

JUNE 2020



THE CATHOLIC PARISH OF THE  
**Holy Family**

MOUNT WAVERLEY



**Jesus, Mary and Joseph, I give thee my heart and soul.**

Welcome To  
Holy Family





# Sundays this Month

14 JUNE

## Corpus Christi

St JP II reminded us that in commemorating the solemnity of the Most Holy Body and Blood of Christ, the Church "does not only celebrate the Eucharist but solemnly bears it in procession, publicly proclaiming that the sacrifice of Christ is for the salvation of the world". We rejoice in this post-Easter expression of our Eucharistic affection in order to deepen our attachment to the unique and unending event that transforms our lives.

READINGS

Deuteronomy 8:2-3,14-16  
1 Corinthians 10:16-17

PSALM

R. Praise the Lord, Jerusalem.

GOSPEL:

John 6:51-58

7 JUNE

## The Most Holy Trinity

The Catechism teaches, "by sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father Son and Holy Spirit, and he has destined us to share in that exchange" (221). By worshipping the Trinity we realised the full truth of ourselves. "In the communion of grace with the Trinity, man's 'living area' is broadened and raised up to the supernatural level of divine life. Man live in God and by God. (St JP II)

READINGS

Exodus 34:4-6,8-9  
2 Corinthians 13:11-13

PSALM

R. To you glory and praise for evermore.

GOSPEL:

John 3:16-18

21 JUNE

## 12th Sunday in Ordinary Time

The prophet Jeremiah sensed "terror from every side". Yet, despite his fear, he makes an act of faith: "The Lord is at my side...my opponents will stumble." Mindful of this historic precedent, Jesus Christ commands us not to be "afraid of those who kill the body". But how is it possible to live like this? St John tells us that perfect love casts out fear. The love that Jesus offers encompasses everything that pertained to us. Through our embrace of the gift of Jesus, we truly can live without fear.

READINGS

Jeremiah 20:10-13  
Romans 5:12-15

PSALM

R. Lord, in your great love, answer me.

GOSPEL:

Matthew 10:26-33

28 JUNE

## 13th Sunday in Ordinary Time

"Anyone who welcomes a prophet because he is a prophet will have a prophets reward." We beg for the grace to be able to face the sacrifices and sufferings of daily life with a sincere desire to endure everything for Jesus.

READINGS

2 Kings 4:8-11,13-16  
Romans 6:3-4,8-11

PSALM

R. For ever I will sing the goodness of the Lord.

GOSPEL:

Matthew 10:37-42



# How to Pray in Adoration

Written by: **Christian Bergmann**

**“** *It is Jesus that you seek when you dream of happiness; he is waiting for you when nothing else you find satisfies you; he is the beauty to which you are so attracted; it is he who provokes you with that thirst for fullness that will not let you settle for compromise; it is he who urges you to shed the masks of a false life;... who stirs in you the desire to do something great with your lives.*” – St. John Paul II, Homily, August 19, 2000-

At Holy Family Parish, Eucharistic Adoration has become frequently available. This is an absolute grace. In his encyclical, *Ecclesia de Eucharistia*, Saint Pope John-Paul the Great mourned the neglect of Eucharist Adoration in some parts of the Church, since it is “an inexhaustible source of holiness” (10). Now that some of the legal restrictions are being lifted in Victoria and other states across Australia, we can start to feel hope that maybe things are beginning to return to normal. However, since Mass is unable to be made available for large numbers of people, I would like to encourage everybody to take advantage of this precious gift of Eucharistic Adoration that is able to be provided for us. Let’s use this opportunity to re-energise our spiritual life so that spiritually we don’t go back to normal, back to the way we did (or didn’t) pray before, but can begin a new and exciting kind of normal, one that keeps us in touch with the presence of Jesus in our midst.

In a sense, though, Eucharistic Adoration is actually more difficult than attending Mass. In Mass, there is a certain amount of stimulation and reception on our part. We are listening to the words of the Scriptures, we are receiving the Body, Blood, Soul and Divinity of Jesus Christ in the Sacred Host. We are amongst our community. During Adoration,

there is utter silence, and that silence places a demand on us. It means we have to sit still, to be quiet, to listen to God speak in those places we’re not used to him speaking. It’s a difficult thing.

However, if we let ourselves sit before Blessed Sacrament, like the Beloved Disciple rested against the heart of Jesus at the Last Supper, we can cultivate an intimacy with Christ we have never known before.

In my experience, there are some things that can truly help make Adoration a more fruitful experience. Usually I find concentrating during Adoration difficult. As soon as I sit down, I feel like everything inside of me becomes noisy. It’s hard to find interior silence. Along the way, though, I have been taught some things by people who know a lot more than me about how I can spend time before the Blessed Sacrament. It’s helped.

