



Holy Spirit
Parish
Gariwerd

Sunday July 28th, 2024 SEVENTEENTH SUNDAY IN ORDINARY TIME YEAR B

St Patrick's Stawell, Immaculate Conception Ararat, St Francis of Assisi Landsborough and St Bernard's Lake Bolac form Holy Spirit Parish, Gariwerd. We acknowledge recognise and respect the elders and families of the Barengi Gadjin and Eastern Maar people, the traditional owners of the land on which our parish gathers. We commit ourselves to walking in unity with our First Nations people.

First Reading

2 Kings 4:42-44

A reading from the second book of the Kings
A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over."' He served them; they ate and had some over, as the Lord had said.

Responsorial Psalm Ps 144:10-11, 15-18. R. v.16

(R.) The hand of the Lord feeds us; he answers all our needs.

1. All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. (R.)
2. The eyes of all creatures look to you and you give them their food in due time. You open wide your hand, grant the desires of all who live. (R.)
3. The Lord is just in all his ways and loving in all his deeds. He is close to all who call him, who call on him from their hearts. (R.)

Second Reading

Ephesians 4:1-6

A reading from the letter of St Paul to the Ephesians
I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.

Gospel Acclamation

Luke 7:16

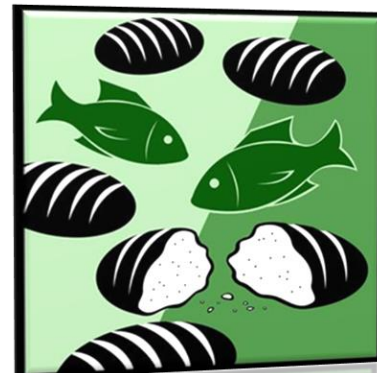
Alleluia, alleluia!

A great prophet has appeared among us; God has visited his people. Alleluia!

Gospel

John 6:1-15

A reading from the holy Gospel according to John
Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside and sat down there with his disciples. It was shortly before the Jewish feast of Passover. Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.



Information – Holy Spirit Parish, Gariwerd

Parish Priest Fr. Andrew Hayes andrew.hayes@ballarat.catholic.org.au
Parish Bulletin Online www.ballarat.catholic.org.au – follow link to parish
Secretary / Child Safe Jill Croxford gariwerd@ballarat.catholic.org.au
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Mass Times

Ararat Sunday 8.30am
Stawell Sunday 10.30am
Lake Bolac 1st 3rd 5th Sundays 6.30pm Vigil Sat
Landsborough 2nd 4th Sundays 12.30pm
Glenthompson (Hamilton Parish) 2nd 4th Sundays 8.30am

Readings for next Sunday

4th Aug 2024
Exodus 16:2-4. 12-15/ Ephesians 4:17, 20-24/
John 6:24-35

Weekday Masses (usual schedule)

Tuesday: 10am Stawell (Check bulletin for occasional changes)
Wednesday: Aged Care
Thursday: 2.30pm Hopkins
Friday: 11am Ararat **held in the Presbytery**(Check bulletin for occasional changes)

Aged Care Roster

1st Wednesday 11.15am Eventide
2nd Wednesday 10am Lowe St
3rd Wednesday 10am Garden View
4th Wednesday 10am ARVillage

Sunday 28th July - Ararat – Sorry No Morning Tea this week

Friday 2nd August 11am Mass has changed to Prayers with Sr Maree

Anniversaries

Patrick Reed, Laurence French 2000, Monica Cronin, Leo Heenan, Noel Coughlin, Peter McLoughlin, Mary Healy 1972, Mary McGee 1975, Luigi Martino 1987, Mary Bryant, Kevin Harrison, Mary Dwyer 1970, Laurence Cross 1992, Leo Heenan, Lorna Norbury, Gavan Peters 1967, Win Cawthorne 1992, Gregory Maloney 2004, Marli Tilley 2014, Frances Murray 1955, Catherine Holland, Patrick O'Neill, Michael Molan 1997, Lionel Tillett, Marjorie Tillett, Paddy McLoughlin, Robert Mason, Molly Gleeson, Leonard Henry Horsley, Thomas Smith 1958, Thas Homfray 1966, John Seary 1977, Charles Parker 1981, Don Hearn, Josephine Pinzone, Phil Brady, Neville Cruse, Teresa Healey 1947, Catherine Layton 1950, Elsie Seary 1963, Alan Walker 1995, Irene Naylor 2012, Eileen Thurston.

