



# ANG BINHI

Ang Binhi" (The Seed) is the official newsletter of the Catholic Filipino Australian Chaplaincy of Brisbane

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EXISTING SHRINE

PROPOSED FILIPINO SHRINE

## APPEAL FOR THE FILIPINO HOLY SHRINE

The documentation for the repair works of our Shrine is now complete in its paper form and needs to be seen in reality. The Chaplaincy has long planned for this endeavor. The Filipino community needs to support it. Then finally God will bless all of those who will be involved in whatever form they will contribute.

The basic technical aspect of the repair works is to replace all rotting timber frames into a more durable material in the form of steel and aluminum. We have slightly increased the dimensions of the height, length and width to cater for a wider space for more sacred images and pilgrims. This Shrine shall be founded on proper footings and foundation that is equivalent to almost rock as mentioned by Jesus in the bible.

Majority of us Filipinos have a strong faith and devotion to God and giving support to widen and establishing His church, while on earth, is now our opportunity to put our faith in action.

The Chaplaincy urges every Filipino and their friends to strongly support the repair of the Shrine in the form of professional services, monetary, construction materials, borrowed tools/equipments and voluntary work time. For more information please contact our Chaplain Fr Marce Singson Thank you again and may God bless our Holy Shrine and the Filipino pilgrims.

- By: Vic Bacud

### ARE YOU DISCONTENTED, SEARCHING FOR HAPPINESS?

By: Fr. Marce Singson

Are you discontented, searching for happiness? Then give your attention to St. Paul's letter to the Philippians (Phil 4:6-9), especially to the opening sentence. If you can do what St. Paul says, then you will find a deep and lasting peace. **DISMISS ALL ANXIETY FROM YOUR MINDS.** Paul explains how to do it and confidently predicts the results.

Webster dictionary defines anxiety as a "painful uneasiness of mind over some anticipated ill." Anxiety is not the same as fear; fear is a reality, but anxiety is imaginary. For example: if you see a burglar with a gun entering your home, you've got a real fear to deal with. If, on the other hand, you hear a noise and you imagine it's a burglar breaking into your home, you have an anxiety. Most anxieties never materialize into real fears, but they can drive us crazy with worry. Paul says to dismiss them, send them away, and don't let them clutter up your mind. Recall that Jesus told Martha that she was "anxious about many things," especially about serving food, cleaning the house and trying to make Jesus feel welcome. Jesus told her to sit down and relax, as Mary had done.

A major step toward dismissing anxieties is to tell our needs and troubled feelings to God in prayer, and to place renewed confidence in Him as a loving God. We have two strong knees which can lessen the strain of an anxious heart. Tensions and worries can cause heart attacks, but we've never heard of anyone dying from a knee attack. So calm your anxieties, and quiet your heart and let your knees do the talking. There obviously are many situations which we cannot control. But we can learn to accept and defuse our anxieties by realizing God's constant love for us. We must confidently trust that all will work for the best.

One day, a lady was sitting in a hospital waiting room noticed a man staring at her. She became upset and angrily glared back at him, but the man didn't turn away. Finally, she walked up to him and said, "I don't appreciate you staring at me." The man replied, "I wasn't staring at you. I'm blind!" How often we become our own tormentors?

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## Some Changes in the Holy Mass

A recent announcement was made by Fr Marce Singson regarding some changes in the celebration of the holy mass which will gradually be introduced on Pentecost Sunday all over Australia. This will be fully implemented on November this year all over the English speaking countries in the world.

Fr. Marce specifically address the changes to all leaders of Filipino community, choirs and mass musicians, to take time to peruse the new musical settings of the short responses of the holy mass. The changes and common responses are:

### PRIEST'S GREETING:

In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Priest: The grace and peace of our Lord Jesus Christ, and the love of God be with you all.

All: **And with your spirit.**

### PENITENTIAL ACT

I confess to Almighty God, And to you, my brothers and sisters,  
That I have greatly sinned, In my thoughts and in my words,  
In what I have done and in what I have failed to do,  
Through my fault, through my fault, (*striking the breast*)  
through my most grievous fault

Therefore I ask blessed Mary ever-Virgin,  
And all the Angels and Saints, And you, my brothers and sisters,  
To pray for me to the Lord our God.

