



# The Word WEEKLY BULLETIN



Parishes of Holy Spirit, St Anne & St Gerard.

**5th Sunday in Ordinary Time, 6-7 February 2021**

**Parish Priest: Fr. Arsenio Tuazon**

## **HOLY SPIRIT PARISH**

120 Oban Road, Ringwood North 3134

Phone: 0434 224 483

Fax: 9879 0642

Email: [Ringwoodnorth@cam.org.au](mailto:Ringwoodnorth@cam.org.au)

Website: [www.holyspiritparish.org.au](http://www.holyspiritparish.org.au)

## **PASTORAL ASSOCIATE**

Jacinta Bibby

[jacinta.bibby@cam.org.au](mailto:jacinta.bibby@cam.org.au)

## **PARISH SECRETARIES**

Ruth Frangeskakis

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## **HIGH SPIRITS COORDINATORS**

Etta D'Souza

Elma Gama

## **PARISH HOSTESSES**

Mary Yeo and Kerry O'Leary

## **SCHOOL PRINCIPAL—Holy Spirit**

Duncan Arendse —9876 1103

## **PARISH LEADERSHIP TEAM** [plt@holyspiritparish.org.au](mailto:plt@holyspiritparish.org.au)

## **PARISH PASTORAL COUNCIL**

Secretary

[ppc-sec@holyspiritparish.org.au](mailto:ppc-sec@holyspiritparish.org.au)

## **FETE COMMITTEE**

John Cilia (Chairperson) -

[fete@holyspiritparish.org.au](mailto:fete@holyspiritparish.org.au)

## **PARISH OF ST GERARD AND ST ANNE**

St Gerard's: McCulloch Street, Warrandyte 3113

St Anne's: 54 Knees Road, Park Orchards 3114

Phone: 9876 1509

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Email: [ParkOrchards@cam.org.au](mailto:ParkOrchards@cam.org.au)

Website: [www.cam.org.au/parkorchardswarrandyte](http://www.cam.org.au/parkorchardswarrandyte)

**Office Hours: Tuesday-Friday 9am-3pm, closed Mondays.**

## **PARISH SECRETARIES**

Ana Saro

Tuesday & Wednesday

Kerry McGowan

Thursday & Friday

## **SCHOOL PRINCIPAL—St. Anne's**

Michael Edmonds—9876 1533

## **PLEASE NOTE:**

**IN ACCORDANCE WITH INSTRUCTIONS FROM THE PREMIER AND THE BISHOPS OF VICTORIA, WE CAN NOW CELEBRATE MASS UNDER VERY STRICT GUIDELINES. PLEASE SEE THE NOTICE ON PAGE 2 FOR MORE DETAILS.**

Readings, Prayers of Intercession and a Gospel reflection are included in the word, which is available from the parish web site:

[www.holyspiritparish.org.au/The-Word-Newsletter](http://www.holyspiritparish.org.au/The-Word-Newsletter)

Recorded Masses available at: [www.holyspiritparish.org.au/Online-Resources](http://www.holyspiritparish.org.au/Online-Resources)

Important information, Spirit Extra, the Spirit Magazine and other Parish matters are available on the website:

[www.holyspiritparish.org.au](http://www.holyspiritparish.org.au)

THE Parish Office remains closed, however, the staff will be monitoring the phone, mail and emails. Please ring the Parish Mobile number: 0434 224 483 and leave your name and contact number and we will return your call as soon as possible.

Email: [ringwoodnorth@cam.org.au](mailto:ringwoodnorth@cam.org.au)

**IN THE PEACE OF CHRIST— RECENTLY DECEASED:** Clare Enger (sister of Alec Walsh)

**ANNIVERSARIES OF DEATH:** Mary Blackburn, Natasha, Rob, Jorja & Alex Davey, Tanya & Dim Tsimiklis, Christine O'Hanlon, Joseph Sultana, Dick Novella, Lucia De Petro, Mick Hayes, Eduardo Garcia and Les Carach

**PLEASE PRAY FOR THE FOLLOWING SICK:** Ben Lobo, John, Angela Damora, Warren Darbyshire, Stella & family, Deb Neilsen, Pauline Curlis, Sean Hill, Valerie Mason

**Readings this week:** Deuteronomy 18.15-20; 1 Corinthians 7.17, 32-35; Mark 1.21-28

The Word, Spirit Magazine and "Spirit Extra" are available online at [www.holyspiritparish.org.au](http://www.holyspiritparish.org.au)

Dear Holy Spirit Parishioners

**CHANGES TO MASS BOOKING PROCESS:**

From February 2021 you will not need to use TryBooking to attend regular weekend and weekday Masses.

