



# THE CARMELITE

**Parish of Port Melbourne and Middle Park**  
in the care of the Carmelites since 1882

*We acknowledge the Yalukit Willam Clan, the traditional owners and  
custodians of this land. We pay our respects to them.  
May we walk gently here.*

**14th Sunday of Ordinary Time**

**5 July 2020**

## *National Aboriginal and Torres Strait Islander Sunday*

My dear Parishioners and Friends,

### **COME TO ME ALL WHO LABOUR AND ARE OVERBURDENED (Matthew 11:25-30)**

Today's readings for the Mass are beautiful and heart-warming. We have the joyful proclamation to "Rejoice, heart and soul" from the prophet Zechariah (9:9-10) and Paul's affirmation that the spirit of the risen Jesus resides in us (Romans 8:9,11-13).

These are followed by the powerful blessing pronounced by Jesus about accepting things like children and putting our hope and trust in the Lord (Matthew 11:25-30).

Just about 2 weeks ago I had the privilege of meeting a young man who has expressed interest in becoming a Catholic. I won't name him but he is in his late 30's and spent sometime telling me about his extraordinary life so far. He has lived in the US and Mexico and practised as both a lawyer and financial broker before returning to Australia to care for his mother who went to the Lord in January this year.

It was fascinating to hear about a young man's dreams and hopes and one of the most insightful things I heard from him was the desire for his life to become simpler and more focussed. He spoke of a dream to invest in property in Mexico and to hand that land over to a charitable organisation to help people to allow people to farm there and have a more reliable income in what is a most poverty-stricken country. He also expressed the desire that his own life would become simpler away from the adversarial dramas of the legal world, and the cut-throat world of high finance. In other words, he wanted the security of a simpler way of living that helps create a better world for others.

What a wonderful dream! It reminded me of a poster I saw many, many years ago which is almost a new Beatitude: "Blessed are those who dream dreams and are

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**Both our Churches are fitted with a hearing induction loop. Please use the 'T' or other appropriate switch on your hearing aid. Please tell us if you experience any difficulty.**

## OUR PARISH

### Churches

St Joseph's  
cnr Rouse & Stokes Streets  
Port Melbourne

Our Lady of Mount Carmel  
cnr Richardson & Wright Streets  
Middle Park

### Sunday Masses

6.00pm (Sat) Mount Carmel  
9.00am Saint Joseph's  
10.30am Mount Carmel

### Reconciliation

after 9.00am Mass Saturday

### Carmelite Parish Office

274 Rouse Street  
Port Melbourne Vic 3207

Telephone 03 9681 9600  
Facsimile 03 9681 9608

After Hours Emergency  
0408 754 283

Email parish@sj-mc.org.au

Parish Website www.sj-mc.org.au

Carmelite Website  
www.carmelites.org.au

**Office Hours 9am-4pm  
Monday, Wednesday, Friday  
(CLOSED TUESDAYS & THURSDAYS)**

### Parish Priest

Fr Hugh Brown OCarm

### Parish Secretary

Anne Ierardo

### Pastoral Life Co-ordinator

Michael Murray

### Finance Officer

Shane Harrison

### Facilities Manager

Ken Chaffer

### Galilee Regional Catholic Primary School

Bank Street  
South Melbourne Vic 3205

Telephone 03 9699 2928  
Principal Simon Millar

## PARISH OFFICE

**The Carmelite Parish Office is now  
closed to the public.**

**The office is still functioning between 9.00am & 4.00pm  
on Monday, Wednesday, Thursday and Friday.**

**You can contact us by telephone:  
9681 9600**

**Email: parish@sj-mc.org.au or by checking our  
website on**

**www.sj-mc.org.au for further updates.**

**If you are in need of a priest urgently then please  
call 0408 754283.**

## WE REMEMBER

**If you would like someone remembered in our  
sick list, recently deceased or anniversaries,  
then please contact the parish office by email:  
parish@sj-mc.org.au or by phone 9681 9600.**

**Those who are sick or ill and in need of prayer:** Baby Luca,  
Paul Caghi - Cao, Kelly Edwards, Rose Fennell, Gary  
Finn, Maurice Fitzpatrick, Michael McGowan, Marino  
Mihocic, Sylvia Poliakova, Charles Portelli, Rafal Rafalski,  
Lucie Carmen Rodriguez, Lorraine Rohan, Keith Ryder,  
Helen Stanley, Jim Sullivan, Maureen Toohey, Troy  
Vincent, Julie Wain, Sr Barbara Walsh RSG, Jonathon  
Wil, Tami Yap.

