



# 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.*

**23rd Sunday in Ordinary Time**

**5 September 2021**

## *Fathers' Day*

Hi Everyone,

### HAPPY FATHERS' DAY

I almost forgot that this Sunday is Fathers' Day until I saw them putting out Fathers' Day cakes in Fergusson Plarrie in Bay Street. Didn't get a special cake but did enjoy a real coffee and a pink iced cup cake. A very happy day to all our Dads, granddads, nice uncles, etc. etc. Despite the distance from your families, hope you can zoom, skype or whatever is your thing and that you have a great day.

### LOCKDOWN LANGUISHING

A medical friend of mine forwarded me an article that appeared in the New York Times in April entitled, "There's a Name for the Blah You're Feeling: It's Called Languishing." It's by Adam Grant.

Languishing is a sense of stagnation and emptiness like looking through a foggy windscreen. Grant suggests that this is the dominant emotion of 2021.

It is different from "Flourishing" which is the peak of well-being and its different from "Depression", which is a medical diagnosis.

"Part of the danger is that when you're languishing, you might not notice the dulling of delight or the dwindling of drive. You don't catch yourself slipping slowly into solitude; you're indifferent to your indifference!"

Grant offers some remedies:

1. Give your feeling a Name. Add "languishing" to your lexicon of words if people ask how you are. Own the feeling.
2. Develop "flow" which is the elusive state of being absorbed in a meaningful challenge or a momentary bond, where your sense of time, place and self melts away.

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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](mailto:parish@sj-mc.org.au)

Parish Website [www.sj-mc.org.au](http://www.sj-mc.org.au)

Carmelite Website  
[www.carmelites.org.au](http://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**

Michael Murray

### **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:*** Michelle Bassett, Michael Carlin, Rosemary Walsh, and Carmelites, Michael Mansfield, Peter McAlpine, William Nugent and James Meehan.

## IN OUR PARISH

3. Give yourself some uninterrupted time by setting boundaries and carving out for yourself a daily time for a challenge that stretches your skills and heightens your resolve – an interesting project; a worthwhile goal; a meaningful conversation.
4. Focus on a small goal : small “wins” can become monumental achievements.

*“By acknowledging that so many of us are languishing, we can start giving voice to quiet despair and lighting a path out of the void.”*

There’s some wisdom in all of that!

### SUNDAY’S READINGS

The 1st Reading this weekend is from Isaiah, the prophet. It’s a magnificent oracle about hope and the promise of better and more wonderful things to come.

Isaiah was prophet about the time when the Jews went into exile in Babylon in 586/587 BC. The book of Isaiah is in three parts and three different time periods and were not all written by the same character.

Anyway, this week we read a section from chapter 35: in a way it summed up the ministry of Jesus. The blind saw again, the deaf heard again, the lame leapt and those who couldn’t speak sang songs of joy. Isn’t that what Jesus did for many people of his time?

The 2nd reading is from the letter of James and it berates those who show favour to the rich and famous. A bit like those “reality” shows on

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

# OUR PARISH NEWS

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TV. Anyway, James (whoever he was) says something wonderful which reminds me of the poor people you also see on the news: Afghans struggling to get to an airport; Haitians rebuilding their ramshackle homes; indigenous Australians dying too young. Sadly, the list is endless.

*James says:*

*Listen, my friends: it was those who are poor according to the world that God chose, to be rich in faith and to be heirs to the kingdom which God promised to those who love him (2:5)*

Blessings, peace and gentle relief from languishing!



## THE CARMELITE CENTRE

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**'... listen. The River is singing.'**

**Mary Oliver and the gift of learning to pay attention, with Carol O'Connor,  
10.30am to 12 midday Wednesday 15 September**

Mary Oliver's poetry is full of questions: about life, the natural world, the way we inhabit our environment. This session, facilitated by Carol O'Connor is a brief introduction to her poetry, a time to discover together some of her insights and share their meaning for us today.

