



St Anthony's Parish

67-75 EXFORD ROAD, MELTON SOUTH, 3338.
P.O BOX 2152 MELTON SOUTH 3338
TEL: 9747 9692



St Bernard's Parish

61 LERDERBERG STREET, BACCHUS MARSH 3340
TEL: 5367 2069
OUR LADY HELP OF CHRISTIANS, KOROBET
309 MYRNIONG-KOROBET ROAD 3341

7th SUNDAY IN ORDINARY TIME YEAR C

20th FEBRUARY 2022

PARISH PRIEST: Fr Fabian Smith
ASSISTANT PRIESTS: Fr Lucas Kyaw Myint /Father Marcus Goulding

ST ANTHONY'S PARISH

Parish Secretary: Lesley Morffew
Admin Assistant: Judy Johnson
Parish Office Hours: Monday 9.00am-12noon
Tue 9am-4pm Wed 9am-5.30pm Thu /Fri 9am-4pm
Email: meltonsouth@cam.org.au
Website: www.stanthonyof padua.com.au

St Anthony's School **Principal:** Damien Schuster
Wilson Road, Melton South 3338
Phone: 8099 7800
Email: principal@sameltonsth.catholic.edu.au
Website: www.sameltonsth.catholic.edu.au

St Lawrence of Brindisi School **Principal:** Bill Hill
31 Waterway Boulevard, Weir Views, 3338
Phone: 0477 155 210
Email: principal@slweirviews.catholic.edu.au
Website: www.slweirviews.catholic.edu.au

Catholic Regional College - Melton (Years 7-12)
Principal: Marlene Jorgensen **Phone:** 8099 6000
109-141 Bulmans Rd, West Melton, 3337 **Website:** www.crcmelton.com.au

ST BERNARD'S PARISH

Parish Secretary: Dolores Turcsan
Admin Assistant: Judy Johnson
Sacramental Coordinator/ Bookkeeper:
Naim Chdid
Parish Office Hours:
Tue-Thu 9am-1pm
Email: bacchusmarsh@cam.org.au
Website: www.stbernardsbacchusmarsh.com.au

St Bernard's School **Principal:**
19a Gisborne Rd, Bacchus Marsh VIC 3340
Phone: (03) 5366 5800
Email: principal@sbbacchusmarsh.catholic.edu.au
Website: www.sbbacchusmarsh.catholic.edu.au

ST ANTHONY'S PASTORAL COUNCIL

Naim Chid	0437 004 790
Lillian Christian - Vice Chair	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	9747 0078
Natalie Howard - Chair	0492 947 201
Rose Ma'ae	0460 672 571

EX-OFFICIO: Fr Fabian Smith PP, Fr Lucas Kyaw Myint,
Fr Marcus Goulding, Damien Schuster and Bill Hill
Council Secretary: Judy Johnson

ST BERNARD'S PASTORAL COUNCIL

Shane Cook -School Advisory Board	0419 999 052
Peter Farren	0418 594 501
Peter Kennedy	0407 778 119
Maira Ross	0400 675 056
Aaron Russell - Chair	0401 927 502

EX-OFFICIO:
Fr Fabian Smith PP, Fr Lucas Kyaw Myint and Fr Marcus Goulding

SAFEGUARDING COMMITTEE OFFICERS

Coordinator: Godwin Barton (0425 734 449) **Officers:** St Anthony's -Karina Dunne, Lorraine Tellis & Geetha Vincent
St Bernard's - Margaret Love (0437 247 779)

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH 21/2/22-27/2/22

MASS TIMES:

Monday 21/2	6.30pm
Tuesday 22/2	9.30am
5.30pm Holy Hour followed by Mass at	6.30pm
Wednesday 23/2	7.30am & 9.30am
Thursday 24/2	9.30am
Friday 25/2	7.30am & 9.30am

Sunday Masses

Saturday 26/2	5.00pm
Sunday 27/2	8.30am, 10.30am & 5.00pm

Confession available 30 minutes prior to each Mass.
No Confession on Monday

ST BERNARD'S BACCHUS MARSH 12/2/22-27/2/22

MASS TIMES:

Monday 21/2 - No Mass	*Rosary	7.30pm
Tuesday 22/2		7.30am
Holy Hour		7.30pm
Wednesday 23/2		9.30am
Thursday 24/2		7.30am
Friday 25/2		9.30am

Saturday **26/2** 9.00am
*Rosary - Prayed every Monday at 7:30pm with Exposition of the Blessed Sacrament for one hour.

Sunday Masses

Saturday 26/2	5.00pm
Sunday 27/2	8.30am & 10.30am

Confession available 30 minutes prior to each Mass.