Weekend Masses are Saturday evening at 6pm, Sunday morning at 9am in the Church. We will also resume collections and Tea/Coffee after weekend Masses. Please note: our maximum capacity in the church is 120.

Wednesday & Friday morning Masses will be celebrated at **9:15am** in the Chapel. Maximum capacity is 12. Please note the change of time for weekday Masses.

To comply with COVID regulations, we will use the QR code for electronic contact tracing purposes. You will need to bring your mobile phone to use the QR code system. If you do not have a phone, or your phone does not work with the QR system, there will be welcomers on duty to assist.

Alternatively, you will have to write your details in a register.

Please arrive early to ensure you register and are seated well before Fr Arsenio is ready to commence Mass.

All Masses will continue to be celebrated under guidelines, which have been approved by Archbishop Comensoli.

**Under no circumstances should anyone awaiting test verification, including Clergy (even without presenting symptoms) attend a church or parish setting until a diagnosis is confirmed. Additionally, under no circumstances should anyone attend who is closely connected to people who are awaiting test results or who have tested positive.**

The restrictions are as follows:

- You must wear a face mask at all times.
- Sanitize your hands on arrival.
- Sanitise your hands as you approach Father for communion.

The chairs are not to be moved from the pre marked space.

Fr Arsenio will give instructions on receiving Holy Communion during the Fraction Rite.

Communion during covid-19 at this time may only be taken by hand.

Jacinta Bibby Pastoral Associate Mobile : 0434 224 483

**Ash Wednesday 2021 is on Wednesday 17th February.**

**Mass for parishioners** will be celebrated at 9:15am in the Holy Spirit Church.

Sign in at the door via QR code or in the written register is required.

**There will be no evening Mass at Holy Spirit on Ash Wednesday.**

Please note: due to Covid restrictions, parishioners will not be able to attend the School Mass.

**Holy Spirit Web Site - [www.holyspiritparish.org.au](http://www.holyspiritparish.org.au):**

Stay in touch with our parish website.

- "News, Events": ref menu
- "Covid 19 News and Updates" (much of which is drawn from Jacinta's weekly email): ref home page & menu
- "How we stay connected", online resources such as Masses, Prayers, Newsletters, Next Zoom: ref home page

**EVENTS THIS COMING WEEK - 8 –14 February 2021**

**MONDAY**

**TUESDAY**                    9.15-10 am Meditation, Holy Spirit Chapel  
8.00 pm Charismatic Prayer Group, Holy Spirit Chapel

**WEDNESDAY**                9.15 am Mass, Holy Spirit Chapel  
7:00 pm Rosary group via ZOOM

**THURSDAY**                 8:00 pm Choir, Holy Spirit Church

**FRIDAY**                     9.15 am Mass, Holy Spirit Chapel

**SATURDAY**                 6.00 pm Vigil Mass, Holy Spirit Church

**SUNDAY**                    9.00 am Mass, Holy Spirit Church

**HOLY SPIRIT ROSTERS FOR NEXT WEEKEND 13th-14th FEBRUARY 2021**

**Web: [www.cam.org.au/ringwoodnorth/Parish-Groups/Parish-Rosters](http://www.cam.org.au/ringwoodnorth/Parish-Groups/Parish-Rosters)**

