

# St Therese's Parish Essendon

8<sup>th</sup> & 9<sup>th</sup> August

Nineteenth Sunday in Ordinary Time Yr A



**First Reading** 1 Kgs 19:9.11-13 A reading from the first book of the Kings

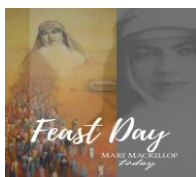
Go out and stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

**Gospel** Mt 14:22-33 A reading from the holy Gospel according to Matthew

Command me to come to you over the water.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'



**Today Sunday 8<sup>th</sup> August is the feast day of St Mary MacKillop, let us remember her through prayer. Father, through the inspiration of Saint Mary MacKillop help us to embrace and pioneer new ways of living the Gospel that respect and defend the human dignity of all in our land.**

Thanks for your continued communication and support. Fr John is pleased to know you are able to connect online with our [Parish virtual Masses](#) on Wednesday, Thursday, Friday and our weekend Mass. [www.stthereses.org.au](http://www.stthereses.org.au)

## INTERCESSIONS

8 & 9 August 2020

*God's help is near for those who fear him. Let us draw near to God who seeks us with outstretched hands.*

We pray for all those who enable the work of the Gospel to go on today, our Holy Father the Pope, our bishops and clergy, and all the lay people who work with them.

**Lord, hear us - Lord, hear our prayer**

We pray our community and for those overwhelmed by the storms of life. May we come together to overcome that challenges that Covid has placed before us.

**Lord, hear us - Lord, hear our prayer**

We pray that all nations stand in solidarity with the people of Lebanon and support our brothers and sisters as they face this tragic and painful moment. We pray Lebanon will, with the help of the international community, overcome the crisis the country is experiencing.

**Lord, hear us - Lord, hear our prayer**

For the people of Australia, that they will be inspired by St Mary MacKillop to work for a community of justice, compassion and dignity. **Lord, hear us - Lord hear our prayer**

We pray for the work of Catholic Care. May we continue to support them generously as they support families who have deep needs and a diversity of problems.

**Lord, hear us - Lord hear our prayer**

We pray for our own special intentions **Lord, hear us - Lord hear our prayer**

**We pray for those who are ill**, especially Jorge Arenivar, Jacinta Hyland, Marty O'Donnell, Lolita Fajardo, Marg Kovacs, Isabella Campo

**For those who have died recently**, Maureen McCormack, Diana Verdi, Giovanna Cerrone, Joanne Green

**For those whom we remember at this time**, especially Salvatore Di Benedetto, Bill and Millie O'Connor, Joan D'Arc Sapiano, Jessie Attard. Carmelo Salpietro, Paul Borg, Paul Vidal, Manuel Ciantar and Mark Sherlock

**Lord, hear us - Lord, hear our prayer**

*Faithful God, your outstretched hand commands the forces of your creation and calms the savage sea. Accept these prayers we offer today and walk beside us through every storm until we come to rest in you. We ask this in Jesus' name.*

**Amen**



### **God of all life...**

May your love and light shine in and through me today  
In a way that no mask can hide.

May my eyes dance with the laughter and joy  
Replacing my hidden smile.

May my actions of care and concern  
Speak louder than my muffled voice ever could.

And may the generosity of my heart  
Radiate out through who I am

And how I respond to the world around me  
So that others may not see my mask

But your image shining out  
Moving in and through me today.

Amen

Br Michael Herry fms

**Our Annual CatholicCare Appeal is this weekend.** With your help CatholicCare can continue to provide guidance and hope to some of the most disadvantaged and marginalized people in our community. 'Healthy families are the building blocks of a healthy society and a place where children learn to love, respect and interact with others.' Pope Francis. If you are able to donate to this appeal please visit [www.ccam.org.au](http://www.ccam.org.au) Thank you for your continued support.

The next six weeks will continue to be a challenging time in our community as we all play our part in reducing the transmission of COVID-19 in Victoria. CatholicCare encourage anyone seeking support to contact them.

*If you would like to find out more about our Emergency Relief and Counselling programs, visit [www.ccam.org.au/covid19response](http://www.ccam.org.au/covid19response)*

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### **News about the Plenary Council**

- The launch of the Plenary Council encouraged 220,000 people to speak out on much needed change in our Church.
- 26 Melbourne parishes came together and sent a joint statement to all the bishops and the executive of Catholic religious Australia.
- This group has established a website called [senseofthefaithful.org.au](http://senseofthefaithful.org.au) to facilitate discussions between parishes all over Australia.

