



## 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 adults at risk and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially. Please contact our Safeguarding Officers, Chris DiCorleto and Shane Reid on 5174 2060 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

**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:** Six weeks notice required  
**Weddings:** Six months notice required

**Parish Pastoral Council:** Greg Imhagwe Chairperson, Fr Francis, Lia Di Corleto, Watson Gomez, Jenifer Hanratty, Steve Kimani, Judi McLaughlin, Thomas Mathew, Amanda Reid, 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

### **NEW TESTAMENT COMMENTARY by Mary Coloe PBVM**

#### **No Excess Baggage**

#### **Ephesians 1:3-14; Mark 6:7-13**

*'Jesus summoned the Twelve and began to send them out in pairs.'*

This is a great Gospel for all Christian ministers. This is the first time in Mark's Gospels where disciples are sent out on their own mission.

These missionaries are told to take nothing, except a staff. They must seek hospitality among those whom they minister to. What a risk, and how vulnerable these missionaries are. Where they receive hospitality they are to remain there, but if there is no welcome they must move on. Shaking the dust from the feet is a strong symbol of wanting nothing more to do with that place. 'Shake the dust from your feet.' Sounds simple but there are counsellors and therapists who can testify that this is one of the hardest things we sometimes have to do. What is the alternative for these trainee disciples?

They could reflect and see what they could have done better; they could go back and try again. But sometimes you've done your best. Sometimes people just do not want what you think they ought to have.

These disciples could walk away feeling a failure. 'It's all my fault. James would have got through to them. I'm not really a good disciple.' Again, sometimes there's no 'fault' or 'blame' when things go wrong, it just happens.

These disciples could walk on to the next village really angry, going over in their minds or in their conversation, how awful the villagers were – in other words, they have not really left the village, they are still carrying it with them. By the time they arrive at the next village they will be exhausted, or worse, superimpose the village they just left on this new one.

Jesus' advice is perfect. 'Shake the dust from your feet.' Leave this village behind you. Don't carry it with you in your guilt, or sense of failure, or anger. Let it go.

The whole focus of Jesus' instructions to his disciples having their first practice is to 'travel lightly' – don't burden yourself with excess baggage either physical or emotional. No haversacks, no bread, and no unwelcoming dust! Good advice for disciples of all time.

The reading from Ephesians is one of the beautiful early Christological hymns that situate the meaning of the Christ event within a rich cosmological setting. This hymn, as in other places in the New Testament, doesn't present the incarnation as an 'interruption' to creation but as part of a process, that God had always had in mind from the beginning of time. In Christ, the whole cosmos was claimed as God's own.

*Taken from a commentary by Mary Coloe, PBVM, and used with permission from Liturgy Help Online.*

Sunday Mass Times	
Saturday	5:00pm
Sunday	9:00am, 10:30am, 5:00pm
<p><b>Attendance numbers at our Masses are currently limited to 180 people.</b>            Booking to attend Mass is no longer required.  <i>However, it is still necessary to record your attendance.</i></p> <p><b>PLEASE arrive 15 minutes early to Mass to record your attendance before Mass begins.</b></p>	
Weekday Mass Times	
Tues July 13	9:30am Mass
Weds July 14	11:00am Adoration 12:00pm Mass
Thurs July 15	9:30am Mass
Fri July 16	9:30am Mass

**PLEASE PRAY FOR:** We remember those who have died recently including Julie Sullivan (née Stoddart), and those whose anniversaries occur at this time including Fr John Allen, John Besselink, Joseph Zahra, Bambina Damiano, Fr Matthew White, Barbara Durea, Luz Goicoa, Michael Kennedy, Angelo Bau, Sam & Dolora Vella, Chandana Fernando, Leopold Fernando and Elizabeth Jacob.  
**Lord, let your perpetual light shine upon them. May they rest in peace. Amen.**

**WE PRAY FOR THOSE WHO ARE SICK**

including Maria Alessandrini, Fr Bernard Buckley, Conceicao Carvalho, Peter Dal Pra, Ann-Maree Daly, Anthony Derham, Sr Delia Donahoe, Gary Donchi, Bill Edgar, Bernadette Formaran, Fr Frank Freeman, Marj Gilbert, Carolyn Gleeson, Ellen Hammond, Jenny Hansch, Robert Hazelman, Imogen Hillier, Marie Howard, Joan Lamont, Peter Lont, Joyce Martin, Ivy May, Deborah McKerchar, Ben Melenhorst, Maree Morris, Henery Polo, Joan Riggall, Kath Ryan, Jerry Templer, Damiano Tripodi, Julie Vaz, Brian Vivian, Celie Smith, George Walkan and Roy Ward and all those we hold dear in our hearts.



**A DATE FOR YOUR DIARIES:** There's a very important celebration coming up in our Parish next month. There will be a Mass to celebrate Monsignor Allman's 70<sup>th</sup> Anniversary of Ordination held on Sunday 22<sup>nd</sup> August at 2:00pm. Bishop Greg will preside at this Mass, along with Monsignor Allman and the priests of the Diocese.

