

MAY 2020



THE CATHOLIC PARISH OF THE
Holy Family

MOUNT WAVERLEY



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

Greetings from all of us at Holy Family.

Dear Friends.

As the days get shorter, and the rain and cold set in, we continue to be unable to gather together in our Church, but remain united with each other through prayer. Be assured that each and every day I offer Mass, and call to mind each one of you and your intentions at this time.

The Parish staff continue to do a wonderful job providing resources and support. If there is anything you need at this time, please do not be afraid to reach out.

As we move into the month of May, Pope Francis has written to the Catholics around the world asking them to join him in praying the Rosary in their homes on a daily basis:

“*The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view. For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.*”

I invite you to join us at Holy Family as we pray the Rosary [Daily online at 12 Midday](#), for an end to COVID19 and for a safe and speedy reopening of our Church. For those of you who are unable to join us online, I invite you to unite yourself spiritually with us, as we continue to pray for the needs of the world at this time.

God Bless

Fr Nicholas Pearce



“The Rosary is the best therapy for these distraught, unhappy, fearful, and frustrated souls, precisely because it involves the simultaneous use of three powers: the physical, the vocal, and the spiritual...”

- Archbishop Fulton J. Sheen



Listen to the Liturgy of the Word and a reflection on this Sunday's Gospel

holyfamily.melbourne/pray

by Fr Pearce and featuring original music by Gen Bryant



Support the Parish while we Support You



- Envelopes can be dropped into the Parish Office
- Have you considered transferring to electronic giving at this time
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Light a 7 day candle for your family and intentions before the Tabernacle

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Musings on Motherhood

Written by: Kari Quist

Mother's Day is nearly here! Sadly, it looks as though we'll be unable to visit those women (mothers and grandmothers) who gave us life and first taught us how to live it. However, despite needing to physically distance ourselves it's important that we take time to honour these important ladies in our lives. So, after you read this make sure you set a reminder on your phone to call or video chat with the maternal figures in your life, pray for them, and maybe send along a little gift too!

This Mother's Day is particularly special for me because my husband and I are expecting our first little one in July. Pregnancy certainly has its difficulties, but the pains, fears, and struggles of pregnancy are all overshadowed by the joy and anticipation of being able to meet our little one face to face so soon. At times I'm caught up in the wonder that Christian and I have been so privileged to become co-creators with God. Our love has taken on physical form, this little life inside of me is has an eternal destiny. As Venerable Fulton Sheen once noted, "[l]ove would not be love if it did not escape the limitations of individual existence by perpetuating itself, nor if it did not achieve a kind of immortality in progeny, wherein death is defeated by life." How amazing that human love can so participate in divine love and bring forth a new person, created in the image of the parents and of God. What an incredible blessing! What an immense responsibility!

Lately I've been thinking about my own mum (or mom as we say in Canada), Carol, who lives in Edmonton, Alberta, on the far side of the globe. Going through this pregnancy has helped me appreciate how much she sacrificed to nurture and love me even from the very beginning of my life. This is something profoundly beautiful and mysterious about women, our very bodies (often through much suffering and

discomfort) can bring into being and sustain a new human person. During the early years of life, there is a special bond between mother and child. The consistent and affectionate care of the mother helps the child learn about themselves and the world around them, and ultimately it can reveal to a child that their purpose is to love and be loved. Saint Pope John Paul II ends his encyclical *Mulieris Dignitatem* by explaining that "[t]he moral and spiritual strength of a woman is joined to her awareness that God entrusts the human being to her in a special way" and this is essential to her mission as a woman.

I am very grateful that I grew up with the example of a woman who embraced this mission. Through my mother's love and affection, I first learned to love and I learned that it was safe to trust and open myself up to others. Certainly, my mother wasn't perfect but she worked very hard to ensure that my siblings and I felt cherished, wanted, and safe. Most of my early memories are full of joy and warmth. I hope that I can create a similar environment for my own children.

