



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

8th SUNDAY IN ORDINARY TIME YEAR C

27th 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 28/2/22-6/3/22

MASS TIMES:

| | |
|--------------------------------------|------------------------|
| Monday 28/2 | 6.30pm |
| Tuesday 1/3 | 9.30am |
| 5.30pm Holy Hour followed by Mass at | 6.30pm |
| Wednesday 2/3 | |
| Ash Wednesday | 7.30am 9.30am & 7.30pm |
| Thursday 3/3 | 9.30am |
| Friday 4/3 | 7.30am & 9.30am |
| Stations of the Cross | 10.00am & 7.00pm |
| First Friday Devotion | 7.30pm & Midnight |
| First Saturday Devotion 5/3 | 8.30am |

Sunday Masses

| | |
|--------------|--------------------------|
| Saturday 5/3 | 5.00pm |
| Sunday 6/3 | 8.30am, 10.30am & 5.00pm |

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

ST BERNARD'S BACCHUS MARSH 28/2/22-6/3/22

MASS TIMES:

| | | |
|--|----------|-----------------|
| Monday 28/2 - No Mass | *Rosary | 7.30pm |
| Tuesday 1/3 | | 7.30am |
| Holy Hour | | 7.30pm |
| Wednesday 2/3 | | |
| Ash Wednesday | | 9.30am & 7.30pm |
| Thursday 3/3 | | 7.30am |
| Friday 4/3 | | 9.30am |
| Station of the Cross (Soup & Stations) | | |
| Soup 6.30pm | Stations | 7.30pm |
| Saturday 5/3 | | 9.00am |

*Rosary - Prayed every Monday at 7:30pm with Exposition of the Blessed Sacrament for one hour.

Sunday Masses

| | |
|--------------|------------------|
| Saturday 5/3 | 5.00pm |
| Sunday 6/3 | 8.30am & 10.30am |

Confession available 30 minutes prior to each Mass.

OUR LADY HELP OF CHRISTIANS

KOROBET

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 GOOD FRUIT- Mary Fermio rsj

Many people use social media today to vent their anger, their criticism, their thoughts and opinions, which are broadcast widely, and reveal the kind of person they are. Often photos used are abused by others or are used to hurt others in a law court. Nothing seems private or sacred anymore.

Jesus refers to good and rotten trees, noting that each produces good or rotten fruit. In this analogy he looks at us, likening us to good and bad trees and that this can be decided by what fruit we produce. The fruit we produce are the words and actions that we exhibit in our lives. Words that are cruel, untruthful, hurtful, angry and judgemental and actions that destroy and diminish the lives of others are the rotten fruit.

Of course, the good fruit is the opposite of these, and are listed by St Paul in Galatians Ch 5. The person who goes out to help others, to support them, uplift them, speaks kindly and helpfully, is the good tree. The Gospel concludes: "for a person's words flow out from what fills their heart."

As we approach Lent, we have six weeks during which to consider our own fruitfulness, to repent and change our lives, for that is what it means: to turn around and walk the other way. May we build a more loving community both online and in the real world.



PARISH & EVENTS NOTICES

NEWS FROM THE PARISH OFFICES

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.

COVID UPDATES

Please note, with the constant changing of Government COVID rules and restrictions parishioners may go to melbournecatholic.org.au to get up to date information on Church Specific COVID19 rules

LENT AND EASTER TIMETABLE 2022

Please take home a copy of our Lent and Easter Timetable and the Lenten Regulations. Copies are in the Church foyer.

Dear Parishioners of St Anthony's and St Bernard's,

The Parish Priest from my hometown parish has reached out to me for financial assistance to repair the parish church. This parish community supported me in my vocation and this church holds a very dear place in my heart. If you are in a financial position to support this appeal kindly put your offering in an envelope and give to me or any of the priests or the parish office. Alternatively there will be a special collection taken up on the first weekend of lent 5th & 6th of March. Thank for your support -Many blessings- Fr Fabian

Message from the Parish Priest.

Appeal for financial assistance for the repair of our 94-year-old Sacred Heart Parish Church at the Railway Colony, Madurai, India. The Sacred Heart Church was established in the Railway colony, Madurai, in 1927 by the Anglo-Indian community, which formed a major part of the railway workforce. This church primarily catered to the spiritual needs of over 400 Catholic families. Over the years the parish was bifurcated and new parishes were established. At present about 60 families make up the parish community. The church is now in dire need of repair. A civil engineer, who inspected the building, has observed the following serious internal and external damage to the structure.