**Those whose have died recently:** Mark Roy

**Those whose anniversaries of death occur about this  
time:** Carmelite, Domingo Soares Da Silva

### MEMORIAL PLAQUES

We are about to place an order for Plaques for the walls of our Memorial Gardens. The order will be lodged next week. If you would like a plaque in memory of deceased family members, then please contact Anne at the Parish Office - 9681 9600 or parish@sj-mc.org.au. Cost of a plaque is \$180.00, and they take approximately 6 -8 weeks to be delivered and placed on the wall.

## IN OUR PARISH

ready to pay the price to make them come true!" That sentiment has stayed with me throughout life and I only wish I had the courage to pay the price to make my dreams come true.

Well, perhaps that is possible! Here we are, all stuck in the midst of a pandemic that batters us from pillar to post with threat and anxiety, wondering what will happen next, and who we should avoid and who we should commune with. It's certainly a dilemma.

If there is anything that comes out of all this, perhaps it is the reality of a simpler world and a simpler way of life. I must confess that there are some things I've loved about this pandemic and some of them I'll share with you:

- Just sitting in my Priory office watching Marie tend the roses at St J's or watching the families that frolic around our gardens;
- Looking at the birds that populate the gum tree growing strongly near the back balcony of the Parish office: the wattle birds, the lorikeets, and, most marvellously, the honey eaters.
- To wonder where the bees go who forage for pollen in that same tree or to feed the magpies in the hope of self-preservation come August and September.
- Running into parishioners at Woollies or Coles and hear their tales of joy and misery but knowing that they are well or well enough.

## ARCHDIOCESE

**Archdiocesan Hotline for  
COVID-19**

*In light of changing advice and circumstances, please keep visiting this webpage: [www.cam.org.au](http://www.cam.org.au) for quick access to the latest news, information and resources. Should you require any further information specific to a parish concern relating to COVID-19 and the guidelines produced by the Archdiocese, please contact the newly established service desk for our Priests and Parishes:*

**Phone: 9926 2469**

**Email: [covid-19@cam.org.au](mailto:covid-19@cam.org.au)**

*This phone line and email will be monitored Monday to Friday, 8am-6pm, by Archdiocesan staff.*

## THANK YOU

**We understand that these are very unusual circumstances and difficult times for many people both emotionally and financially.**

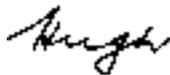
**Thank you to our parishioners who have been continuing to send in their thanksgiving envelopes. If you would like to continue supporting our parish you might like to consider changing your contributions to EFT, direct debit or credit card deductions. Please contact the parish office to organise this.**

- Praying for the people who have been having a very rough time and knowing in my heart that, despite it all, "all will be well, and all manner of things will be well".
- Trying to relearn Greek and Hebrew after an interval of 40 years and finding that the brain has atrophied and now I can't tell the difference between "alpha" and "aleph".
- Watching a Netflix program about a family of Haredi Jews living in Jerusalem with the unpronounceable name of "Shtisel" that is not filled with violence, bad language or sex.
- Listening to ABC Classics and dreaming that one day I could play the piano like Lang Lang but knowing that my piano playing is actually worse than the hunt and peck style I use for typing.

What are the simple things in your life that fill you with delight and a sense of wonder? What brings you peace and a sense that, beyond it all, only God counts?

Write your own list and know that it is through the things that delight us like children that God speaks so tenderly. Also, that everything can be given over to the Lord and he "will give us rest".

Sabbat Shalom!



*by Angela Cox*

### **Beethoven**

The music. It's the thing that attracted me most to Mass at OLMC and one of the things that I have been missing most since the COVID-19 restrictions began in March, especially my number one favourite: the Gloria being sung to heavenly heights.

But as they say, nature abhors a vacuum. During the past three months, the musical void in my life has been filled by ABC Classic FM, as I always have this radio program on at home.

Beethoven. He's certainly the favourite of ABC Classic FM in 2020. This year marks the 250th birthday of the great German composer and ABC Classic has been obsessed with celebrating it. Particularly in April and May, the day and night programs were packed with Beethoven music, Beethoven stories, Beethoven meditations to encourage listeners to online vote for their Beethoven favourite works to culminate in the top 100 to be played over the June long weekend.

Now being a relative newcomer to classical music, I have been absorbing my Beethoven education like an enthusiastic Grade One student. As with many aspects of the pandemic, this Beethoven intensive has triggered an introspective on the relevance of the master and his music to our lives today.

First, Beethoven was officially one of us. He was baptised as a Catholic in Bonn, Germany, on 17 December 1770, which is taken to be his birth date in accordance with the customs of the day (Germany was then a part of the Holy Roman Empire).

