



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.*

THE MOST HOLY TRINITY YEAR A - 31 MAY 2026

Dear sisters and brothers,

Today's feast of the Most Holy Trinity often gives rise to the sense of a mathematical puzzle to be solved. How do three persons, Father, Son and Spirit, unite in the one nature of God?

To dwell on such an approach to this feast and the mystery it celebrates is not, I think, very helpful.

The essence of this feast and mystery is best understood, I believe, by dwelling on Scripture Readings such as those provided for us in our Mass today.

In the 1st Reading from the Book of Exodus Moses approaches God for a second time on Mt Sinai. This is necessitated by the fact that when Moses first encountered God on Mt Sinai and established the covenant of love between God and the people, with the people's obligations formalised in what we know as the "10 Commandments", written on stone tablets, the people were busy abandoning God and building a golden calf to worship. Enraged by their infidelity on discovering this, Moses smashed the stone tablets on the ground in front of them. He then returns to the mountain to intercede for them, to beg forgiveness of God for them and to plead with God to restore them to his friendship and reestablish the covenant which will be "written" on the two fresh stone tablets he has taken with him. Even before Moses has made his plea to God, *The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.'* God is a god of infinite love and mercy. This is the very nature of God. The God of all eternity, who became human and lived among us, dying and rising from the dead for us and who now lives within us and among us through his Spirit is a communion of love, into whose life we are drawn.

In the 2nd Reading from St Paul's 2nd Letter to the Corinthians, we hear St Paul exhorting them – and us - to reflect our life in communion with God by living in the peace of the God of love and peace. This is a perennial

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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

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, O.Carm

Parish Secretary

Cathy Garbellini

Pastoral Associate

Kelly McEnhill

Business Finance Manager

Mark Zanon

Sacramental Co-Ordinators

Baptism - Br Daryl Moresco, O.Carm

First Reconciliation - Sally Diserio

First Eucharist - Aimee Nguyen

Confirmation - Sally Diserio

Safeguarding Officer

Frances Correa

Maintenance Manager

Dave Fletcher

Galilee Regional Catholic

Primary School

Bank Street, South Melbourne 3205

Telephone 03 9699 2928

THIS WEEK

Monday 1 June - No Mass

Tuesday 2 June

9.00am Mass, Mt Carmel

Wednesday 3 June

9.00am Anointing Mass, St Joseph's

Thursday 4 June

9.00am Anointing Mass, Mt Carmel

10:30am Funeral Prayers, St Joseph's - Trevor Doidge

Friday 5 June

9.00am Mass, St Joseph's

Saturday 6 June

9.00am Mass, Mt Carmel, followed by Exposition of the Blessed Sacrament

5.00pm Vigil Mass, Mt Carmel

Sunday 7 June

9.00am Mass, St Joseph's

10:30am Mass, Mt Carmel

WE REMEMBER

Those who are sick or ill and in need of prayer: Mona Lien Cao, Maria Christopher, Nawal Cox, Harry Cubbin, Judy Anne Dawson, Jill Delossantos, Neil Delossantos, Anthony Dickason, Maureen Dickason, Josie Dupont, Alison Fed, Lindsay Flint, Pauline Flint, Fr Des Fitzgerald CSSR, William Gabelich, Noel Holland, Peg James, Nai Yin Mak, Ben McGrath, Andreas Morrison, Martine Morrison, Maria Ohleiter, Rafal Rafalski, Ailbe Sheehy, Jai Paul Singh, Jim Sullivan, Rachel Szeto, Rick Thompson, Bill Toohey, Helen Turner, Lorinda Turner, Angela Vyde, Chloe Wyn & Rob Winduss.

Those who have died recently: Neale Daniher, Trevor Doidge, Lorna Harding & Ingrid Ohleiter.

Those whose anniversaries occur about this time: Paul Nghi Cao, Frances Fisher & Maria Loc Nguyen.

IN OUR PARISH



Next meeting will be held on **Tuesday 9 June 2026** at 7.00pm in the Boardroom at the Parish Office, 274 Rouse Street, Port Melbourne. **New members are welcome.**

Should you wish to contact a Vinnies representative, please call Kathy Mount on 0437 588 855 or Pauline Semmens on 0425 854 691.

