



THE CARMELITE

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

We acknowledge the Yaluk-ut Weelam Clan, the traditional owners and custodians of this land. We pay our respects to them. May we walk gently here.

THIRD SUNDAY OF ADVENT - 17 December 2023

Dear sisters and brothers,

Today has traditionally been known as *Gaudete* Sunday. *Gaudete* is the Latin word for *Rejoice*. The Church’s Liturgy offers us this celebration more-or-less in the middle of our Advent journey. We have heard John the Baptist’s message of repentance and conversion to prepare a “way” for the Lord, both in the everyday circumstances of our lives and as we await his Second Coming in the fullness of time – and we hear it again in today’s Gospel. In the midst of this call, however, we are reminded not to be gloomy but to *Be happy* (as today’s translation of our Second Reading from St Paul’s 1st Letter to the Thessalonians puts it) – to *Rejoice!*

To symbolize this focus of today’s Liturgy, we light the *pink* candle on the Advent wreath and, where possible, the Celebrant wears *pink* (or *rose*) coloured vestments. This “joyful” colour contrasts with the purple of the other candles and the usual vestments – a colour traditionally symbolizing penance and repentance.

The reminder to ‘be happy’, to ‘rejoice’ in the midst of living with our own and other’s imperfections is a reminder to have a sense of perspective in our lives. Things are a long way from perfect in our lives and in our world, but we are nonetheless graced with the power, the Spirit, of Jesus in our lives. This enables and empowers us to be people of hope – that in the fullness of time God’s kingdom of love and peace and joy will prevail. Our hope also enables and empowers us to keep on doing what we can to give witness to God’s kingdom by how we live our lives and relate to our world.

As we give thanks for the gift of God-with-us (*Emmanuel*), which we especially celebrate when we commemorate his birth among us in a stable at Bethlehem, we pray that our sense of this gift will help us to be fundamentally people of *Joy*, even as we struggle with the difficulties that confront us in our personal lives and in our world.

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Continued on page 4

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

5.00pm (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

After Hours Phone Number
0419 136 030

Email parish@sj-mc.org.au

Parish Website www.sj-mc.org.au

Carmelite Website

www.carmelites.org.au

Office Hours:

Tuesday - 9am - 4pm

Wednesday - 9am-4pm

Friday - 9am-12pm

(CLOSED MONDAYS & THURSDAYS)

