



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.*

29th Sunday in Ordinary Time

17 October 2021

Hi Everyone,

MENTAL HEALTH WEEK

Many of you would know that I was an adopted child because I've mentioned it occasionally in Church. Anyway, I have a sister and brother who were also adopted. We are not physically related to each other. Anyway, my sister, Therese, who is 6 years younger than me, is a remarkable woman. She is the glue that keeps our motley family together. For many years, she has fought for the rights of adopted children, especially those resulting from horrendous adoption practices when we were young. I'm very proud of her. This Sunday she is giving a talk to a group of adoptees in Queensland where she and her family live. I'd like to share that talk with you.

WHAT IS MENTAL HEALTH FOR AN ADOPTEE *(Therese Hawken)*

The first, as I see it, is to say you are an adoptee, and not have the feeling of dread or being in trouble for saying it.

The alteration of genetic upbringing into a survival upbringing alters us as to who we should have been.

Time that was meant to be living our lives has taken up by surviving the situation we were placed in. Not seeing people who you look like becomes the normal or not knowing why I like doing this can add to the feeling of being odd.

For me the blessing of having two adoptive brothers was a blessing in the sense we were from different cultures, backgrounds, nationalities; so difference was our normal but between us there was no difference and still is no difference. They are and will always be my big brothers even if they wish to escape that role.

When you are also having to deal with your adoptive parent's marriage breakdown and you are in the Catholic Education system, it was at that time a judgemental environment to be in. So again, that feeling of not being a part of a normal community again takes over your life.

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

(non COVID times)

**Monday, Wednesday, Friday
(CLOSED TUESDAYS & THURSDAYS)**

Parish Priest

Fr Hugh Brown OCarM

Parish Secretary

Anne Ierardo

Pastoral Life Co-ordinator

Finance Officer

Shane Harrison

Facilities Manager

Ken Chaffer

Safeguarding Officer

Frances Correa

Galilee Regional Catholic Primary School

Bank Street
South Melbourne Vic 3205
Telephone 03 9699 2928

THIS WEEK

IMPORTANT NOTICE RE THE PARISH OFFICE

Given the change in circumstances due to Stage 4 restrictions, the Parish Office will **NOT** be opened at all until further notice.

This means that no-one will answer phones and emails as regularly however, in a genuine emergency, please ring me on

0408 754 283

If I can't answer at the time, leave a message and I will get back to you as soon as possible.

WE REMEMBER

Those who are sick or ill and in need of prayer:

Tommy Bednar, Paul Caghi - Cao, Nawal Cox, Maria De Nittis, Kelly Edwards, Judy Fairhall, Gigi Falckh, Frances Farrugia, Lyn Faul, Rose Fennell, Gary Finn, Maurice Fitzpatrick, Gerard Friary, Ivy Hermence, Chris Kowalski, Marino Mihocic, Felicity Morgan, Marie O'Connor, Sylvia Poliakova, Rafal Rafalski, Michael Ristevski, Lucie Carmen Rodriguez, Dennis Rohan, Lorraine Rohan, Keith Ryder, Sarah Abdel-Said, Teresa Sheehan, Jane Spiteri, Helen Stanley, Jim Sullivan, Maureen Toohey, Troy Vincent, Julie Wain, Sr Barbara Walsh RSG, Vivienne Williams, Tami Yap.

Those whose have died recently: all those affected by COVID_19 throughout the world.

Those whose anniversaries of death occur about this time: Vincenzina Ierardo, Carmelite, Hilarion Byrne.

IN OUR PARISH

When I did reach out for help at 16 and was in hospital when I talked about a mother, nobody ever asked which Mother? Nobody ever asked how do you feel about not knowing your mother? It was all about an adoptive mother and having the relationship with her. So I was guided back to live with her even though there had been a few attempts that had failed. Nobody ever said, 'Hey hang on' to your adoptive mother, who had bipolar and manic depressive patterns of behaviour.

How can you feel good about yourself trying to have a relationship with someone who was incapable?

Then, over time, looking to find who you are but not knowing how!

I had to fight the Australian Government for ten years to get a passport because of incorrect identity paperwork that occurred during my adoption.

Anxiety has been a friend that I did not ask for and has stalked me because I also lost my first-born son to the former practices of adoption.

