

# Holy Family Como Bulletin



Parish Priest: Fr Ossie Lewis - Email: [ossielewis28@gmail.com](mailto:ossielewis28@gmail.com)

45 Thelma Street, Como 6152 - Phone: 9450 5921 - Email: [como@perthcatholic.org.au](mailto:como@perthcatholic.org.au)

Office Hours Monday - Thursday 9am - 12pm - Website: [www.holyfamilycomo.com](http://www.holyfamilycomo.com)

**Weekend Masses** Saturday 6pm, Sunday 8.30am & 10.00am

**Weekday Masses:** Tuesday, Wednesday & Thursday 9am, Friday 7pm,

**Reconciliation:** 5.30pm Saturday **Baptisms, Marriage & Funerals:** By appointment Only

**Adoration:** Thursday 9.30am-11.30am **Safeguarding Officers:** Mark Ferroa 0425454763 & Breda Pires 0422237261

## 19<sup>th</sup> Sunday in Ordinary Time— Year A

## Sunday 13<sup>th</sup> August 2023

Lord Jesus, grant me the grace to recognize You when You come to me in an unexpected way. Give me light, strength, and trust to turn to You in the midst of my anguish. Amen.

### How to achieve a well-balanced faith

In the Gospel reading for this Sunday, Jesus finishes with the miracle of multiplying a few loaves and fish to feed thousands of people, and then he goes off by himself to pray.

When you host a large dinner party or complete a big project or overcome difficult obstacles, do you give yourself time to recuperate and let God minister to you?

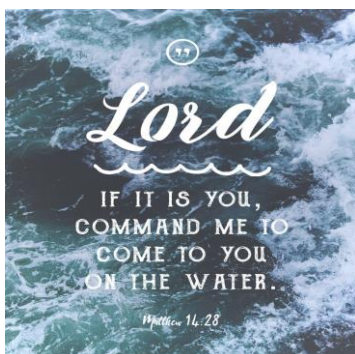
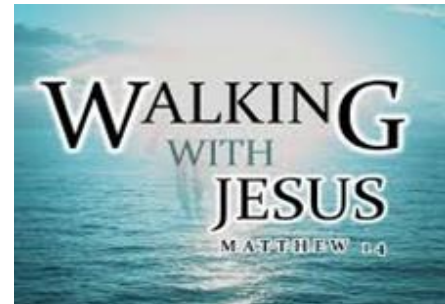
After spending time alone with his Father, Jesus was so uplifted by the experience that he walked on water!

Jesus frequently spent time in prayer. He probably went off by himself to pray a lot more often than what is written in scripture. So why did Matthew mention it here? What was significant about this particular prayer time?

Through Matthew, God is showing us how to achieve a well-balanced faith.

We need periods of prayer-filled solitude to restore our energies and renew our vision of what God is inspiring us to do. We all have work to do for God in our families, in our workplaces, in social gatherings, in our parishes and in every problem that arises. Giving of ourselves to others will always drain us; to thrive and grow in our usefulness to God, we must allow him to replenish us often.

Prayer helps us to prepare for whatever lies ahead, even when we don't know what we're walking into. What we gain from the Lord in our time alone with him is a gift designed for our benefit *and* for responding to the needs of others. It strengthens our faith, teaches us how to walk on water, and sends us to the next shore where people who need God's help are waiting. God wants to minister to them through us. Are you prayed up and ready?



#### Questions for Personal Reflection:

How much time do you spend in quiet aloneness with the Lord? Is it enough to restore the inner peace that comes from staying in touch with God? Or do you feel drained and unprepared to continue?

#### Questions for Community Faith Sharing:

What's your favorite way of praying? What kind of prayer makes you feel most connected to God? Why? How does this help you in the tasks of your daily life?

