



St. John's Parish Mitcham

494 Whitehorse Road, Mitcham 3132

Email: mitcham@cam.org.au

Website: www.stjohnsmitcham.com.au

Phone: 03 9401 6366 or 0402 330 128

16th SUNDAY IN ORDINARY TIME

Sunday 21 July 2024 —Year B

Be kind to yourself

How hard we can be on the person closest to us -
hard on ourselves.

We all need a bit of compassion for ourselves,
for our weaknesses, faults and failings.

We also need to be able to forgive ourselves -
if we're hard on ourselves, we'll be hard on others.
We can be so hard on ourselves that we're tough on everyone else.

Can we accept ourselves as the people we are?
That's having compassion on ourselves.

We can be hard on ourselves at all ages.
For not being good enough,
failing to reach impossible standards,
for having feelings like jealousy or envy.

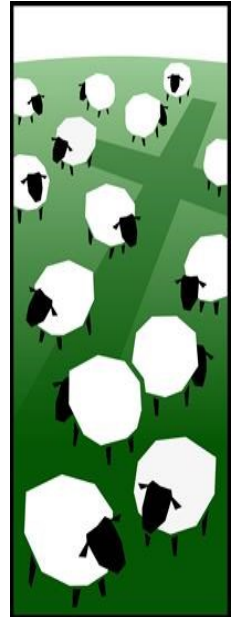
And regrets:
everything you wanted to happen and it didn't.
Maybe ways you let down a husband or wife, or ways you failed your children.

Jesus was big on compassion. And we need it.
Look on our whole selves: not just one side of ourselves.
If you have harmed people and they forgive you, allow yourself be forgiven.
And let the compassion of Jesus give you sympathy for yourself.

We need to love ourselves.

Accept yourself—love yourself as you are,
not as you might have been
or might be.

Be kind to yourself and you'll be kind to others;
let others be kind to you and you'll be kind to yourself.
Be compassionate to yourself and you will be to others.
Allow others be compassionate to you,
and you'll look on yourself with love -
and that's how God looks on you.



**"St John's Parish community, is committed to the Victorian Child Safe Standards
& acknowledges that Child Safeguarding is everyone's responsibility."**

Parish Information

Normal Weekend Mass Times

St John's: Sat Vigil, 6pm, Sun 8.30am, 9.45am, 11.15am, 5pm

Our Lady's: Sat Vigil 5pm, Sun 9.30am

Parish Office Hours (Parish Office is closed on Mondays):

Tuesday-Friday 9am-3.30pm

Business Manager: Margaret Harrington

Parish Secretary: Manuela Brambilla

Accountant: Gilda Bell

Bereavement Ministry: Jenny Kearney 0413 826 468

Pastoral Care: Loredana Iacobucci 0423 313 336

Christian Meditation Group: Chris Ryan

House of Books (house next door to the Church): 9401 6306

RE for Government Schools: Trish Chaston 0468 589 793

Safeguarding Committee Co-ordinator: Andrew Buchanan

Visitation and Communion to the Sick & Housebound:

Co-ordinator: Cath Brindle

Parish Priest Fr Dispin John

Supported by Fr Michael Kelly, CSsR

St John's School

494 Whitehorse Road, Mitcham, 9874 1575

Principal: Mrs Verona Gridley

vgridley@sjmitcham.catholic.edu.au

St James School

51 Centre Road, Vermont, 9874 1830

Principal: Mr Dave Mutimer

principal@sjvermont.catholic.edu.au

Services:

St Vincent De Paul:

Shop 2/82 Maroondah Hwy Ringwood 9870 9124

Welfare Assistance 1800 305 330

PLEASE CONTACT THE PARISH OFFICE
ON 9401 6366 OR VIA EMAIL MITCHAM@CAM.ORG.AU
TO ACCESS ANY OF THESE PEOPLE OR SERVICES

Parish Information & Daily Readings

Scripture Readings for week

Mon: Song of Songs 3:1-4 Jn 20:1-2. 11-18

Tue: Micah 7:14-15. 18-20 Mt 12:46-50

Wed: Jeremiah 1:1. 4-10 Mt 11:25-27

Thu: 2 Corinthians 4:7-15 Mt 13:1-9

Fri: Jeremiah 3:14-17 Mt 13:18-23

Sat: Jeremiah 7:1-11 Mt 13:24-30

17th SUNDAY IN ORDINARY TIME

2 Kings 4:42-44

Ephesians 4:1-6

John 6:1-15

Weekday Masses

St John's

Our Lady's

Tue 10am Mass

6pm Mass

Wed 10am Mass

Thur No Mass

9.15am Mass

Fri 9am Mass SJV

10am Mass SJM



May we have
a compassionate response
when things do not work out
for us as we planned.