## 1. Focus on Breathing

In the Eastern Orthodox tradition, there is a strong emphasis on focussing your breathing whilst you pray. What’s more, whilst you focus on your breathing, recite words of Scripture so that you have an object of contemplation and your mind isn’t running in a bunch of different directions. The famous Orthodox prayer is the Jesus Prayer, taken from the Gospel of Luke. “Lord Jesus Christ, Son of God, have mercy on me a sinner.” Breathe in on the first part: “Lord Jesus Christ, Son of God.” Breathe out on the second part: “Have mercy on me a sinner.” This is a powerful, contemplative prayer. It will help settle you internally.

The other passage that's easy to recite is Psalm 46:10. "Be still and know that I am God." Breathe in on the first part: "Be still and know." Breathe out on the second: "That I am God."

## 2. Read the Scriptures

God speaks to us through his Word. Saint Jerome said: "Ignorance of the Scriptures is ignorance of Christ." We cannot seek to know him intimately unless we are willing to spend time with him. There are a number of different methods of praying with the Scriptures, one of which is the *Lectio Divina*, which I will discuss in another article. But there is no better way to spend time in the presence of Jesus than by reading the words of Jesus.

## 3. Spiritual Reading

Get in touch with the saints. Get in touch with the mystics. Feel free to read small portions of the spiritual writings of the saints during Adoration and allow their words to inspire you, to move you to prayer. There are a lot of people who know how to pray better than me, who knew Jesus better than I do. Reading them, in small passages at a time, so that I can really contemplate slowly, is very powerful. At the moment, I am reading Julian of Norwich's *Revelations of Divine Love*. I would also recommend Saint Teresa of Avila's *The Interior Castle*, or Thomas Merton's *Seeds of Contemplation*, or C.S. Lewis' *The Screwtape Letters*.

These are just some of the things I have found to be powerful tools in helping me enter into the silence during Adoration. Let's not let this time go to waste. Let's make use of it.

If you would like to sign up for a Holy Hour, you can do so [here](#).





# How Can We Relate to the Holy Spirit?

Written by: Kari Bergmann

With Pentecost Sunday here it seems appropriate to try to better understand the third person of the Holy Trinity, the Paraclete. The Holy Spirit has always been for me a source of mystery and at times confusion. In some ways it's easier to think about and pray to God the Father and God the Son because Christ himself taught us how to do so. He gave us the 'Our Father' and told us that the only way to the Father is through him (John 14:6). The person of Christ and his teachings offer some insight into the first two persons of the Holy Trinity, even though the Trinity will always remain a great mystery to us in this life. The person of Christ took on a solid, physical form. He interacted with world as a human person (fully human/fully divine) and had we lived during those times we could have seen him, spoken too him, even reached out to touch the hem of his garment. In contrast, throughout Scripture the Holy Spirit comes in a multitude of ways and takes on various forms: fire, wind, a dove, water, cloud and light, etc. How can we understand and interact with the Holy Spirit as not just a force but as a distinct person of the Trinity?

The Catechism explains that "to believe in the Holy Spirit is to profess that the Holy Spirit is one of the persons of the Holy Trinity, consubstantial with the Father and the Son: with the Father and the Son he is worshiped and glorified." In the New Testament we see the Spirit revealed in a new and special way. Christ promises us after his ascension, "I will ask the Father, and he will give you another advocate to help you and be with you forever." In some ways the Holy Spirit is both gift and giver. The Holy Spirit is promised to us and through the Holy Spirit we can have faith, for "no one can say 'Jesus is Lord' except by the Holy Spirit." We can only have faith, knowledge in Christ, if the Spirit has first awakened faith in us.

The Holy Spirit is with us and gives us faith through the sacraments, firstly in Baptism, the first sacrament of faith. Through Baptism, and the faith it instils, we are able to learn to develop a deep a personal relationship with Christ for "it is impossible to see God's Son without the Spirit, and no one can approach the Father without the Son." Through the other sacraments the Holy Spirit puts us into Communion with Christ. The Holy Spirit also inspired the Scriptures, guides Tradition and the Magisterium, speaks through the prophets, intercedes in prayer, and works through the life of the Church and her saints.

I think that it is important that we learn to speak to and pray to the Holy Spirit because he was given to us to be our helper and our advocate and we must first have the gift of the Spirit before we can approach Christ. We can ask the Holy Spirit to help guide us and give us wisdom, to help us to love Christ and to know his heart. The Holy Spirit inspired the prophets and allowed the disciples to speak in foreign tongues, we too should turn to the Spirit when we don't have the words to say. He gave martyrs the strength to endure suffering and death out love for Christ and we too can ask for help when we're feeling tempted to sin. We can ask the Spirit to help us grow in his Gifts. Christ promised that the Father would send the Holy Spirit to us when we ask: "if you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him" (Luke 11:13). So, we must not forget this immense gift, this essential person. The Catholic Church has a number of beautiful prayers and devotions to the Holy Spirit and I suggest that you try to incorporate them into your daily prayers.