Parish Priest

Fr Paul Cahill, OCarm

Parish Secretary

Cathy Garbellini

Pastoral Assistant

Kelly McEnhill

Business Finance Manager

Mark Zanon

Sacramental Co-Ordinator

Baptism - Angela Cox

First Reconciliation - Angela Cox

First Eucharist - Aimee Nguyen

Confirmation - Sally Diserio

Safeguarding Officer

Frances Correa

Facilities Manager

Dave Fletcher

Galilee Regional Catholic Primary School

Bank Street, South Melbourne 3205

Telephone 03 9699 2928

THIS WEEK

Monday 18 December

9.00am Mass, St Joseph's

Tuesday 19 December

9.00am Mass, Mt Carmel

Wednesday 20 December

9.00am Mass, St Joseph's

Thursday 21 December

9.00am Mass, Mt Carmel

Friday 22 December

9.00am Mass, St Joseph's

Saturday 23 December

9.00am Mass, Mt Carmel

5.00pm Mass, Mt Carmel

Sunday 24 December

9.00am Mass, St Joseph's

10.30am Mass, Mt Carmel

WE REMEMBER

Those who are sick or ill and in need of prayer: Victor Acciarito, Deepa Ariff, Lawrence Bassett, Grace Callaghan, Mary Hong Cao, Mary Tam Cao, Shawn Ceasar, Robert Chaminda, Mrs Chan, Josephine Clayton, Paul Cox, Daphnie Cramer, Grace Cumming, Mary Dalli, Michael De Nittis, Maureen Dickason, Leonie Dimes, Bernadette Falckh, Gigi Falk, Lyn Falk, Maria Fatima, Rebecca Fernando, Tony Fernandez, Father Des Fitzgerald CSSR, Jill Foster, Gus Gleason, Amelia Grace, Evelyn Greach, Brendan Gurry, Michael Gurry, George Grzyb, Nova Hack, Christine Hall, Shawn Handricks, Portia Hendrick, Carol Higginson, Jason Ho, Marija Jelinic, Sr Martin Jones, Mary Loc, Christine Lyell, Maria Teresa Marques, Robert Masquiren, Ian McLachlan, Sean McPhee, Sharon Beverly Mendes, Marta Menjivar, Baby Alba Middleton, Sam Neill, Mary Nguyen-Loc, Mary Paradise, Dan Quickley, Helen Quickley, Rafal Rafalski, Daphnie Rasika, Shawn Raymond, Jill Ridge, Michael Risteviski, Keith Ryder, Chris Silkok, Ailbe Sheehy, Sash Somerset Beauverie, Dorothea Spencer, Jim Sullivan, Danielle Szeto, Angela Trigar & Tami Yap.

Those who have died recently: Kevin Jackson

Those whose anniversaries of death occur about this time:

Elva Butler, Catherine Firth, Carmel Leonard, Catherine Myles O'Brien, Emma Williams and Carmelites Bernard Payne & Peter Byrth.

IN OUR PARISH

Food Cupboard for 2023 is closed

REOPENS for 2024 on

Friday 2 February, 2024. 10am - 11:30am.

Thankyou for your donations this year.
We will be collecting donations again in February 2024.
Also, thankyou to Joan & her volunteers for all their efforts this year.

VINNIES CHRISTMAS HAMPERS

Last weekend the Vinnies Volunteers packed and distributed Christmas Hampers to the needy in our community.

This year Albert Park Primary school collected donations and presented them in boxes they had hand decorated. Great work Vinnies volunteers, as well as the families and staff at Albert Park Primary School !



23/24 December 2023

4TH SUNDAY OF ADVENT

5.00pm Mount Carmel (Vigil)

Commentator: Abramo Ierardo

Reader: Pat Mount

Offertory: Kathy Mount

Communion: Kathy Mount

Music: Kelly McEnhill

9.00am St Joseph's

Commentator: Rob Lever

Reader: Tris Tanumihardjo

Offertory: Frances Correa

Communion: Cathy Garbellini

Counters: Brian Rochford & Jane Dee

Music: Joan Cusack

10.30am Mount Carmel

Commentator: Angela Cox

Reader: Mary Brady

Offertory: Sr Reba Woodwiss

Communion: Sr Reba Woodwiss

Music: Kelly McEnhill

Hospitality: Margaret Blades

Communion to the Sick:

Sr Mary Brady: 24-30 Dec 2023

THANK YOU

for your generosity last weekend

Parish Stewardship Offerings

Envelopes	\$ 595.00
Credit Card	\$ 630.00
Direct Credit	\$ 635.00
Loose Plate	\$ 1,059.30
Tap & Go	\$ 445.00
Quarterly	\$ 1,000.00
Total	\$4,364.30

BSB: 083-347

Account No: 58 216 8515

Name: Port Melb / Middle Park Parish

Parish Website: www.sj-mc.org.

au using **DONATE** button on

Homepage.

Distribution of Christmas Cards

Thank you to all who assisted with the distribution of Christmas Cards to our neighbours in Postcodes 3206 & 3207 (our parish). I have heard some positive feedback to this gesture from people who aren't among our regular parishioners, so that is heartening. We pray that we may be effective witnesses to the Christmas spirit, bringing some peace and joy to our neighbourhood.

Nativity Pageant

Our **5pm Family Mass on Christmas Eve** will again offer an opportunity for children and young people to be involved in a Nativity Pageant during Mass and the proclamation of the Commentary, Readings and Prayers of the Faithful. Members of your family, friends and the wider community are most welcome to participate. If any of them wish to do so, please register their names and contact details with Cathy at the Parish Office (Cathy@sj-mc.org.au or 9681 9600) by **Tuesday 19th December**. Any children wishing to be involved will also need to attend a **short rehearsal at Our Lady of Mount Carmel Church at 2pm on Saturday 23rd December**.

Blessings for the week ahead.