AMONGST OUR PARISH FAMILY

We ask for the grace and peace of Eternal life for those who have died recently especially, **Leonard Keating, Patricia Mary Barnes, Incoronata Aquarola, Editha Cada and Edith Macol;**

and for those whose memories are sacred to us at this time including **Lillian Glenn, Marion Caffrey, John Flynn, Jim Egan, Andrew George, Ron Wain, Annette Alwis, Hong Nguyen, Luu Le and Kieu Le.**

Tuesday Mass for healing of the sick



Prayers are offered and are followed by a **Novena of Saint Mary MacKillop**. If you know of someone who might need our special prayers or to be added to the Novena List please email the parish office mitcham@cam.org.au and leave a message for those you wish to be prayed for **by Monday afternoons**. Keeping you in our prayers. Please contact the Parish Office if you wish to keep the name/s of your loved one, as we are updating the current list."

ST. JOHN'S MEMORIAL GARDEN

Plaques for this pastoral project may be ordered at any time for any deceased person who either was a parishioner at St John's or who was buried from St John's Church. The forms are in the Newsstands. **These forms now include the Interment of Ashes at St. John's.** The completed forms can be handed into the Parish Office. **Enquiries: Parish Office 9401 6366**



July 27/28	St John's 6.00pm	St John's 8.30am	St. John's 9.45am	St John's 11.15am	St John's 5.00pm
C'Tator Lectors	M Bredhauer A Livy	B Mills H De Kauwue	M Gartland L Kho	D Wates B Rudin	C Lobo K Holewa
Eucharist	M Livy E Booth R McIntosh	R Jess J Kaithavelil A Tham	G Gartland M Lafferty C Bramble	A Glenn P Darmody S Dowd	C Kook
Laptop operator			J Curtis		
Children Liturgist			A O'Reilly	J Leong	

Faith Formation, Social & Other

OUR LADY OF PERPETUAL HELP RINGWOOD NEWS



Weekend Masses:

Saturday at 5pm
Sunday at 9.30am

Weekday service

6.00pm Tue: Mass and Novena
9.15am Thurs: Mass

Ringwood Parish website:

<http://pol.org.au/ringwood/Home.aspx>

Phone: 0468 589 039

PRAYER LINE MINISTRY @ ST JOHN'S

"Pray for one another, that you may be healed" (James 5:16)

For prayer requests, please call Loredana 0423 313 336 or contact the Parish Office.
God bless, Loredana

**Lord help me to remember
that nothing is going to happen to me today
that You and I together can't handle.
Amen.**

My Catholic life

MORNING TEA

Every Sunday after the **8.30am** and **9.45am** Mass you are invited to share a cuppa and a chat in the narthex with other parishioners.



HOLY ROSARY

Come and pray the Holy Rosary at St John's on the first Friday of the month at 9.30am.



ST JOHN'S CAFE

Please come, enjoy a cuppa & chat with friends in the Narthex following the 10am Mass.

All are welcome

When: Tuesday 20 August

Time: 10:30am to 11:30am



Children's Liturgy at St John's Every Sunday at 9.45 and 11.15am during school term

Children will move to the Narthex of Church for their own Liturgy of the Word.

All ages welcome.

SENIORS GROUP MASS & LUNCH

The next St. John's Seniors monthly 11am Mass (including anointing of the sick) & Lunch will be held on **Wednesday 7th August**. For catering purposes please call the Parish office 9401 6366 to confirm your attendance by Monday 5th August. All are welcome.



BAPTISM

Today we welcome



Jordy Russell McKenzie, Riccardo Torcasio, Poppy Georgina Rogan, Arthur Alexander Martin

*into the life of the Catholic Church
through the Community of St John's*

CHRISTIAN MEDITATION - "Come and See"

John said, "Look, there is the lamb of God"... The disciples asked "Where do you live?"... "Come and see", Jesus replied. Jn 1:36-39

Our next meditation gathering will be on Monday evening, **29 July at 7.30pm**. Consistent meditation is known to help calm our busy minds. If you are interested in deepening your spirituality, or want to strengthen your connection to God, you can benefit from meditation – even if you are new to it. Free of charge. All welcome. All enquiries Chris Ryan at the Parish Office, 9401 6366 - or simply turn up on the night. Looking forward to seeing you!



JOURNEY THROUGH LOSS

When we lose a loved one, the emotions can be overwhelming, grieving can take many forms.

Our friendly and informal gathering gives an opportunity to support each other as we journey through grief and loss.

Please join us:

Every second Wednesday of the month at 10:30am

St John's Parish Office

"But the Lord stood at my side and gave me strength".

2 Timothy 4:17

Gold coin donation welcome

Sea Sunday Appeal

This week we celebrate Sea Sunday, when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living. Even during a pandemic, seafarers continue to bring into our ports products that sustain our population and economy. The Appeal today is for Stella Maris, Apostleship of the Sea, the official maritime welfare agency of the Catholic Church. It supports seafarers both practically and spiritually. To assist this Catholic ministry, please send your donations to: <https://stellamarisaustralia.org/sea-sunday-appeal/>

PARISH FAMILY/FRIENDSHIP GROUPS

A social gathering is planned for Sunday **August 18th** in Zebedee meeting room. A bring and share lunch starting at midday. Tea and coffee provided. We hope to share experiences of group outings i.e. venues, cots, transport, places of interest. Between us all we must have explored most of Melbourne.