Lake Bolac Roster

Sat Aug 3rd Reader Deb Glasson/ Prayer of Faithful Tricia Higgins/ Cleaning Tricia Higgins
Sat Aug 17th Reader Damian Phillips/ Prayer of Faithful Helen Smith
Sat Aug 31st Reader Leanne Breen/ Prayer of Faithful Jane Higgins
Sat Sept 7th Reader Rosemary Liston / Prayer of Faithful Phillip Meek/Cleaning L Breen

Ararat Roster

Sun 28th July Facilitator Harry/ Reader Charlie R/ Euch Min Anna C
Sun 4th Aug Facilitator Pat McA/ Reader Jenny McA/ Euch Min Nora
Sun 11th Aug Facilitator Peter B / Reader/ Charlie / Euch Min Genara
Sun 18th Aug Facilitator Pat L/ Reader Elizabeth S / Euch Min Marg M
Sun 25th Aug Facilitator C McAdie/ Reader Peter B / Euch Min Marg O

Stawell Roster

Sun Jul 28th S/Minster M Rowe /Reader C Barker/ Offertory G Pascall
Sun Aug 4th S/Minster M R Thomas /Reader K Dallinger/ Offertory Heenan Family
Sun Aug 11th S/Minster K Ashton /Reader D O'Donnell/ Offertory J Croton
Sun Aug 18th S/Minster M Maestros /Reader G Madafferri/ Offertory Pascual Family
Sun Aug 25th S/Minster H Potter /Reader M Howard/ Offertory L Habben

**Stawell CWL next meeting will be in St Pat's Church hall on
Friday 2nd August at 2pm.**

How can we build communities that prevent domestic and family violence?

We all have a role to play in creating communities of respectful relationships that prevent domestic and family violence. A community of respectful relationships is one that:

- **Calls out behaviours and beliefs that condone violence against women**, such as: telling sexist jokes, blaming women for not leaving a violent partner or excusing violence as a normal response to stress.
- **Encourages both men & women to be decision-makers, take leadership roles and participate in all aspects of society**, both in public as well as personal relationships, eg. encouraging equal participation in all aspects of school or parish life
- **Challenges rigid gender stereotyping** such as: the belief that women should be submissive to men; that men must be tough and in charge; phrases such as 'boys will be boys' or referring to girls as 'bossy' when they express their opinion
- **Challenges cultures of masculinity that emphasise aggression, dominance and control** such as: the idea that men must never show emotion or that a guy that doesn't fight back when pushed by others is weak; the belief that a man should act strong even when nervous and should be the main earner for his family
- **Calls out sexual harassment**, including rude or inappropriate behaviour, stalking and online abuse.

"Love one another, bear with one another, and let charity guide you all your life...Never see a need without doing something about it"
- Saint Mary MacKillop

DOMESTIC AND FAMILY VIOLENCE RESOURCES

000 - Police
24/7 Emergency Support
1800 737 723 - 1800 Respect
1800respect.org.au
24/7 Confidential Counselling and Support

1800 312 820 - The Orange Door
9-5 Weekdays, network of access points for people experiencing family violence

1800 015 188 - Safe Steps
24/7 family violence crisis & safety planning service

1800 755 988 - InTouch
9-5 Weekday confidential counselling for migrant and refugee women

1300 766 491 - Men's Referral Service
Counselling and information for men concerned about their behaviour

1800 435 799 - Dardi Munwurro
24/7 counselling for Aboriginal men experiencing family violence issues

1800 105 303 - Dijirra
9-5 Weekday counselling for First Nations people

1800 542 847 - WithRespect
9-5 Weekday counselling for LGBTQIA+ people experiencing domestic and family violence

Let's build respectful communities

RECOGNISE | RESPOND | PREVENT
Domestic and Family Violence




Catholic Social
Services Victoria

What is Domestic & Family Violence?