PRAYER FOR PEACE IN THE MIDDLE EAST



Lord Jesus Christ,

The Holy Land is once again struck by violence, hatred, and death.

Lord look with mercy upon the land that was your earthly home.

Receive the deceased into your presence.

Comfort those who mourn, are wounded, or forced to flee.

Be close to all who are full of fear and despair.

You are peace and the light of the nations, put an end to the spiral of terror and suffering in the Holy land and the whole Middle East.

Let peace and justice flourish at the holy sites.

You are our refuge. Let the people be safe in your Love.

Have mercy on us and on our time. **Amen.**

THE GIVING TREE - CHRISTMAS IN EAST TIMOR



The 'Giving Tree' is in the churches this weekend.

Please collect your envelope, fill in the Christmas Card and place it on the tree.

Please leave the donation in the envelope provided, in the basket under the tree. Money will be collected after each Mass.

Alternatively, you can donate online using the **DONATE** button on the **HOME PAGE** of the Parish website (<https://sj-mc.org.au>). The **DONATE** button is located under the Parish Newsletter. Select **GIVING TREE** for the donation and complete your details.

Your money will be sent directly to the Carmelites in East Timor who will purchase the gifts on your behalf.

Below is a list of the gifts and their purchase price.

- \$ 5 1 recorder for music lessons at a primary school
- \$ 8 1 box of pencils or pens for a primary school
- \$ 10 1 box of maths triangle rulers for a primary school
- \$ 14 1 harmonica for music lessons at a primary school
- \$ 20 1 pair of new shoes for a boarding house student
- \$ 20 1 ream of A4 paper for the teachers at a primary school
- \$ 40 1 soccer ball for a primary school
- \$ 40 1 small drum for music lessons at a primary school
- \$ 40 1 balance kit for maths measurement activities at a primary school
- \$ 40 1 month of nutritious meals for 1 boarding house student
- \$ 60 1 month subsidy payment for a volunteer teacher
- \$ 60 12 months of school fees for a boarding house student in Year 7
- \$ 70 1 month living costs covered for a scholarship student at university
- \$ 100 5 new dictionaries for a high school classroom
- \$ 150 1 class set of clocks for maths classes at a primary school

Thankyou for supporting our Community in East Timor.



**PORT MELBOURNE/MIDDLE PARK
PARISH**

CHRISTMAS 2023

Christmas Eve - Sunday 24 Dec 2023	Family Mass	Mt Carmel 5.00pm
	Mass	St Joseph's 7.00pm
Christmas Day - Monday 25 Dec 2023	Mass	St Joseph's 9.00am
	Mass	Mt Carmel 10.30am
New Year's Day Monday 1 Jan 2024	Mass	St Joseph's 9.00am
	Mass	Mt Carmel 9.00am

**There will be NO WEEKDAY masses from
Tuesday 26 December - Saturday 30 December 2023
inclusive.**

The Parish Office will:
CLOSE on Friday 22 December 2023, 12.00pm
REOPEN on Tuesday 23 January 2023, 9.00am.

For emergencies, please call Father Paul Cahill on 0419 136 030

Parish Email: parish@sj-mc.org.au
Parish website: www.sj-mc.org.au

REFLECTION

Rejoice!

Today is Gaudete Sunday. The name comes from the first word of the Entrance Antiphon in Latin, which means, 'Rejoice'. The full text of the antiphon is: Rejoice in the Lord always, again I say, rejoice! Indeed, the Lord is near.

That is what we are rejoicing in: God's nearness to us. We recognise that nearness in the presence of Jesus, born so long ago, and his continuing presence through the Holy Spirit in our lives now. We rejoice that God has always been with us, whether we realised it or not. God has never left us.

Advent is very much about a fresh discovery of God's presence and grace in our lives, in our own moment of history.

This is what we are celebrating on Christmas Day, too. Christ is God's great present to the human family. Christmas celebrates not only the birth of Jesus in one moment of human history, but his continual birth in us so that he may be present in every moment of human history.

As we wait for the final coming of Jesus we, like John the Baptist, are called to be witnesses to the Light. We do that best by taking up the mission of the prophet in the first reading, just as Jesus did. The Lord has anointed us to bring Good News to the poor, to bind up hearts that are broken, to proclaim liberty to captives, freedom to those in prison and a year of favour from the Lord. God trusts us to do that. We have been commissioned by the Church through our Baptism to do that.