Save the Dates

- **Sunday, 19 July 2026 - Principal Mass for Feast of Our Lady of Mount Carmel at 10:30am at Our Lady of Mount Camel Church** followed by a **Feastday Lunch at 12pm** at St Joseph's Hall, Port Melbourne.
- **Thursday, 27 August 2026, 7-9pm - Annual Parish Meeting**, at St Joseph's Hall, Port Melbourne.
- **Saturday, 3 October 2026, 10am - Blessing of the Pets & Sausage Sizzle** at St Joseph's Church carpark, Port Melbourne.
- **Thursday, 3 December 2026, 6pm - Christmas Parish Social** at St Joseph's Hall, Port Melbourne.

MINISTRIES

6/7 June 2026

THE MOST HOLY BODY AND BLOOD OF CHRIST YEAR A

5.00pm Mount Carmel (Vigil)

Commentator: Sr Rosie Joyce

Reader: Pat Mount

Offertory: Kathy Mount

Communion: Kathy Mount

Music: Kelly McEnhill

Sacristan: Kelly McEnhill

9.00am St Joseph's

Commentator: John Molloy

Reader: Marita Molloy

Offertory: Terry Gurry

Communion: Aoife Ling

Counters: Frances Moore & Mary Li

Music: Joan Cusack

Hospitality: Cathy Garbellini

Sacristan: Kelly McEnhill

10.30am Mount Carmel

Commentator: Peter Thomas

Reader: Nina Batsakis

Offertory: Sally Diserio

Communion: Sally Diserio

Music: Organist / Cantor

Hospitality: Jackie & John Tidey

Sacristan: Peter Russo

Communion to the Sick:

Marlene Carlin: 7 - 13 Jun 2026

DONATIONS

Parish QR code

Enter amount, your name, email address & optionally any comment. QR Code on page 4.



Electronic Funds Transfer

BSB: 083-347

Account No: 58 216 8515

Name: Archdiocese of Melbourne Catholic Development Fund

Parish Website:

www.sj-mc.org.au

using **DONATE** button on Homepage.

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challenge and one which we feel acutely in these times.

Then in today's Gospel, we hear Jesus continuing his dialogue with Nicodemus, a Pharisee and "a leading Jew", who had asked Jesus how we can be "born again" and Jesus had replied it is "through water and the Spirit". Jesus then elaborates on his reply, which we hear in today's Gospel Reading, by confirming that we are "born again" into God's eternal life and love by believing in the God whose very essence is a communion of love and in which we are called, in faith, to participate.

As we celebrate today's feast of the Most Holy Trinity, may we grow in our faith in God who is love, who calls us to share in his life of love and to reflect our life in God (love) by the way we live with one another. And so we play our part in building up God's kingdom of love, unity and peace even now, despite our own brokenness and limitations and the brokenness and limitations of our world.

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1st Eucharist celebration

We rejoice with the 36 children from "Galilee", our Regional Catholic Primary School, who will receive the Eucharist for the first time at a special Mass at Our Lady of Mount Carmel church this Sunday at 2pm. We thank their teachers and parents who have prepared them for this special moment in their faith journey and we pray for the children as they continue their faith journey.

Tap and Go Machine at OLMC

Our Bank has confirmed that the issue whereby some donations made to the parish through this machine were being ascribed to another business has now been resolved. Rest assured, however, that such donations were all being received by the parish – and not the other business. Please let us know, however, should the issue resurface.

Blessings for the coming week.



STRETCHING OUR SOULS 2026 PROGRAM

Aim: To help each other deepen our spiritual lives and increasingly to live in the world with the eyes of Christ.

This is designed for people who want to discuss with others important issues that they may confront during their spiritual journey. It will require participants to think about these issues and to share with others. They are not to be of just academic interest but opportunities to come together to sort through ideas that may help find new pathways in our respective spiritual journeys.

We hold **face to face meetings** in the Carmelite Library on the **third Tuesday of every month 11.00 am – 12.30 pm.**

The next session will be held on **16 June.** It will address the following theme:

St Paul exhorts us to “.. be of the same mind [of Christ], having the same love, being in full accord and of one mind”. (Philippians 2:1-2)

Is this at all possible if we see Christ as the animating force of the whole of the Cosmos including us? How do we engage with something so enormous? What does it tell us about the human mind, consciousness, capacities?

