



# 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.*

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**The Most Holy Trinity**

**7 June 2020**

Dear Parishioners and Friends,

## **SOME COMMENTS**

- No news to tell this week – have been out of the loop!
- A big thank you to Sandra N for the great reflection on her ecumenical life. Apologies for not acknowledging Sandra at the beginning of the article (“My bad”). Some people thought that I had penned the article but only realised it when they got to the end. Something I’ve learned this time around.
- Thank you to everyone who has written – there have been many so I won’t name them in case I miss someone, and as always it was great to hear from them.
- OLMC repairs are completed and thanks to Martin for the hair-raising feat of working from unbearable heights.
- An excellent reflection by Michael McGirr on Pentecost (I know it’s late!) but it’s well worth the effort. You can find it on the homepage of our website.

## **THE LESSONS WE LEARN**

Aren’t friends wonderful? We learn new things from them and they love us despite our quirks, irritations and vanities. These past few days I’ve been in Inverloch catching up with friends and I’ve gleaned some new truths especially during this time of confusion. I would like to share some of these with you with apologies for being a plagiarist!

“Every death needs a thousand retellings”: This little gem came to me via the TV. I can’t remember the context but it’s been buzzing around the brain for a few weeks now. It came home to me over the funerals I been involved with during lockdown. The fact that we were allowed only 10 people at a funeral was difficult for families

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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

Please ask permission of the sick person(s) before asking their name(s) be put on the list. We need to be sensitive to the fact that some people may not wish their names published.

**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, John Bassett, Paul Caghi - Cao, Kelly Edwards, Rose Fennell, Gary Finn, Maurice Fitzpatrick, Michael McGowan, Marino Mihocic, Sylvia Poliakova, Rafal Rafalski, Lorraine Rohan, Keith Ryder, Helen Stanley, Helen Sullivan, Jim Sullivan, Maureen Toohey, Troy Vincent, Julie Wain, Sr Barbara Walsh RSG, Jonathon Wil, Tami Yap.

**Those whose have died recently:** and those affected by COVID - 19.

**For Those whose anniversaries of death occur about this time:** Patricia Dowsing

## IN OUR PARISH

because they had to make hard choices about who may or may not join them in person. This "tailored down" factor reminded me that every life is precious and, as my friend Brendan tells me: "Every person has a library inside them!"

We've been hearing horrendous stories about the numbers of people who have died as a result of COVID19. These numbers are astronomical and yet behind every single death there is a precious human life with its own story to tell. We don't know the stories behind every death but we do know that, like us, they lived with love, with family, with hope and with anxiety, with sin, with the whole range of experiences that each of us shares in common. These stories will never be known to us but they are known to God and God loves each of these named and unnamed individuals. They lived and they died but, in God's eyes, these lives are precious. Let's pray for named and unnamed people whose lives and death demand a thousand retellings!

"God is slow; but never late": This little gem from my friend Julie got me pondering and I think the wisdom in it is superb. Many of us spend our lives wondering "where the hell is God?" Now I know that I'm supposed to know the answer but sometimes (often, perhaps!) I can't find the answer. But when I think back over life, I realise that so much of life is lived without reference to God (again, my bad!) but God gets us in the end! It's absolutely amazing that God appears when we least expect it. Perhaps when we are wallowing in self-pity, perhaps when we find we can't stand a certain person, perhaps when we wish the Church would get its act together, perhaps when events seems to conspire to thwart our dreams, perhaps when we reach the end of our tether and our only

## 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.**

response is tears. The point is: God does come to us in God's time (Only wish that he/she would be a little more obvious!)

"I'm gonna work on being a little less condescending (Condescending means to talk down to people)" – very subtle!!!!!!

"Choose wisely" – Coming out of lockdown can only go 4 ways: You can be a monk, a hunk, a chunk or a drunk – Choose wisely!

"Life is an endless cycle of the same mistakes" Talking to a colleague recently brought home to me the fact that we so often make the same mistakes. All of us are driven by various needs – to be successful, to be in control, to avoid being seen as a fraud, etc. Whatever drives us seems to stay with us throughout life and when we collapse, it's the same old cycle that creates our inner most anxieties. Some of us, like myself, are very slow learners in the dynamic of life. Sometimes it's rather scary because the same compulsions that have hurt us in the past have this nasty habit of reappearing when we find life becomes difficult again.