OUR LADY HELP OF CHRISTIANS

KOROBEIT

VIGIL MASS

6.30pm

If you need a Priest in the case of an emergency please call 0403 435 471

PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION

Parishioners who normally give cash each weekend for the collections, if they wish to donate, are now able to go to the link below and make their payments online.

The link to the St Anthony's Parish is: <https://bit.ly/CDFpayMeltonSouth>

The link to the St Bernard's Parish is: <https://bit.ly/CDFpayBacchusMarsh>

Please put your name and thanksgiving number if you know it as a reference.

REFLECTION ON A GOSPEL WAY OF LIFE—Mary Fermio rsj

Sometimes we have to work or live with people who annoy us, hurt us or make us angry and so we try to avoid them or change **them**, instead of ourselves. It can be a rather demanding situation.

In today's Gospel, Jesus spells out a way of living in God's reign, how we, as his followers, are expected to live. And it is also demanding. A couple of popular phrases stand out:

"Treat others as you expect them to treat you." "The amount you measure out is the amount you will be given back". All is summed up in the words love and compassion, to be like our Father, the God who loves us despite what we do, always offering forgiveness and generosity of love.

St Therese of Lisieux is a great example. In her "little way" she learnt how the smallest of actions done with love changed herself. She found one of the Sisters in her convent very difficult to live with but by choosing to act kindly towards her, found she herself changed. So, in this way our hearts can open to God's healing grace and mercy, which overflows to others.

I wonder if the refugees locked up for years in the rooms of a Melbourne hotel, believe Christians live this way! Can I do anything to change their situation? Do I even know of their situation? Would I like to be treated this way? Let us pray for them and those responsible for leaving them there.



Art work—Uniting Church Traralgon
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PARISH & EVENTS NOTICES

NEWS FROM THE PARISH OFFICES

CHAPLAINCY APPEAL 2022-SPECIAL COLLECTION –LAST WEEKEND

Thank you! Last weekend, we conducted the annual Chaplaincy Appeal in our parishes. The presence of Catholic chaplains is a crucial witness to our faith, a crucial dimension of our service of love, and a vital testimony to the value of life in all its stages. Thank you to those who have supported this Appeal. Our collection totals: St Anthony's \$665.00 St Bernard's \$505.00 If you still wish to donate or if you would like to have more information about the Chaplaincy Services, please visit www.catholiccarevic.org.au or call (03) 9287 5513.

SEARCH PROGRAM-FINDING THE MEANING OF LIFE

The St Anthony's and St Bernard's Parishes will be holding the SEARCH program during Lent. Please see the flyer for all the details.

PALMS FROM LAST PALM SUNDAY

Parishioners if you have Palms from last Palm Sunday and you would like to drop them off at the Church, please put them in the basket in the foyer. The Palms will be burnt and used on Ash Wednesday. Thank you.

MISSION OPPORTUNITIES OVERSEAS



Palms Australia

Supporting Sustainable International Love

Getting involved in people centred Human Development as an invited guest means humbly putting your person and your skills at the disposal of your trusted hosts. You will be a stranger in the place and for six months a Pilgrim learning the wisdom of local ways.

Palms Australia has 60 years of experience preparing and assisting Australians to learn and pass on their skills in another culture.

Is one of [our assignments](#) your opportunity to Reach Beyond?

Find Out More: [Enquire Here](#) or **Phone:** 0422 742 567. Join our [online forum](#) at 5.30pm AEDT on Thursday 17 March, attend and engage with a panel of Palms most experienced Program Participants.

ST ANTHONY'S

TAKE THE WAY OF THE GOSPEL focusses specifically on the realities of our local Church here in the Archdiocese of Melbourne at a pastoral, spiritual and practical level. It's about how we might work together co-operatively with the priests and people of the Archdiocese in strengthening and reinvigorating our parish communities as well as more effectively reaching out with missionary enthusiasm to the communities in which we live. The information will be presented at our parish forum in the parish hall for discussion and discernment with our community
St Anthony's Sunday 20th at 11:30am.

THANKSGIVING ENVELOPER WORKING BEE

We will have a working bee for the Thanksgiving Envelopes on Thursday 24th February, after the 9.30am Mass. If you are able to help it would be greatly appreciated. Thank you Lesley.

PRIME TIMERS

Prime Timers are having our February outing to the Melton Botanic Gardens.

Tuesday 22nd February at noon.

It will be a bring your own picnic lunch at the gazebo in the gardens.

New faces welcome. See you there.