**Mass Coordinator:**

**6pm:** Sue Wallace

**9am:** Don Schroder

**Lectors:**

**6pm:** Bernadette Hally

**9am:** David Heath

**Welcomers:**

**6pm:** Robin Walsh and Jean Smith

**9am:** Sally Weekes and Nola Ryan

**Ministers of Communion:**

**6pm:** Monica Howgate

**9am:** Silvio or Ada Volombello

**Tea & Coffee:**

**6pm:**

**9am:** Nola Ryan & Norma Brown

**Garden Maintenance:**

Dale Sebire, Jacek Holewa, Chris Dalton

As we resume our “Covid normal” celebration of Mass, we will be returning to some of our usual practices. Everything we do must be in accordance with the DHHS guidelines, so there will be some changes to the way we operate!  
future. If you would like to volunteer in any way, please contact Ruth: [ruth.frangeskakis@cam.org.au](mailto:ruth.frangeskakis@cam.org.au)

On Friday Gloria Thomas’ life was celebrated in a beautiful Mass concelebrated by Fr Arsenio & Fr Joe.  
If any parishioners would like to see the Mass, it can be viewed via the William Matthews web site:  
[www.williammatthewsfunerals.com.au](http://www.williammatthewsfunerals.com.au) or  
[www.myeventlive.com.au/gt/](http://www.myeventlive.com.au/gt/)



**Collection Notice**

For information on the Parish’s policies regarding information collection and privacy please refer to:  
<https://www.holyspiritparish.org.au/Collection-Notice>

## Holy Spirit Parish Vision

At Holy Spirit Parish, we are an inviting community inspired by the Holy Spirit; welcoming everyone to worship, grow, belong and serve together as Disciples of Christ.



Holy Spirit is a child safe parish. At Holy Spirit we hold the care, safety and well being of children and young people as a central and fundamental responsibility of our parish.

The Parish will rely on continuing contributions through the Thanksgiving program to meet our expenses for day to day operations. This may be an opportune time to change over to Direct Debit or Credit Card contributions.

Should you wish to make this change, please call the parish office on **0434 224 483**

Daily Mass Books 2021 are available for \$25. Please email Jenny: [jenny.philp@cam.org.au](mailto:jenny.philp@cam.org.au) if you would like to get a copy.

### PARISH DATA BASE UPDATE

Please remember to advise the parish staff of your current phone and email details so we can update our database. You can either return the data sheet sent to you or email: [Ringwoodnorth@cam.org.au](mailto:Ringwoodnorth@cam.org.au)  
Thank you.

### **Holy Hour of Adoration/ Rosary - Wednesday Nights**

*Join with parishioners in prayer and devotion to Our Lady  
for the intentions of your own heart, our community, our neighbourhood, our city and our world.*  
Please contact Ambrose: [ambrose\\_cornelio@hotmail.com](mailto:ambrose_cornelio@hotmail.com) for details.

**Charismatic Prayer Group** resumes on Tuesday 9th February @ 8pm in the Holy Spirit Chapel. Numbers are limited, so please register with Jacek or Ann to join in for prayer, praise and worship and fellowship. Enquiries: Jacek 9870 7625 Ann 0437 127 326

**Tuesday Meditation** will also resume on Tuesday 9th February @ 9:15am in the Holy Spirit Chapel.

Numbers are limited, so please register with Jacek or Ann to join in for prayer, praise and worship and fellowship. Enquiries: Jacek 9870 7625 Ann 0437 127 326



Jacinta will be hosting an online discussion group using the Diocese of Wollongong Lenten Program "Comfort", commencing on Wednesday 24th February. Discussion sessions will start at 10am. There are 9 spaces available to book. If you would like to join these Zoom chat sessions, please contact Jacinta on 0434224483 or [Jacinta.bibby@cam.org.au](mailto:Jacinta.bibby@cam.org.au)



Spirit Magazine March Edition DEADLINE: WEDNESDAY 17TH FEBRUARY

Welcome to the first edition of 2021 everyone. Please tell us what you have been doing throughout the holidays with photos please, if possible.

We have lost some wonderful parishioners and friends of our parish over the past weeks and year without the usual rituals of farewell. As a tribute to them I'm asking for your stories about some of these people who may have been personal friends, or people you worked with in the parish in past years etc. Lets pay tribute to them through your memories.