Our faith in (that is, living relationship with) Christ is meant to be lived openly, generously and graciously, at the service of our brothers and sisters in the world by being the living presence of Jesus in our day and age.

OUR LITURGY

10:30am Mass Only - LIVE MUSIC MASS

ALL THE MUSIC FOR THE 10:30AM MASS WILL BE ON A SEPARATE SHEET.

PROCESSIONAL HYMN: : PREPARE THE WAY

PAUL GUERR

There was a man of God whose name was John.
He came to speak for the light.
The voice of one in the wilderness:
"Prepare the way of the Lord."

Refrain: **Prepare the way of the Lord.**
 Prepare the way of the Lord.
 Prepare the way of the Lord.
 Prepare the way of the Lord.
Repeat after last verse.

Mountains and hills shall be brought to the ground,
the winding paths be straightened
and all mankind shall see his face;
prepare the way of the Lord. **Refrain**

He's the lamb of God and you must follow him
who takes the sin of the world,
for he has come to bring you life.
Prepare the way of the Lord. **Refrain**

LIGHTING OF THE THIRD ADVENT CANDLE



Cel: My sisters and brothers,
this rose coloured candle we light today
reflects the joyful anticipation we feel
knowing that the eternal Word of the Father's love,
is on his way to save us.

Cel: Lord Jesus Christ,
All: **speak your word afresh in our hearts.**

Cel: In suffering and pain, in sorrow and distress:
All: **speak your Good News and bind up broken hearts with your peace.**

Cel: In injustice and fear, in whatever holds us bound:
All: **speak liberty and freedom.**

Cel: When we doubt the Father's love for us
All: **proclaim again the Lord's year of favour.**

Cel: May this candle remind us of your presence.
Nourished by your Word in this circle of light
strengthen us to be prophets of hope and good news
for our world.

FIRST READING

Isaiah 61:1-2. 10-11

The spirit of the Lord has been given to me,
for the Lord has anointed me.
He has sent me to bring good news to the poor,
to bind up hearts that are broken;
to proclaim liberty to captives,
freedom to those in prison;
to proclaim a year of favour from the Lord.
'I exult for joy in the Lord,
my soul rejoices in my God,
for he has clothed me in the garments of salvation,
he has wrapped me in the cloak of integrity,
like a bridegroom wearing his wreath,
like a bride adorned in her jewels.
'For as the earth makes fresh things grow,
as a garden makes seeds spring up,
so will the Lord make both integrity and praise
spring up in the sight of the nations.'

RESPONSORIAL PSALM

LUKE 1 - MY SOUL REJOICES IN MY GOD

Response: My soul rejoices, rejoices in my God.

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Saviour,
for he has looked upon his lowly servant.
From this day all generations will call me blessed.

Response

The Almighty has done great things for me,
and holy, holy is his Name.
He has mercy on those who fear him
in every generation.

Response

He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy.

Response

SECOND READING

1 Thessalonians 5:16-24

Be happy at all times; pray constantly; and for all things give thanks to God,
because this is what God expects you to do in Christ Jesus.

Never try to suppress the Spirit or treat the gift of prophecy with contempt; think
before you do anything – hold on to what is good and avoid every form of evil.

May the God of peace make you perfect and holy; and may you all be kept safe
and blameless, spirit, soul and body, for the coming of our Lord Jesus Christ.
God has called you and he will not fail you.

GOSPEL ACCLAMATION



Richard Proulx, 1937-2010
Adapt. by Michael O'Connor, O.P.
Music © 2010, 2011, WLP



John 1:6-8. 19-28

A man came, sent by God.
 His name was John.
 He came as a witness,
 as a witness to speak for the light,
 so that everyone might believe through him.
 He was not the light,
 only a witness to speak for the light.