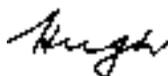
Ever noticed how often the people we love exhibit the same positive and negative characteristics as they age – the only trouble is that these characteristics seem to become more pronounced. And so, what might have mildly annoyed us once, now annoys us beyond endurance! Well, we are those people. Adversity will bring out not just our strengths but also our frailties and it is our frailties that seem to be a repetition of what has plagued us all our lives.

So what do we do? Well, I think the 1st thing is to acknowledge these patterns. Give them a name; Own them! Say to yourself– Yes, that's me! The 2nd thing to do is to share them honestly with people we trust. Sometimes the greatest freedom comes when we genuinely speak openly about ourselves. The 3rd thing we do is remember them: write them down; draw a picture; keep a photo. And the 4th thing we do is put it up on the bathroom mirror and say that's a part of me and next time I trip over myself I'm gonna look at that picture and say: NO MORE SO GOD HELP ME!

### **THE GOSPEL THIS SUNDAY**

GOD LOVED THE WORLD SO MUCH THAT HE GAVE HIS ONLY SON or in the words of an old poster, probably from the 70's: God loved the world so much that he didn't send a committee!

Stay warm, stay away and stay sane. Blessings in the Lord!



***As I mentioned I was remiss in not acknowledging Sandra N for her contribution to our newsletter with her reflections. If you would like to write down a few thoughts for our Newsletter or Mid week email we would appreciate hearing from you. This week the following reflection is from Abramo.***

As is often my thing, while watching TV, I am usually on my phone or my iPad at the same time, cruising around the internet looking for interesting things. Just recently, I have been exploring the world of audio books, and have come across and incredible number of free books. One of those was a book of inspirational quotes.

Many of these sorts of books are full of bland statements from so called celebrities who feel they have some gift in being able to say something profound, and it rarely is. But last night I came across two quotes that could not have been more apt for what we are going through right now.

### ***Focus on the Positive, Not the Negative***

***Life is an opportunity, benefit from it.***

***Life is a beauty, admire it.***

***Life is a challenge, meet it.***

***Life is duty, complete it.***

***Life is a game, play it.***

***Life is a promise, fulfill it.***

***Life is a sorrow, overcome it.***

***Life is a song, sing it.***

***Life is a struggle, accept it.***

***Life is a tragedy, confront it.***

***Life is an adventure, dare it.***

***Life is luck, make it.***

***Life is life, fight for it***

***-Mother Teresa-***

Hard to think about the positives with our world at present, but there are plenty. For many this has been a time where they have been able to change their working habits and spend more time with family. Some of us that already work from home have managed to find new ways to connect through online media. Others, have found a new pet, renovated their homes, or found a new hobby.

While acknowledging that many have landed hard through this pandemic, I have also found a new appreciation for leadership, for our health workers, especially those on the front line, and for general intelligence of our fellow Australians who have chosen to obey the rules. We have come through this time well enough to be proud of our achievements.

What Mother Teresa has inspired me to do is to focus on what I have, what I can do and to hold dear all of those that I love. And if you need further inspiration, the words of Martin Luther King (from the same book), drives home the same point:

***If you can't fly, then run,  
If you can't run, then walk,  
If you can't walk, then crawl,  
But whatever you do,  
you have to keep moving forward***

Taking the challenges of life and making them your opportunities is not human nature. It is so much easier to wallow in the misery of what is not going well, rather than focusing on what you can do to make things better. Both Mother Teresa and Martin Luther King inspire us to look at the things that you can control and make them better, rather than allowing the "uncontrollables" in your life dominate your emotions and thoughts. And when you say this out loud, it all sounds too easy. I like you, understand that the reality is that it is not.

For me, as well as the words, I look around me to find the inspiration. Each day the sun gets up despite that fact I have had no sleep stressing out about all the things that could go wrong. I revel in the power of a morning walk. Listening to a favourite podcast, audio book, talkback radio, or some favourite tunes. It is a chance to clear the mind, and ready the thought processes to the challenges, sorry, OPPORTUNITIES, of the day.

Mother Teresa asks us to find the thing that changes your focus from negative to positive. I have mine, what's yours?

## TRINITY SUNDAY REFLECTION

What is God like?

***GOD IS CARING AND TENDER***

What is God like?

***GOD IS SLOW TO ANGER***

What is God like?