As I've grown, I've gained a fuller appreciation for how my mother has lived out her vocation of motherhood outside of her role as biological mother to me and my siblings. My mom spent most of my childhood as a stay at home mom but she was deeply involved in the life of our church (my dad was a Lutheran pastor at the time). When my mom wasn't caring for her children, she spent much of her time caring for the life of our church. I remember her visits to the sick and elderly, her care for the poorest in our community, and her constant support for friends and extended family.

My mom was always willing to help and give her time and efforts for others. She valued and upheld the dignity of those people who needed her help and regularly laid down her life, for them in both small and little ways. Now that my siblings and I have grown my mom still busies herself with caring for others through her pastoral work with couples and families, her care of my aunt and grandma who both need extra help, and her ongoing support for my family. I have met few people so cheerfully selfless or so generous with their time and talents.

Saint John Paul II draws our attention to this universal call to motherhood for women. Motherhood is not simply a calling for those who will become biological mothers but it is a call for all women. This is true for those who have chosen religious life or are single, just as it is for those who have dealt with the suffering of infertility or the loss of a child; motherhood is part of who we are. But how can we embrace this calling, especially for those of us who will not give birth to children? JP II points us toward God's special entrusting of the person to us and the example of Our Lady.

While not all of us are called to bear fruit through childbirth, we are all called to bear fruit in our lives. Those who do not have children can bear spiritual fruit through their relationship with Christ. This could take the form of service and care "for people, especially the most needy: the sick, the handicapped, the abandoned, orphans, the elderly, children, young people, the imprisoned and, in general, people on the edges of society." Women have a special ability to nurture and uphold the most vulnerable, to both recognize and attend to the sufferings of others. This spiritual fruit can also take the form of a rich prayer life and relationship with Christ. This spiritual fruit is especially needed in the world today because it points us toward our final end, our heavenly destination of union with the Father.

Mary, who is the model for all Christians, best exemplifies the feminine mission. Her yes to God resulted in the most abundant physical and spiritual fruit in all of humanity. Her virginal-motherhood allowed Christ, who is one in substance with the Father, to become man. "She is that "woman" who is present in the central salvific event which marks the

"fullness of time": this event is realized in her and through her." She fully received God's gift of being entrusted with the person of Christ and she was completely open to his will and see what fruit it bore! Let us ask Mary to help us understand how to live out our call to motherhood and to humbly submit ourselves to the will of God.

Throughout May, and in particular, on Mother's Day, I encourage you to pray a rosary at midday as it is Our Lady's month. In our intentions let us include all of the mothers, both spiritual and biological, in our lives.

Join us live from Holy Family each day at 12 Midday as we pray the Rosary together online at www.youtube.com/MelbournePrays

“ A Prayer to the Blessed Virgin composed by St John Paul II

You are blessed among all women! Blessed are you who have believed! The Mighty One worked marvels for you! The marvel of your divine motherhood! And in view of it, The marvel of your immaculate conception! The marvel of your "let it be done to me"! You were so continually associated to the whole work of our redemption, associated with the cross of our Savior; your heart was pierced, at the side of his heart. And now, in the glory of your Son you unceasingly intercede for us, poor sinners. You watch over the Church whose mother you are. You watch over each of your children. You obtain from God, for us, all these graces symbolized by the rays of light coming from your open hands. If only we dare to ask them from you and come to you with the confidence and simplicity of a child. And so you guide us unceasingly toward your Son Jesus.



2020 Scourges

We drove through two hundred kilometres of burnt out forest
The result of the bushfires of last January and February
Such devastation to former lush temperate rainforest
We remember stately mountain gums and messmate stringybark
The profusion of wattle, banksia and tea-tree
So many gullies with abundant displays of ferns
We loved that luxuriant verdant bush that we knew so well.

