The Meaning of Fasting One Hour Before the Eucharist

As last Wednesday rehearsal, Sr Hanah and Sr Zelia gave instructions to our parish children who are preparing themselves this weekend for their First Holy Communion. Sr Hanah reminded them to fast at least an hour before receiving the Holy Eucharist. One of the children raised his hand and asked "why do we need to do that?" On the special feast day of the Holy Body and Blood of Christ, it is a good idea to revisit the meaning of Fasting before reception of the Holy communion.

The Church's law on this matter is clearly expressed in Canon 919, which states that a person who is to receive Holy Communion is to abstain from food and drink for at least one hour before reception, apart from water and medicine. The fast is counted before receiving Communion, not simply before the beginning of Mass. The law also makes pastoral allowance for the elderly, the sick, and those who care for them.

The church teaching is not merely a rule about food. Rather, the Eucharistic fast belongs to the Church's understanding of the sacrament. Catholic doctrine teaches that the Eucharist is "the source and summit of the Christian life" and that Christ is truly present under the appearances of bread and wine.[CCC1324]; Because the sacrament is holy beyond all comparison, the body is asked to participate in the soul's preparation. By abstaining from food and drink for a short period, the faithful create a moment of intentional readiness, setting aside ordinary needs in order to focus on a greater spiritual reality that is to make room for the reception of Christ. The fast creates a threshold between ordinary life and sacramental encounter. It teaches that Communion is not casual consumption but a sacred reception of the Lord who gives himself as spiritual nourishment.

This practice also teaches self-discipline and desire. Even though one hour may seem small, it becomes a concrete act of love and respect. It trains the heart to pause, to wait, and to hunger for Christ. In that sense, the fast is not simply about going without; it is about deepening desire. Physical hunger becomes a sign of a deeper spiritual hunger for communion with God.

Ultimately, fasting one hour before the Eucharist is a sign of reverence, love, and expectation. It teaches that receiving Holy Communion is a sacred encounter that deserves conscious preparation. Through this small sacrifice, the faithful are reminded that Christ is their true nourishment and that the deepest hunger of the human heart is satisfied in him.

Recognising Jesus on the Road: A Youth Leadership Reflection on Emmaus

On Sunday 17 May, after the 9am Mass, Deacon Hugo gathered with the youth leaders of Our Lady of Fatima Church for a special Youth Leadership Workshop based on the Gospel story of the Road to Emmaus (Luke 24:13–35).

The workshop invited the young leaders to reflect honestly on their relationship with Jesus and what it means to lead with authenticity, enthusiasm, and faith in the middle of everyday ministry life. Using the Emmaus story as the centre of the reflection, participants explored how the disciples themselves experienced disappointment, confusion, and eventually renewal as they walked with Jesus without even recognising Him at first.

Throughout the session, the youth leaders took part in discussions, prayer, creative activities, and group skits based on the three key themes of the Emmaus journey: disappointment, confusion, and renewal. Each group reflected on how these same experiences can also affect leaders today — especially during moments of burnout, spiritual dryness, distraction, or uncertainty in ministry.

One of the most meaningful parts of the workshop was connecting the Road to Emmaus with the celebration of the Mass. Just as Jesus first spoke to the disciples through the Scriptures on the road, we too encounter Him in the Liturgy of the Word. Then, in the breaking of the bread, the disciples finally recognised Jesus — reminding us of how we encounter Christ in the Eucharist during the Liturgy of the Eucharist.

The workshop created a space not only for leadership formation, but also for personal renewal. Through prayer, reflection, laughter, creativity, and honest conversations, the young leaders were reminded that authentic ministry does not begin with doing more, but with recognising Jesus walking beside us and allowing Him to renew our hearts once again.

OUR LADY OF FATIMA PARISH

Acacia Ridge | Algester
Calamvale | Parkinson
| Larapinta | Pallara

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PARISH OFFICE

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Hours Monday (Closed)
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PO Box 12 Acacia Ridge QLD 4110
Website
www.fatimaacaciaridge.org.au

MASS TIMES

Tue: 5:30pm—Holy Mass
6:00pm Eucharist Adoration
Wed | Thurs | Fri | Sat 9 am
Saturday 4.30pm (Vigil)
Sunday 9am & 5pm

CONFESSIONS

Tues: 6:00pm to 6:30pm (or by appointment)

BAPTISMS

3rd Sunday of the month 10.15am

PIETY STALL

1st Sunday each month

SCHOOLS

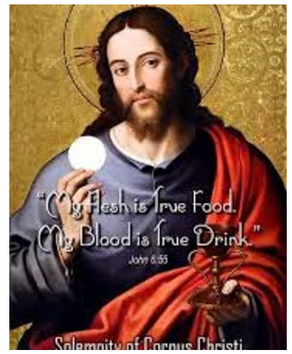
Our Lady of Fatima School
www.ourladyoffatima.qld.edu.au
07 3275 1152
pacaciaridge@bne.catholic.edu.au
St Stephens School Algester
www.ststephens.qld.edu.au
07 3711 4911
palgester@bne.catholic.edu.au

Please check out our Parish Webpage and Facebook Page for regular updates.

