



# The Word WEEKLY BULLETIN



Parishes of Holy Spirit, St Anne & St Gerard.

**20th Sunday in Ordinary Time, 15-16 August 2020**

**Parish Priest: Fr. Arsenio Tuazon**

**HOLY SPIRIT PARISH**

120 Oban Road, Ringwood North 3134

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Sundays 4-5:00pm (School terms)

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Sundays 4-5:00pm (School terms)

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Secretary

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

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**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

**HOLY SPIRIT PARISH EMAIL**

Jacinta will continue to make contact with parishioners via email on a weekly basis. If you have not received an email but would like to be included in this distribution list, please email to let us know at [Ringwoodnorth@cam.org.au](mailto:Ringwoodnorth@cam.org.au). Alternatively, please ring the parish mobile 0434 224 483 to advise us of your email address.

This is a great opportunity to update our data base!

**PLEASE NOTE:**

**IN ACCORDANCE WITH INSTRUCTIONS FROM THE PREMIER AND THE BISHOPS OF VICTORIA, ALL MASSES, SACRAMENTS, LITURGIES AND GROUP ACTIVITIES WILL BE SUSPENDED UNTIL FURTHER NOTICE.**

**THE CHURCH AND CHAPEL WILL BE LOCKED UNTIL FURTHER NOTICE.**

Readings, Prayers of Intercession and a Gospel reflection are included in the word, which is available from the parish web site: <http://www.holyspiritparish.org.au/The-Word-Newsletter>

Recorded Masses (click on the You Tube icon), important information, Spirit Extra, the Spirit Magazine and other Parish matters will also be available on the website: <http://www.holyspiritparish.org.au>

THE Parish Office will also be 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:** Fr Michael Wheeler PE

**ANNIVERSARIES OF DEATH:** Phil Myer, Helen Gibb, John O'Leary, Joan Furness, Marie Rocke, Dorothy Osborne, Alan Nye, Marc Barro, Robert Deller Snr, Anthony North and John Burge

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

**Readings this week: Isaiah 56:1,6-7; Romans 11:13-15,29-32; Matthew 15:21-28**

The Word, Spirit Magazine and "Spirit Extra" are available online at <http://www.holyspiritparish.org.au>

The Parish will rely on continuing contributions through the Thanksgiving program to meet our expenses for day to day operations. If you would like to drop your envelope into the office, please ring to arrange a drop off or pick up time.

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**

### **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.

### **20th Sunday in Ordinary Time**

*"For the gifts and the call of God are irrevocable." (Romans 11:29)*

God has a special mission in mind for each of us. He has given us the gifts we need to accomplish that mission. We are called to be good stewards by using those gifts to do the work that He has planned for each of us. If we deny our gifts or fail to use them as God calls us to use them, then some part of His work will be left undone.

## **Parish Zoom Chat with Fr Arsenio**

**The next fortnightly zoom chat is planned for Wednesday 26th August @ 5 - 5.30 pm**

***Join with parishioners for a pre-dinner chat next Wednesday evening.  
It's a great chance to see familiar faces and catch up on news.***

**Holy Spirit Parish's Zoom Meeting**

**[https://us02web.zoom.us/j/6319508706?  
pwd=WnlNaDZQMzFtMGVvUnV2WDUrelJmQT09](https://us02web.zoom.us/j/6319508706?pwd=WnlNaDZQMzFtMGVvUnV2WDUrelJmQT09)**

**Meeting ID: 631 950 8706 Passcode: 2p7ssZ**

**Come alone or bring a family member or friend.**

**Please call Mary on 0410 654 357 for tech support if needed.**

**ALL WELCOME**

### **PARISH LETTER & DATA BASE UPDATE**

By now most parishioners should have received a letter from Fr Arsenio and a request to update your records on our data base. (The last few letters will be mailed in the coming days.)

