

## 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 adults at risk:** 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 Shane Reid or Sally Darby on 5174 2060 if you have any concerns.

### St Michael's Parish Information

**Fr Aju Varghese** Parish Priest  
Parish Centre 5174 2060  
Priest's Residence: 5174 6765

**Deacon Tony Aspinall**  
Email: deacontony8@gmail.com

**St Michael's Parish Office**  
Telephone: 5174 2060  
Address: 35 Kay Street, Traralgon  
PO Box 103, Traralgon 3844

Office hours –  
Tues to Friday 9:00am to 4:00pm  
Parish Secretary: Catherine Hill  
Email: sec@smpt.org.au  
Sacraments / Youth: Jenifer Hanratty  
Email: sacraments@smpt.org.au

**After office hours** - in case of an emergency please call 0499 162 313 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:** Lia Di Corleto, Chairperson, Fr Aju, Steve Kimani, Greg Imhagwe, Watson Gomez, Jenifer Hanratty, Judi McLaughlin, Thomas Mathew, Amanda Reid, Jodie Ware, Michelle Charlton, and Doug Doherty.

### Our Schools:

**St Gabriel's School** 5174 5515

Principal: Mrs Michelle Charlton

**St Michael's School** 5174 3295

Principal: Mrs Jodie Ware

**Lavalla Catholic College** 5174 5272

Principal: Mr Ryan Greer

Kildare Campus 5174 8111

St Paul's Campus 5174 7355

### NEW TESTAMENT COMMENTARY by Mary Coloe: *The Power of Evil has been destroyed.*

Archaeologists have done major excavations at Capernaum and visitors today see a large white Synagogue built upon the foundations of an earlier first century Synagogue. Capernaum was an important city situated on Lake Galilee and was the centre of Jesus' ministry more than his home town Nazareth which was a smaller inland village. What surprises people about Jesus is his manner of teaching. The normal pattern of teaching in those days would have been to quote the teaching of a former great rabbi – 'According to Rabbi Hillel...' or, 'As Rabbi Nathan said...'. But Jesus teaches from his own experience and knowledge of God. This gives his words an astounding authority – no wonder his reputation spread.

The episode in today's Gospel is the first miracle in Mark, and it is an exorcism where Jesus defeats the powers of evil. Mark is operating within a common understanding of the Jews of his time that this world is under the power of Satan. The Jews looked to God to put an end to this world and to usher in a new world of God's desires and God's authority. In the Gospel this new world is called God's Kingdom. But before this new world can begin, the evil powers that currently are in control must first be overcome. It is not surprising then, that immediately after his Baptism Jesus goes into the wilderness to confront Satan and then publicly shows that Satan has been defeated in this first public miracle. Notice that I use the past tense – Satan has been defeated. This may be hard to believe given the terrorist attacks and wars of recent years, but Christian faith proclaims that the gracious love of God is now present in this world; God's Kingdom is in process. The Gospel will go on to speak of God's reign with images of seeds and yeast, in other words, small things that have life energy and can grow. Such small things may not make the news headlines and can be overlooked. This week, look around you. Look for the seeds; look for the signs of God already present in your life. The letter to the Corinthians continues Paul's advice from last week. Again this is part of a long response to questions the Corinthians put to Paul. We only have the answers so we can only guess what they may have written – 'Dear Paul, we know that Jesus will soon return to us but we have been waiting now a few years. Some of us are wondering whether we should marry or not. If Jesus is coming soon perhaps there is no point in marrying, but what do you advise?' Paul advises his community not to marry, but if his words are taken out of context they can be misinterpreted as suggesting he is against marriage. This is not the case. Within Judaism marriage and children are a great blessing and it would be very odd for Paul to advise against marrying – except that he is anticipating the return of Jesus very soon. His main concern is 'that you give your undivided attention to the Lord'. Notice that Paul offers the same advice to both men and women: 'an unmarried man can devote himself to the Lord's affairs . . . in the same way, an unmarried woman, like a young girl, can devote herself to the Lord's affairs.' In this letter and in Paul's letter to the Romans we see quite clearly that women, as well as men, had significant roles within the Pauline Churches. Paul commends the woman deacon Phoebe, and calls her a leader of the nearby port city of Cenchrae, a few kilometres from Corinth (Rom 16:1-2). The presence of the Risen Christ makes all other things, even marriage, relative.

