



CORIO LARA

— CATHOLIC PARISH —

16th Sunday in Ordinary Time (B)

21st July 2024

Our obligation and need to rest on Sunday

After the apostles return from their work of preaching and healing, Jesus commands them to rest: "You must come away to some lonely place all by yourselves and rest for a while." Saint Mark tells us the apostles had been so busy, they "had no time even to eat."

Philosopher Peter Kreeft recognises in this scene a powerful insight for our own lives. Dr Kreeft observes: "Jesus saw that both he and his disciples needed rest. But rest is a means to the end of meaningful work, not vice versa. We often think that the purpose of work is to make money so we can enjoy our rest. That's backward. Rest is needed for the sake of better work, better action, whether that action is paid or unpaid (the most important action in life is unpaid, like parenting). The basic meaning of our life is an activity, whether we get paid for it in money or not and whether that activity is physical or mental. God's call to our Adam was a job: to care for the garden. He established one day for sabbath rest, but he established six days for work. So our vacations are for better work, not our work for better vacations."

This is a remarkable insight. Rest is good and necessary precisely so that we can live, act, love, parent, and work better. Today, our culture disrupts the balance between work and rest. On the one hand, it encourages us to work excessively. On the other hand, it encourages us to rest excessively. This lack of balance between work and rest diminishes human life and undermines the cohesiveness of families.

The rest we need is not just bodily rest. True rest has a spiritual quality. Indeed, true rest comes from contact with God through worship and prayer. The apostles rested in and with Christ, not just by sitting on the couch. To rest in Christ, they had to go away to a quiet and lonely place. Solitude and silence help us rest and pray.

God and the Church oblige us to abstain from unnecessary work and devote ourselves to rest and worship one day a week: Sunday. The *Catechism of the Catholic Church* (nn. 2180-2188) explains: "On Sundays and other holy days of obligation the faithful are bound to participate in the Mass... Those who deliberately fail in this obligation commit a grave sin... On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God... and the appropriate relaxation of mind and body."

The *Catechism* acknowledges that "family needs or important social service can legitimately excuse from the obligation of Sunday rest," however, it warns that "the faithful should see to it that legitimate excuses do not lead to habits prejudicial to religion, family life, and health."

The *Catechism* concludes: "Sanctifying Sundays and holy days requires a common effort. Every Christian should avoid making unnecessary demands on others that would hinder them from observing the Lord's Day... Christians have to give everyone a public example of prayer, respect, and joy and defend their traditions as a precious contribution to the spiritual life of society."

The Lord knows what is good for us. Let us take His teaching to heart and consider whether we can do more to make Sunday a day of rest.

Fr Marcus Goulding, Administrator

CHURCHES

St Francis Xavier Church, Corio
St Anthony of Padua Church, Lara

ADMINISTRATOR

Fr Marcus Goulding
marcus.goulding@cam.org.au

WEBSITE

coriolaracatholicparish.com.au

PARISH OFFICE

Jasna Brdar | *Parish Secretary*
Tues, Wed, Fri | 10am – 3pm
143 Bacchus Marsh Rd, Corio 3214
T. 03 4212 0791
E. corio@cam.org.au

PERMANENT DEACON

Rev. Royden D'Souza

EVANGELISATION COORDINATOR

Gudrun Philipp

SUNDAY MASS TIMES

Sat. 5pm (Vigil) | Corio

Sun. 9am | Lara
11am | Corio

WEEKDAY MASS TIMES

Tue. 5.30pm | Corio

Wed. 9.15am | Lara

Th. 9.15am | Corio

Fri. 9.15am | Lara

Sat. 9.15am | Corio

CONFESSIONS

Tue. 7.30pm–8.30pm | Corio

Sat. 8.45am–9.10am | Corio
4.30pm–4.55pm | Corio

Sun. 8.30am–8.55am | Lara

THE ROSARY

Weekdays | 25 mins prior to Mass
Sunday | 10.30am (Corio)

HOLY HOUR

Tue. 6.00pm – 7.00pm | Corio

PRESBYTERY GIVING (1st Collection)

St Francis Xavier Presbytery Account
BSB 083 347 | ACC 674 963 655

CHURCH GIVING (2nd Collection)

St Francis Xavier Church Account
BSB 083 347 | ACC 543 292 126



SCAN TO DONATE

No cash? Scan the QR
code with your phone
camera to donate.

Mass Readings

Entrance Antiphon | *Psalm 53:6,8*

See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.