This forest we found so different, such a contrast
Blackened tree trunks so austere, drear, oppressive
The undergrowth missing, completely destroyed, gone
All was encompassed by a shroud of mordant charcoal
Appearing as a desolate and lifeless wasteland

Our Australian bush is adaptable, regenerated by fire
New growth is appearing, shoots from epicormic buds
Short sprigs of fresh young leaves on small branchlets
These short off-shoots replenish the tree trunks with an exuberant of green
In the gullies scarred tree ferns sprout healthy fronds
Bracken the first of the undergrowth awakening everywhere

Life has a new beginning. Here is resilience. Here is hope.

Now our lives are scarred by a new pestilence –
A novel coronavirus, a pandemic, Covid 19
This appalling plague, evolved in China, envelops the Earth
Shrouding us all in an oppressive blanket of ignorant fears
Our best escape – confining ourselves in isolation.

Here too we can find ova of new life
Neighbours reaching out with encouragement
Being renewed by the simple beauties of nature –
the little bud awakening to become a gorgeous rose
the distant wispy clouds growing to a magnificent sunset
The phone call from a friend who is thinking of you
The loving trusting eyes of a grandchild reaching out from your computer

Life has a new beginning.
Here is resilience. Here is hope.

- Kevin Delaney





What's on Offer at Holy Family

Written by: Holy Family Parish

What's on Offer at Holy Family?

During these unprecedented times, the Holy Family team is working to provide faith formation opportunities for the whole family. While not being able to go to Mass is certainly a source of sadness, there are still many ways to worship and grow closer to Christ. This article will outline the prayer, educational and social resources currently on offer through the Holy Family website.

On Sunday:

Holy Family's Liturgy of the Word - Each Sunday you can join in with Holy Family's Liturgy of the Word and listen to the Mass readings, some beautiful music by Gen Bryant, and a reflection by Fr Pearce. You can find this [here](#).

Sunday Activities for Children - Families that have children in primary school can take advantage of Holy Family's 'Sunday School' page that can help children engage with the Gospel on Sunday. Each week we will feature a short video that helps simplify the Gospel reading, questions for family discussion, an activity, and some downloadable worksheets and colouring pages. You can find these [here](#).

Throughout the Week:

Morning Prayer (Lauds), Daily Rosary, and Divine Mercy Chaplet - Join Fr Pearce each day of the week to pray the Rosary and the Divine Mercy Chaplet live on YouTube. You can join in Morning Prayer (Lauds) at 7:30am, the Rosary at noon, and the Divine Mercy Chaplet at 3:00pm. You can find

these [here](#) on YouTube.

Reading - Every week the team at Holy Family is producing articles on a wide range of topics ranging from prayer to parenting to cooking. You're sure to find something that catches your interest. You can start reading [here](#).

Formed - Holy Family has purchased a subscription to the Catholic website Formed (essentially a Catholic Netflix). Formed offers a huge range of Catholic material such as courses, movies, audiobooks, and children's shows. There are great opportunities for your whole family to grow in faith so why not enjoy your free access? You can join Formed for free [here](#).

Wednesday Morning Cuppa - If you'd like a chance to catch up with Fr Pearce and your fellow parishioners, join us on Wednesday morning for a Zoom chat from 10:30-11:00am. Find details on how to join us [here](#).

Need Support? - If you find yourself in need of help with things like picking up groceries, if you need urgent supplies, if you'd like someone to pray with over the phone, or if you'd just like to have a chat with someone please let us know! You can call the parish office at 9807-9494 Monday-Sunday from 9:30am-12:30pm or you can register your interest [here](#).



Mary and Mums

Written by: Lauren Considine

“To succeed in your intentions, entrust yourselves to the Blessed Virgin Mary always, but especially in moments of difficulty and darkness. ‘From Mary we learn to surrender to God’s will in things. From Mary we learn to trust even when all hope seems gone. From Mary we learn to love Christ, her Son and the Son of God...Learn from her to be always faithful, to trust that God’s Word to you will be fulfilled, and that nothing is impossible with God.”