With email the most cost effective and quickest form of communication, we need to ensure that we have everyone's details correct. Please take the time to check all information on the sheet included in your letter and advise us of any changes. If you can't get to the post office or a letterbox, emailed responses are fine. Please reply to ringwoodnorth@cam.org.au

For those who do not have an email address and would like to be kept up to date with what is going on around the parish, please send your form back with a request for regular mail or phone contact.

Thank you

## EVERGREENS

Dear Evergreens,

We have been advised to put our Evergreen activities, (Meetings and Social Activities), on hold during the Corona-virus pandemic. We will advise you when we are able to resume. In the meantime, take good care of yourselves and please continue to support each other (by phone etc.)

If any further information is required, please ring Jean-(9876 2204) or Shirley- (9870 1396)



## SEPTEMBER EDITION SPIRIT MAGAZINE - DEADLINE **21st AUGUST**

**We really need everyone's help to make sure the Father's Day edition of The Spirit is as good as it can be. We need photos and stories.**



Because we don't have any current parish events happening, I have suggested the following to get your creative juices going. Remember, you don't have to have journalistic qualifications - No one can tell your stories like you.

**FATHERS AND /OR FATHER FIGURES IN YOUR LIVES** - Tell us the funniest story about your father or father figure, or the best thing about him, and if your life story does not have memories of your father tell us what you think you missed most.

**PHOTOS OF WHAT YOU AND YOUR FAMILY HAVE BEEN DOING DURING LOCKDOWN.** Are you knitting, sewing, singing, drawing, painting, colouring in, jigsaw puzzles - Show us what you have achieved! And tell us the story about how you achieved it! Can be five words or fifty -

**WHERE DO YOU SAY YOU ARE FROM?** For instance, in my case, when asked I always say the district I lived in when I was born.

**WHAT EVENTS HAS YOUR FAMILY HAD TO EXPERIENCE IN LOCKDOWN?** Births, Birthdays, tell us how and what you have celebrated or commiserated.

Remember to ask for permission to publish any photos of persons other than yourself!

**Are your pets helping your family through the pandemic? Send us photos of your hero pets.**

Thank you, I have already cleared the decks to cope with the enormous response I am anticipating. Please send your items to [helen@konynenburg.com](mailto:helen@konynenburg.com)

Helen



## Feast of the Assumption of our Blessed Mother

**O most sweet Lady and our Mother, by the merits of thy happy death obtain for us holy perseverance in the divine friendship, that we may finally quit this life in God's grace; and unite with the blessed spirits in praising thee and singing thy glories as thou deservest. Amen.**



## Spirit Extra

Spirit Extra Eight is now available on the website.

<http://www.holyspiritparish.org.au/Spirit-Extra>

### 'The Blessing' Project

Hi everyone! To help keep our Parish community going during the COVID lockdown, we are starting another **choir-inspired** music video project. This time, we would like to involve as many people from the Parish as possible, especially families and children. We would like **photos** and /or video clips to include in the final product.

You may have seen a song called 'The Blessing' that has been sung throughout the world in a multitude of languages by Christians during COVID-19 to remind the world that God is with us and to give everyone a sense of belonging and unity. You can find some great versions on YouTube – just search for The Blessing. We would like to do a Holy Spirit Parish version of The Blessing. All you have to do is record a video of you or your family singing, playing, dancing or just waving along in time with the music. You can submit more than one video, and if you are a musician, we'd love to have you playing as well. A video with as many familiar faces as possible would be most uplifting to our community so please don't feel that you need to have musical talent to be involved. If you have a real aversion to singing feel free to just clap along to the song, tap a triangle, saucepan lid, sway, dance, hold up a sign of love, peace etc. This is about sharing something as a community. If you would like to be a part of this project please follow the instructions below.

#### How to record your video

You'll need a mobile phone with a camera, and someone to operate it (or use a stand if you have one). You can use the selfie camera if you like, but the rear camera will generally produce best results. If you aren't able to record a video, a photo of your family doing something would be fine.