Sunday Mass Times	
Saturday	5:00pm Mass
Sunday	9:30am Mass 5:00pm Mass
Weekday Mass Times	
Tuesday Jan 30	9:30am Mass
Wednesday Jan 31	11:00am Reconciliation 11:00am Exposition 12:00pm Mass
Thursday Feb 01	9:30am Mass*
Friday Feb 02	9:30am Mass

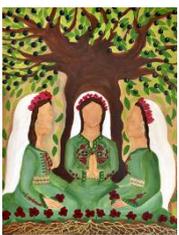
**\*This Thursday we will have mass at St Michael's Church not St Gabriel's Primary School as they are still on holidays.**

**PLEASE PRAY FOR:** those who have died recently including Huon Granville, and those whose anniversaries occur at this time including Terry Dixon, Pat Harrup, Michael McCabe, John Anderson, Bronwyn Janssen, Shirley Alford, and Roger Biancon. *Lord, let your perpetual light shine upon them. May they rest in peace. Amen.*



**WE PRAY FOR THOSE WHO ARE SICK:** including Ann-Maree Daly, Gary Donchi, Bernadette Formaran, Fr Frank Freeman, Carolyn Gleeson, Jacqui Granville, Barbara Greaves, Ellen Hammond, Jenny Hansch, Robert Hazelman, Imogen Hillier, Joyce Martin, Ivy May, Deborah Mc Kerchar, Ben Melenhorst, Maree Morris, Henry Polo, Joan Riggall, Theresa Rosello, Jerry Templer, Damiano Tripodi, Sharon Veleff, George Walkan, Roy Ward, Victoria Rohli, Fr John Speekman, James Whitty, John Waanders, Peter Dal Pra, Jane Eric, Rose Xuereb, Manuel Xuereb, Peter Lorinc, Don Barnes and all those we hold dear in our hearts.

*Please let the office know if you, or anyone you know would like a visit from one of our parishioners, Fr Aju or Deacon Tony.*



### WORLD DAY OF PRAYER 2024:

*'I beg you...bear with one another in love'*

Join us to celebrate the World Day of Prayer here at St Michael's Church on **Friday March 01 at 10:30am**. The World Day of Prayer is an international ecumenical Christian day of prayer celebrated each year in over 170 countries on the first Friday of March. An ecumenical group of Palestinian Christian women have prayed and reflected together over the past several years to respond to the invitation to write the 2024 program. Their program calls us to bear with each other in love, despite all difficulties and oppression.

### Thursday March 14

**Father Rob Galea is coming to St Michael's!**

Fr Rob is an ordained Catholic Priest and is currently serving in Sandhurst Diocese. He is the founder and executive director of ICON Ministry, a charity organisation that ministers to over 1, 400, 000 each year across the world. Fr Rob is an internationally acclaimed author, singer and songwriter and we are very excited to have him coming here to our parish. Save the date and watch this space!

*Save  
the  
Date*

This Week's Events	
Tuesday January 30	
10:00am	Catholic Women's League, Mary MacKillop Room
7:30pm	RCIA Meeting, Parish Centre
Wednesday January 31	
11:00am	Reconciliation, St Michael's Church
Thursday February 01	
6:00pm	Mick's Kitchen, St Vincent de Paul Centre

### UPCOMING DATES TO REMEMBER:

Wednesday February 14	Ash Wednesday
Friday March 01	World Day of Prayer
Thursday March 14	Fr Rob Galea
Sunday March 24	Palm Sunday
Friday March 29	Good Friday
Sunday March 31	Easter Sunday
Sunday May 19	Pentecost
Friday May 24	Confirmation



**BAPTISMS:** Our next Baptism Preparation meeting will be held on **Tuesday February 27 at 7pm** in the church. Please contact the parish office for more information and to register your interest.