### APOSTLE'S CREED

I believe in God the Father Almighty, Creator of heaven and earth,  
And in Jesus Christ, his only Son, our Lord  
Who was conceived by Holy Spirit (*all bow*)  
Born of the Virgin Mary, suffered under Pontius Pilate,  
Was crucified, died and was buried; He descended into hell;  
On the third day he rose again from the dead;  
He ascended into heaven,  
And is seated at the right hand of God the Father Almighty;  
From there he will come to judge the living and the dead.  
I believe in the Holy Spirit, The holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

In this issue of Ang Binhi, please take time to read very informative updates from last quarter and importantly the upcoming events, projects and articles that may uplift our spiritual life.

Easter has come and once again we experienced how the Risen Lord came to our life. We go back to the basics when life seems so difficult to handle in situations such as suffering, sickness, whenever we feel lost and abandoned. And after that, we thank the Lord for giving a brand new life by showing and reminding us the triumph of his love and the path of life.

On June 12 we will remember and celebrate the birthday of the Church – the Pentecost. Through the power and presence of the Holy Spirit, we have lived extraordinary lives and freely continuing to grow from personal and special relationship with God.

Twice Jesus says to his disciples “Peace be with You”. Only after that does Jesus breathe on them the Holy Spirit. What follows is the power to forgive. Peace is the prerequisite to receiving the Holy Spirit. After the spirit is breathed on us, we are given the power to forgive. To understand the Holy Spirit is to receive peace first and then forgiveness of sins afterwards. Peace comes from Jesus and forgiveness comes from that peace Jesus gives. When we are at peace, revenge evaporates and hatred ceases, and then it is easy to forgive. May our brothers and sisters who lost touch in their life because of little things understand the meaning of peace and forgiveness.

It's time again to raise fund for the chaplaincy and we are always grateful for the financial support you provide for our charitable projects especially to the orphans in the remote areas in the Philippines. We are also eager and challenge to complete the repair and expansion project of the Filipino Shrine in Canungra before the annual pilgrimage in September. May your contribution towards these important projects come to a realisation.

### THE EUCHARISTIC PRAYER

Priest: The Lord be with you.

All: **And with your spirit.**

Priest: Lift up your hearts

All: We lift them up to the Lord.

Priest: Let us give thanks to the Lord our God

All: **It is right and just.**

Please note that in the proclamation of the mystery of our faith, the famous: CHRIST HAS DIED, CHRIST HAS RISEN, CHRIST WILL COME AGAIN (“Si Kristo’s namatay, si Kristo’y nabuhay, si Kristo’y babalik..”) can no longer be used. It is not anymore allowed. But 3 options are offered, either:

We proclaim your death, O Lord, and profess your Resurrection, Until you come again.

Or:

When we eat this Bread and drink this Cup,  
We proclaim your death, O Lord, until you come again.

Or:

Save us, Saviour of the world, for by your Cross and Resurrection, You have set us free.

### THE COMMUNION RITE

Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace.

Priest: Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

All: **Lord, I am not worthy that you should enter under my roof,  
But only say the word and my soul shall be healed.**

# Caboolture Chaplaincy

Attendance at the monthly Chaplaincy Mass every third Sunday at St Peter's Church Caboolture is increasing steadily and seeing new faces every Mass is a source of encouragement for the pastoral work of this Chaplaincy. Appreciation is extended to the Couples for Christ Choir for their continued support to the Chaplaincy Masses. Parishioners and supporters of this Chaplaincy enjoy the fellowship after the Mass wherein a variation of Filipino foods is being prepared by each family some especially sharing their home-grown organic vegetables in the area. The selling of raffle tickets after the Mass is also gaining support, thanks for the untiring effort of the Assistant Secretary, Tess Taylor, who always has a specially gift wrapped basket to surprise supporters and winners. All officers of this Chaplaincy work tirelessly for the success of the monthly masses.