You will need to sing/play/dance in time with the backing track. You can find the backing track on YouTube at this link <https://youtu.be/yWHQ9YRmXBg>.

If you are singing or playing an instrument, it would be good if you can listen to the backing track on ear-phones so it doesn't come out in your recording. For musicians, there is an attached lead sheet if you need it. The lyrics are also attached.

Once you have recorded your video, please contact Bill or Maree Buttler to arrange for it to be picked up. We can use a USB drive to transfer it, or you can upload it to YouTube and send us the link, or email your photo to us at [billnmaree@optusnet.com.au](mailto:billnmaree@optusnet.com.au) (videos will probably be too big to email).

Once we have enough contributions, we'll put them together into a video collage that can be displayed on

#### 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
- >>>> We have changed our web address on Friday 03/07/2020. Refer the attached page for more info <<<<

#### Collection Notice

For information on the Parish's policies regarding information collection and privacy please refer to:

<http://www.holyspiritparish.org.au/Collection-Notice>

# PRAYER FOR THE PEOPLE OF LEBANON

following the Beirut blast

## God of Compassion,

You are strength to those who suffer and comfort to those who grieve.  
We pray for the people of Lebanon in this time of disaster.  
Embrace those who died so suddenly and console those  
who grieve for loved ones.

United in solidarity with our Lebanese sisters and brothers we pray:  
For healing and strength for those injured and suffering  
That the international community will respond with generosity  
and compassion  
And that stability and peace will be restored in Lebanon.

**We ask this in Jesus' name. Amen.**

- Jo Brady RSJ Caritas Australia



*It is with great heartbreak that we learnt of the explosion in Beirut which killed over 100 people and wounded thousands. Lebanon has suffered multiple waves of conflict and disaster. A drawn-out civil war, followed by years of conflict with her neighbours, has been compounded by the strain on resources caused by the Syrian war and an influx of refugees. Tuesday's explosion came at a time when the country is already gripped by an economic crisis and reeling from the impacts of COVID-19. The situation is dire. Yet the Caritas network is on the ground, doing what it can to alleviate suffering by delivering emergency food and medical resources at a time of intense crisis.*

*Caritas Australia has committed to provide immediate response in the form of crucial financial support as part of its already established Middle East Regional Appeal. Additionally, through its in-country staff and partners in Lebanon, the wider Caritas network is working to deliver:*

- Food and water.
- Hygiene kits including masks and soap.
- Material for shelter repairs and the clean-up of debris.

*Medication and other health services.*

*Currently Caritas Australia supports two programs in Lebanon, including a Protection program supporting shelters for women and children who are survivors of gender-based violence, and a Humanitarian program supporting Syrian refugees and vulnerable Lebanese host communities. Donate by ringing 1800024413 or at: <https://www.caritas.org.au/learn/emergency-response/middle-east-emergency-appeal>*



# Our Parish Website has moved

We are now at [www.holyspiritparish.org.au](http://www.holyspiritparish.org.au)

As the heading says we have moved our web site. We are no longer at [www.cam...](http://www.cam...) Instead you can find us at: [www.holyspiritparish.org.au](http://www.holyspiritparish.org.au).

There have been some useful changes which are best explained by reading these notes in conjunction with the image of our home page (next page).

1. The web site can now be searched. This is perhaps the best of the improvements. If you're looking for something and can't remember where it's placed start here.
2. If you are on a small form factor device (smart phone or table) you will see the "hamburger" in the top left corner. Click this to see the menu (3)
3. The Menu
  - a. The menu now sports "Covid 19". This is the full list of announcements we have made since the restrictions took place – mostly these come from Jacinta's weekly update. We also have the most recent two on the home page ("Covid 19 Updates" - refer 6). Previously we had the most recent one on the home page and the rest on another page that was a bit less obvious to find and much harder to maintain. This change is mostly of benefit to me ;)
  - b. "News, Events" has been revamped. It used to be a menu list of articles which were difficult to navigate and appreciate what they might contain. Now it is a series of summaries each with an associated image and details should you wish to "click-in". This means a more manageable interface and better user experience.
  - c. Contact Us can now fit on our menu. Previously it was only available by the phone icon in the top right corner which is not the first place many people would look.
4. The rotating banners are as they were – a number of standard (e.g. current Mass season which clicks through to mass times) and newly

featured items (e.g. click through the Choir image to see and hear our Choir in action) each of which allows the user to click-through to the content.

