



# St Michael's Parish

Incorporating the Churches of Holy Family Bell Park, Ss Peter & Paul's Geelong West & Holy Spirit Manifold Hts.

<b>PARISH PRIEST:</b>	<b>Fr. Minh Tran</b>			<b>Web Page Address:</b>
<b>OFFICE:</b>	147 Separation St Bell Park 3215			<a href="http://www.stmichaelsbellpark.org.au">www.stmichaelsbellpark.org.au</a>
	Phone: 5278 1343	Email:	<a href="mailto:bellpark@cam.org.au">bellpark@cam.org.au</a>	<b>Facebook Address:</b>
<b>OFFICE HOURS:</b>	Mon -Fri 9am-3pm			<a href="https://www.facebook.com/michaelparish.st">www.facebook.com/michaelparish.st</a>
<b>PARISH SECRETARY:</b>	Bernadette Bilogrevic	Phone 5278 1343	Email:	<a href="mailto:bellpark@cam.org.au">bellpark@cam.org.au</a>
<b>PASTORAL WORKER:</b>	Sr Anne Lourey	Phone 5278 1343	Email:	<a href="mailto:bellpark@cam.org.au">bellpark@cam.org.au</a>
<b>SCHOOL PRINCIPALS:</b>	Holy Family	Peter Brunt	Separation St, Bell Park	Phone 5278 4634
	Holy Spirit	Rachel Holdsworth	Minerva Rd Manifold Hts	Phone 5229 8298
	St Patrick's	Luke Sheahan	Petrel St, Geelong West	Phone 5229 4412
	(Acting Principal)			

<b>RECENT DEATHS:</b>	Claudia Brumniach, Lee-Anne Biviano, Patricia Hart
<b>ANNIVERSARIES:</b>	Anica Pavicic, Adela Jakimov, Michael Haberman, Jean Allison
<b>SICK:</b>	Veronica Werzek, Angela Reed, Josica Markov, Giuseppa Forestieri, Julita Aquino
<b>BAPTISMS:</b>	Natalie Nguyen, Jimmy Slattery

## ACT OF SPIRITUAL COMMUNION:

*My Jesus,*

*I believe that You are present in the Most Holy Sacrament.*

*I love You above all things, and I desire to receive You into my soul.*

*Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.*

*I embrace You as if You were already there, and unite myself wholly to You.*

*Never permit me to be separated from You. Amen.*



## St Michael's News:

- UPDATE ON RELIGIOUS GATHERINGS:** Unfortunately, due to the recent increase in numbers contacting coronavirus and the retightening of restrictions, only allowing a maximum of 20 people in attendance, it is not feasible to re-open our churches. Livestreaming of Sunday Mass at 10am continues. Thank you once again for your understanding and patience.
- THE PARISH LEADERSHIP TEAM** are not formally meeting but we are still operating remotely. The Working Group for the Safeguarding of Children and Vulnerable Persons continue to meet to progress actions. If you have any questions, please contact the parish office.
- CHILDCARE CENTRE & HOLY SPIRIT HALL:** We are happy to report that things are finally moving with construction of the childcare centre & new hall at Holy Spirit. The demolition of the existing hall is due to commence next week, and the start of construction a few weeks later. Completion by May 2021. Many thanks to our parish community for your patience and understanding.
- LIVESTREAMING OF MASS:** This Sunday at 10am. Also available on Channel 10 at 6am and 11am on Channel 31 & 44. Mass is also available on You Tube daily, from St Simon's Parish, Rowville.
- GEELONG RELAY FOR LIFE:** Due to the uncertainty around restrictions on events and public gatherings, this year's Geelong Relay For Life scheduled for October has been cancelled.

**14TH SUNDAY IN  
ORDINARY TIME  
(Year A - July 5, 2020)  
Zech 9:9-10  
Rom 8:9, 11-13  
Mt 11:25-30**

# Reflection by Richard Leonard

Before I said my first Mass an old priest gave me two great pieces of advice.

'You know when the congregation is filled with optimists. After a long series of announcements at the end of Mass and then you say, "and finally..." people take out their car keys!'

The second was, 'Never underestimate the burdens people bring with them into the church. Often we have little idea of the difficulties and pain our parishioners will be carrying.'

I have no idea what you have brought with you to Mass today. I can only imagine the anxiety and burden some of you are carrying. Whatever it is, Jesus invites you to let go of it, if only for a while, and be at peace.

Now all this 'come and rest a while' talk can be very pious and not sound all that in touch with reality.

Today's Gospel, however, came from the community of the Apostle Matthew and was written in Jerusalem about 45 years after Jesus' death. We know that this community experienced intense suffering and heavy burdens.

They had been expelled from the Synagogue and were being martyred for their faith in Jesus Christ.

No wonder they held so strongly to the words, 'Come to me all you who are weary and heavy burdened and I will give you rest.' And they found consolation in Jesus' example, 'take my yoke upon you and learn from me for I am gentle and humble in heart.'

Since the first century, however, Christianity has been guilty of trying to spiritually wallpaper over some tough realities rather than preaching that God is our companion in facing up to whatever our reality is and dealing with it.

Our faith is not about praying away our problems or fears and wishing it were otherwise. Our faith means we have experienced the love of God in Jesus Christ so that we never carry our burdens alone. God is our companion and guide and this parish Community, as with every Christian community, is called to be the sort of place where we carry each other's burdens and rest with each other awhile.

What we celebrate here each Sunday is that God will have the last word, a just, joyous, loving and peaceful word, in this world and when we enter our final rest.

Jesus didn't come to us as a divine magician, waving a wand over our problems to wipe away all our tears. Rather, he accompanies us so he can show us that the gift of peace and a release from our life's burdens is often found in having the perspective for exercising the gift of right judgment. Making the best possible choices leads to the alleviation of our pain and difficulties.

This type of spiritual sanity reminds me of the story of the nun who was teaching the communion class, and drew an analogy about how food is essential to life. She asked the class,

'What's small and furry and eats nuts?'

To which there was bemused silence.

So Sister tried again.

'What's small and furry and eats nuts?'

There was now stony silence. Sister then picked out Billy and asked him for the answer. After several awkward moments, Billy tentatively replied,

'Sister, I know the answer is supposed to be Jesus, because the answer to all your questions is always Jesus but, I have to tell you, it sounds like a bloody squirrel to me.'

Sometimes the answer is not simply 'Jesus'. As we all know, for some of our difficulties, there is no spiritual quick fix. There is no cheap grace. The answer is not simply Jesus.

In confronting issues, however, it is necessary for spiritual and mental health to take time out, to be as gentle with ourselves as possible, to know that the burden of life is shared so that we can make the decisions that will ease the situation.

I don't underestimate the burdens some of you have walked into this church with today. Whatever burden you may have brought with you, may you know a moment's rest, the companionship of fellow travellers and the gift of Christ's peace.