*stagnant rainwater on the roof, over the years, has resulted in severe damage to the tiles and the walls * a large crack in the wall behind the Altar *cracks in the walls of the western wing of the Church and on the ceiling *the flooring shows wear and tear in several areas *the exterior and interior paint is chipped and faded *the compound wall on the western side has completely caved in. The civil engineer recommended immediate repair work to safeguard the building from further deterioration. The estimated cost of this project is \$100,000.

A Working Committee of parishioners was formed to help me to raise funds and monitor the implementation of the work. While the present parishioners are contributing their mite, we make an earnest appeal for financial aid to our parishioners, friends, and well-wishers of the Sacred Heart Church, Rly Colony, Madurai, to help this Church to continue to serve the faithful.

ST ANTHONY'S

SAVE THE DATE- BLESSING OF THE CHURCH

Archbishop Peter Comensoli will be here to celebrate Mass and bless the Church on Sunday 24th April 10.30am.

PPC MINUTES

The Parish Pastoral Council Minutes dated the 2nd December 2021 are available for collection in the Church foyer.

INVITATION TO JOIN THE CRAFT GROUP

2nd Saturday Morning each month.

Next Meeting **12th March 10.00am-12.00pm.**

Join an activity or drop in for a cuppa and a chat.

We gather in the meeting room next to the foyer.



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.



PROJECT COMPASSION SUNDAY 26 & 27 FEBRUARY



Please take home a Project Compassion box and a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and For All Future Generations. With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction to build a better future for all.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting lent.caritas.org.au, or by calling 1800 024 413

WORSHIP NEWS

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

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 5th & 6th March

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: Stephen Fernandes

8.30am: Mercy Seufatu

10.30am: Romeo Sacris

5.00pm: Regina Tuala

EXTRAORDINARY MINISTERS

5.00pm Vigil: Aloysius Dacunha

8.30am: Naim Chdid

10.30am: George 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:

8.30am:

10.30am: To be advised

5.00pm:

ST ANTHONY'S PASTORAL CARE

We pray for the recently deceased:

Naesama Pereira (101 years old)

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

Leo Cachia, William Joy, Leslie Levett, Lavina Mascarenhas, Carmelo Micallef, Francis Xaviour Micallef, Divine Msubuga, Faaleleiga, Anthony Savian, and Pennacio Sio.

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: Evana Miesen

8.30am: Maggie Kratochvil

10.30am: Dominic Van Der Linden

MINISTERS OF THE WORD: NEXT WEEKEND 5th/6th

5.00pm: Sonia Smith

8.30am: Margaret Love

10.30am: Beatrice Younger

PRAYERS OF THE FAITHFUL

March: Cheryl Wilson

ST BERNARD'S PASTORAL CARE

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

Ken Blomely, Wilma Fowler, Andrew Monteith, Eileen Mullane, Kaylene Preston, Kevin Punshon, and Nell Shelly

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: 5th & 6th March

PIETY STALL VOLUNTEERS

5.00pm Vigil: Kim Barton
8.30am: Ineke Allen
10.30am: Elizabeth Underwood

CUPPA VOLUNTEERS

5.00pm Vigil:
8.30am: To be advised
10.30am:

CHURCH FLOWERS

March: Rosabella



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 : 5th & 6th March

PIETY STALL VOLUNTEERS

Sunday: Jan Farmelo

CHURCH FLOWERS

March: Ash Wednesday and Lent –no flowers



PRESBYTERY & CHURCH GROUNDS-MOWING

March: Colm Carragher, Ron Geurts & Stuart Robertson

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

The Lord became my protector.
He brought me out to a place of freedom;
he saved me because he delighted in me.

FIRST READING Sirach 27:4-7

In a shaken sieve the rubbish is left behind,
so too the defects of a man appear in his talk.
The kiln tests the work of the potter,
the test of a man is in his conversation.
The orchard where the tree grows is judged on the quality
of its fruit,
similarly a man's words betray what he feels.
Do not praise a man before he has spoken,
since this is the test of men.

The word of the Lord.
Thanks be to God.

RESPONSORIAL PSALM 91

Commentator: Lord, it is good to give thanks to you.

All: Lord, it is good to give thanks to you.

It is good to give thanks to the Lord
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night.

The just will flourish like the palm-tree
and grow like a Lebanon cedar.

Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just.
In him, my rock, there is no wrong.

All: Lord, it is good to give thanks to you.