5. "Holy Spirit Parish Online – How we stay connected" is as it was – a place to click through to see a list of online resources such as weekly streamed masses and Zoom meeting updates, etc.
6. Covid 19 Updates. As explained in 3a, this is the most recent two announcements and you can "click here for more updates on Covid 19".
7. Welcome to Holy Spirit Parish. This too is unchanged and our Welcome message to the world.
8. Reflections. This is as it was, a reflection from our Parish Priest. However, a significant recent change is that a new reflection is added reliably each week. It doesn't matter how sophisticated the web site is if it has no interesting content. Now we have something valuable to share regularly. Thanks Father Arsenio! (Click "More Reflections..." to previous ones).
9. Tweets by @Pontifex is Pope Francis' Twitter Feed. This is as it was. It automatically updates daily. I have no interest in Twitter myself, but I feel that this feed is worthy of our time.
10. At Today's Readings you can find today's Bible readings courtesy of Melbourne Catholic (Catholic Archdiocese Melbourne).
11. The 8 Icons at the bottom of every page are technically the same. They are a quick way to navigate to main sections of the site. With the change I have taken the opportunity to give "Spirit Extra!" its own button (Helen can lay claim to this new small piece of "screen real estate" next to her "Spirit Magazine").
12. The Footer is unchanged. It too shows at the bottom of every page and tells people who and where we are and also has links to the legal type documents that is required of us.

Online resources such as Masses, Prayers, Newsletters, Next Zoom (Wed 15/07 7:30 p.m.) <<< last updated Friday 02 July, 10:45 a.m....

Register for our weekly Parish News email by clicking here: [RingwoodNorth@cam.org.au](mailto:RingwoodNorth@cam.org.au)

Following is a log of announcements that have been made since our look down journey.

More specific online resources can be found [here](#).

2020 07 11 Parish AGM, Winter Shelter Update

Please join us on Wednesday 15th July at 7:30pm. Due to the current COVID restrictions this meeting will be held via Zoom

Parish Groups, Sporting Clubs and School have been sent reports on their activities and how COVID has affected them

Topic: Holy Spirit AGM  
Time: Wednesday, July 15th, 2020 07:30 PM  
Zoom details: Please book via the Parish House

Refer the [WS Newsletter July 2020.pdf](#)

2020 07 10 Fr. Arsenio update re. Stage 3 Lockdown and cessation of services

My dear friends in Christ,

We are just returning to our normal ways and who would have thought we find ourselves back again to stage 3 lockdown. Premier Dan Andrews' announcement of at least 6 weeks lockdown was distressing and disappointing for us all. This affects everyone in many different ways. As far as parish life is concerned, this means unfortunately no more Masses. Churches and chapels are to be closed for weeks ahead but limited sacraments are allowed with 10 people for funerals and 5 people for weddings.

We may find this pandemic era as the worst of times but is indeed the best of times to show our sense of personal discipline and our willingness to show our spirit of solidarity and resilience. We have a faith that unceasingly prays and we absolutely trust, with Jesus in our midst, that we will overcome this together and move forward to a better life ahead of us all. Stay safe and God bless us all!

Er Arsenio

Welcome to our Parish Website. This parish is situated at Ringwood North in the Catholic Archdiocese of Melbourne

### The 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

We aim to make our parish a missionary parish based on the five pillars of Church life - Worship, Evangelization, Discipleship, Community and Ministry. To actualise this dream we are currently working on Divine Renovation based on Alpha.