ST BERNARD'S

TAKE THE WAY OF THE GOSPEL focusses specifically on the realities of our local Church here in the Archdiocese of Melbourne at a pastoral, spiritual and practical level. It's about how we might work together co-operatively with the priests and people of the Archdiocese in strengthening and reinvigorating our parish communities as well as more effectively reaching out with missionary enthusiasm to the communities in which we live. The information will be presented at our parish forum in the parish hall for discussion and discernment with our community. **Saturday 26th at 6pm with Parish AGM.**

ST BERNARD'S FIRST YOUTH GATHERING FOR 2022

20 of our young people met at the Parish Centre at 6.30pm on Friday 11/2. The evening began with the rosary, then dinner and board games, concluding at 9.30pm.

Our next meeting will be Friday 11/3.

Lord, enlighten the eyes of my mind, so that I can understand your Word. Make me worthy to be not only a hearer, but also a doer of your Word, so that, yielding good fruit, I may at last be worthy of the Kingdom of Heaven.



WORSHIP NEWS

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT AND VALID WORKING WITH CHILDREN CHECK

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 26th & 27th February
Please present yourself to the Mass Coordinator
15 minutes before the scheduled Mass time or a replacement
will be found. Thank you.

MINISTERS OF THE WORD

5.00pm Vigil: Liza Fernandes
8.30am: Amy Honrade
10.30am: Anonica Mavaega
5.00pm: Rosabella Tuala

EXTRAORDINARY MINISTERS

5.00pm Vigil: Ron Howard
8.30am: Lillian Christian
10.30am: Doris Bonello
5.00pm: Not rostered

If you are unavailable for these dates please contact Lesley at the Parish Office Thank you

MASS COORDINATORS

5.00pm Vigil: Coleen & Carmen
8.30am: Natalie & Ron
10.30am: Godwin & Lillian
5.00pm: Leonia & Annonika

ST ANTHONY'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

Francisca Emilia Barton

Please pray for the Sick: Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Melanie Fue, Bruce Hynes, Judy Layton, Peter Manicaro, Reg Marslen, Lisa Melia, Damien Michael, Tony Michael, Veronica Michael, Maiava Kuno Nickol, Paul Nowak, Caleb O'Brien, John Osborne, Catherine Roberts, Peter Roberts, Pat Roberts, Charlie Spiteri, Janko Stojanovic, Uatoa Tuigamala, Dolores Turcsan, Clint Abela Wadge, and Wai Walsh and all those who have requested our prayers.

(PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST)

PRAYER FOR THE SICK

Father we lift up all those who are facing illness. We ask that You bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of your love. Amen



ST BERNARD'S MINISTRIES

MINISTERS OF THE WORD : THIS WEEKEND

5.00pm: Vikki Benson
8.30am: Moira Ross
10.30am: Chloe Lindorff

MINISTERS OF THE WORD: NEXT WEEKEND 26/27th

5.00pm: Evana Miesen
8.30am: Maggie Kratochvil
10.30am: Dominic Van Der Linden

PRAYERS OF THE FAITHFUL

February: Sr Mary Fermio

ST BERNARD'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

Freddie Borg, Rini Dominquez, Emmanuel (Lily) Freeman, Chris Heslington, Stanley McGonegal and Carmela Pinti.

Please pray for the Sick:

Patricia Allison, Noah Barlow, Chaiel Balcombe, Michael Barrett, Peter Bennett, Steven Braszel, Tina Bower, John Canty, Fred Capuano, Gary Ching, Chris, Josephine Cilia, Robyn Cola, Ted Cooling, Marianne Cuskelly, Lindsay & Kathleen Dally, Judy Delahey, Jack DeLuca, Theresa Dockter, Allison Evans, Helen Evans, Justin Fernandez, Pasquale Gagliarbi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Adam Hillier, Leonie Kervin, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Chaiel Jackson, Matthew Jansen, David Kasprzak, Michael Larkin, Marie Maloney, Patricia Marechal, Brian Marshall, Debbie Marshall, Jordanis Mary Pauline McDonald, Ian McKechnie, Marcus Meno, Paul Mullin, Arthur Pape, Michael Paterson, Georgia Peacock, Mitchell Prendergast, Peter Roberts, Ken Shaw, Bill Shea, Terry Sims, Marian Smith, Elizabeth Stehmann, Catherine Time, Susan Trist, Dolores Turcsan, Stephen Van Eede, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Cath Wheelahan, Jayne Wilkins, Patricia Yazbek, & Betty Young.

(PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST)

SERVICE / COMMUNITY

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT AND VALID WORKING WITH CHILDREN CHECK

ST ANTHONY'S

WEEKEND VOLUNTEERS: 26th & 27th February

PIETY STALL VOLUNTEERS

5.00pm Vigil: Liza Fernandez

8.30am: Mercy Seufatu

10.30am: Giles Maitre

CUPPA VOLUNTEERS

5.00pm Vigil:

8.30am: To be advised

10.30am:

CHURCH FLOWERS

February: Ana



ST VINCENT DE PAUL SOCIETY

Welfare Number: 1800 305 330

The Melton South Conference meet every 3rd Tuesday morning in the Meeting Room 10.30am.

New members most welcome, training provided. Non perishable items within the use by date can be left in the 'drop box' in the Church foyer.

We cannot accept re-packaged food. Thank you.

COMBINED CHURCHES CARING MELTON INC

We're here to support City of Melton residents get ahead through access to our foodbank and other community programs. It's never just about the food or the budget help, it's about recognising the beauty that is in the person and bringing it out so they can be their best. Address: 100 Coburn Road Melton South 9747 6811

God, strengthen and sustain all those who volunteer in our Churches; that with patience and understanding they may love and care for your people; and grant that together they may follow with Jesus Christ offering to you their gifts and talents.

Amen



ST BERNARD'S

WEEKEND VOLUNTEERS : 26th & 27th February

PIETY STALL VOLUNTEERS

Sunday: Jan & Colm

CHURCH FLOWERS

February: Deborah Hosking



PRESBYTERY & CHURCH GROUNDS-MOWING

February: Stephen Millington

ST VINCENT DE PAUL SOCIETY:

Welfare Number is 1800 305 330.

The Vinnies Store is located at 8 Grant Street, Bacchus Marsh. The store is open 7 days a week. If you are able to volunteer and would like some more information, please contact the Store Manager on 8199 4205.

THE NEIGHBOURS PLACE

The Neighbours' Place is a Christian not-for-profit organisation whose aim is to serve people of the **Moorabool Shire**, west of Melbourne Australia, who are disadvantaged, at risk or temporarily unable to feed themselves or their family and who are in need of emergency food relief.

NILS is a **No Interest Loans Scheme** for assistance of up \$1500 for things like white goods, furniture and minor car repairs to keep life going.

We are located at [77 Main Street, Bacchus Marsh](#)

Phone: 03 5367 6222

Email: neighbourspl@iinet.net.au

Hours of Operation: Monday, Wednesday and Friday 9.30am-12.30pm. Closed on public holidays.

SOUL FOOD

Soul Food provides a free community meal each Wednesday (excluding school holidays), in the Uniting Church Hall, Gisborne Rd, Bacchus Marsh. Meals are served up at 12noon. All are welcome and this is a free event. No need to book, just come along.

PARISH CENTRE BOOKING

Tel: 5367 3427 Mon—Fri 9.00am to 6.00pm

Hall Managers: Marie & Terry Casey

FAITH FORMATION

ST ANTHONY'S AND ST BERNARD'S

BAPTISM PREPARATION PROGRAM– ST ANTHONY'S AND ST BERNARD'S

Dear Parishioners

Keeping in line with the Archbishop's vision for Mission, the Parishes of St Anthony's and St Bernard's have put together a new Baptism Preparation Program, for any parents who wish to have their child Baptised.



Preparations for Baptisms will take place on Saturdays alternating between both Parishes.

Baptisms will be held on Saturday mornings at 11.00am.

Parents must attend two sessions. Sessions will run from 12..30pm-4.30pm. Godparents must attend the 2nd session.

The new program will begin in February 2022. Bookings must be made to attend these sessions. Our websites have now been updated. Please contact the Parish Office for more information.

ADULT PREPARATION Adult preparation for the Sacraments of Baptism, Reconciliation, Eucharist or Confirmation are through the R.C.I.A Program. Please see Fr Fabian, Fr Marcus or Fr Lucas .

FATIMA STATUE—ST ANTHONY'S

These families are praying together for the mission of the Parish:



Group 1: Lillian Christian

0400 441 257

Group 2: Frank & Cia Carreon

0431 206 357

Group 3: Helen Calleja

0401 497 980

DIVINE MERCY NOVENA

1st Sunday of the Month-3.00pm

PRAYER TO ST MICHAEL

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil; may God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan, and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen.



NEO-CONSTANTINOPOLITAN CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

[bow during the next line]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

LITURGY OF THE WORD

ENTRANCE PROCESSION

O Lord, I trust in your merciful love.
My heart will rejoice in your salvation.
I will sing to the Lord who has been bountiful with me.

FIRST READING 1 Samuel 26:2, 7-9, 12-13, 22-23

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice.' David answered Abishai, 'Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 102

Commentator: The Lord is kind and merciful.