And, tell us what you would change first - IF I RULED THE WORLD! Can be serious or amusing - give it a try. Thank you [helen@konynenburg.com](mailto:helen@konynenburg.com)

## FOR THE INFORMATION OF PARISHIONERS LENT 2021

109. *The Lenten season has a twofold character:*

- 1) *it recalls baptism or prepares for it;*
- 2) *it stresses a penitential spirit.*

*By these means especially, Lent readies the faithful for celebrating the paschal mystery after a period of closer attention to the Word of God, and more ardent prayer. In the liturgy itself and in the liturgy-centred instructions, these baptismal and penitential themes should be more pronounced. Hence:*

- a) *Wider use is to be made of baptismal features proper to the Lenten liturgy...*
- b) *The same approach holds for the penitential elements...*

110. *During Lent, penance should not be only internal and individual but also external and social...*

*In any event, let the paschal fast be kept sacred. It should be observed everywhere on Good Friday and, where possible prolonged throughout Holy Saturday, so that the joys of the Sunday of the resurrection may be visited on uplifted and responsive spirits.*

Constitution on the Sacred Liturgy, Vatican II

### **Ash Wednesday and Good Friday are days of Fasting and Abstinence from meat.**

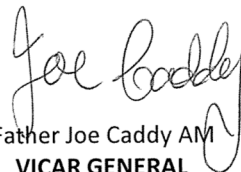
On all other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- (a) **Prayer** -for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways.
  - (b) **Self-Denial** - for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country or elsewhere; or in other ways. Project Compassion is a major means of expressing our self-denial in Australia.
  - (c) **Helping Others** - for example, special attention to someone who is poor, sick, elderly, lonely or over-burdened; or in other ways.
- All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain (Canon 1252).
  - The Season of Lent is a time of penance. During this season the faithful are exhorted to devote themselves in a special manner to prayer, to engage in works of piety and charity, and to deny themselves.
  - Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 17 February 2021 and Trinity Sunday, 30 May 2021 unless for a good reason it is fulfilled at another time during the year.
  - The wonderful gift of the Lord's merciful love is offered in a special way in the Sacrament of Reconciliation. Lent is a most appropriate time to receive this Sacrament. All the faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.

**HOLY WEEK** - The 2021 Ordo contains instructions for the Rites of Holy Week.

**FUNERALS** – On Holy Thursday, Good Friday and Holy Saturday all Masses for the Dead, including Funeral Masses, **are forbidden**. Funerals on these days are celebrated with the Liturgy of the Word and without the Eucharistic Sacrifice.

**WEDDINGS** - Weddings should be discouraged during the Easter Triduum: Holy Thursday, Good Friday, Holy Saturday. Should a couple be particularly insistent on a wedding for one of these days, then please indicate that no decorations (including flowers), no music nor Nuptial Mass will be permitted.

  
Father Joe Caddy AM  
VICAR GENERAL

## FIRST READING

Job 7.1-4, 6-7  
*Sorrow fills all my days.*

A reading from the book of Job.

1 Job spoke to his friends:

“Do not human beings have a hard service on earth,  
and are not their days like the days of a labourer?

2 Like a slave who longs for the shadow,  
and like labourers who look for their wages,

3 so I am allotted months of emptiness,  
and nights of misery are apportioned to me.

4 “When I lie down I say, ‘When shall I rise?’  
But the night is long,  
and I am full of tossing until dawn.

6 “My days are swifter than a weaver’s shuttle,  
and come to their end without hope.

7 Remember that my life is a breath;  
my eye will never again see good.”

The word of the Lord.

## RESPONSORIAL PSALM

Psalms 147.1-2, 3-4, 5-6

**R.** Praise the Lord, who heals the broken-hearted.

1 How good it is to sing praises to our God;  
for he is gracious, and a song of praise is fitting.

2 The Lord builds up Jerusalem;  
he gathers the outcasts of Israel. **R.**

3 The Lord heals the brokenhearted,  
and binds up their wounds.

4 He determines the number of the stars;  
he gives to all of them their names. **R.**

5 Great is our Lord, and abundant in power;  
his understanding is beyond measure.

6 The Lord lifts up the downtrodden;  
he casts the wicked to the ground. **R.**

## SECOND READING

1 Corinthians 9.16-19, 22-23

*Woe to me if I do not proclaim the gospel!*

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

16 If I proclaim the gospel, this gives me no ground for boasting,  
for an obligation is laid on me, and woe to me if I do not proclaim the gospel!