### Covid Prayer

Lord Jesus when you walked with us on earth you spread your healing power. We entrust to you the families and communities affected by Coronavirus, wherever they may be. We pray especially for health care workers, that you may guide and protect them. We pray that your spirit might inspire those researching new medicines and treatments. Grant us the courage not to rush back to our old ways, but to rebuild our world together, creating foundations of justice, with equality and peace for all. And in the midst of this, keep us strong in faith, hope and love. We lift our prayer to you Lord, and trust in your infinite mercy, as we wait for the daybreak. Amen

**HOLY FAMILY DIARY**  
14<sup>th</sup> – 20<sup>th</sup> August 2023



**Monday 14<sup>th</sup> August**  
No Mass

**Tuesday 15<sup>th</sup> August**  
*The Assumption of the Blessed Virgin Mary (Holy Day)*  
9.00am Mass  
7.00pm Mass

**Wednesday 16<sup>th</sup> August**  
9.00am Mass

**Thursday 17<sup>th</sup> August**  
9.00am Mass  
9.30am Adoration

**Friday 18<sup>th</sup> August**  
7.00pm Mass

**Saturday 19<sup>th</sup> August**  
6.00pm Mass

**Sunday 20<sup>th</sup> August**  
*20<sup>th</sup> Sunday in Ordinary Time*  
8.30am Mass  
10.00am Mass – Children's Mass

**Wedding Anniversaries**  
**August 2023**

We congratulate the following parishioners celebrating their anniversaries this month:

*Betty & Des Leggett*  
*Amelia & Jared Graves*  
*Patricia & David Cowley*  
*Grazyna & Marek Toczylowski*  
*Julie & Dominic Palumbo*

God bless you all on your special day

**The Assumption of the Blessed Virgin Mary**

Mass will be held on Tuesday, 15<sup>th</sup> August at 9.00am and 7.00pm

**Rosary**

Special devotion of the rosary will be recited every 3<sup>rd</sup> Sunday before 8.30am & 10am Mass

**2023 SACRAMENTAL PROGRAM**

The email address of the Sacramental Program coordinator is: [comocath.sacramental@ymail.com](mailto:comocath.sacramental@ymail.com)

Please refrain from sitting on the steps leading into the Church. This is a safety hazard in accordance with Council guidelines in case of an emergency. Please use the spare seats provided. Thank you



**ARCHDIOCESAN NEWS**

For more news about what's happening around the Archdiocese or Employment, please see the Notice board in the foyer

**FATHER'S DAY IS COMING...**  
**Sunday, 3<sup>rd</sup> September**  
**Raffle tickets are now available**  
**1 for \$2      3 for \$5**  
**8 for \$10     20 for \$20**  
**Get in quick to win 1 of 4 hampers.**  
**To be drawn after 10am Mass 27<sup>th</sup> August**

**First Holy Communion Ceremony**

Congratulations to our 7 Communicants who will receive the Body & Blood of Jesus for the first time **TODAY**. The front pews have been reserved at the 10am Mass for the communicants and their families. Please keep these children and their families in your prayers.



Talia Alhaddadin  
Lilyanna Bell  
Luca Del Grosso  
Maxwell Dunn  
Ethan George  
Charlize Mott  
Mitchell Riachi

**Holy Family Como one day retreat**  
**Adult Faith Formation on Discipleship and the Sacraments**

Father Greg Donovan will be presenting an Adult Faith Formation session on Discipleship and the Sacraments. This is a one-day retreat at our Parish on **Saturday, 9<sup>th</sup> September 9am-3pm in the Parish Hall.**

If you are interested in this session, please leave your name and details on the list in the Church foyer. For catering purposes during the day could you please bring along morning tea and lunch to share.

**Meditative Prayer in the Style of Taizé 2023 – August 20<sup>th</sup>**

Sisters of Saint Joseph Chapel, 16 York St, South Perth 7–8pm. Chapel doors open at 6.30pm.

Invite your friends and pray in a relaxing, meditative way (bring a torch) Enquiries: Sr Maree Riddler rsj  
Phone: 0414683926  
Email: [maree.riddler@sosj.org.au](mailto:maree.riddler@sosj.org.au)



**MASS OFFERING**

**Mass Intentions** – All children making their First Holy Communion, For peace, safety & comfort for the people of Poland & Ukraine

**Recently Deceased** – Charles Britto, Ken Cumming, Beatrice Musitano

**Wellbeing of** – Brad, Brother Leonard, Anna Alfonso, For peace & happiness for Cecelia



**MORNING TEA TODAY**

after each Mass to say goodbye to **Father Ossie**

Please come along to say farewell, wishing him joy and peace on his retirement.