For more info contact Nola Rush 0405 127 582 or the parish office 9401 6366

ST JOHN'S CARD MAKING GROUP

Did you know our cards are for sale from the Piety Stall after weekend Masses? We have a great selection of cards including Birthday, Get Well, Sympathy and Confirmation cards. Our cards are also available to purchase from the House of Books and the Parish Office. First Eucharist and Mother's Day cards are also available from the Piety Stall and House of Books. Any queries or special orders for cards please contact us via the Parish Office. All profits from our card sales continue to benefit the work of St Vincent de Paul. Please contact us via the Parish Office if you have any queries. Thanks Monika and Card Making Team.



PIETY STALL

The Piety Stall has a new spot in the narthex and new items too. Statues, Rosary beads, rosary bracelets and pouches. Scapulars brown and green and 25 different medals, also prayer cards and holy pictures. If you are looking for a piety item we may be able to order it for you.

Live Your Best Life in Love...

A Marriage Encounter weekend is for you...

Every married couple deserves this very special weekend. Time-out to nurture your most precious relationship away from daily distractions. The two of you will come away from your weekend feeling more deeply connected and with tools to help keep the passion alive. No group sharing required. The weekend is based around Catholic values. Couples of all faiths are welcome. **Please check our website for more details and to book your special weekend:**

Our next weekend is: 4 - 6 October 2024 at St Paul's Retreat Centre, Wantima South.

Starts Friday evening at 7pm and finishes Sunday afternoon around 4:30pm

Information/Bookings: Phone **Mercy & James** **0409 183 676** or

Email: vicbookings@wwme.org.au

Website: wwme.org.au

HOUSE OF BOOKS

Monday—Friday 10am - 4pm

Saturday 10am-1pm

Closed Sundays & Public Holidays.



The shop has a great range of good quality second hand books at very low prices.

Proceeds support St John's and St Vincent de Paul.

Phone: 9401 6306

SAFEGUARDING NEWS

A new version of the Catholic Archdiocese of Melbourne's Safeguarding Children and Young People (SCYP) Framework is now available. These documents replace all previous versions, including the Safeguarding Children and Young People Policy and the May Our Children Flourish Child Safety Code of Conduct.

The new suite of documents has been streamlined and redesigned with the aim of making them more accessible, fostering a shared understanding and commitment to safeguarding within the Catholic Archdiocese of Melbourne.

We encourage everyone, especially our volunteers, to have a look at the new documents which are now available in the Narthex and on our website www.stjohnsmitcham.com.au

If you a volunteer at St John's and you have not done the Safeguarding Essentials online training yet, we encourage to do it asap as it is a compulsory requirements to comply with the Safeguarding policies and procedures. You can access it at <https://safeguarding.melbournecatholic.org/s/login/?>

Let's work together to keep children safe!

CARITAS AUSTRALIA

We are so very excited to announce that on **Thursday the 18 July at 7pm** the Academy of Mary Immaculate will be holding a fundraising night entitled "Perform for Peace". The purpose of this evening is to raise funds for victims of war. The proceeds made from the evening will be donated to Caritas who seek to eradicate poverty and injustice around the world.

On the night, there will be various events for your entertainment; student ensemble performances such as **singing, African dancing, poetry reciting, silent action and raffles.** We are lucky enough to have a **special guest speaker, Moira Kelly** - Australian Humanitarian aid worker who achieved Victorian of the year in 2013.

We encourage you all to bring a plate of food to share with your family and friends. Tea, coffee and biscuits will all be provided. **You can purchase tickets for the event using the link below: <https://www.trybooking.com/CSOSF>** Bookings for the night will close on the 16th of July.

ST VINCENT DE PAUL— JULY—FOOD

Donations can now be left in the plastic tub in the **Narthex**. We are currently requesting: **coffee, rice, tinned vegetables long life milk. All Enquiries to Danny Rafferty 0437 498 877**



HOW YOU CAN CONTRIBUTE TO THE PARISH

The QR Code is unique to St John's and will give parishioners direct access to our account. To make a payment, parishioners simply scan our QR code with their mobile phone and follow a few easy steps.



Thank you for your continued support

If you would like to support our Parish via TAP and GO please use the terminals located in the narthex and in the church. The minimum is \$10. All you need to do is tap the terminal with your credit card / debit card / smart phone or smart watch—your contribution will go straight into our Church account.

If you would like to **contribute to the support of our Priests** here are the Bank details:

Account name: St Johns Presbytery Account
BSB 083343
ACCT NO. 515 469 035