17 For if I do this of my own will, I have a reward;  
but if not of my own will, I am entrusted with a commission.

18 What then is my reward?

Just this:

that in my proclamation I may make the gospel free of charge,  
so as not to make full use of my rights in the gospel.

19 For though I am free with respect to all,  
I have made myself a slave to all, so that I might win more of them.

22 To the weak I became weak, so that I might win the weak.  
I have become all things to all people, that I might by all means save some.

23 I do it all for the sake of the gospel, so that I may share in its blessings.  
The word of the Lord

## GOSPEL ACCLAMATION

Matthew 8:17

Alleluia, alleluia

**Christ bore our sickness,  
and endured our suffering**

Alleluia

## G O S P E L

Mark 1.29-39

*Jesus cured many who were sick with various diseases.*

A reading from the holy gospel according to Mark.

29 As soon as Jesus and his disciples left the synagogue,  
they entered the house of Simon and Andrew, with James and John.

30 Now Simon's mother-in-law was in bed with a fever,  
and they told Jesus about her at once.

31 He came and took her by the hand and lifted her up.  
Then the fever left her, and she began to serve them.

32 That evening, at sundown,  
they brought to Jesus all who were sick or possessed with demons.

33 And the whole city was gathered around the door.

34 And he cured many who were sick with various diseases,  
and cast out many demons;  
and he would not permit the demons to speak, because they knew him.

35 In the morning, while it was still very dark,  
Jesus got up and went out to a deserted place,  
and there he prayed.

36 And Simon and his companions hunted for him.

37 When they found him, they said to him,  
"Everyone is searching for you."

38 He answered, "Let us go on to the neighbouring towns,  
so that I may proclaim the message there also; for that is what I came out to do."

39 And Jesus went throughout Galilee,  
proclaiming the message in their synagogues and casting out demons.

The gospel of the Lord.

### **REFLECTION: 5<sup>th</sup> Sunday in Ordinary Time**

*"Rising very early before dawn, he left and went off to a deserted place, where he prayed...He told them, 'Let us go on to the nearby villages that I may preach there also. For this purpose have I come.'" - Mark 1:35, 38*

In today's Gospel reading we see a perfect example of stewardship. Jesus gives His time to do all that God wishes - healing the sick and preaching. But before He begins, Jesus makes time to be alone with God in prayer. It is through prayer, spending time with God, that we find the strength to do what He wishes us to do. Be sure to find time every day to be with God.

### **Prayers of Intercession**

*We pray that we may announce with enthusiasm the Good News that there is meaning, purpose and value in every life because of Christ. Please hear our prayers.*

For all people who find church "boring"; that by becoming involved in their faith community, they may come to know God in a new way and be filled with enthusiasm for life. **LORD HEAR US.**

May a spirit of excitement and dedication descend upon all so that we may find meaning in our work and a new appreciation of all the people who bless our lives. **LORD HEAR US.**

For all who feel devalued; that God will heal their self-image and give them a new spirit of purpose and direction in life. **LORD HEAR US.**

For all in health care ministry; that they may show forth the healing presence of God to all who seek their assistance. **LORD HEAR US.**

For all who face fear and hardship, especially parents of seriously ill children; that they may hold onto God's pledge to be with them always. **LORD HEAR US.**

For all who have experienced healing; that they will respond to God's gift and offer their talents and energies in the service of others. **LORD HEAR US.**

We pray for those who have died recently, especially Calre Enger and those whose anniversaries of death occur at this time: Mary Blackburn, Natasha, Rob, Jorja & Alex Davey, Tanya & Dim Tsimiklis, Christine O'Hanlon, Joseph Sultana, Dick Novella, Lucia De Petro, Mick Hayes, Eduardo Garcia and Les Carach.

May they rest in the loving arms and peace of Christ.

**LORD HEAR US.**

### **SPIRITUAL COMMUNION,**

**My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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. Alphonsus Liguori**