This Chaplaincy's inspiration is the support they are able to extend to the four orphanages in the Philippines through the help of the Chaplaincy community in the Caboolture area and other supporters. Inspirational responses and updates are received from these orphanages which help bridge the distance between the Philippines and down under. The St Joseph Orphanage in Albay sent photos of the children very proudly posing beside their very own water tank which the Chaplaincy helped acquire. This water tank assures them their own supply of clean water for the children which they don't have to worry financially from now on.



The 26th of March, Saturday was a red-letter day to all the members of the Chaplaincy Choir. All choir members had a ball at the picnic grounds of Caloundra in the Sunshine Coast. Everyone enjoyed the bonding and camaraderie of one another and more particularly the abundance and variations of Filipino cuisine pooled for the event. Special mention and thank you is extended to the ever patient and dynamic music coordinator, Lisa Moor and her assistant, Maryann, who prepare the song numbers every second month and all members of the Choir who always give their precious personal time for the rehearsals and during the Chaplaincy masses.

Preparations are well underway for the Chaplaincy's Santacruzian scheduled on the 19th of June instead of the usual month of May. A Reyna Elena Quest started this year with a fundraising event which culminates in the June Chaplaincy mass. The candidate who sells the most ticket will be proclaimed and crowned Reyna Elena. This proclamation and procession will be the highlight of the Santacruzian just before the Chaplaincy Mass. Counting of proceeds will be on Saturday, 11 June at 2pm at the undercover area of St Peter's School. A rehearsal and assigning of roles to participants is also on the planned agenda. There are 17 participants all playing a major role during the celebration of the Chaplaincy Mass. They will be readers and collectors and each one will be making individual offerings of a bottle of wine, flowers, grocery hampers, etc.

The Chaplaincy's annual pilgrimage to the Marian Valley, Canungra is a few months away but a bus has already been organised for Saturday, 24 September for this event. All chaplaincies under the Brisbane Chaplaincy including Caboolture are assisting financially in the repair and renovation of the Filipino shrine at Canungra.

- By: Bing May

# Ipswich Chaplaincy

## Search for Ipswich Reyna Elena 2011

Tickets are selling now for the annual fund-raising event of the Catholic Filipino Australian Chaplaincy of Ipswich to support remote orphanage in the Philippines.



1st Prize: 1 x Return air fare ticket to the Philippines\*  
(Donated by: Anonymous donor)

2nd Prize: 1 x Return air fare ticket to Melbourne\*  
(Donated by: Ipswich Chaplaincy)

3rd Prize: Gas Burner (Donated by: Atty Anabelle Havelock  
Migration Agent and Ipswich Chaplaincy)

\*Conditions apply (economy class on low season only or cash equivalent, subject to change without notice)

Drawn on Sunday, 26th June 2011 at Our Lady of Miraculous Medal Church, Robertson Road, Eastern Heights

## Ipswich Choir Picnic at Redbank Park



A perfect weather and a great time for everyone to catch up and strengthen bonding. The Ipswich choir, families and friends cooked and provided delicious Filipino cuisines to share during their picnic at Redbank Park on May 28th.

EVERYONE IS INVITED TO OUR CHAPLAINCY MONTHLY SUNDAY MASS EVERY 4TH SUNDAY OF EACH MONTH FROM 12NOON AT OUR LADY OF MIRACULOUS CHURCH, ROBERTSON ROAD, EASTERN HEIGHTS. Please bring a plate to share for the fellowship.