All parishioners are warmly invited to attend this Mass, which will be followed by a cuppa in the Mary MacKillop Hall afterwards. Our numbers will be in accordance with Covid restrictions.

Monsignor will be celebrating two great occasions, his 70<sup>th</sup> Anniversary of Ordination on July 22, followed by his 96<sup>th</sup> Birthday on 18<sup>th</sup> August.

Mons' presence in St Michael's has always been a great blessing, both here and in many other areas of the Diocese.

**BAPTISMS:** This weekend we welcome for Baptism:-

- **Hallie Lian Steevens**, daughter of Nicholas & Marley.

Congratulations, from us all. We look forward to getting to know Hallie better over the coming years.

The next Baptism Preparation Meeting will be held on **Tuesday 13<sup>th</sup> July at 7:00pm** in the Parish Centre.

Please contact the Parish Office on 5174 2060 if you are interested to attend.



**R.C.I.A.:**

These letters stand for the Rite of Christian Initiation of Adults, the ancient Rite of welcoming people into the Church

St Michael's Parish warmly invites anyone interested in discovering more about the Catholic faith to attend our meetings on Thursdays, in St Michael's Parish Centre. We start at 7.30pm sharp, and finish by 9.00pm sharp. This year's starting date is **July 22nd**. *If you know anyone who may be interested, encourage them to contact* either Susan Grout (0412 671 308) or the Parish Office (5174 2060). We need to know who is coming for Covid regulations.

**GLENGARRY NEWS:** A brief information meeting will be held on Tuesday 13<sup>th</sup> July, 7:00-7:30pm in the Mary MacKillop Room, for a quick update. The Glengarry altar will be moved to St Patrick's Church in Lilydale – they are eagerly looking forward to having a beautiful altar in their Church.

**READERS (LECTORS) INFORMATION EVENING FOR ALL**

**LECTORS:** It is hoped that all who are involved in this Ministry will take the time to come to an Information Evening on Tuesday 20<sup>th</sup> July at 7:00pm in the Church. It is necessary to be up to date with all ministries. If you would like to join this team, this is your chance to receive training in this important ministry. Please ring the office on 5174 2060 to indicate your intention to attend. Thank you.

**CHARISMATIC PRAYER GROUP:** The CPG meets on Thursday mornings in the Mary MacKillop Room at 10:30am.

All Parishioners are warmly invited to attend. Please contact Cathy on 0432 588 195 for further information.

**WEDNESDAY PRAYER GROUP:** The Wednesday afternoon Prayer Group will recommence on Wednesday July 14, meeting in the Mary MacKillop Room after midday Mass.

**RECEIVING HOLY COMMUNION:**

In this time of pandemic, we need to follow these instructions when receiving Holy Communion.

All worshippers are to wear a face mask throughout the celebration of Mass and the other Sacraments.

The communicant is required –

- To maintain the proper distancing in communion queue.
- To wear a mask
- To engage in the dialogue with the communion minister and receive the host in the hand, while wearing the mask.
- To take two steps to the side, and away from the priest.
- To then remove one side of their mask to place the Host in their mouth with the other hand.
- To re-positions the mask.
- To then return to their seat via a different pathway.

**ATTENDING MASS IN COVID TIMES:** We are still allowed 180 people at Mass, which means you no longer need to book to attend Mass. HOWEVER, recording your attendance is still mandatory. Please use the QR code available in the entrance porches.

Wearing a mask is still required, as is hand sanitising, social distancing and cleaning our pews and kneelers behind us.

*Parishioners are respectfully asked to arrive to Mass 15 minutes early, to allow time to record attendances.*

We urgently require parishioners to volunteer to act as Ushers (or Covid Marshalls, as the Health Department calls them). We are only allowed our 180 people provided we have an Usher to count people into Mass, and to ensure that attendances are recorded via the QR Code. *Please, please, please, give your details to the office if you could help out in this important way. Thank you.*

**THANK YOU** to Dina Canti who recently nominated Mick’s Kitchen for a Volunteer of the Month Award at the Traralgon Centre Plaza. Due to her actions, Mick’s Kitchen has received the award for the month of May, and as a result, we have received a very generous donation for Mick’s Kitchen from Traralgon Centre Plaza. Our thanks also to Traralgon Centre Plaza , TRFM and Gold 1242 for making these awards possible.

**THIS WEEK’S MEETINGS**

**Tuesday July 13**

- 10:00am **CPG Core Group**  
Mary MacKillop Room
- 1:300pm **Knights of the Southern Cross**  
Mary MacKillop Room
- 7:00pm **Baptism Preparation Meeting**  
Parish Centre
- 7:00pm **Glengarry Information Meeting**  
Mary MacKillop Room

**Wednesday July 14**

7:00pm **PPC**, Parish Centre

**Thursday July 15**

**Charismatic Prayer Group**  
10:30am Mary MacKillop Room

**FINANCE MATTERS: June 2021**

Planned Giving	<i>(Church Account)</i>	
Envelopes 06/06	\$ 1,476.00	
Envelopes 13/06	\$ 1,142.00	
Envelopes 20/06	\$ 1,357.00	
Envelopes 27/06	<u>\$ 1,800.00</u>	\$ 5, 775.00
	Credit Card	\$ 2,265.00
	<u>Direct Debit</u>	<u>\$ 6,503.00</u>
<b>June Total Received</b>		<b>\$14,543.00</b>
<b>Junel Planned Giving amount pledged</b>		<b>\$17,676.00</b>