**RITE OF CHRISTIAN INITIATION OF ADULTS:** St Michael's Parish warmly invites anyone interested in discovering more about the Catholic faith to join our Tuesday night RCIA group. If you, or anyone you know may be interested in attending or learning more, please register your details with the parish office.



**CATHOLIC WOMEN'S LEAGUE:** The Catholic Women's League will have their first meeting for 2024 next **Tuesday January 30 at 10am** in the Mary MacKillop Room.

**MICK'S KITCHEN:** This **Thursday February 01** Mick's Kitchen will re-open for sit down meals in the St Vincent de Paul Assistance Centre, on the corner of Kay and Breed Streets Traralgon. Meals will be served from 6pm – 7pm with tea and coffee available from 5:45pm. All are invited and welcome to attend.



Congratulations to Tony and Kay Radford who celebrated their 60<sup>th</sup> Wedding Anniversary on Thursday. They were married at St Therese's Catholic Church in Yallourn on January 25 1964. Thanks be to God and all the best for your future years together.

**BACK TO SCHOOL:** On Monday we will celebrate Mass with the teachers and leaders of our Latrobe Valley Catholic schools. We look forward to welcoming them to St Michael's and beginning the new school year with them. We are also thinking of all the families getting ready for the return to school this week and wish them all the best for the year ahead. May the grace of our Lord Jesus Christ, the love of God our father, and the eternal presence of the Holy Spirit empower and guide them through this academic year. We pray particularly for those students who are making their sacraments this year, and for their families. May they come to know and love Jesus personally and follow in his way.



**LENTEN DAILY REFLECTIONS:** The Lenten season is quickly approaching with the official start on Ash Wednesday February 14. Our parish is looking at studying the Evangelisation Brisbane daily reflections program 'A Resurrected Life.' Written for busy individuals but easily adapted for groups, each day includes a scripture reading and a reflection upon it, some questions to aid prayer and discussion, and quotes from Pope Francis. Each booklet is available for \$6.00 however we may be able to get a group discount if we have enough interest. We are also able to provide a meeting space in the Parish Centre if you would like to organise your own prayer group. If you would like to order a copy of the booklet or join a Lenten prayer group in the parish, please contact Cath in the office for more information. Orders are due by Tuesday January 30 so please let us know before then if you would like to order a booklet.

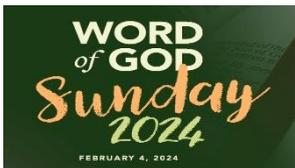
**RITE OF ELECTION 2024:** The rite of election for catechumens and the formal recognition of baptised candidates will be celebrated on the first Sunday of Lent. This is a significant step on the journey towards full initiation into the Catholic Church and is an integral part of the Rite of Christian Initiation of Adults. All catechumens and candidates are expected to attend this celebration, however it would be wonderful for our parishioners to go along and support them and participate in the liturgy as well.

**Sunday February 18 @ 3:00pm**  
**St Mary's Cathedral Sale**

**RITE OF ELECTION-PARISH SINGERS AND MUSICIANS NEEDED:** As in past years, we are forming a Diocesan choir for the Rite of Election at St Mary's Cathedral on **Sunday 18<sup>th</sup> February 2024, at 3.00 pm** in St. Mary's Cathedral, Sale.

- 1.30-2.30 pm Choir rehearsal
- 3.00-4.00 pm Rite of Election

To register your interest, please contact Sophy Morley on [Sophymorley@gmail.com](mailto:Sophymorley@gmail.com)



**WORD OF GOD SUNDAY:** While the rest of the world celebrates the Word of God Sunday on the third Sunday of ordinary time (which was last Sunday), in Australia, the celebration is shifted to the first Sunday in February. Thus, next weekend, February 03 and 04, we shall be marking the celebration for the Word of God Sunday. As Pope Francis admonishes, "let us not ignore God's word. It is a love letter, written to us by the One who knows us best. In reading it, we again hear his voice, see his face and receive his Spirit."