Carol O'Connor is a writer, teacher and the Manager of St Peter's Bookroom in Melbourne. She has a Masters in English Literature; a particular interest in poetry, meditation and Celtic spirituality; and follows her own mystical path.

The monthly Spiritual Reading Group sessions are facilitated by Philip Harvey, the Carmelite Librarian. All are welcome to join the zoom session. Please contact the Carmelite Centre for the Zoom Link Invitation.

*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](http://www.thecarmelitecentremelbourne.org)**

**Carmelite Centre Program Bookings**

**T: 9690 5430 (leave message if unattended) or [reregistration@thecarmelitecentremelbourne.org](mailto:reregistration@thecarmelitecentremelbourne.org)  
via website: [www.thecarmelitecentremelbourne.org](http://www.thecarmelitecentremelbourne.org)**

# SEASON OF CREATION 2021

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Today is the First Sunday of the 2021 Season of Creation. This season is a time of prayer and action stretching from September 1st, the World Day of Prayer for Creation, to October 4th, the feast of St. Francis of Assisi.

The Season celebrates God as Creator of the vast cosmic universe, God's revelation in creation, and our calling to care for creation, to protect its rich diversity and to address the urgent, destructive crises threatening its health and future – including our own.

The first Sunday's scriptures encourage us not to lose hope in the face of this complex crisis. God is faithful and is working to open the eyes of the blind and the ears of the deaf. God has chosen the poor who suffer most, and we need to listen especially to them. Spread the good news of those who do come to see and hear, whose ecological conversion is appearing around and among us.

**Adoption of Sustainable Lifestyles.** This goal promotes a sense of sufficiency rather than unnecessary accumulation or consumerism. Actions could include recycling, reducing waste, more sustainable diets, promotion of public transportation and avoiding single-use items.

**Response to the Cry of the Poor.** This goal calls us to promote ecojustice and to defend human life and all forms of life on Earth. Actions toward this goal could include promoting solidarity, attention and support to vulnerable groups: indigenous communities, refugees, migrants, racial minorities, children. They could include analysis and improvement of social systems and institutions.

## **Prayers for use at Home;**

For ever-deepening trust in the faithful presence and loving work of God in us, among us, and through us to respond to the Cry of the Earth and the Cry of the Poor, we pray...

For the success of the work of ecumenical and interfaith communities to promote global unity and restore Earth as a nurturing home to all its creatures, we pray...

That we may take up our prophetic responsibilities in this time of urgent crisis to speak God's Truth to each other and to call each other into ways of living on Earth wisely, sustainably, justly, and reverently, we pray...

That we may hear and respond in faith and in hope to the Cry of the Poor among us and around the planet, we pray...

## REFLECTION ON THIS WEEK'S READINGS

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I read the other day a true story about a baby girl who was seriously ill in a Neonatal ICU. The paediatric specialist said there was very little hope. The baby's five-year-old brother, Michael, kept begging his parents to let him see his sister. 'I want to sing to her', he kept saying. Children were not allowed in the ICU, but Michael's mother eventually insisted that he be able to see his sister.

When he got to the humidicrib he sang: 'You are my sunshine, my only sunshine, you make me happy when skies are grey'. The nurse reported that as Michael sang, the baby's pulse rate began to calm down and become steady. 'Keep on singing, Michael', encouraged his mother with tears in her eyes. 'You never know, dear, how much I love you. Please don't take my sunshine away.' The baby recovered and left the hospital three weeks later.

I am not pretending for a moment that Michael's song healed his sister, but we should never underestimate the power of human support and love. It helps us to be healed.

The Gospel story of the healing of the deaf mute is striking because it is one of the few stories where the crowd makes the request of healing from Jesus. This is understandable given that the man cannot speak for himself, but the scene, as Mark writes it, is very touching. Mark tells us that the crowd brought the man to Jesus. 'They' beg Jesus to heal him, 'they' are ordered not to tell anyone about the miracle, but 'they' go straight out and tell everyone about it.