Loose Collections	06/06	\$ 806.25
<i>(Presbytery Account)</i>	13/06	\$ 797.60
	20/06	\$ 1,066.10
	<u>27/06</u>	<u>\$ 977.85</u>
		\$ 3,647.80
<u>Electronic giving</u>		<u>\$ 105.00</u>
<b>June Loose Collections</b>		<b>\$ 3,752.80</b>

**STEWARDSHIP MATTERS**

“He instructed them to take nothing for the journey but a walking stick – no food, no sack, no money in their belts.” MARK 6:8

Imagine taking nothing but a stick when you go on a trip. The Apostles must have really trusted in God’s providential care. Think of all the material things “we can’t live without” in today’s world. We make our life’s journey more difficult because of all the material baggage that we drag along. Putting God first in everything and putting our money and possessions second gives us freedom because we don’t become “slaves” to wanting to acquire more things.

**Rosters for July 17 & 18 16<sup>th</sup> Sunday in Ordinary Time**

Mass	Lector	Commentator	Usher/Mass Counter	Altar Servers
<b>Sat 5:00pm</b>	C DiCorleto	D Smith	A Ryan	Volunteers
<b>Sun 9:00am</b>	M Hansen, AM Thomas	C McCabe	Volunteer required	C Reid, S Reid, L Roy, K Roy
<b>Sun 10:30am</b>	W Gomez	M Tainsh	Volunteer required	J Gomez, N Kimani, J Joseph, E Imhagwe,
<b>Sun 5:00pm</b>	E Joseph	S Luscombe	Volunteer required	A Shine, E John, M Alex
<i>Mick’s Kitchen</i>	July 15 Van Berkel Team		July 22 Burns Team	

**Entrance Antiphon** Cf Ps 16:15

*As for me, in justice I shall behold your face;  
I shall be filled with the vision of your glory.*

**First Reading** Amos 7:12-15

A reading from the prophet Amos

*Go, prophesy to my people.*

Amaziah, the priest of Bethel, said to Amos, 'Go away, seer; get back to the land of Judah; earn your bread there, do your prophesying there. We want no more prophesying in Bethel; this is the royal sanctuary, the national temple.' 'I was no prophet, neither did I belong to any of the brotherhoods of prophets.' Amos replied to Amaziah, 'I was a shepherd, and looked after sycamores: but it was the Lord who took me from herding the flock, and the Lord who said, "Go, prophesy to my people Israel."' "

**Responsorial Psalm** Ps 84:9-14. R. v.8

**(R.)** *Lord, show us your mercy and love,  
and grant us your salvation.*

1. I will hear what the Lord God has to say,  
a voice that speaks of peace,  
peace for his people.  
His help is near for those who fear him  
and his glory will dwell in our land. **(R.)**
2. Mercy and faithfulness have met;  
justice and peace have embraced.  
Faithfulness shall spring from the earth  
and justice look down from heaven. **(R.)**
3. The Lord will make us prosper  
and our earth shall yield its fruit.  
Justice shall march before him  
and peace shall follow his steps. **(R.)**

**Second Reading** Eph 1:3-14

A reading from the letter of St Paul to the Ephesians

*Before the world was made, he chose us in Christ.*

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ.

Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determined that we should become his adopted sons, through Jesus Christ for his own kind purposes, to make us praise the glory of his grace, his free gift to us in the Beloved in whom, through his blood, we gain our freedom, the forgiveness of our sins.

Such is the richness of the grace which he has showered on us in all wisdom and insight. He has let us know the mystery of his purpose, the hidden plan he so kindly made in Christ from the beginning to act upon when the times had run their course to the end: that he would bring everything together under Christ, as head, everything in the heavens and everything on earth.

And it is in him that we were claimed as God's own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came.

Now you too, in him, have heard the message of the truth and the good news of your salvation, and have believed it: and you have been stamped with the seal of the Holy Spirit of the Promise, the pledge of our inheritance which brings freedom for those whom God has taken for his own, to make his glory praised.

**Gospel Acclamation** see Eph 1:17-18

*Alleluia, alleluia!*

*May the Father of our Lord Jesus Christ  
enlighten the eyes of our hearts  
that we might see how great is the hope  
to which we are called.*

*Alleluia!*

**Gospel** Mk 6:7-13

A reading from the holy Gospel according to Mark

*He called the Twelve, and began to send them out.*

Jesus summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals, but, he added, 'Do not take a spare tunic.'

And he said to them, 'If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.'

So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

**Next weeks Readings:**

July 18 16<sup>th</sup> Sunday in Ordinary Time Year B

First Reading: Jeremiah 23:1-6

Second Reading: Ephesians 2:13-18

Gospel: Mark 6:30-34