I have been very blessed to have my husband's support in the healing journey and my eldest son is back in my life and as a mother being aware of his mental health. All of this has impacted on my other three children but, hopefully, will not follow my grandchildren.

We need the support because we are all now able to say "hey

Why do I feel like this?

Why was I rejected?

Why do I push people away?

Why do I behave the way I do?

Why do I react the way I do?

Why has my mother rejected me again in her fear?"

ARCHDIOCESE

Archdiocesan Hotline for COVID-19

In light of changing advice and circumstances, please keep visiting this webpage: 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

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 by phone and leave a message or email to organise this.

OUR PARISH NEWS

You sit, you wait, you're patient, but it does not change. You still are fighting on your own to keep going forward.

You reach out again on recommendations to approach support services which have been a token.

The research that has been done on effects of adoption you have to look hard to find and then it can be derogative or exclusive or full of fantasy.

There still is a narrative.

Often that narrative comes through when an adoptee is struggling and they are treated as "Well your family was low class, or there was some form of problem at birth" or "Get over it, you ungrateful child!"

Can you do me a favour? Look at your hands - do you know who's hands you have? Your mother's, your father's, your grandparent's, their children?

Genetic links are where we come from and that is built into our DNA. It is in our history. Talking about DNA, I have discovered that one of my brothers and I have a 5th cousin that somehow connects him to myself and my first-born son, so finding out more about our history continues.

I was told by a adoptee who teaches, that this is how she describes adoption to her students. It is like a Ladybird and a giraffe living together, they are both grass eaters and animals but a ladybird can adapt to live with a giraffe, but a giraffe cannot adapt to live with a ladybird.

That to me is adoption: adapting for survival without an acknowledgment of what we have been living with.

The apology that we adoptees received (from Governments) is the beginning of our country's healing journey, but recommendations have to be followed through for this journey to be fully validated.

Thankyou (name omitted) for creating "AdopTea" with the support of the Benevolent Society and Jigsaw and to "X" and "Y" for asking me to come on board to help bring out Mental Health issues that even adoptees have trouble identifying. Because, at times, we still ask, "what is our normal?"

Today is my 64th birthday. It was on this day back then, when I lost my natural mother to the former Adoption policies and practices.

Stay sane everyone and blessings in the Lord.



Greetings Pudding Makers,

It seems that time of the year has rolled around again and here we are in exactly the same situation as we were last year. Conscious that Christmas will come again regardless of the trials and tribulations that we have faced, I am happy to offer again the option of a "Make your own Christmas Pudding" kit.



If this idea is of interest to you please let me know. When I have an idea of numbers I will let you know payment and pickup details. The price will stay the same at \$50 and I'll aim for the Cup weekend to have the kits ready. Feel free to pass on this invitation to anyone you know who may be interested.

Hoping you have all survived these last months in reasonable spirits.

Best wishes , *Sally*

A message from Takafumi

Hello Michael,

Thank you for your message. It's totally fine to get a late reply. No worries. Yes, I enjoyed watching the olympics on tv. I didn't expect it so much because there were so many troubles before the olympics and some people said it wouldn't be taken place. But it was really fun to watch it. And I was happy for the athletes from all over the world to have a chance to show their performances. I'm glad to know Australian people enjoyed it as well. I think the olympics gave us the opportunity to think about sports and the international unity again during the pandemic.

I have kept reading some articles about coronavirus of Australia. I know many people are going out and not complying with the rules, and there have been huge protests in the city. The same things happen everywhere. In Japan, many people started living as usual, as the vaccine rollout has progressed and people got used to the situation.

I think it's a good idea to send messages to the parishioners on youtube. I believe many people would welcome and accept it. I will check it out later.

Congratulations on your retirement! Do you have any plan to do after the retirement? I know you are good at paintings so you will spend more time on it? I think the parish staffs miss you so much...Hope you will be able to have a farewell party before you leave the office.

Please take care of yourself, and stay safe. I hope all is fine for you and your family.

Best wishes, Takafumi

THE CARMELITE CENTRE

**'Interior Castle Explored' by Ruth Burrows ocd, with Bernadette Micallef,
Wednesday 20 October, 10.30 to 12.00 noon via zoom**

With the feast day of Teresa of Avila in October, this month's Spiritual Reading Group will be on Ruth Burrows' book on Teresa's Interior Castle. This session will be in two parts each focusing on essential grounding for understanding Teresa: our call to 'become human' and grow toward union with God, and Ruth Burrows' insights into the difference between the essence of mystical encounter and the experienced effects. This clarification helps to make sense of Teresa's mystical experiences.