Details of future sessions are set out below:

- **July 21 - Conscience, free will and role of the church**
How is our conscience formed? It suggests free will but just how free are we in our choices? What about the role of culture, history, abusive experiences, mental illness etc? What is the role of church teaching in this? Church teaching changes over time – how do we adapt to that in our own lives? How do we bring our conscience and church teaching together when they differ?
- **August 18 – Church in the world rather than apart or of. (Vat II Gaudium et spes)**
Vatican II ushered in a new way of being in the world for the Church. There is a positive emphasis on “signs of our times”, i.e. those events of history through which God continues to speak to us and summons us to respond. The Church recognises the world as one of change – where science and technology can lead to practical progress and raise human consciousness about racial and gender equality and global interdependence. The church reflects deeply on the mutual relationship between the gospel message

and the world to which it is proclaimed and in which it is applied.

How do you experience the church in the world? What if any, are the risks of being in the world? How are we as individual Christians in the world?

- **September 15 - Reading Genesis chs 1 – 4. The creation and the fall.**
There is a broad scientific consensus on the evolution of humans from primates that does not fit easily with the biblical tradition. Science indicates that humans emerged in a group not an original pair and that emergence seemingly leaves little room for an original innocence in the 'garden' from which humanity suffered a 'Fall'. (Ref William T Cavanaugh and James K.A Smith eds Evolution and the Fall.)

Some areas to explore can include;
 - Ways to approach the interaction of Christian doctrinal traditions with knowledge from outside those traditions.
 - Evolution and the emergence of free will, consciousness, ability to symbolise, sin, soul
 - Authority of Scripture and understandings from other traditions namely the social and physical sciences.
- **October 20 - The beatitudes Pt. 1. Matthew 5:3-10; Luke 6:20 – 26.**
- **November 17 - The beatitudes Pt 2.**

For more information, please feel free to contact **Clare McArdle** via email: claremcardle7@gmail.com

CARMELITE REFLECTION

God enfleshed in us

A quick look at the readings for today shows very clearly that the Feast of the Trinity is a celebration of God's love for humankind. It is a day for reflecting on who God is, not for trying to figure out how there can be three persons in one God.

The Church's focus today is on experience, not theology.

In intellectual terms, God remains a mystery. For people of faith, God is known not by the mind, but by the heart. That is what spirituality and mysticism are about - exploring our experience of God.

In the first reading God is proclaimed as a God of tenderness and compassion, slow to anger and rich in mercy; a God who walks with his people.

Paul's words in the second reading are born out of his belief that, having been made in the image and likeness of God, Christians must always act in the image and likeness of God.

Through our public liturgy, private prayer and contemplation we come to experience - to 'know' and feel in our hearts - that God loves us, accepts us, forgives us and constantly invites us into an ever deeper experience of love.

When we allow God's heart to speak to ours in love we begin to absorb more of God's life into our own. We are being transformed. Our values and attitudes, our ways of looking at and being in the world start to change. We begin to see with God's eyes and feel with God's heart.

We become passionate about the things God is passionate about: speaking truthfully, acting with justice and integrity, looking out for each other and especially for the vulnerable, promoting peace and understanding, ending competition and discrimination, respecting life.

That makes us better people and our lives become a blessing for each other and for the world.

That is what it means to live out of God's great gift to us, the Spirit of Jesus Christ which God has placed in our hearts. God becomes enfleshed in us and we become stewards of God's grace and life.

David Hofman, O.Carm. Celebrating at Home, Carmelite Communications, Melbourne

OUR LITURGY

PROCESSIONAL HYMN: ALL CREATURES OF OUR GOD AND KING
LASST UNS ERFREUEN

All creatures of our God and King,
Lift up your voice and let us sing:
Alleluia! Alleluia!
Bright burning sun with golden beams,
Thou silver moon that gently gleams,
O praise him! O praise him!
Alleluia! Alleluia! Alleluia!

Let all things their Creator bless,
And worship him in humbleness,
O praise him! Alleluia!
Praise God the Father, praise the Son,
And praise the Spirit, Three in One:
O praise him! O praise him!
Alleluia! Alleluia! Alleluia!

GLORIA

CURTIS STEPHAN

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father,
have mercy, have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen, amen.

FIRST READING

Exodus 34:4-6. 8-9

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said, 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

RESPONSORIAL PSALM

PSALM – DANIEL 3: GLORY AND PRAISE FOR EVER!

Response: Glory and praise for ever; glory and praise, glory and praise!

