

Alleluia, alleluia!

*My sheep listen to my voice, says the Lord;
I know them, and they follow me.*

Alleluia!

Gospel Matthew 21:28-32

A reading from the holy Gospel according to Matthew
He went out moved by regret. The tax collectors and prostitutes will precede you into the kingdom of God.

Jesus said to the chief priests and the elders of the people, 'What is your opinion? A man had two sons. He went and said to the first, "My boy, you go and work in the vineyard today." He answered, "I will not go," but afterwards thought better of it and went. The man then went and said the same thing to the second who answered, "Certainly, sir," but did not go. Which of the two did the father's will?' 'The first' they said. Jesus said to them, 'I tell you solemnly, tax collectors and prostitutes are making their way into the kingdom of God before you. For John came to you, a pattern of true righteousness, but you did not believe him, and yet the tax collectors and prostitutes did. Even after seeing that, you refused to think better of it and believe in him.'

Next weeks Readings: 27th Sunday in Ordinary Time

First Reading: Isaiah 5:1-7

Second Reading: Philippians 4:6-9

Gospel: Matthew 21:33-43

The Angelus

This traditional prayer evolved in Europe from a recitation of three Hail Mary's following the ringing of the evening bell of the local monastery around the 12th century.

Although the Angelus has been traditionally said three times daily, at 6 am, noon and 6 pm, you can pray it at anytime! It is still accompanied by the ringing of a bell (the Angelus bell) in some places such as Vatican City and parts of Germany and Ireland. The prayer is also recited by some Anglican, Lutheran and the Orthodox faithful.



When prayed in a group setting a leader recites the verses and everyone recites both the responses and the Hail Mary's in between each verse. (*The language may need adapting for children if prayed with the whole family*)

When we pray the Angelus with humility and love, we are emulating Mary's faith in God's goodness. We recall with reverence and great joy that God entered human history in the person of Jesus who promised that he would always be with us even till the end of time. This is especially relevant in this time of Covid19.

Why not pray the Angelus? Set your mobile phone to chime each day at one or more of the three set hours? The Traditional hours are 6 am, 12 noon and 6 pm. You might like to synchronise your Angelus prayer with a friend or family member.

Praying the Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with you;

Blessed are you among women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen

V. Behold the handmaid of the Lord.

R. Be it done unto me according to your word.

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech you, O Lord, your grace into our hearts, that we to whom the Incarnation of Christ your son was made known by the message of an angel, may by His passion and cross be brought to the glory of his resurrection. Through the same Christ our Lord.

Amen.

V. Glory be to the Father and to the Son and to the Holy Spirit.

R. As it was in the beginning is now and ever shall be world without end, Amen.