Second, to understate state the obvious, Beethoven utilised his God-given creative gifts to the utmost, so as to re-gift to an astonishing legacy of beautiful music that the world continues to enjoy. From the age of twelve until his death at the age of 56, he composed a total of 722 works that transformed music and the arts in a myriad of ways. In the 200 years since his death, his music is still played in concert halls, featured in films, and used to mark major events. Symphony Number 5, Moonlight Sonata and the Eroica symphony are a few of his most famous works.

Third, and this is what I find most relatable about Beethoven's story, is that he had to fight some nasty demons to make said music. Here are just a few of the 'lesser' demons:

- During his childhood, Beethoven's father, Johann, an alcoholic court singer used to beat him, deprive him of sleep, and locking him in the cellar to force him to learn to play the clavier and violin so he could show him off in public as a child protégé.
- At school, he struggled with maths and spelling and was later thought to have dyslexia.

- Four of his brothers died at childbirth and their mother died when Beethoven was only seventeen years old.
- Throughout his life, Beethoven was nearly always sick: tuberculosis, typhoid, rheumatism. Whatever was going around, he got it.
- He was not the most handsome fellow, nor the most socially-skilled, so never married and feuded with just about everyone he knew. Unsurprisingly, he was often miserable and lonely.

These 'lesser' demons were evil, but the big demon in Beethoven's life, as many of you would know, was his deafness. It reared its ugly head in his late twenties, just as his career as a piano virtuoso and composer in Vienna was surging. At first Beethoven tried to hide his disability, but his hearing deteriorated to the point that he could no longer perform. He became reclusive and very depressed.

In a note written in 1802, Beethoven revealed how close this demon came to defeating him, but also the force that allowed him to defeat it:

***'I would have ended my life — it was only my art that held me back. Ah, it seemed impossible to leave the world until I had brought forth all that I felt was within me.'***

Over the next ten years, while his deafness worsened, Beethoven's determination to 'bring forth' all the God-given creativity in him allowed him to compose at a furious pace. He wrote an opera (Fidelio), six symphonies, four solo concerti, five string quartets, thirteen sonatas (including the famous Moonlight Sonata), five sets of piano variations, four overtures, four trios, two sextets and 72 songs. To compensate for his deafness, he sketched and imagined music to help him write the music. The musical historians call this decade of Beethoven's life, his 'heroic' period. I call it a 'miracle', or as the weekly Carmelite newsletter likes to remind us from John 1:5:

***'The light shines in the darkness, a light that darkness cannot empower.'***

This victorious light in Beethoven continued to overcome the darkness. In the last ten years of his life, he was almost completely deaf but he kept on composing, albeit at a slower pace. In this period, he composed some of his most famous works. In 1824, he completed his ninth and final symphony, the 'Ode to Joy' chorus, which, according to the ABC website, reflected his 'preoccupation with the concepts of a loving God and the connectedness of humankind'.

It is no wonder that the 'Ode to Joy' was the listening public's number one favourite in the ABC Classic 100 Beethoven Countdown. In these challenging times, this uplifting piece and the life story of its creator are much-needed reminders of the victory of the light over the darkness.

Yet now that the excitement of the Countdown is over and ABC Classic FM programming has returned to a less Beethoven-centric normal, I am very much looking forward to the parish's resumption of Mass, and to hearing my OLMC choral number one and other favourites.

## REFLECTION ON THIS WEEK'S READINGS

Before I said my first Mass an old priest gave me two great pieces of advice.

'You know when the congregation is filled with optimists. After a long series of announcements at the end of Mass and then you say, "and finally..." people take out their car keys!'

The second was, 'Never underestimate the burdens people bring with them into the church. Often we have little idea of the difficulties and pain our parishioners will be carrying.'

I have no idea what you have brought with you to Mass today. I can only imagine the anxiety and burden some of you are carrying. Whatever it is, Jesus invites you to let go of it, if only for a while, and be at peace.

Now all this 'come and rest a while' talk can be very pious and not sound all that in touch with reality.

Today's Gospel, however, came from the community of the Apostle Matthew and was written in Jerusalem about 45 years after Jesus' death. We know that this community experienced intense suffering and heavy burdens.

They had been expelled from the Synagogue and were being martyred for their faith in Jesus Christ.

No wonder they held so strongly to the words, 'Come to me all you who are weary and heavy burdened and I will give you rest.' And they found consolation in Jesus' example, 'take my yoke upon you and learn from me for I am gentle and humble in heart.'

Since the first century, however, Christianity has been guilty of trying to spiritually wallpaper over some tough realities rather than preaching that God is our companion in facing up to whatever our reality is and dealing with it.