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever;
And blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages. **Response**

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever. **Response**

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever. **Response**

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever. **Response**

SECOND READING

2 Corinthians 13:11-13

Brothers and sisters, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you. Greet one another with the holy kiss. All the saints send you greetings. The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

GOSPEL ACCLAMATION

CURTIS STEPHAN

**Refrain: Alleluia, alleluia, alleluia.
Alleluia, alleluia, alleluia.**

Speak, O Lord, your servant is listening;
you have the words of everlasting life. **Refrain**



GOSPEL

John 3:16-18

Jesus said to Nicodemus,
'God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe
in the name of God's only Son.'

NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

OFFERTORY HYMN: BE NOT AFRAID

BOB DUFFORD

You shall cross the barren desert
But you shall not die of thirst
You shall wander far in safety
Though you do not know the way
You shall speak your words to foreign men
And they will understand
You shall see the face of God and live

**Refrain: Be not afraid I go before you always
Come, follow me and I will give you rest**

And blessed are your poor
For the kingdom shall be theirs
Blest are you that weep and mourn
For one day you shall laugh
And if wicked men insult and hate you
All because of me
Blessed, blessed are you. **Refrain**

**All: May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good and the good of all his holy Church.**

Cel: The Lord be with you. **All: And with your Spirit.**

Cel: Lift up your hearts. **All: We lift them up to the Lord.**

Cel: Let us give thanks to the Lord, our God. **All: It is right and just.**

HOLY, HOLY, HOLY

CURTIS STEPHAN

Holy, Holy, Holy, Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.

Blessed is he who comes in the name of the Lord.
Hosanna in the highest.
Hosanna in the highest.

MEMORIAL ACCLAMATION

CURTIS STEPHAN

We proclaim your Death, O Lord,
and profess your Resurrection until you come again.

LAMB OF GOD

CURTIS STEPHAN

Lamb of God, you take away the sins of the world,
have mercy, have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy, have mercy on us.
Lamb of God, you take away the sins of the world,
grant us, 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: WE WALK BY FAITH

MARTY HAUGEN

We walk by faith, and not by sight;
No gracious words we hear
Of him who spoke as none have spoke;
Yet we believe him near.

We may not touch his hands and side,
Nor follow where he trod;
Yet in his promise we rejoice,
And cry, "My Lord and God!"

Help then, O Lord, our unbelief;
And may our faith abound
To call on you when you are near,
And seek where you are found:

That, when our life of faith is done,
In realms of clearer light
We may behold you as you are,
With full and endless sight.
Repeat first verse

**Refrain: Glory and praise to our God
Who alone gives light to our days
Many are the blessings He bears
To those who trust in His ways**

We the daughters and sons of Him
Who built the valleys and plains
Praise the wonders our God has done
In every heart that sings. **Refrain**

In His wisdom He strengthens us
Like gold that's tested in fire
Though the power of sin prevails
Our God is there to save. **Refrain**

God has watered our barren land
And spent His merciful rain
Now our rivers of life run full
For anyone to drink. **Refrain**

CARMELITE CENTRE NOTICEBOARD

WILD MAN CHOIR
A HALF-DAY WORKSHOP FOR MEN, BREATH, VOICE, CIRCLE SONG.

We live in a time where men are increasingly disconnected — from each other, from their bodies, from what they actually care about. Male suicide stats remain bleaker than ever. The loneliness epidemic is real, and the cost shows up everywhere — in our families, our friendships, our communities.

This workshop is one small, practical answer to a big problem. A room full of men, standing shoulder-to-shoulder, breathing and singing together.

This is for brothers, sons, fathers, uncles. For men ready to show up — for themselves, their families, their communities, and the values they care about. And to take a action to protect and nurture all of it.

- No performance.
- No audience.
- No one gets put on the spot.
- Just men in a room using their voices the way they were always meant to be.

“THE SOUL THAT WALKS IN LOVE NEITHER TIRES OTHERS NOR GROWS TIRED ITSELF.”
— St. John of the Cross

SATURDAY 13 JUNE 2026
11.00am – 3.00pm

FACILITATED BY DINGO SPENDER
Twice ARIA nominated singer-songwriter, one half of Mama Kin Spender, breath facilitator, and creator of The Wild Man Choir.

The Carmelite Centre
274 Richardson Street
Middle Park VIC 3206

Carmelites
Australia & Timor-Leste
www.carmelites.org.au

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