



**8th August 2020**  
**SAINT MARY OF THE CROSS**

Mary MacKillop was born in Melbourne in 1842. Died in Sydney on this day in 1909. Took the religious name Mary of the Cross. Responding to the isolation of colonial families, she pioneered a new form of religious life to provide education for their children. She and her sisters shared the life of the poor and the itinerant, offering special care to destitute women and children. Remembered for her eagerness to discover God's will in all things, for her charity in the face of calumny, and for her abiding trust in God's providence. Australia's patron saint.

**COLLECT**

O God, source of all goodness, who have shown us in Saint Mary a woman of faith living by the power of the Cross, teach us, we pray, by her example to live the Gospel in changing times and to respect and defend the human dignity of all in our land.

**SOLEMN BLESSING**

Through the example of Saint Mary of the Cross, may you learn to recognise God's will for you and trust in his providence. **Amen**

May her life of service awaken in you a deep respect for the poor and a strong will for justice.

**Amen**

May you share in her courage, see with the eyes of Christian love, and learn from her holy deeds. **Amen**



"He comes in the form of the beggar, of the dissolute human child in ragged clothes, asking for help. He confronts you in every person that you meet. As long as there are people, Christ will walk the earth as your neighbour.

- Dietrich Bonhoeffer

*"As we Worship, so we Believe, so we Live"*

*"Hatred stirs up conflict, but love covers over all wrongs" (Proverbs 10:12)*



A smile is the shortest distance between two people

**STAY KIND**

**9th August 2020**

**NINETEENTH SUNDAY IN ORDINARY TIME**

JESUS WENT UP INTO THE HILLS TO PRAY. The prophet Elijah and Jesus both went up a mountain to pray. Many people have experienced the presence of God in the wonder and solitude of a mountain top. But God is also to be found at sea level, in the ups and downs of our daily lives. When we are swamped by troubles and cry out, "Lord, save me," we allow God to reach out and hold us.

**ENTRANCE ANTIPHON** Cf Psalm 73:20,19, 22,23

Look to your covenant, O Lord, and forget not the life of your poor ones for ever. Arise, O God, and defend your cause, and forget not the cries of those who seek you.

**COLLECT**

Almighty ever-living God, whom taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised.

**RESPONSORIAL PSALM** Psalm 84:9-14

Lord, show us your mercy and love, and grant us your salvation.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

I hope in the Lord,

I trust in his word. Alleluia!

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transformed them into the mystery of our salvation

**COMMUNION ANTIPHON** Cf John 6:51

The bread that I will give, says the Lord, is my flesh for the life of the world.

**PRAYER AFTER COMMUNION**

May the communion in your Sacrament that we have consumed, save us, O Lord, and confirm us in the light of your truth.



*"The more we receive in silent prayer, the more we can give in our active life."*  
St Teresa of Kolkata.



**Our Lady Help of Christians Parish**  
**East Warrnambool - Allansford**  
**'A Star in the East'**



**PARISH BULLETIN**

**19th Sunday in Ordinary Time—9th August 2020**

P.P.: Fr Lawrence O'Toole - Phone 5561 1533

[olhcwbl@bigpond.net.au](mailto:olhcwbl@bigpond.net.au) [www.ballarat.catholic.org.au](http://www.ballarat.catholic.org.au)

OLHC Primary School: Eugene Dalton - Phone 5562 5559

[www.olhcwarrnambool.catholic.edu.au](http://www.olhcwarrnambool.catholic.edu.au)

Emmanuel College: Peter Morgan - Phone 5560 0888

St. Carthage's Church—Grauers Rd, Allansford

Child Safety Officer—Dion Bartlett 0458 778 935

**"I AM THE WAY,  
THE TRUTH, AND THE LIFE"**  
JN 14, 18.

**PEACE TO ALL WHO ENTER HERE**

**Recent Deaths:** John Hume (Ireland), those who have been killed in the Lebanon Explosion, Adrian Livingston, Margaret Pettit, all who have died from coronavirus, Dominic Howley, Marj McCarthy, Mr Victor

**Anniversaries:** Fathers Tom Kiniry, William McGrath and Davey, Robert Haberfield, Kath Hayes

**Sacraments: Baptisms and Marriages** by Appointment please phone 5561 1533

**The Word of God:**

This Week: 1 Kgs 19: 9.11-13 / Rom 8:35. 37-39 / Mt 14: 13-21

Next Week: Is 56: 1.6-7 / Rom 11: 13-15. 29-32 / Mt 15: 21-28

**Taking Place This Week:**

Sunday—International Day of the World's Indigenous People, Destruction of Nagasaki by atomic bomb

Tuesday— St Clare

Wednesday— St Jane Frances De Chantal; International Youth Day

Friday— St Maximilian Mary Kolbe

Saturday— Assumption of the Blessed Virgin Mary

**O.L.H.C—A FAMILY FOR LIVING**

*When we speak about wisdom, we are speaking of Christ.*  
- St. Ambrose



Today is the Nineteenth Sunday in Ordinary Time. The Sunday Lectionary Readings are from Year A. The Weekday readings are from Year 2. The Liturgical Colour is Green.

*"Holiness starts in the home, by loving God and those around us for his sake."*

St Teresa of Kolkata

**Thanks** to Parishioners who generously bring to the Presbytery Planned Giving and Financial Support. **Thanks** to the Direct Givers

**Green is the colour of hope and growth**

**Our Lady Help of Christians East Warrnambool is a Child Safe Parish**

**Sunday —The Lord's Day**

**Mass on Television:** 6 am—Channel 10 WIN TV & 10 am—FOX

**Mass on Line:**

Saturday, 5.30 pm “Mass on Demand North Sydney” (available then throughout Sunday) 8.30 am, from St Josephs Warrnambool on Facebook—St Josephs Warrnambool.