This is how John appeared as a witness. When the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' he not only declared, but he declared quite openly, 'I am not the Christ.' 'Well then,' they asked, 'are you Elijah?' 'I am not,' he said. 'Are you the Prophet?' He answered, 'No.' So they said to him, 'Who are you? We must take back an answer to those who sent us. What have you to say about yourself?' So John said, 'I am, as Isaiah prophesied:

a voice that cries in the wilderness:
 Make a straight way for the Lord.'


Now these men had been sent by the Pharisees, and they put this further question to him, 'Why are you baptising if you are not the Christ, and not Elijah, and not the prophet?' John replied, 'I baptise with water; but there stands among you – unknown to you – the one who is coming after me; and I am not fit to undo his sandal-strap.' This happened at Bethany, on the far side of the Jordan, where John was baptising.

I believe in God, the Father almighty,
 creator of heaven and earth, and in Jesus Christ,
 his only Son, our Lord,
 who was conceived by the Holy Spirit,
 born of the Virgin Mary,
 suffered under Pontius Pilate,
 was crucified, died and was buried;
 he descended into hell;
 on the third day he rose again from the dead;
 he ascended into heaven,
 and is seated at the right hand of God the Father almighty;
 from there he will come to judge the living and the dead.
 I believe in the Holy Spirit, the holy catholic Church,
 the communion of saints, the forgiveness of sins,
 the resurrection of the body, and life everlasting. Amen.

OFFERTORY - HOSEA (COME BACK TO ME)


Gregory Norbet

VERSES




1. Come back to me with all your heart. Don't let
 1. Trees do bend, though straight and tall; So must
 2. The wil-der-ness will lead you to your
 2. In - ter - ri - ty and jus - tice with ten - der-
 3. You shall sleep se - cure with peace, faith - ful -

REFRAIN



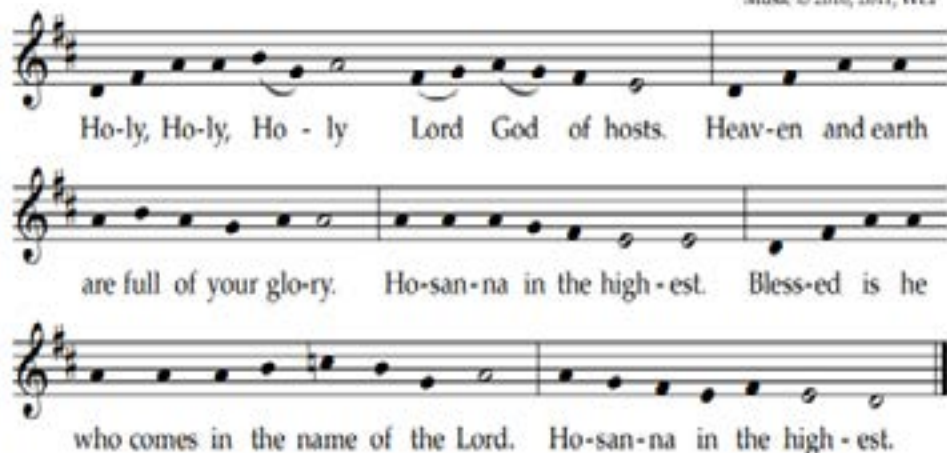
1. fear keep us a - part
 1. we to oth - ers call
 2. heart where I will speak Long have I wait-ed for your
 2. ness you shall know
 3. ness will be your joy



com - ing home to me and liv - ing deep - ly our new life.

HOLY

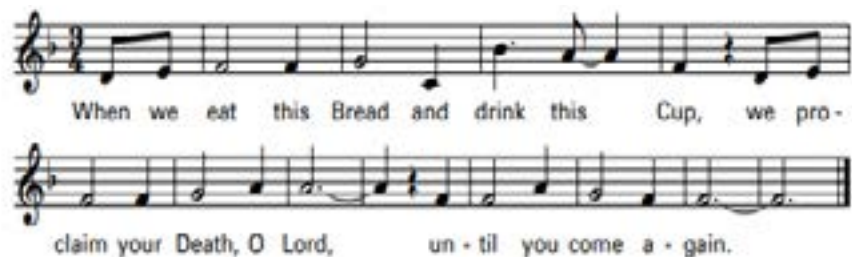
Richard Proulx, 1937-2010
 Adapt. by Michael O'Connor, O.P.
 Music © 2010, 2011, WLP



Ho-ly, Ho-ly, Ho - ly Lord God of hosts. Heav-en and earth
 are full of your glo-ry. Ho-san-na in the high - est. Bless-ed is he
 who comes in the name of the Lord. Ho-san-na in the high - est.