The current delay of the Plenary Council process for 12 months allows more time to consider the written material that will be the basis of the Council discussions; however, there is some skepticism the delay will slow the momentum for change. Sense of Faithful invites you to add your name as a subscriber (no cost) at the bottom of the home page at [senseofthefaithful.org.au](http://senseofthefaithful.org.au) to receive the regular newsletter and to get involved in the conversations about the need for change in your Church.

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**Avemaria College Applications for Year 7 in 2022** close on Friday 9 October 2020. To book an online tour or to find out more visit [www.avemaria.vic.edu.au](http://www.avemaria.vic.edu.au)



**Next weekend is the Opening the Doors Foundation Appeal.** The Foundation addresses the severe educational disadvantage still being experienced by many Aboriginal and Torres Strait Islander families. The Foundation covers the extra costs associated with schooling, costs not otherwise funded from government or other educational funding sources, such as school uniforms, books, school camps and other school associated costs. In 2019, Opening The Doors Foundation supported the families of 815 students - an increase of 40 students since 2018, including 68 Year 12 students. More information about Opening the Doors can be found on their website.

**MENTAL HEALTH AND COVID19** It's normal to have ups and downs, and it is important to talk about how you're feeling with family and friends who are likely experiencing similar feelings. If you want to talk to someone else, there are lots of great support services available:

**Head to Health:** [click here for Head to Health](#)

**Lifeline:** [click here for Lifeline's COVID-19 Support](#) or phone 1300 651 251

**Beyond Blue:** [click here for Beyond Blue](#) or phone 1300 22 4636

**Kids Helpline:** [click here for Kids Helpline](#) or phone 1800 551 800

**Catholic Care:** Stay connected [www.ccam.org.au](http://www.ccam.org.au) Tel: 9287 5555



# PARISH LIFE IN ISO



***It's lemon season and many of our parishioners are busy baking, preserving and juicing to make use of bumper winter crops. When life gives you lemons make...***

## **ONE BOWL LEMON YOGHURT CAKE**

*This deliciously moist cake could not be easier. You're not going to use up a heap of lemons here, but you'll enjoy afternoon tea immensely.*

### **Ingredients**

1¾ cups sugar  
2 eggs  
½ tsp salt  
3 tsp lemon juice  
Rind of 2 lemons  
¾ cup oil  
1 cup natural yoghurt  
2 cups self-raising flour



### **Method**

In a bowl, mix rind, oil, eggs and sugar with a fork. Add remaining ingredients and combine well. Pour into greased ring tin and bake at 180C for 30 minutes. Leave to cool then turn out and dust with icing sugar.

## **PRESERVED LEMONS**

*A delicious ingredient in Middle Eastern cooking, preserved lemons will keep in the pantry for a year, and once opened, in the fridge for months.*

### **Ingredients**

250g course salt  
10 lemons  
1 bay leaf  
3 cloves  
1 cinnamon stick  
Extra lemon juice

### **Equipment**

Sterilised glass jars (wide-mouthed is easiest)  
Large plastic tub



### **Method**

Scrub lemons, dry and cut into quarters. Sprinkle bottom of jars with a little of your salt. Put lemons into the tub with the remaining salt and massage quite vigorously. You want them to soften just a bit. Push lemon quarters into jars with skin faced out. While you're pushing lemons in add pieces of cinnamon, bay leaf and cloves. You need to squish the lemons into the jars very firmly to release their juice. Once nearly filled, cover the lemons with the salt and juice from the tub. You might need to add some extra lemon juice. Wipe lip of jars with clean

cloth and seal tightly. Leave for one month in the pantry or other cool spot, and then the lemons are ready to use. Refrigerate once opened.

## **LIMONCELLO**

*This famous Italian liqueur is traditionally served chilled as an after-dinner digestive. You're only using the peel of lemons so any leftover lemons can be juiced to make lemonade for the kids.*

### **Ingredients**

1 litre of vodka (80 to 100 proof)  
8 lemons  
1 litre of water  
1 kg of sugar

### **Method**

Using a vegetable peeler, peel the lemons aiming for as little pith as possible. Place the peels in a large glass jar, add the vodka and seal the jar tightly. Store in a cool, dark place and leave to infuse for at least 4 days and for up to a month.

Once infused, strain the vodka to remove the peel. The finer the strain, the clearer the limoncello.

Combine the litre of water and the kilo of sugar in a heavy based saucepan and heat to make a sugar syrup.

Combine the vodka infusion and the sugar syrup and bottle your limoncello. If you'd like the liqueur to be less sweet you can add less sugar syrup.

Chill the limoncello in the fridge or freezer for at least four hours before drinking.

Limoncello can be kept in the fridge for up to a month or the freezer for up to a year.