NEWST WEEKEND'S READINGS-

FIRST SUNDAY OF LENT

First Reading: Deut 26:4-10;

Second Reading: Rom 10:8-13;

Gospel: Lk 4:1-13



SECOND READING 1 Corinthians 15:54-58

When this perishable nature has put on imperishability,
and when this mortal nature has put on immortality, then
the words of scripture will come true: Death is swallowed
up in victory. Death, where is your victory? Death, where
is your sting? Now the sting of death is sin, and sin gets its
power from the Law. So let us thank God for giving us the
victory through our Lord Jesus Christ.

Never give in then, my dear brothers, never admit defeat;
keep on working at the Lord's work always, knowing that,
in the Lord, you cannot be labouring in vain.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Shine on the world like bright stars;
you are offering it the word of life.
Alleluia!

GOSPEL Luke 6:39-45

Jesus told a parable to his disciples, 'Can one blind man
guide another? Surely both will fall into a pit? The disciple
is not superior to his teacher; the fully trained disciple will
always be like his teacher. Why do you observe the splin-
ter in your brother's eye and never notice the plank in your
own? How can you say to your brother, "Brother, let me
take out the splinter that is in your eye," when you cannot
see the plank in your own? Hypocrite! Take the plank out
of your own eye first, and then you will see clearly enough
to take out the splinter that is in your brother's eye.
'There is no sound tree that produces rotten fruit, nor
again a rotten tree that produces sound fruit. For every
tree can be told by its own fruit: people do not pick figs
from thorns, nor gather grapes from brambles. A good
man draws what is good from the store of goodness in his
heart; a bad man draws what is bad from the store of bad-
ness. For a man's words flow out of what fills his heart.'

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

I will sing to the Lord who has been bountiful with me,
sing psalms to the name of the Lord Most High.

Saint Bernard VI

St Bernard on humility, Part Three

12 More Steps: Out of Pride and into Humility

(9) Silence. Silence is a respectful admission that other people have wisdom to share and important things to share. The proud person interrupts frequently and quickly thinking he knows already what the other person is saying or that what he has to say is more important. But, as humility grows, we become better listeners, appreciating that others may be able to offer us knowledge or wisdom that we lack.

(10) Emotional sobriety. Many of our emotional excesses are rooted in pride. When we are proud we are easily offended, easily threatened. For fear begets anger.

And, as we saw earlier, the initial stages of pride are often rooted in inordinate curiosity, mental levity and giddiness. All of these things cause our emotional life to be excessive and disordered.

But, as we grow deeper into humility, we are less egocentric and thus we are less fearful and less easily offended.

And having our mental life focused on more substantial and less frivolous things also adds stability to our life of thought. We are less carried off into gossip, intrigue, rumour and so forth. We are less stirred up by the machinations of advertisers and less disturbed by the 24/seven “breaking news” cycles of the cable news marketers. We are more thoughtful and less likely to rush to judgements that often unsettle us.

The humble person trusts God more and is thus not easily unsettled by all these mental machinations. And it is thoughts that generate feelings.

Thus, as our thought life becomes more measured, and our conclusions more humble and careful, our emotions are less volatile and we attain to an emotional serenity and sobriety.

This is a very great gift to seek and cultivate by God’s grace.

By Monsignor Charles Pope, www.catholiceducation.org

(11) Restraint in speech. As we are more emotionally stable, less anxious, and stirred up, our speech and demeanour reflect our serenity. We are less likely to interrupt, to speak in anger or to be unnecessarily terse or harsh. We don’t need to “win” every debate but are content perhaps to stay in the conversation or be content to sow seeds and leave the harvest for later or for others. Our serenity tends to lower our volume and speed in talking and we are more able and content to speak the truth in love, with clarity, but also with charity.

(12) Congruity between one’s inside and one’s outside. Recall the problem of hypocrisy. The Greek word “*hypocritas*” refers to acting. Hypocrites are actors playing a role that is not really them. The proud and the fearful are always posturing and aligning themselves with what makes for popularity and profit. But as humility reaches its goal, integrity, honesty and sincerity come to full flower.

This is because, by the gift of humility, we open ourselves to be fully formed by God. Having turned our look to God, and made the journey into our heart, we discover the man or woman God has made us to be, and we begin to live out of that experience in an authentic and non-pretentious way. Since, by humility we are more focused on God, we are less nervously self-conscious.

By the gift of lucid self-awareness described above, we are comfortable in our own skin. We do not need to posture, dominate, compare or compete. Rather, our inner spiritual life and focus on God now inform our whole self.

Humility has reached its goal, for humility is reverence for the truth about our self. We are sinners who are loved by God. And as we make the journey to discover our true self before God, we become ever more grateful and serene, and we live out of this, inner life with God are enabled to walk humbly with our God (Micah 6:8).

Thanks be to God for these insightful lists of St. Bernard of Clairvaux! Pray.