Our faith is not about praying away our problems or fears and wishing it were otherwise. Our faith means we have experienced the love of God in Jesus Christ so that we never carry our burdens alone. God is our companion and guide and this parish Community, as with every Christian community, is called to be the sort of place where we carry each other's burdens and rest with each other awhile.

What we celebrate here each Sunday is that God will have the last word, a just, joyous, loving and peaceful word, in this world and when we enter our final rest.

Jesus didn't come to us as a divine magician, waving a wand over our problems to wipe away all our tears. Rather, he accompanies us so he can show us that the gift of peace and a release from our life's burdens is often found in having the perspective for exercising the gift of right judgment. Making the best possible choices leads to the alleviation of our pain and difficulties.

This type of spiritual sanity reminds me of the story of the nun who was teaching the communion class, and drew an analogy about how food is essential to life. She asked the class,

'What's small and furry and eats nuts?'  
To which there was bemused silence.  
So Sister tried again.  
'What's small and furry and eats nuts?'

There was now stony silence. Sister then picked out Billy and asked him for the answer. After several awkward moments, Billy tentatively replied,

'Sister, I know the answer is supposed to be Jesus, because the answer to all your questions is always Jesus but, I have to tell you, it sounds like a bloody squirrel to me.'

Sometimes the answer is not simply 'Jesus'. As we all know, for some of our difficulties, there is no spiritual quick fix. There is no cheap grace. The answer is not simply Jesus.

In confronting issues, however, it is necessary for spiritual and mental health to take time out, to be as gentle with ourselves as possible, to know that the burden of life is shared so that we can make the decisions that will ease the situation.

I don't underestimate the burdens some of you have walked into this church with today. Whatever burden you may have brought with you, may you know a moment's rest, the companionship of fellow travellers and the gift of Christ's peace.

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## READINGS FOR THIS WEEKEND

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### FIRST READING

#### *Zechariah 9:9-10*

The Lord says this:

'Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!  
See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.'

RESPONSORIAL PSALM:      PSALM 144:      I WILL PRAISE YOUR NAME FOREVER

**Response:**      ***I will praise your name for ever,  
my king and my God.***

I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever.

**Response**

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

**Response**

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God.

**Response**

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down.

**Response**

## SECOND READING

### *Romans 8:9.11-13*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

## GOSPEL

### *Matthew 11:25-30*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me

by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'



## PRAYERS OF INTERCESSION

**Sisters and Brothers, let us pray for the needs of our world, especially the needs of Aboriginal and Torres Strait Islander Peoples during this challenging time.**

We pray for Pope Francis,  
our Bishops and all the clergy, religious and laity.  
May they be faithful to Christ's teaching of truth, justice and peace.  
Lord, hear us.  
**Lord, hear our prayer.**

We pray for Aboriginal and Torres Strait Islander Peoples.  
That all will recognize the Creator Spirit in their culture and the cultures of all newcomers which will allow all Australians to live fully,  
grow strong and be proud of their heritage.  
Lord, hear us.  
**Lord, hear our prayer.**

We pray for all families,  
Communities and Nations that are struggling  
with the Coronavirus and restrictions.  
That the Holy Spirit will bring comfort and that they may feel  
the blessing of God's love for them.  
Lord, hear us.  
**Lord, hear our prayer.**

We pray for all young people,  
particularly in Aboriginal and Torres Strait Islander Communities.  
That the Holy Spirit,  
and the Blessed Virgin Mary will walk with them  
and touch their lives as they make their contribution to God,  
the Church and society.  
Lord, hear us.

**Lord, hear our prayer.**

We pray for our First Nations Christians.  
That they be empowered to take up leadership roles  
to enable them to share their gifts of faith,  
spirituality and culture within the Catholic  
Church in Australia.  
Lord, hear us.

**Lord, hear our prayer.**

We pray for all who seek to promote peace in the world.  
That the gifts of the Holy Spirit will foster a spirit of forgiveness  
and harmony in our communities.  
Lord, hear us.

**Lord, hear our prayer.**

We pray for all who have passed from this life.  
That they will rest peacefully in God's loving care.  
Lord, hear us.

**Lord, hear our prayer.**

**Lord of heaven and earth, gathered in faith and in response to your Word  
we ask you to accept the prayers we make,  
through Jesus Christ, our Lord.  
Amen.**

**THE CATHOLIC PARISH OF PORT MELBOURNE AND MIDDLE PARK  
IS COMMITTED TO PROVIDING A SAFE AND NURTURING CULTURE  
FOR ALL CHILDREN AND YOUNG PEOPLE IN OUR PARISH.**