The behaviours of a person who uses domestic and family violence vary, and stem from a need to exert power and control, instilling fear in the other. **If you experience violence you are never to blame and violence in any form from an intimate partner, family member or carer is unacceptable.**

Domestic and family violence almost always involves a deliberate, ongoing and repeated pattern of behaviour to control another person. This is sometimes known as coercive control.

- Abuse and violence can take many forms, including:
- **Physical** abuse - physical violence or taking away control of your body
 - **Psychological** abuse (also called emotional or mental abuse) - includes: name-calling and put-downs, intimidation, making threats to harm you or those important to you, and intentionally making you question your own memory or mental health (gaslighting)
 - **Sexual** abuse - unwanted or inappropriate sexual or intimate contact or being coerced into watching sexually explicit material
 - **Spiritual** abuse - use of religious beliefs to hurt, scare or control; or preventing you from practicing your faith
 - **Financial** abuse - using access to money or financial information to control you or limiting/preventing you going to work
 - **Social** abuse - controlling who you contact, when or how often
 - **Stalking** - following or tracking you, including online

Domestic & Family Violence Continues Today

Despite reforms and increased resources towards policing, courts, response services and in many other areas, it remains an issue that negatively affects the lives of many people and creates serious and long-lasting impacts including: injuries or poor physical and mental health, loss of housing, loss or limited access to employment, precarious financial security and or immigration status, isolation and alienation from family and support networks, and in some cases, death.

Here are the facts:

- An estimated **8 million Australians (41%)** have experienced violence (physical and/or sexual) since the age of 15
 - **1 in 4 women (27%) and 1 in 8 men (12%)** have experienced violence by an intimate partner or family member since the age of 15
 - **22% of women and 6.1% of men** have experienced sexual violence since the age of 15
 - **18% of women and 11% of men** have experienced childhood abuse before the age of 15
 - **1 in 6 women (16%) and 1 in 9 men (11%)** witnessed violence during childhood
 - In the year 2021/22, **5606 women (average of 15 women per day) were hospitalised** due to family and domestic violence
 - On average **one woman a week is killed** by her current or former partner
- References:
- *ABS 2021-22 Personal Safety Survey Findings*
 - *'Our Watch' website, updated Oct 2023*

What can I do if I'm experiencing violence?

The signs of abuse are not always obvious. No one else may know you're experiencing abuse. You may feel like it's your fault (it's not) or that it's normal (it's not). Nothing you say or do makes it OK for someone to abuse you.

If someone is making you feel unsafe, is trying to control or manipulate you, or is harming you in any way - that's abuse. It's OK to talk about it with someone and ask for help. You deserve to be respected and to feel safe, always. If you don't feel safe, please reach out and consider:

- Seeking advice from a family violence service (see back page)
- Calling '000' if you're in immediate danger
- Seeking support from trusted friends, family or community members if you feel comfortable to do so.

How can I support someone I know?

It is hard finding out a person you know is being harmed. The good news is there are simple things you can do:

1. In an emergency or if someone is in immediate danger, call '000'
2. It is OK to say something. The way you talk and listen can make all the difference
3. Listen without interrupting and non-judgementally
4. Believe them and take their fears seriously
5. Understand that they may not be ready or it may not be safe to leave
6. Help explore options for more information and support from services - seek advice from people with expertise (see back page)

It is important that you do **NOT:**

- Blame the person experiencing violence
- Make excuses for the person who has used/ is using violence
- Make decisions on someone's behalf or try to force them to do what you think is best.

"The true strength of the Christian is the power of truth and love, which leads to the renunciation of all violence. Faith and violence are incompatible"

- Pope Francis