All: The Lord is kind and merciful.

My soul, give thanks to the Lord,
all my being, bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion.

The Lord is compassion and love,
slow to anger and rich in mercy.
He does not treat us according to our sins
nor repays us according to our faults.

As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his sons,
the Lord has pity on those who fear him.

The Lord is kind and merciful.

SECOND READING 1 Corinthians 15:45-49

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

I give you a new commandment;
love one another as I have loved you.
Alleluia!

GOSPEL Luke 6:27-38

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

I will recount all your wonders,
I will rejoice in you and be glad,
and sing psalms to your name, O Most High.

NEWST WEEKEND'S READINGS-

EIGHTH SUNDAY IN ORDINARY TIME

First Reading: Sirach 27:4-7;
Second Reading: 1 Cor 15:54 -58;
Gospel: Lk 6:39-45



Saint Bernard V

St Bernard on humility, Part Two

12 More Steps: Out of Pride and into Humility

(5) Disclosure of the heart. Perhaps the most humble journey, as we come down the mountain of pride, is the journey in to our wounded hearts. Scripture says: "More tortuous than all else is the human heart; beyond remedy; who can understand it? I, alone, the Lord, explore the mind and test the heart" (Jeremiah 17:10).

To make this journey requires a lot of humility as we see our sinful drives, and also many misplaced priorities. We must often uncover unpleasant memories, and even trauma from the past, that we have experienced or have inflicted on others. And in that place of our heart we are called to repentance and to show forgiveness and mercy, or to accept that we must be forgiven and shown mercy.

We may be asked to remember and to realise that we have not always been 100 per cent right, and that we have sometimes acted unjustly towards others, that we have a times been insensitive. This is a very humbling journey, but a necessary one as we continue to come down from the mountain of pride.

(6) Contentedness with what is. Contentedness is a form of acceptance and is a very great gift to seek and to receive. We can distinguish an external and an internal contentedness.

External acceptance is rooted in the capacity to live serenely in the world as it is, and to realise that God allows many things we don't prefer for a reason and a season. Acceptance does not connote approval of everything. Indeed there are many things in the world that we ought not approve of. But acceptance is the willingness to live humbly and work in a world that is neither perfect nor fully according to our preferences.

Some things we are called to change, other things to endure. And even in those things we are called to change, we may have to accept that we cannot change them quickly or at all right now. Jesus told a parable about the wheat and the tares and cautioned against acting precipitously to remove the tares, lest the wheat be harmed. It is a mysterious fact that God leaves many things unresolved and part of our journey in humility is to discern what we are empowered to change and what we must come to accept as beyond our ability to change.

Internal contentedness is a gratitude for what we have and a freedom from resentment about what we do not have. In pride we demand that our agenda be fully followed. In our journey towards humility, we come to be more content to accept gratefully what

God offers and to say: "It is enough O Lord. I am most grateful!"

(7) Lucid self-awareness. In pride we are often filled with many delusions about ourselves, and usually think more highly of ourselves than we ought. We are often unaware of just how difficult it can be to live or work with us.

But, as we continue down the mountain of pride, fearing the Lord, submitting our will to his in docility and obedience, being more honest about the deep recesses of our heart and our disordered drives, we are increasingly prepared to embrace true humility.

Humility is reverence for the truth about our self. It is a lucid self-awareness that appreciates our gifts, remembers that they are gifts. And it is an awareness also of our struggles and of our ongoing need for repentance and the grace of God.

With lucid self-awareness, I am increasingly learning to know myself more as God knows me. This is because, as we come down from the mountain of pride into deeper humility, God discloses more to us just who we really are. We become more and more the man or woman God has made us to be, and our self-delusions and the unrealistic demands of the world begin to fade.

The darkness of these illusions is replaced by a lucidity of self-awareness by which we are able to see and understand ourselves in a less egocentric way. We are mindful of what we are doing, and thinking, and how we interact with God and others. But we do this in a way that is strongly aware of the presence and grace of God.

(8) Submission to the common rule. The prideful person resists being told what to do and is largely insensitive to the needs of others and the common good. The proud man thinks he knows better than the collective wisdom of the community.

But as our journey down the mountain of pride continues, into deeper humility, we become more aware of the effects we have on others and how we must learn to interact and cooperate with others for goals larger than ourselves. Humility teaches that the world does not simply revolve around me and what I want, and that sometimes the needs of others are more important than my own. Humility helps us accept that laws exist most often to protect the common good and that, while individual rights are also important to protect, humility make me more willing to submit my personal needs and agenda to the needs of others and the wisdom of the wider community.

To be continued