First Reading | *Jeremiah 23:1-6*

Responsorial Psalm | *Psalm 22(23)*

R. The Lord is my shepherd; there is nothing I shall want.

Second Reading | *Ephesians 2:13-18*

Gospel Acclamation | *John 2:27*

Alleluia, Alleluia! My sheep listen to my voice, says the Lord; I know them, and they follow me. Alleluia!

Gospel | *Mark 6:30-34*

Communion Antiphon | *Psalm 110:4-5*

The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.

NEXT WEEK: 2 Kings 4:42-44 | Eph 4:1-6 | John 6:1-15

Oremus pro invicem

The sick

The faithful departed

Ken Decker
Hendrik Koekemoer

Seminarians

Rhys Lowther
Greg Lewis

| MASS ROSTER 20 TH & 21 ST JULY 2024 | | MASS ROSTER 27 TH & 28 TH JULY 2024 | |
|---|---|---|---|
| 5.00pm Corio | <i>Welcome</i> Becky <i>Reader</i> Reno Demicoli <i>EMHC</i> Larry Pankhurst | 5.00pm Corio | <i>Welcome</i> Volunteer <i>Reader</i> Ken McCarthy <i>EMHC</i> Reno Demicoli |
| 9.00am Lara | <i>Welcome</i> Pedro & Jen <i>Reader</i> Val Brennan <i>EMHC</i> Di Saliba | 9.00am Lara | <i>Welcome</i> Tracey/Josh & Jen <i>Reader</i> Jo-Anne Dean <i>EMHC</i> Sarah Jacksons |
| 11.00am Corio | <i>Welcome</i> Luma & family <i>Reader</i> Gren Peters <i>EMHC</i> Tony Van Der Hoeven Trudie Van Der Hoeven | 11.00am Corio | <i>Welcome</i> Luka & Gabe <i>Reader</i> Chris Kenworthy <i>EMHC</i> Merci Leszyk Johnny Gundayo |

Parish Notices

PLEASE DESTROY OLD STEWARDSHIP ENVELOPES. All envelope givers are requested to use the NEW weekly envelopes – please do not use any previous year’s envelopes, they should be destroyed.

PARISH TRIVIA NIGHT FUNDRAISER. Business sponsors and donations of raffles, vouchers and prizes greatly appreciated for our Trivia Night Fundraiser, to be held at 7pm on Saturday October 12. This event aims to raise much needed funds for the Parish. Please contact Gudrun for any contributions or offers to support in any capacity.

SACRAMENT PREPARATION FOR CHILDREN ATTENDING NON-CATHOLIC SCHOOLS. Enrolments for the Confirmation course close on 9th August. To enrol, visit coriolaracatholicparish.com.au/children.

PARISH FORMED SUBSCRIPTION AVAILABLE. Formed is a streaming service of Catholic media content. To access our subscription, visit coriolaracatholicparish.com.au/formed.

CHILDREN'S CATECHESIS. After school catechesis will be offered later this year for children Grade 2-6. This is a structured and fun program aimed to enhance the existing faith and formation of children. Please submit expressions of interest at www.coriolaracatholicparish.com.au/catechesis. Please book early as spaces are limited.

'HEARTS FOR CHRIST' YOUNG ADULTS GROUP. We are launching a group for parishioners aged 18-30, commencing on Tuesday 13th August. Meetings will be held fortnightly from 6pm–9pm in St Francis Xavier Church and will include dinner. We will begin with a bible study on the Gospel of John. Purchase of Ignatian Study Bible required \$20. Contact Gudrun for a copy and to express interest.

'SPARK' U18 YOUTH GROUP. Open to high-school-aged youth. Next session is Sunday 21 July 6.00pm - 8.00pm in the Xavier Centre. Contact Gudrun for more information.

THINKING OF BECOMING CATHOLIC? Our next RCIA formation course for adults interested in becoming Catholic starts in September. Register at www.coriolaracatholicparish.com.au/rcia.

CHURCH CAFÉ. Every Sunday after the 11am Mass at Corio. 1st & 3rd Sundays after the 9am Mass at Lara.

PARISH BBQ. 2nd Sunday of the month after the 11am Mass at Corio. Next BBQ is Sun 14 July.

SATURDAY SUPPER: Resumes Sat Aug 17th after 5pm Corio Mass. 3rd Saturday of each month. Bring a plate.



HERE FOR YOU
Kingsfunerals.com.au
 Ph. 5248 3444

OUR PARISH IS COMMITTED TO THE SAFETY AND WELLBEING
 OF CHILDREN AND VULNERABLE ADULTS