MEMORIAL ACCLAMATION

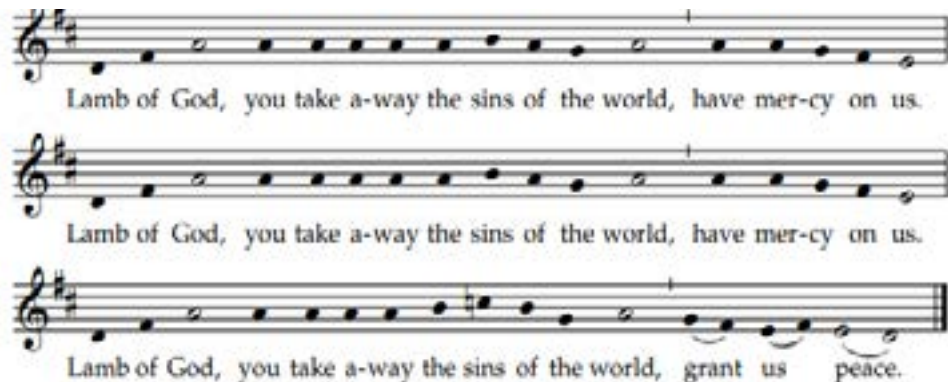
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When we eat this Bread and drink this Cup, we pro-
 claim your Death, O Lord, un - til you come a - gain.

LAMB OF GOD

Richard Proulx, 1937-2010
 Adapt. by Michael O'Connor, O.P.
 Music © 2010, 2011, WLP



Lamb of God, you take a-way the sins of the world, have mer-cy on us.
 Lamb of God, you take a-way the sins of the world, have mer-cy on us.
 Lamb of God, you take a-way the sins of the world, grant us peace.

Cel: Behold the Lamb of God.
 Behold him who takes away the sins of the World.
 Blessed are those called to the supper of the Lamb.

All: Lord I am not worthy that you should enter under my roof,
 but only say the word and my soul shall be healed.

COMMUNION HYMN - LIKE A SHEPHERD

VERSE I



REFRAIN *Tranquil and slow* John Foley
 One bread, one bod-y, one Lord of all,
 one cup of bless-ing which we bless. And we, though
 man-y, through-out the earth, we are one bod - y in this

Fin. VERSES *Slightly faster with excitement*
 one Lord. 1. Gen - tile or Jew, ser - vant or
 2. Man - y the gifts, man - y the
 3. Grain for the fields, scat-tered and

mp to Refrain
 1. free, wo - man or man, no more.
 2. works, one in the Lord of all.
 3. grown, gath - ered to one, for all.

RECESSIONAL HYMN: SOON AND VERY SOON

Soon and very soon,
We are going to see the King,
Soon and very soon,
We are going to see the King.
Soon and very soon,
We are going to see the King,
Hallelujah, hallelujah,
We are going to see the King.

No more crying there,
We are going to see the King,
No more crying there,
We are going to see the King.
No more crying there,
We are going to see the King,
Hallelujah, Hallelujah,
We are going to see the King.

No more dying there,
We are going to see the King,
No more dying there,
We are going to see the King.
No more dying there,
We are going to see the King,
Hallelujah, Hallelujah,
We are going to see the King.
Hallelujah, Hallelujah,
Hallelujah, Hallelujah.

Soon and very soon,
We are going to see the King,
Soon and very soon,
We are going to see the King.
Soon and very soon,
We are going to see the King,
Hallelujah, hallelujah,
We are going to see the King.
Hallelujah, hallelujah,
Hallelujah, hallelujah.

**THE PARISH OF PORT MELBOURNE AND MIDDLE PARK
IS COMMITTED TO THE SAFETY,
WELLBEING AND DIGNITY OF ALL CHILDREN,
YOUNG PEOPLE AND VULNERABLE ADULTS.**