You are invited to read the chapter Fourth Mansion Part I which deals with some of the issues, concepts and common confusions about Teresa's writing. Ruth Burrows writes, in relations to the difference between essence and effect, "My conviction is that anything that can be described, given an account of, simply cannot be the mystical encounter in itself." It is the effects, not the essence, that can be described. "If we have faith, surely we know that God gives himself without measure and we can't attempt to gauge the depth of the giving by our totally inadequate plumb lines of sense (what we feel)." page 41

Please book via the Carmelite Centre (details below) Donation \$5.

Staying connected

We didn't get to meet in person in September and it seems unlikely in October also. However, our zoom groups continue with the weekly Tuesday Centering Prayer and Friday Lectio, and the monthly Carmelite Conversation and Spiritual Reading Group and the Eco-Spirituality Reading Circle.

Hope you can stay connected through these zoom opportunities, and make use of the on-line resources for some times of stillness and silence. [Available on Support page.]

As always we appreciate your support through donations to help us continue our work. Blessings to all!

The Carmelite Centre is a joint venture of the Carmelites of Australia and East Timor and our Parish of Port Melbourne/Middle Park.

Address: 214 Richardson Street, Middle Park Vic 3206 (Mel Ref 2K C10)

T: (03) 9690 5430 Website: www.thecarmelitecentremelbourne.org

Carmelite Centre Program Bookings

T: 9690 5430 (leave message if unattended) or reregistration@thecarmelitecentremelbourne.org
via website: www.thecarmelitecentremelbourne.org

PRAYERS FOR CLIMATE CHANGE

*All-powerful God, you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live
as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.
Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle
for justice, love and peace.
A Christian prayer in union with creation*

*Father, we praise you with all your creatures.
They came forth from your all-powerful hand;
they are yours, filled with your presence and your tender love.
Praise be to you!
Son of God, Jesus,
through you all things were made.
You were formed in the womb of Mary our Mother,
you became part of this earth,
and you gazed upon this world with human eyes.*

*Today you are alive in every creature
in your risen glory.
Praise be to you!*

*Holy Spirit, by your light
you guide this world towards the Father's love
and accompany creation as it groans in travail.
You also dwell in our hearts
and you inspire us to do what is good.
Praise be to you!*

*Triune Lord, wondrous community of infinite love,
teach us to contemplate you
in the beauty of the universe,
for all things speak of you.
Awaken our praise and thankfulness
for every being that you have made.
Give us the grace to feel profoundly joined
to everything that is.
God of love, show us our place in this world
as channels of your love
for all the creatures of this earth,
for not one of them is forgotten in your sight.
Enlighten those who possess power and money
that they may avoid the sin of indifference,
that they may love the common good, advance the weak,
and care for this world in which we live.
The poor and the earth are crying out.
O Lord, seize us with your power and light,
help us to protect all life,
to prepare for a better future,
for the coming of your Kingdom
of justice, peace, love and beauty.
Praise be to you!
Amen.*

REFLECTION ON THIS WEEK'S READINGS

One Sunday morning during Mass, the congregation was surprised to see two men enter, both covered from head to toe in black and carrying submachine guns. One of the men proclaimed, 'Anyone willing to take a bullet for Christ remain where you are!'

Immediately, the choir fled, altar servers fled, and most of the congregation fled. Within a few minutes, out of the two hundred strong congregation only ten people remained where they were. The man who had spoken took off his hood, looked at the priest and said, 'OK Father, I got rid of all the fence sitters, how about we make a start!'

It's nice to see the priest in the story remained in the Church! I would like to think that faced with such an extreme moment like this I would have the courage of my convictions, but I must admit I have my doubts.

Each Sunday by coming and celebrating the Eucharist we implicitly, and explicitly, state that we want to become like Christ. As the Gospels repeatedly tell us if we follow him in his saving love for the world then, like him, we must confront injustice, defend the rights of the poor and the oppressed to dignity, give and forgive, heal and reconcile. By saying this, we are clearly not looking for a smooth ride through life.