## **LEMON BUTTER**

*Although lemon butter (or lemon curd) uses more eggs than it does lemons, this old fashioned favourite is still a worthy entry here.*

### **Ingredients**

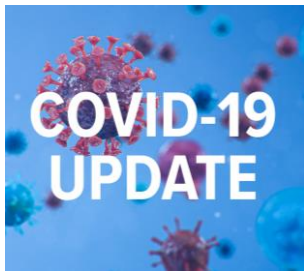
4 eggs  
¾ cup sugar  
½ cup lemon juice  
¼ cup water  
2 teaspoons grated lemon rind  
125g butter

### **Method**

Put beaten eggs and sugar in a heatproof bowl and stir until combined. Gradually add lemon juice and water, stir until combined. Add roughly chopped butter and lemon rind and place bowl over a saucepan of simmering water. Stir until mixture thickly coats the back of a spoon. Pour into hot, sterilised jars and seal. Store in the fridge



***Stories or recipes to share? We'd love to hear what you've been up to in ISO. Email [jac.radcliffe@cam.org.au](mailto:jac.radcliffe@cam.org.au) to contribute to Parish Life in ISO***



## Stage 4 Restrictions – Metropolitan Melbourne

Melburnians may not travel further than 5km from home unless they are a permitted worker or for permitted activities. All residents of Melbourne must work from home unless they are a permitted worker. A curfew is in place for Melbourne from 8pm to 5am. For the full details of Stage 4 restrictions you should visit the [DHHS website](#).

### WHAT STAGE 4 RESTRICTIONS MEAN FOR ST THERESE'S

**All places of worship including churches**, adoration chapels and other church buildings used for public prayer remain closed.

**WEDDINGS** are not permitted unless an application is made to the DHHS for an exemption on compassionate grounds. If permitted then only 5 people are allowed, comprising of the couple, the two witnesses and the celebrant.

**FUNERALS** are limited to 10 mourners plus the minimum number required to conduct the funeral.

**BAPTISMS** are postponed, unless there is a grave pastoral need.

**VISITATIONS** to homes are not permitted unless for grave reasons. Only Clergy (Priests and Deacons) may visit. Holy Communion is not to be given to anyone in their homes or care facilities, except as Viaticum for the dying.

**Mass celebrated by Fr John** on Wednesday, Thursday and Friday along with our weekend Mass will stay online.

### PACE REMAINS CLOSED

**PARISH OFFICE OPERATES REMOTELY** You can call us each weekday from 9am until 3pm via phone or send us an email. For those needing to speak to Fr John, appointments can be made over the phone or via email. Onsite meetings are not permitted.

**EMERGENCY AFTER HOURS** contact number for Fr John: 0490 956 610

**THE CATHOLIC ARCHDIOCESE OF MELBOURNE** provides regular pastoral updates on the COVID-19 situation on the CAM website: [www.cam.org.au](http://www.cam.org.au)

**ASSISTING ISOLATED PARISHIONERS** If you know of a parishioner, or if you are a parishioner who could use our help, please contact the office confidentially.



**Social Justice Sunday** will be celebrated on **30 August 2020** with the theme this year 'To Live Life to the Full: Mental health in Australia today'

### PARISH CONTACTS

**Parish Priest:** John Hannon [john.hannon@cam.org.au](mailto:john.hannon@cam.org.au)  
**Baptism – Pastoral Outreach:** Leanne Torr [leanne.torr@cam.org.au](mailto:leanne.torr@cam.org.au)  
**Business Manager:** Kathy Gilmour [essendon@cam.org.au](mailto:essendon@cam.org.au)  
**Function Manager:** Jac Radcliffe [jac.radcliffe@cam.org.au](mailto:jac.radcliffe@cam.org.au)  
**Bookkeeper:** Irene Fritsche [irene.fritsche@cam.org.au](mailto:irene.fritsche@cam.org.au)  
**Parish Leadership Team:** [essendon.plt@cam.org.au](mailto:essendon.plt@cam.org.au)  
**Child Safety Officer:** Olivia Metcalf [essendon.safeguarding@cam.org.au](mailto:essendon.safeguarding@cam.org.au)  
**Office opening hours - Monday to Friday** 9.00am – 3.30pm  
**Office Telephone:** 9401 6330 – after hours Fr John: 0490 956 610  
**Office email:** [essendon@cam.org.au](mailto:essendon@cam.org.au) Website: [www.stthereses.org.au](http://www.stthereses.org.au)  
**School email:** [principal@stessendon.catholic.edu.au](mailto:principal@stessendon.catholic.edu.au)  
**St Vincent de Paul helpline:** 1800 305 330 WEEKDAYS 10am–3pm  
**Tiny T's Playgroup:** [stthereses.tinyts@gmail.com](mailto:stthereses.tinyts@gmail.com)

**PLEASE NOTE NEW EMAIL ADDRESS FOR CHILD SAFETY OFFICER**  
[essendon.safeguarding@cam.org.au](mailto:essendon.safeguarding@cam.org.au)

# Jesus will help us



19th Sunday in Ordinary Time, Year A

## Gospel Mt 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

We can have faith that Jesus will always be there to help us in difficult times. Write a prayer asking God to help you when things get tough.