Since its inception in 1972, Holy Spirit Parish has moved through many stages of development and today continues to strive to be a vibrant community of faith within the Archdiocese. The number of people involved in the sacramental and outreach programmes helps us to bear witness to Christ in our day today life.

We invite you to become part of Holy Spirit parish family by worshipping at Holy Mass, participating in our many activities and service opportunities, and giving your time and talent. Please feel free to come and visit us or contact the parish office if you require further assistance.

### Reaping the rich harvest of God's goodness

Saturday 11th July 2020



### Reaping the rich harvest of God's goodness









Jesus compares the word of God, intended to produce fruit in our lives, to seed sown in the earth by the farmer. The seed of the word of God is first planted in our hearts. If it doesn't get our whole-hearted attention in our lives, it withers and dies. Growth in the life of Christ is not always a smooth and straightforward process. The different types of soil can be the varied response we make to His word depending on the twists and turns of life. When we meet with disappointments and setbacks, obstacles may pile up against our

good intentions and weakens our choices. Moments like this call for deep faith. No matter what the situation we have to struggle to believe.

[Read more](#)

[More Reflections](#)

Today's readings are provided by Melbourne Catholic, a publication of the Communications Office of the Catholic Archdiocese of Melbourne.

			
<a href="#">Parish Calendar</a>	<a href="#">Newsletter - Weekly</a>	<a href="#">Magazine - Quarterly</a>	<a href="#">Spirit Extra!</a>
			
<a href="#">Parish Groups</a>	<a href="#">Parish Directory</a>	<a href="#">Links</a>	<a href="#">Next Alpha</a>



 **Holy Spirit Parish**  
RINGWOOD NORTH

**Address:** 120 Oban Road  
Ringwood North  
VIC 3134 AUSTRALIA  
03 9876 3077  
ringwoodnorth@cam.org.au

**Phone:**

**Email:**

The Archdiocese is committed to the safety, wellbeing and dignity of all children and vulnerable adults.

## FIRST READING

Isaiah 56.1, 6-7

*To my holy mountain I will bring the foreigners  
who join themselves to the Lord.*

A reading from the book of the prophet Isaiah.

**1** Thus says the Lord:

"Maintain justice, and do what is right,  
for soon my salvation will come,  
and my deliverance be revealed.

**6** "And the foreigners who join themselves to the Lord,  
to minister to him, to love the name of the Lord,  
and to be his servants,  
all who keep the sabbath, and do not profane it,  
and hold fast my covenant—

**7** these I will bring to my holy mountain,  
and make them joyful in my house of prayer;  
their burnt offerings and their sacrifices  
will be accepted on my altar;  
for my house shall be called a house of prayer  
for all peoples."

The word of the Lord.



## RESPONSORIAL PSALM

Psalm 67.1-2, 4-5, 6-7 (R.4-5)

**R.** O God, let all the nations praise you!

**1** May God be gracious to us and bless us  
and make his face to shine upon us,

**2** that your way may be known upon earth,  
your saving power among all nations. **R.**

**4** Let the nations be glad and sing for joy,  
for you judge the peoples with equity  
and guide the nations upon earth.

**5** Let the peoples praise you, O God;  
let all the peoples praise you. **R.**

**6** The earth has yielded its increase;  
God, our God, has blessed us.

**7** May God continue to bless us;  
let all the ends of the earth revere him. **R.**





## SECOND READING

Romans 11.13-15, 29-32

*God's gifts and calling to Israel are irrevocable.*

A reading from the letter of Paul to the Romans.

**13** Now I am speaking to you Gentiles.

Inasmuch then as I am an apostle to the Gentiles,  
I glorify my ministry

**14** in order to make my own people jealous,  
and thus save some of them.

**15** For if their rejection is the reconciliation of the world,  
what will their acceptance be but life from the dead!