What happens there is what happens here every Sunday. Coming to Mass is not a private affair. It is not my Mass, my prayer, my Church. The pronouns we use reveal a lot about our attitudes. It's our Eucharist, our prayer and our Church. Within the Mass there are opportunities for private prayer, but Eucharist is, essentially, an action of the assembled community. In our own way we bring the deaf and the mute to Jesus each time we gather. This is what the Prayers of the Faithful are all about. This is why they are so important.

When we visit another parish we can tell a lot about it by the care with which the intercessions are composed and compiled. If they only attend to the needs of the parish and never with the wider Church or the world, if they focus on the needs of the Catholic world and never with the plight of those in crisis, who may not share our faith or may hold to another or no faith, it says so much.

The Church has always believed in the power of intercessory prayer. Not that God needs to be reminded what our world needs. God knows that better than we know it. But intercessory prayer sorts our priorities and establishes who has

a claim on our affections and concerns. It also enables others to know that we stand in solidarity with them.

And miracles still happen when we are one with those for whom we hope and pray. Sometimes the first miracle that occurs is that we notice the needs of some group beyond our immediate circle. Their suffering moves us and we choose to help them.

Let's pray in this Eucharist that Christ removes our blindness, opens our ears and loosens our tongues so that we speak up for those who are most in need of a healing word that brings them justice and peace.

© Richard Leonard SJ

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## FATHERS' DAY PRAYER

*Lord, as I have seen a father lift a crying child,  
lift me  
into the embrace of your love.*

*Lord, as I have seen a father lift a hurting child,  
lift me  
into the embrace of your healing.*

*Lord, as I have seen a father lift an angry child,  
lift me  
into the embrace of your calming.*

*Lord, as I have seen a father lift a frustrated child,  
lift me  
into the embrace of your liberation.*

*Lord, as I have seen a father lift a tired child,  
lift me  
into the embrace of your empowering.*

*Lord, as I have seen a father lift a happy child,  
lift me  
into the warm embrace of your love.*

©Pat Bennett, *Bare Feet and Buttercups* Published 2008,  
Compilation ©Ruth Burgess, *Wild Goose Publications*



*Lectionary Art and Reflection*  
*by Jenny Close*

***Jesus shows that he is intimately involved in, and has command over, the stuff of life in this story of healing. The healing is not done from a safe, sanitary distance, but up close and personal. Jesus makes body contact with a man whose tongue and ears are touched and cured.***



# OUR LITURGY

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## FIRST READING

### *Isaiah 35:4-7*

Say to all faint hearts,  
'Courage! Do not be afraid.

'Look, your God is coming,  
vengeance is coming,  
the retribution of God;  
he is coming to save you.'

Then the eyes of the blind shall be opened,  
the ears of the deaf unsealed,  
then the lame shall leap like a deer  
and the tongues of the dumb sing for joy;

for water gushes in the desert,  
streams in the wasteland,  
the scorched earth becomes a lake,  
the parched land springs of water.

RESPONSORIAL PSALM      PSALM 145: PRAISE THE LORD, MY SOUL

### *Psalm 145:7-10. R. v.1*

**Response:**      ***Praise the Lord, my soul!***

It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.  
It is he who gives bread to the hungry,  
the Lord, who sets prisoners free.

***Response***

It is the Lord who gives sight to the blind,  
who raises up those who are bound down,  
the Lord who loves the just,  
the Lord, who protects the stranger.

***Response***

The Lord upholds the widow and orphan,  
but thwarts the path of the wicked.  
The Lord will reign for ever,  
Zion's God, from age to age.

***Response***

## SECOND READING

### *James 2:1-5*

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats'; then you tell the poor man, 'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

*Mark 7:31-37*

Returning from the district of Tyre, Jesus went by way of Sidon towards the sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha,' that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'



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