*Dear Lord,*

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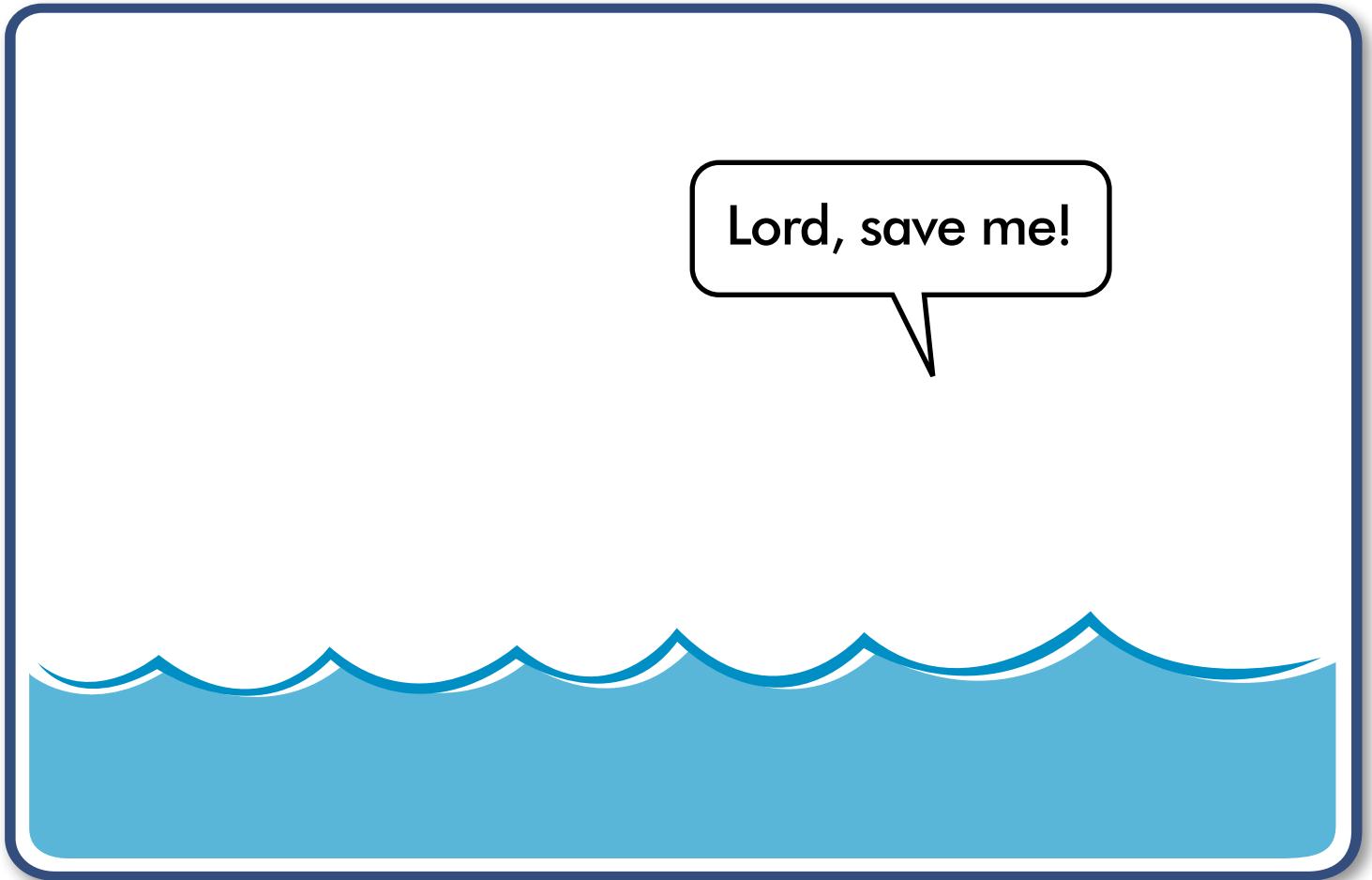
*Amen.*

Help Jesus find his way across the water and onto the boat.  
Be sure to pick up St Peter along the way!



# Jesus will help us

Draw Jesus walking on the water towards Peter. Draw Peter in the water calling out to Jesus for help.



Help Jesus find his way across the water and onto the boat. Be sure to pick up St Peter along the way!