***GOD IS RICH IN KINDNESS***

Maker, Jesus and Holy Spirit

***GOD WELCOMES US WITH LOVE***

Be strong and happy

Help one another

***WE WILL WALK TOGETHER IN JOY***

Work with each other

Live in peace and justice

***WE WILL WALK TOGETHER IN HOPE***

Try to grow perfect

Bless one another

***WE WILL WALK TOGETHER IN LOVE***



## LITURGICAL ART

### *Reflection by Artist- Jenny Close*

Since the Trinity is one of the great mysteries of our faith, trying to design an image that touches on its meaning seems an impossible task. Three sources come to mind, however: colours, numbers and shapes.

A colour system that artists often use identifies three primary colours: yellow, red and blue. Combinations of the three primaries are thought to produce all other colours. The three primaries have their own individual identity but they share a single source, light. There are echoes of the Trinity here.

In nature, similar shapes are repeated endlessly and yet nature is far from visually boring. In this week's design, nature is emulated: one motif is used six times to make the three shapes which are similar, but not the same. The shapes have a family resemblance, but they have individual identity. Cannot the same be said of the persons of the Trinity?

In the Trinity there are three persons in one God and 'three' is a prime number which can only be divided by itself and one. Prime numbers have a mystical quality, and, together with the primary colours and related and repeated shapes, they evoke a dynamic sense of the divine.



## REFLECTION ON THIS WEEK'S READINGS

Years ago I was asked to take a parish-based catechetics class for children from a government primary school. I started by trying to work out how much the children knew about the basics. I asked, 'When we make the sign of the cross, what do we say?' 'Father, Son and Holy Spirit' came the firm reply. So far so good! I tried upping the bar. 'What do we call the Father, Son and Holy Spirit?' There was complete silence. I tried another track. 'What do you think of when you make the Sign of the Cross?' There was an awkward silence and then a bright little boy cheerily said, 'The old man, the young fella and the bird!'

No one can blame those children for the poverty of their images of the Trinity. Many older Catholics have similar images from paintings and holy pictures. The mystery of the Trinity means that in whatever way we portray God as Father, Son and Spirit it will always be inadequate and incomplete. No one has ever seen God or the Holy Spirit. No one has a portrait of Jesus. All the images and words we use for the Trinity are more a reflection of our faith than the final word about God. God is always more than any name we use or any concept we have. The special insight into God we celebrate today is that relationships are at the very centre of who God is.

It took the early Christians four hundred years to fully grasp what Jesus was on about when he spoke of his relationship to the Father and Spirit. They struggled to understand how and why God would have three faces and yet exist as One Being – love as One, act as One. They settled the 'how' of the Trinity's nature by teaching us that the persons of the Trinity are co-equal, co-substantial and co-eternal. They settled the 'why' of the Trinity by reflecting that their experience of the Father, Son and Holy Spirit was an encounter of love. They knew the core of God was not an idea or a principle, but was a loving relationship. Furthermore, the early Christians knew that they were invited into this relationship.

What was true for them is true for us. Think about this for a minute: we believe that the God who creates, redeems and sustains the world seeks us out and invites us into a loving relationship. This is what gives us our greatest dignity and urges us on to share this message with everyone we meet. What a privilege! What an invitation! What a God!

It also follows that if relationships are at the core of God then, for those of us who accept the invitation into the Trinity's embrace, relationships are meant to be our core business too. We are not to be isolated believers or private disciples. The degree to which we understand today's feast will be shown in the care we take in our many and varied relationships, be they social, intimate, professional, civic or international.

Every time we do anything to form new and good relationships, mend those which are broken, help other relationships to be deeper and richer or just enjoy the ones we have, we discover one thing: Trinity Sunday is a moveable feast. © Richard Leonard SJ

## READINGS FOR THIS WEEKEND

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### 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: 52-56. R. v.52 GLORY AND PRAISE FOREVER

**Response: *Glory and praise for ever!***

You are blest, Lord God of our fathers. **Response**

Blest your glorious holy name. **Response**

You are blest in the temple of your glory. **Response**

You are blest on the throne of your kingdom. **Response**

You are blest who gaze into the depths. **Response**

You are blest in the firmament of heaven. **Response**

### SECOND READING

*2 Corinthians 13:11-13*

Brothers, 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

*Jn 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.'



**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.**