For more information, contact:

Thelma Woodman P: 5426 7139 M: 0439 728 267

Leony Santibanez P: 3288 1304 M: 0401 604 098

# Gold Coast Chaplaincy



Reyna Elena 2011 candidates  
with chaplaincy officers



## 2011 CALENDAR OF ACTIVITIES

Notes: Monthly Filipino Masses

- First Sunday: Sacred Heart Church at 11:30AM, 50 Fairway Drive, Clear Island Waters (Gold Coast)
- Second Sunday: St. Flannan's Church at 12 noon, 194 Handford Road, Zillmere
- Third Sunday: St. Peter's Church at 12 noon, 30 Beerburum Road, Caboolture
- Fourth Sunday: Our Lady of Miraculous Medal Church at 12:00 noon, Robertson Road, Eastern Heights (Ipswich)
- Every Wednesday: Novena Mass, Mother of Perpetual Help at 6:45PM, St. Carthage Church, 115 Beaconsfield Terrace, Gordon Park
- Every First Friday of the Month: Mass of the Sacred Heart of Jesus at 7:30PM, St. Carthage Church, 115 Beaconsfield Terrace, Gordon Park

### JUNE

- 5th, Sunday, 11:30am, Chaplaincy Mass, Sacred Heart Church, Gold Coast
- 12th, Sunday, 10am, Barrio Fiesta, Yeronga Primary State School, 122 Park Road, Yeronga
- 12th, Sunday, 12noon, Chaplaincy Mass, St. Flannan's Church, Zillmere
- 19th, Sunday, 12noon, Chaplaincy Mass and Santacruzán, St Peter's Church, Caboolture
- 26th, Sunday, 12noon, Chaplaincy Mass and Santacruzán, Our Lady of Miraculous Church, Eastern Heights

### JULY

- 3rd, Sunday, 11:30am, Chaplaincy Mass, Sacred Heart Church, Gold Coast
- 9th, Saturday, 6pm, Brisbane Chaplaincy Night, Chinese Community Centre, 80 Nemis Road, Rucorn
- 10th, Sunday, 12noon, Chaplaincy Mass, St. Flannan's Church, Zillmere
- 17th, Sunday, 12noon, Chaplaincy Mass, St Peter's Church, Caboolture
- 24h, Sunday, 12noon, Chaplaincy Mass, Our Lady of Miraculous Church, Eastern Heights

### AUGUST

- 7th, Sunday, 11:30am, Chaplaincy Mass, Sacred Heart Church, Gold Coast
- 13th, Saturday, 5pm, Ipswich Chaplaincy Night, Uniting Church Hall, Booval
- 14th, Sunday, 12noon, Chaplaincy Mass, St. Flannan's Church, Zillmere
- 21st, Sunday, 12noon, Chaplaincy Mass, St Peter's Church, Caboolture
- 28th, Sunday, 11am, Chaplaincy Mass, Our Lady of Miraculous Church, Eastern Heights

## PASTORAL COUNCIL

Coordinator:	Efren Altez	<b>Binhi Contributors:</b>
Asst. Coordinator:	Vic Bacud	Fr Marce Singson
Minutes Secretary:	Jima Sandiego	Efren Altez
Corres. Secretary:	Mabel Duncan	Vic Bacud
Treasurer:	Ric Ambatali	Bing May
Asst. Treasurer:	Amy Duncan	Thelma Woodman
Chaplain:	Fr Marce Singson	Maryann Boehme

### REMEMBER THE GOLF BALLS

*When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the professor and the mayonnaise jar and the 2 glasses of wine.*

*A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed that it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes". The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.*

*"Now", said the professor, as the laughter subsided, I want you to recognize that this jar represents your life. The golf balls are the important things - your god, your family, your children, your health, your friends and your favorite passions - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else - the small stuff. If you put the sand into the jar first, he continued, there is no room for the pebbles or the golf balls.*

*The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children, take time to get medical check ups, take your partner out to dinner, play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first - the things that really matter. Set your priorities, the rest is just sand.*

*One of the students raised her hand and inquired what the wine represented? The professor smiled, I'm glad you asked, it just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend.*



*Easter Salubong Highlights*

*For the third consecutive year, the annual Easter Salubong celebration was held at the Our Lady of Fatima Church in Acacia Ridge. The chaplaincy is so grateful to the Our Lady of Fatime Choir group for hosting and organising the successful event. Started with a procession outside the church, the complete cast of the meeting of the Risen Lord and Virgin Mary followed by little angels, ten young apostles and people who participated highlighted the event before the Holy Mass. The liturgical songs rendered by the choir were all in Tagalog. A sumptuous breakfast food was also shared by everyone during the fellowship.*