- St. John Paul II

I honestly believe that celebrating Mary and Mothers Day in May is no coincidence. There is always such a huge focus to use God and Jesus as our role models when making choices and I’m sure you’re all familiar with the phrase “what would Jesus do?” But, what about Mary? Why don’t we include her into the conversation? She also has a wealth of wisdom, compassion and courage for us to draw upon. We should also be praying to Mary for guidance, not just to God.

So why May and Mary? Well to answer it we have to travel back in time. In ancient Greece, May was dedicated to Artemis, and in Ancient Rome, May was dedicated to Flora. As time went on May became a 30 day devotion to Mary through the Rosary of which we still use as ritual today.

During May, it is not uncommon for churches around the world to celebrate Mary through daily praying of the Rosary.

Pope Francis encourages us to spend our prayer life in May as a family expressing “love and devotion for the Blessed Virgin Mary.” While the church doors remain closed due to the Pandemic across the world, Pope Francis is asking all families to help build spiritual life, through daily Rosary. His Holiness has also presented two prayers (one listed below) to be prayed at the end of the Rosary.

“ O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus’ suffering,
and persevered in your faith.
“Protectress of the Roman people”,
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.
Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection.
Amen.

In light of Pope Francis’ Prayer I invite you to discuss Mary with your families in three ways over the Month. In this way, you are able to give children an understanding for why Pope Francis wrote the prayers and how we can gain hope in uncertainty.

Mary as the mother of Jesus

One of the most well known bible passages for our children is the Nativity story where Mary first became Jesus' Mother. When using this passage to discuss Mary as a mother it is important to keep her, not Jesus in focus of the discussion. Talk to your children about what kind of Mother Mary might have been? How would she have made Jesus feel? How can we turn to her for help?

Mary as the first Disciple

While Mary first truly became Jesus' first disciple when she said 'yes' to God at the Annunciation, that concept is hard for children to grasp. So instead we will refer to the scripture of the Wedding at Cana, where Jesus turned water into wine, as His first miracle. Mary encouraged others to believe in Jesus. Her trust showed belief as a true follower even before miracles had taken place. Discuss with your children what it is like to be a good disciple. What do you have to do? How do you act? How is Mary a good disciple?

Mary as loving and Compassionate.

It is no surprise that we are going to the cross when discussing Mary's love and compassion for us all. With Easter just passed, this passage is still fresh in all of our minds. But instead of reading the passion of the Lord again, instead, I ask you to take some time looking at my favourite depiction of Mary's love for us all- the Pieta from Micheal Angelo in St Peter's Basilica.

I have been blessed enough to see this real sculpture at St Peter's and feel it depicts Mary's love for Jesus and us all perfectly. Find an image online and talk to children about how Jesus and Mary are depicted in the image. How would they both be feeling? How would you feel if you were in Mary's arms?

Lastly, if you haven't already during these uncertain times I encourage you to find a space in your home to share prayer. It is important for us all, but especially children to have concrete materials to help orientate them to a task. Take a classroom for example, teachers fill the space with work, colour and posters that inspire our children to learn. Churches and Prayer Spaces work in the same way. They orientate us to a time dedicated to prayer. This month, create a prayer space- if you haven't already and add some items that are related to Mary which allow focus on her. Maybe some rosary beads, a statue, image or special prayer, even something blue. Let us tilt our focus this May and build our prayer life with some time dedicated to Mary. Pray to our Mother for her to help to guide and protect us. After all, we can never have too many mothers looking after us!

Lauren Considine is the Religious Education Leader at Holy Family Primary School, and along with our Principal and all our teachers are currently doing a wonderful job supporting our students during this time of home learning.