# Reflections on Fatima

Written by: **Kath and Terry Payne**

In this Month of Mary, and close to Mother's Day when we ponder on Mary as our Mother, we were reflecting on some impressions made during our visit to Fatima. We knew from schooldays about the appearances of Our Lady to the 3 children at Fatima and the messages She brought of the importance of prayer and penance. We said the family Rosary at home, and learning the Mysteries was part of our faith learning journey, reinforced by teachers, parents and grandparents. Over the years since (many years!) we gained an adult appreciation of the Rosary. The invitation to join in a Pilgrimage to Fatima and Lourdes was a welcome one and we joined a group of 12 like-minded people, with Fr. Peter from Wagga diocese leading us on a faith filled journey, deepening our love of Mary, the Rosary and more appreciation of Her message.

Whereas a lot of Christian shrines commemorate an incident long past, Fatima by comparison is modern history. Sr. Lucia, the oldest, at 10, of the three visionaries of Fatima died only a few years ago in 2005 age 97. We were struck at Fatima by this modernity of Mary's Apparitions. The family homes of the children, the sites where they saw the visions, their Parish Church and other well documented landmarks can be visited. (Our guide pointed out to us a relative of Lucia still living in Adjustrel village, the visionaries home town.) This closeness to our time seemed to reinforce for us the immediacy of Our Lady's messages of the importance of the daily Rosary, penance and praying for sinners, 'Pray very much'.

The centre of veneration is the huge Fatima Sanctuary Square, which has the Basilica of Our Lady of the Rosary at one end and the modern (2007) Basilica of the Holy Trinity at the other end, built to seat 8,600 pilgrims. The Square is built adjacent to the small Chapel of the Apparitions

containing a statue of Our Lady, positioned over the spot where the tree in which She appeared stood until removed in bits by relic hunters. We were proudly told that the area can hold more people than Vatican Square. To those of us from Melbourne who measure crowd numbers in terms of the capacity of the MCG, this doesn't mean much until we learn that Fatima Square can hold three times a packed MCG!

What struck us most at Fatima and Lourdes was the devotion of pilgrims. We experienced two weeks of prayer, of the mutual faith of thousands of pilgrims from around the world joined in praying to the Mother of God, and all believing, asking, thanking her in unison. Unlike other Christian sites we have visited, there was not the numbers of tourists/pilgrims intent on photos, particularly the all-important 'selfie' in front of the shrine, blocking clear views of whatever it is and preventing a prayerful appreciation. Each evening, the Rosary is said in the Chapel of the Apparitions, each decade, or half decade, being recited in a different language. After this, there is a candle-lit procession of the Our Lady's statue around the Square to a stage in front of the Basilica of Our Lady for Mass. We were in Fatima mid-October (during a commemoration of 100 years since the last Apparition on 17<sup>th</sup> Oct 1917), towards the end of the season, and the Square was only about one MCG full. An example of the love shown Mary was apparent after the next morning's International Mass, when, as the statue of Mary is returned to the Chapel of Apparitions, the crowd wave hankies in farewell, the 'Adios' spectacle – a remarkable sight.

# Contact Us

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9:30am - 2:30pm (Mon - Fri)

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Fr David Kim OFM Conv.  
Chaplain to the Korean  
Community

## HALL BOOKINGS

Small and Large Halls are  
available for family and  
group bookings.

Parishioners' rates available.  
Please contact the Parish Office  
for more information.

## COLUMBARIUM AND MEMORIAL GARDEN

Plots are now available for  
reservation for Parishioners  
and Families.

Please contact the Parish Office  
for more information.

## Regular Mass Times \*

### WEDNESDAY

9:15am  
Followed by morning tea

### THURSDAY

7:30am  
7:30pm **KOREAN**

### FRIDAY

9:15am

### SATURDAY

6:00pm

### SUNDAY

8:30am  
10:30am  
1:30pm **KOREAN**  
5:00pm

\* Weekly Mass Schedule may  
change from time to time. Please  
check the Parish website for the  
most up-to-date information.

## Adoration of the Blessed Sacrament

### WEDNESDAY

8:00am - 9:00am

### FRIDAY

8:00am - 9:00am

## Confession Times

### SATURDAY

5:15pm - 5:45pm

### SUNDAY

9:45am - 10:15am

## Baptisms

Sundays following 10:30am Mass.  
Please ring the Parish Office for  
preparation and scheduling of  
Baptism.

## Weddings

By appointment with the Parish  
Priest.

### CGB | architect

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