**29** The gifts and the calling of God are irrevocable.

**30** Just as you were once disobedient to God  
but have now received mercy because of their disobedience,

**31** so they have now been disobedient  
in order that, by the mercy shown to you,  
they too may now receive mercy.

**32** For God has imprisoned all in disobedience  
so that he may be merciful to all.

The word of the Lord.

## GOSPEL ACCLAMAT I O N

Alleluia, Alleluia

Jesus preached the good news of the kingdom  
and healed all who were sick.

Alleluia

## G O S P E L

Matthew 15.21-28

*Woman, great is your faith!*

A reading from the holy gospel according to Matthew.

**21** Jesus went away to the district of Tyre and Sidon.

**22** A Canaanite woman from that region came out, and started shouting,  
"Have mercy on me, Lord, Son of David; my daughter is tormented by a demon."

**23** But he did not answer her at all.

And his disciples came and urged him, saying,  
"Send her away, for she keeps shouting after us."

**24** He answered,  
"I was sent only to the lost sheep of the house of Israel."

**25** But the woman came and knelt before him, saying,  
"Lord, help me."

**26** He answered, "It is not fair to take the children's food  
and throw it to the dogs."

**27** She said, "Yes, Lord, yet even the dogs eat the crumbs  
that fall from their masters' table."

**28** Then Jesus answered her,  
"Woman, great is your faith! Let it be done for you as you wish."  
And her daughter was healed instantly.  
The gospel of the Lord.



Reflection.

This is one of the rare occasions when we find Jesus in conversation with a woman who is not only a Gentile and a pagan but belongs to a nation noted for its traditional hostility to the Jewish people. Totally convinced that Jesus can be of assistance in a hopeless situation, the Canaanite woman comes forward, kneels at his feet and asks for her daughter to be cured. The disciples, embarrassed and unable to cope with her cry of desperation, want Jesus to send her away as quickly as possible. Nevertheless Jesus does not regard this as an obstacle. He puts her faith to the test and grants her request because she has shown more trust in him than his own people. This encounter between Christ and the Canaanite woman indicates that God has no favourites and nobody is excluded from his company. His message was not the exclusive property of the Jewish people but the good news to be shared among all peoples and nationalities. His whole mission is to break down barriers and to remove walls of division and prejudice.

This gospel confronts us with our own tendency to cause conflict by promoting exclusiveness. We might be biased against people simply because their political and religious outlook differs from our own. We fail to remember that no seats are reserved in heaven for any particular following. God does not discriminate but welcomes all who believe in him, who ask for his mercy and seek to do his will. In a community of faithful, everyone should be made welcome no matter how they may be dressed or how unattractive they may be. The good news is that everyone can call upon God in their need and receive his mercy because unlike us, he has time for everybody.

Be well and stay safe!- Fr. Arsenio



### **Prayers of Intercession**

*Dear Friends. Let us pray for the Church that we may truly be a sign of God's presence and a means for all people to come to deeper prayer and worship of God.*

We pray for the Church; may it respect different faith communities in the spirit of harmony and appreciation, nurturing confidence in the universal power of love.

**LORD HEAR US**

We pray for refugees and immigrants; that we may welcome the stranger into our communities and help them to become neighbours and friends.

**LORD HEAR US**

We pray for leaders of nations; may they work for peace through listening to those who are powerless and supporting programs that enable people of different backgrounds to work together for the common good.

**LORD HEAR US**

We pray for all who have helped to strengthen our faith, for parents, teachers and those who witness by the fidelity of their life; that they may continue to be examples of Christian life to all who encounter them.

**LORD HEAR US**

We pray for freedom from bias and prejudice; that we may open to the gifts of each person and work with all to build a just society.

**LORD HEAR US**

We pray for those who have died recently Fr Michael Wheeler and for those whose anniversaries of death occur at this time: Phil Meyer, Helen Gibb, John O'Leary, Joan Furness, Marie Rocke, Dorothy Osborne, Alan Nye, Marc Barro, Robert Deller Snr, Anthony North and John Burge. 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.**