**Let Justice and Peace Flow**  
Season of Creation 2023

A Mighty River  
Amos 5: 24

**Message of His Holiness Pope Francis for the Care of Creation starting 1<sup>st</sup> September 2023**

Dear brothers and sisters! “**Let Justice and Peace Flow**” is the theme of this year’s ecumenical Season of Creation, inspired by the words of the prophet Amos: “Let justice flow on like a river, righteousness like a never-failing stream” (5:24). What can we, as Christian communities, do to heal our common home so that it can once again team with life? First, let us join the mighty river by transforming our hearts. Second, let us add to the flow of this mighty river by transforming our lifestyles. Lastly, we must transform the public policies that govern our societies and shape the lives of young people today and tomorrow. In this Season of Creation, as followers of Christ on our shared synodal journey, let us live, work and pray that our common home will team with life once again.

**SAFEGUARDING COMMITMENT STATEMENT**

Holy Family Parish Como is committed to providing a safe & secure environment for all its members, leaders, especially its children & vulnerable adults. The care, safety & welfare of children & vulnerable adults is a collective responsibility embedded in policies & practices of the Parish which reflect a commitment to a zero tolerance to abuse.

**8 of 12 Safeguarding Messages:**  
*Tell a trusted adult if you are worried. Keep on telling until someone believes you and helps you.*

This message is placed at the request of the Safeguarding Office of the Perth Archdiocese.



# Transfiguration of the Lord - YEAR A

## ENTRANCE ANTIPHON

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.

## FIRST READING

*Book of Kings 19:9.11-13*

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, "Go out and stand on the mountain before the Lord." Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake. But the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this, he covered his face with his cloak and went out and stood at the entrance of the cave.

## RESPONSORIAL PSALM

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

## SECOND READING

*Romans 9:1-5*

What I want to say is no pretence; I say it in union with Christ - it is the truth - my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed!

## GOSPEL ACCLAMATION

Alleluia, alleluia! I hope in the Lord, I trust in his word. Alleluia!

## GOSPEL

*Matthew 14:22-33*

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God'.

## COMMUNION ANTIPHON

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

**Next Sunday's Readings**  
**20<sup>th</sup> Sunday in Ordinary Time**  
 Isaiah 56:1. 6-7  
 Psalm: 66:2-3, 5-6, 8  
 Romans 11:13-15, 29-32  
 Matthew 15:21-28

# KIDS' CORNER

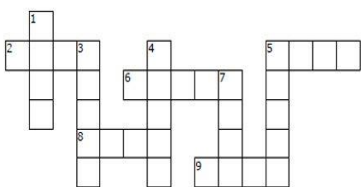
## Jesus Walks on the Water

During the fourth watch of the night Jesus went out to them, walking on the lake. Matthew 14:25 (NIV)  
 Based on Matthew 14:22-33 (NIV)

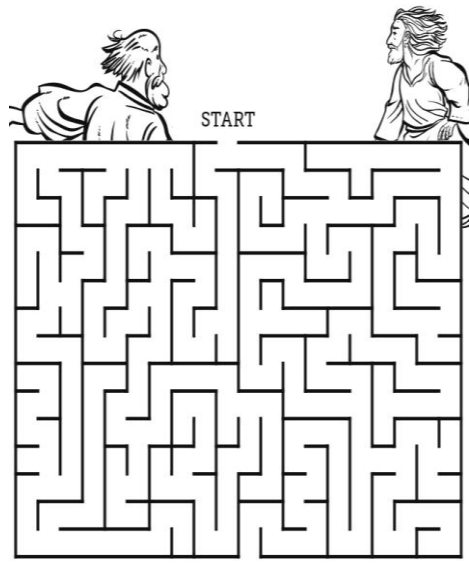


## JESUS WALKS ON WATER

Lead Peter across the water to Jesus.



- |   |  |
|---|--|
| <p><b>ACROSS</b></p> <p>2. The natural movement of air</p> <p>5. To travel along on your feet</p> <p>6. Moving swells on the surface of the sea</p> <p>8. A small vessel for travel on water</p> <p>9. An unpleasant feeling caused by danger</p> | <p><b>DOWN</b></p> <p>1. To go downward in water</p> <p>3. A lack of confidence or belief in God</p> <p>4. A firm belief in God</p> <p>5. A liquid that comes down from the clouds as rain</p> <p>7. To rescue someone</p> |
|---|--|



**19TH SUN ORDINARY TIME**  
 Time and time again, Jesus shows us that when our faith and belief in him are strong, then anything is possible, even walking on water!   
**LET US PRAY**  
 Lord, give us the courage and faith of Peter, whose belief was so strong that he could walk towards Jesus across the lake.