**JUBILEE YEAR 2025- PILGRIMS OF HOPE:**

Pope Francis has asked that 2024 be a year of prayer, as a preparatory year for the Jubilee. In preparation for the Jubilee Pope Francis will set up a 'School of Prayer' to explore various aspects of every Christian's 'breath of faith'.



We look forward to finding ways for the Holy Year to be planned and celebrated with 'deep faith, lively hope and active charity' throughout our Parish and wider faith community. Pope Francis encourages us in this time of preparation to devote 2024, the year preceding the Jubilee event, to a great symphony of prayer. To renew our desire to be in the presence of the Lord, to listen to him and adore him. To thank God for the many gifts of his love for us and to praise his work in creation.

**A NEW YEAR FROM MAJELLAN MEDIA:** "What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall.

In the new year, prioritise simplicity and family bonds. Every day is a blank slate, a chance to reset and move forward. Embrace any change you may face with a practical mindset and remember that progress often comes in small steps. Look ahead with confidence, focus on what you can control and tackle challenges with resilience. Avoid stressing about the little things. Dedicate time to strengthen family ties, as those quality moments count. Reconnect with friends you may not have seen for some time. Remember, a simple, kind act, no matter how small, has the power to transform someone else's world. Cherish those moments with family and friends, for in those shared experiences, we find life's true joy.

*"Dear God, grant me the **Serenity** to accept the things I cannot change, the **Courage** to change the things I can, and the **Wisdom** to know the difference."*

Amen

**POPE'S PRAYER INTENTION FOR THE MONTH OF JANUARY:**

**For the gift of diversity in the Church:** "Let us pray that the Spirit help us recognize the gift of different charisms within the Christian communities, and to discover the richness of different ritual traditions within the Catholic Church."

**STEWARDSHIP MATTERS:**

*"Brothers and sisters: I should like you to be free of anxieties."- 1 Corinthians 7:32*

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then pray for things instead of worrying about them.

Rosters for February 03 & 04, 2024		5th Sunday in Ordinary Time, Year B		
	Lector	Commentator	Usher/Welcomer	Musicians
<b>Saturday Feb 03 5:00pm</b>	S & S Reid	M Noone	A Membrey	Jane & Simon
<b>Sunday Feb 04 9:30am</b>	U & E Imhagwe	M Wilkinson	D Bau & W Banks-Smith	Filipino Choir
<b>Sunday Feb 03 5:00pm</b>	V Vaz & S Harikrishna	S Grout	M Noone	Jane & Simon

**First Reading**

Deuteronomy 18:15-20

A reading from the book of Deuteronomy

*I will put my words into the prophet's mouth, and he will tell them all I command.*

Moses said to the people: "Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again" you said "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."

**Responsorial Psalm**

Ps 94:1-2, 6-9. R. v.9

**(R.) If today, you hear his voice,  
harden not your hearts.**

1. Come, ring out our joy to the Lord;  
hail the rock who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord. **(R.)**
2. Come in, let us kneel and bend low;  
let us kneel before the God who made us  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand. **(R.)**
3. O that today you would listen to his voice!  
'Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work.'  
**(R.)**

**Second Reading**

1 Cor 7:32-35

A reading from the first letter of St Paul to the Corinthians

*The unmarried woman dedicates herself to the things of the Lord, that she might be holy.*

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

**Gospel Acclamation**

Mt 4:16

*Alleluia, alleluia!*

*A people in darkness have seen a great light:  
a radiant dawn shines on those lost in death.*

*Alleluia!*

**Gospel**

Mk 1:21-28

A reading from the holy Gospel according to Mark

*This is a new kind of teaching that speaks with authority.*

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

**Readings for the 5<sup>th</sup> Sunday in Ordinary Time**

First Reading: Job 7:1-4, 6-7

Second Reading: 1 Corinthians 9:16-19, 22-23

Gospel: Mark 1:29-39