## **My Way -**

### **Marriage and Annulment Trends in the Philippines**

By Art & Rose Pagaduan, Member, Marriage Enrichment Movement - Brisbane

In the last publication of the 'Binhi' I wrote an article 'Marriage and Divorce Trends', my subject then was confined only to USA and Australia. I intentionally excluded the Philippines from that article as there is no divorce law in the Philippines, though an annulment is permitted. Malta was one of the countries that prohibit divorce, but recently, voted in favor of divorce legislation in a referendum held on the 28th of May 2011, leaving the Philippines and the Vatican City the only sovereign states where divorce is prohibited.

As the title of my article suggest, the following is a brief account based from National Statistic Office (NSO) and Catholic Bishops Conference of the Philippines (CBCP) news released recently.

Based on NSO data, total number of marriages (church and civil ) reported 518,595 in 2005; 492,666 in 2006; and 490,054 in 2007. The number of annulled marriages was 5,782 in 2005; 7,138 in 2006; and 7,753 in 2007.

The number of church marriages went down from 177,940 in 2009 to 166,000 in 2010. One of the reasons of the downturn cited by the CBCP was the high cost of marrying in the church, many couples postponing marriage for a live-in relationship or marrying in civil rites.

A recent CBCP news release that - per the Office of the Solicitor General - marriage annulments rose by more than 40% over the past 10 years, from 4,520 cases in 2001 to 8,282 in 2010. This is probably because both the Church and the State allow legitimate annulment but prohibit divorce.

The data showed that 82% of those who filed these cases had children and out of this 59% had at least 1 or 2 children, 17 % had 3 to 4 children and 1% had 5 to 6 children.

It was learned that those who filed for annulment, 61% were women with 90% of them in their 20's while only 4% were in their 30's. The same study revealed that only 39% of men initiated the filing of annulment with 70% of them in their 20's. while 25% were in their 30's or 40's.

It also noted in the survey that the longer the marriage, the less the chances of the parties to seek annulment. The Pope called on Filipino bishops, who few months ago paid him a visit at the Vatican, to promote the sanctity of marriage, especially among young couples. The Holy Father told the bishops from Southern Luzon and the Visayas that sacraments are instruments of God's grace and assistance. "This is true of the sacrament of matrimony which sanctifies married life from the beginning, so that God's presence may sustain young couples in their struggles," he said.

The Pope's call is timely amid the trend of increasing number of marriage annulments and decreasing number of church marriages in the Philippines.

It is very profound, the worldwide trend is tending of wrecking the institution of marriage. The Church is calling every married couples more than ever, to be the primary force in the apostolate to married couples, teaching on the family, sexuality, on birth control, and on marriage itself. We, the older married couples have to be out there as shining examples of the truth about marriage for the younger ones. This is our mission in Marriage Enrichment Movement. This is a big ask, and we are small. A metaphor is the language of the old - 'We don't have to move mountains to make a difference, we can start with a molehill, that's a mountain in God's eye.'

## **Strength to Forgive**

A woman wrestled with whether or not to visit her husband who had abandoned her 20 years and who now was in a critical condition. Despite being prodded by her two children, her family and friends to visit her dying spouse, she refused and resisted. However, a few days later she was accompanied by their Parish Priest to visit her husband.

After not having seen her in years, in garbled speech, he said, "Ang ganda mo pa rin." They both smiled tentatively, yet tenderly. Then he humbly said, "Patawarin mo ako sa lahat ng nagawa ko sa yo." Gingerly, she tapped his hand and, beyond her expectation, said , "Matagal ko nang nilimot yon lahat." Tears welled up in her husband's eyes as he smiled radiantly, perhaps incredulous to have been forgiven gratuitously. Several days later, he passed away.

The above story (kathang isip) is from Ma-alaala Mo Kaya (MMK), a TFC program.