In concert with the whole Church what most of us have done is domesticate the hard edges of Jesus' teachings to suit our comfortable existences. And then we get a Gospel like today's. The sons of Zebedee want the best seats in the house without knowing what the admission price is going to cost. They want the glory without the gore.

Jesus teaches them, and later all the other apostles, that for his Kingdom to come on earth as it is in heaven, requires of us to drink a cup of suffering and be baptised in a river of sacrificial love. We can't dress this teaching up, or put a good spin on it. There is no resurrection without the cross. No gain without the pain.

For most of us this challenge means doing whatever we can politically and socially to bring the values of the Gospel to bear on our different spheres of influence. But Jesus also links this challenge to the act of service. And in this regard some leaders in the Church give us mixed messages and let us off the hook.

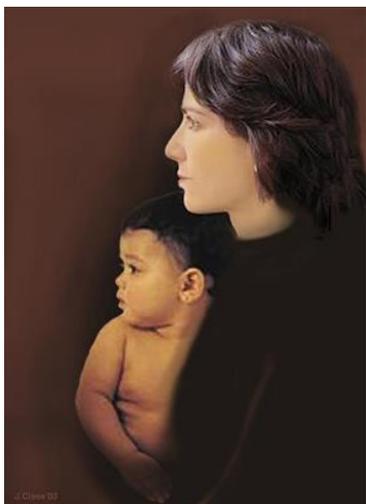
Whatever of the patrimony of the past, today's Gospel reminds us that bishops, priests and deacons should be excellent models of the humility of service. The leadership Jesus advocates is not monarchical or tyrannical, it is being the least, and being a servant.

The Second Vatican Council taught that leaders in the Church should be outstanding in humility, charity and simplicity of lifestyle. Some leaders are just this. Others have domesticated the hard edge of the Gospel.

Let's pray in this Eucharist that we recover a love for the hard teachings of Jesus, even though they demand so much of us, and that we have the courage to call our leaders to do likewise. These teachings are, after all, what makes us different from the Gentiles, and sort out who is actually sitting on the fence.

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LITURGICAL ART



Art and Reflection by Jenny Close

Jesus describes the logic of God's kingdom in paradoxical terms: 'Whoever wishes to become great among you must be your servant'. However, this model is already an integral part of everyday life and can be observed in the relationship between parent and child – especially in the role of a mother.

FIRST READING

Isaiah 53:10-11

The Lord has been pleased to crush his servant with suffering.
If he offers his life in atonement,
he shall see his heirs, he shall have a long life
and through him what the Lord wishes will be done.

His soul's anguish over
he shall see the light and be content.
By his sufferings shall my servant justify many,
taking their faults on himself.

RESPONSORIAL PSALM PSALM 32: LORD, LET YOUR MERCY BE ON US,

Psalm 32:4-5. 18-20. 22. R. v.22

Response: ***Lord, let your mercy be on us, as we place our trust in you.***

The word of the Lord is faithful
and all his works to be trusted.
The Lord loves justice and right
and fills the earth with his love.

Response

The Lord looks on those who revere him,
on those who hope in his love.
to rescue their souls from death,
to keep them alive in famine.

Response

Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you.

Response

SECOND READING

Hebrews 4:14-16

Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

GOSPEL

Mark 10:35-45

James and John, the sons of Zebedee, approached Jesus. 'Master,' they said to him, 'we want you to do us a favour.' He said to them, 'What is it you want me to do for you?' They said to him, 'Allow us to sit one at your right hand and the other at your left in your glory.' 'You do not know what you are asking' Jesus said to them. 'Can you drink the cup that I must drink, or be baptised with the baptism with which I must be baptised?' They replied, 'We can.' Jesus said to them, 'The cup that I must



drink you shall drink, and with the baptism with which I must be baptised you shall be baptised, but as for seats at my right hand or my left, these are not mine to grant; they belong to those to whom they have been allotted.'

When the other ten heard this they began to feel indignant with James and John, so Jesus called them to him and said to them: 'You know that among the pagans their so-called rulers lord it over them, and their great men make their authority felt. This is not to happen among you. No; anyone who wants to become great among you must be your servant, and anyone who wants to be first among you must be slave to all. For the Son of Man himself did not come to be served but to serve, and to give his life as a ransom for many.'

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