Food, Family and Faith

Written by: Christian Bergmann

The topic of 'home' has occupied much of Western literature. One of the most ancient poems we have, Homer's *Odyssey*, tells the story of a man fighting to get home through odds incalculable, even battling the gods themselves who do everything in their power to oppose him: seducing him, drowning him, slaughtering his crew. Our modern epic, *The Lord of the Rings*, tells the story of hobbits, who live a quaint and homely existence - they tend gardens, brew ale, celebrate together, and do not wish to be taken away from this under any circumstances, especially not for nasty adventures.

Part of appreciating 'home' is our ability to leave it. We go to work and return home to the comforts that are the reward for our labour. Having spent time away from family, we get to return to the arms of the ones we love.

One of the things I hope doesn't happen during this quarantine is that we begin to resent what our homes and families mean to us, now that we are forced by law to remain there. There are no adventures to be had. For many there is no labour to be done.

Let me suggest, though, that this might be the perfect opportunity for us to rediscover one of the most central and foundational elements of home: **food**.

I remember hearing someone once say: "Show me how you eat, and I'll tell you your deepest beliefs about the world." Hyperbole? Yes. Definitely. But, there is a principle there worth reflecting on. The reason the Scriptures tell us that God will judge us according to the things we have done, is not because God is a nit-picking Police Officer of the Divine Law. It's because our actions are the deepest demonstrations of what we believe. What God wants to do is transform us from the inside out so that what we do coheres

with what we believe. Otherwise words are just words.

How we eat is no exception to this. If I spent every night of the week ordering takeaway, my life would be made a lot more convenient, but it would be lacking a number of different things: the feeling of reward for labour; the joy other people have in tasting what I have prepared; the opportunity to expand my skill-set; the experience of food as 'edifying'.

Gathering together to feast is one of the most basic ways in which people commune. This is how we build families. This is, also, one of the instinctive responses of people in the Old Testament to the presence of the Divine. Think of Genesis, when the three strangers (or angels) appear before Abraham and Sarah. What is their natural instinct? Prepare a feast (Gen. 18:2-7). When God forges a covenant with his people on Mount Sinai, what do they do after performing the sacrifice? They feast (Exodus 24:11). Sacrifice in the Old Testament was always accompanied by a feast. This is one of the reasons why we can appropriately refer to the Eucharist as a 'sacrificial meal'; except, it is God himself who provides the feast for us.

This was also Jesus' tried and tested method of welcoming strangers, tax collectors and sinners, whilst at the same time scandalising the religious establishment.

My point here is that food is basic: so basic even God cares about it. One of the ways God tries to revive us, sometimes, is by taking us 'back to basics'. Maybe this quarantine can be an opportunity to revive this most central element of communion and family-building. Maybe we can start putting work back into our food; making it better and tastier than ever before. Celebrate and appreciate this most basic, delightful thing. God cares about it. We should too.

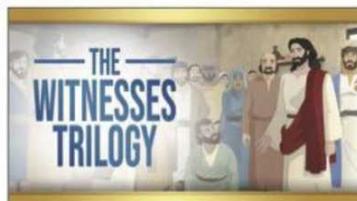
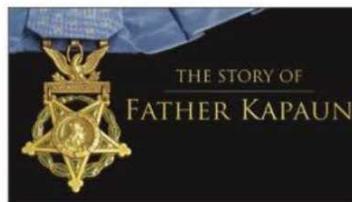
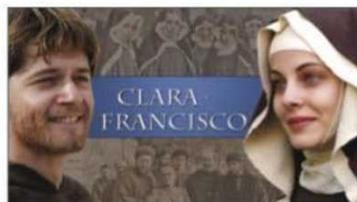
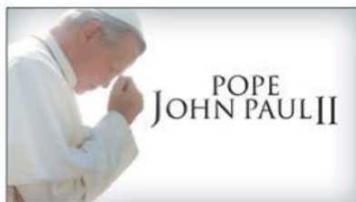
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Family School)

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Christian Bergmann
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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.

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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.

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