**Evening Prayer,** Meditating on the Resurrection of Jesus From the Dead.

Our Parish Family Prays **at Home** between 5—6 pm—The Lord's Prayer; 10 Hail Marys, 1 Glory Be. Alleluia.



**THE LORD'S DAY**

**St Ignatius of Loyola**

The examen prayer, which St Ignatius asked Jesuits to pray twice daily, is a fundamental practice of discernment. It helps us to cultivate awareness of God's action in us and in our world, and to pay attention to our response.

Here is one way to pray the examen:

**Gratitude:** *I give thanks to God for . . .*

**Insight:** *I ask the Holy Spirit for insight into myself and the world . . .*

**Reflecting:** *I review events of the day, my behaviour, and notice my feelings . . .*

**Noticing:** *I notice what needs healing and ask God for forgiveness . . .*

**Looking forward:** *I name the action I feel called to now, and I ask for God's help.*

**The 7-word Prayer Pope Francis learned from his grandmother**  
*“Jesus, make my heart more like yours.”*

**TO LIVE LIFE TO THE FULL  
Mental Health in Australia Today**

Jesus, you invite us all into the fullness of life. May we support one another to flourish in body, mind and spirit. Strengthen our commitment to ensure that nobody falls through gaps in our system of care.

People call you mad. Help us to recognise you in those who suffer mental ill-health today. Show us how to eliminate stigmatisation of mental ill-health from our parishes, schools, communities and organisations.

You drew near to those who were suffering in body or mind. May we too feel your nearness when we struggle with mental health challenges. May we be one as members of Your Body.

You invite us to share in your ministry of love and true compassion. May we be empowered by your Spirit to reach out to all people in need. May we build communities of welcome and inclusion. Amen.

**A prayer for Healthcare Workers during this time of the Coronavirus COVID-19**

Loving God,  
We place into your care  
All our doctors, nurses and healthcare workers.  
Give them courage of heart and strength of mind and body.  
Keep them safe from harm.  
May they know our deep gratitude  
For all they are doing to heal and help those affected by the coronavirus.

God of all consolation  
May they know your protection and peace  
Bless them in these challenging days  
And bless their families.  
Amen



**What can I Say**

*What can I say that I have not said before?  
So I'll say it again.  
The leaf has a song in it.  
Stone is the face of patience.  
Inside the river there is an unfinishable story and you are somewhere in it  
And it will never end until all ends.  
Take your busy heart to the art museum and the chamber of commerce  
But take it also to the forest.  
The song you heard singing in the leaf when you were a child  
Is singing still.  
I am of years lived, so far, seventy-four, and the leaf is singing still.*



Mary Oliver

**PARISH LIFE—LIFE TO THE FULL**

**OLHC Community acknowledges and respects the traditional custodians of this land—the Gunditjmarra People and other tribes. We deeply respect the Aboriginal Community upon whose land our parish resides.**

**WELCOME TO OLHC & ST. CARTHAGE** In imitation of

Jesus Christ, we welcome all people to worship and celebrate God's all-inclusive love with us. Whoever you are,

wherever you are in your life, we thank you for choosing to be here with us today.

*OLHC A Missionary Parish. A joyful, hope filled and servant community*

**Worth Watching**

**View ABC1 Compass 11am Sundays.** “Songs of Praise” Sundays 11.30am on ABC1.

Keep up to date with news in the Diocese.

Register for Diocesan E News [enews@ballarat.catholic.org.au](mailto:enews@ballarat.catholic.org.au)

If we do not have **your email address** please forward it to [olhcwbl@bigpond.net.au](mailto:olhcwbl@bigpond.net.au) to receive Parish Bulletins

**Post Secondary Scholarships** honouring Ross and Andrew Powell relating to education, agriculture and volunteerism. Apply to <https://www.demodairy.com.au/powell.legacy.fund/>

**Pastoral Ministry Program—Registration now open.** Low-cost online study. Sacraments, Scripture, Youth Ministry, Liturgy, Leadership and more. The next cycle begins August 30th. Study is 5 weeks. Info [www.ballarat.catholic.org.au](http://www.ballarat.catholic.org.au) or email [kim.butler@ballarat.catholic.org.au](mailto:kim.butler@ballarat.catholic.org.au)

**Mental and Emotional Support Line 1800 965 144**

**Australia's First Saint.**

“Let us try to keep God with us by charity of thought, word & act.”  
Mary MacKillop, 15.9.1890

**WINTER APPEAL 2020 SVDP.**

Donations can be given by way of cash or cheque to East Warrnambool SVDP Society and left at the parish office on Friday morning from 9-12 pm or given to Bryan O’Keeffe at 5 Emma Ave.

**Your generosity is very much appreciated**

“God is good and has brought light and help when all was very dark”  
St Mary MacKillop, 1899

**Emmanuel College—Young Vinnies** are asking for support in their toiletry drive. The need is in Melbourne for smaller items. Toiletries can be left at The College or Presbytery.

**Marriage Tip:** “Ruts are the bad side of habits, but marriage can have happy routines. (He always starts the coffee or she remembers to send cards on special days.) What “niceties” have become regular habits in your marriage?”

If you wish to give to our Parish Finances via bank transfer:  
BSB: 06 3533  
Acc. No: 0090 3353  
Ref: Planned Giving  
Or, by  
<https://bit.ly/CDFpayWarrnamboolEast>  
*All donations are greatly appreciated.*



“I can do things you cannot. You can do things I cannot. Together we can do great things.”

“I trust He shall place his holy hand on me and in the stormy seas hold me up from drowning.”  
- St Thomas More

**Popes Intention for August**

**The Maritime World**  
We pray for all those who work and live from the sea, among them sailors, fishermen and their families