FEAR	FAITH	DOUBT	WAVES	WATER
SAVE	WIND	BOAT	WALK	SINK

## ROSTERS

		Saturday 6:00 pm	Sunday 8:30 am	Sunday 10:00 am
<b>COMMENTATOR/READER</b>				
12 <sup>th</sup> /13 <sup>th</sup> August	19 <sup>th</sup> Sunday in Ord	Amanda Johnson	Marianne Taylor	<b>First Holy Communion Children</b>
19 <sup>th</sup> /20 <sup>th</sup> August	20 <sup>th</sup> Sunday in Ord	Helen Mason	Peter Messer	Fiona Wee
<b>ACOLYTE</b>				
12 <sup>th</sup> /13 <sup>th</sup> August	19 <sup>th</sup> Sunday in Ord	Peter Quinn	Bill Staude	<b>First Holy Communion Ceremony</b> James Chong
19 <sup>th</sup> /20 <sup>th</sup> August	20 <sup>th</sup> Sunday in Ord	Hasan Sidi	Shajy Vadukoot	Leo Burke
<b>ALTAR SERVER</b>				
12 <sup>th</sup> /13 <sup>th</sup> August	19 <sup>th</sup> Sunday in Ord	Hugh Morris Elizabeth Morris	Claudia Taylor Beard Dinuli Kariyakarawana	<b>First Holy Communion Ceremony</b> K Don Shannel Angel Sara Siby
19 <sup>th</sup> /20 <sup>th</sup> August	20 <sup>th</sup> Sunday in Ord	Edith Johnston Nicolas Willey	Palak Vadukoot Evelyn Newman	Bryan Chong Shiori Ong
<b>CHOIR</b>				
12 <sup>th</sup> /13 <sup>th</sup> August	19 <sup>th</sup> Sunday in Ord	Samuel Yeow (Organist)	Holy Family Choir	<b>First Communion Ceremony</b> Burmese Choir
19 <sup>th</sup> /20 <sup>th</sup> August	20 <sup>th</sup> Sunday in Ord	Annalise (Pianist)	Holy Family Choir	Sanctus Choir

### Please support our Bulletin Sponsors

BREAKFAST | LUNCH | DINNER

NOW UNDER NEW OWNERSHIP

**HANG OUT**  
ON PRESTON

04130 80057

20 PRESTON ST, COMO WA 6152

SCAN CODE TO BOOK OR ORDER ONLINE



www.hangoutonpreston.com





**JBENTO**

jbento.com.au

21-23 Queens Road  
Mount Pleasant  
WA 6153

Instagram Facebook



We have been caring for West Australians as they age for 50 years.



**mediserve**  
nursing agency

Nursing Employment Agency that places Registered, Specialist & Enrolled Nurses & Nursing Assistants/Carers in hospitals throughout Australia.

**Phone: 9325 1332**  
**Email: [admin@mediserve.com.au](mailto:admin@mediserve.com.au)**



**ENROLMENT**  
**Apply for Kindy and other years. Book a visit!**

ST COLUMBA'S PRIMARY SCHOOL



**mary-jo sieber CA**

0400 9474 10      parallel.net.au

taxation and business advisory services

**BOWRA & O'DEA**  
FUNERAL DIRECTORS

68 Stirling Street, Perth WA 6000  
08 9231 5199

[www.bowraodea.com.au](http://www.bowraodea.com.au)



For all your local real estate needs...



**Luka Marinovich**  
Property Partner

- Buying and Selling
- Property Management
- Market Appraisals
- Property Investment

0419 852 452  
[lukam@theagency.com.au](mailto:lukam@theagency.com.au)



**THE AGENCY**



**DISCOVER THE RAREST YELLOW DIAMONDS IN THE WORLD**

Ph: +61 (8) 6507 4853  
E: [info@milleniumkapital.com](mailto:info@milleniumkapital.com)  
W: [milleniumkapital.com](http://milleniumkapital.com)