LIKE US ON facebook

Greetings to All,

The Feast of the Body and Blood of Christ, which we celebrate this Sunday, is a joyful celebration. That joy is rooted in the abiding presence of Jesus with us which is made visible in the Sacrament of the Holy Eucharist. In that joyful spirit, this weekend our parish welcome more than 40 children as they receive their "First Holy Communion". It is interesting that we refer to it as their first Holy Communion rather than to their first Eucharist. The way of referring to the children's first reception of this sacrament brings home to us that 'communion' is at the heart of what we understand of the Eucharist.



In Saint Paul's First Letter to the Corinthians, the earliest New Testament writing about the Eucharist, Paul speaks of it as a communion with the blood of Christ and a communion with the body of Christ. From the beginning, the Church understood that in the Eucharist we enter into communion in a very special way with the risen Lord. Catholic faith teaches that in the Eucharist, bread and wine truly become the Body and Blood of Jesus Christ. This presence is not a memory of Christ as He once was, but a living presence of Christ as He is now—glorified, risen, and alive. This means that when we receive Holy Communion, we are united not to a distant historical figure, but to the risen Lord who conquered death and now shares His divine life with us.

As Jesus said in the Gospel reading this Sunday, "If you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you… As I, who am sent by the living Father myself draw life from the Father, so whoever eats me will draw life from me'. In the Eucharist we receive the very life of Christ, and that life is love — a love that does not end, a love that leads to eternal life.

The Eucharist not only unites us with Christ; it also unites us with one another. Those who share the one Body of Christ become one body in Him. When we come to Mass, we don't choose the people that we gather with. We just gather with whoever happens to come along. Yet, there is already a very real communion among us before we begin Mass, by virtue of our baptism. We gather as those who have been baptized into the body of Christ. That communion is deepened through our sharing in the one bread, through our communion with the body of Christ. As Paul says in our second reading, "Though there are many of us, we form a single body because we all share in this one bread."

Every time we gather to celebrate the Eucharist we are entering into communion with the body and blood of Christ and with everyone who has gathered for that celebration. The body of Christ is on the altar and the body of Christ is gathered around that altar. In that sense, to speak of the Eucharist as Holy Communion is very appropriate.

Eucharist, thus, is not merely an act of remembrance, but a real participation in His living presence. Christ gives Himself to us—His Body, His Blood, His very life—so that we may be united with Him and transformed by His grace.

Each time we approach the altar, we are invited into this sacred encounter: to receive the One who died for us, to meet the One who lives for us, and to become, in Him, a living sign of His presence in the world. (cont. next page…)

To receive the Parish eNewslet-

(Cont. from Page 1) That is why the excitement of these children receiving their First Holy Communion is such a gift to the whole parish. Their joy reminds us never to take the Eucharist for granted. Their wonder invites us to recover something of our own first love for this sacrament. May we, like them, approach the altar with reverence, gratitude, and expectant faith, so that in receiving the Body and Blood of Christ we may grow ever more deeply in communion with the Lord and with one another, and become a living sign of His presence in the world.

Have a blessed week, Fr Dang

Parish Youth Group Bible Studies

Our parish youth group is holding Bible study sessions every fortnight after the 9 am Sunday Mass. These gatherings are a wonderful opportunity for young people to grow in faith, reflect on the Word of God, and connect with one another in a welcoming and supportive environment.

All young people of the parish age from 15 or older who would like to be part of the program are warmly welcome to join. For more information, please contact our Youth Coordinator, Lawrence Auva'a, at auvaal@bne.catholic.net.au.

St Vincent de Paul Winter Appeal

The St Vincent de Paul winter appeal will be held on the weekend of 20 / 21 June.

Your support is essential if we are to provide food for the poor families of our parish

If you would like to donate on line our bank details are as follows

Name: SVDP Our Lady of Fatima BSB: 064786 Account: 100026094

You can be sure that 100% of your donation will go to the poor in the parish. We have no administrative costs.

St Vincent de Paul said that "serving the poor is serving Jesus"

IN GRACE FRIENDS

Join us for a Morning Tea on Thursday, 11 June, 9:30am at Parish Office/Presbytery. Bring a plate of food to share and a friend.

WELL DONE PARISH YOUTH for raising $2000 + during last Sunday, 28 March Youth Car Wash

Catechism Class

Dear parents, An ongoing catechism class every Sunday during school Term for 30 minutes after the 9 am Mass at Our Lady of Fatima parish in Acacia Ridge. For more information, please contact Sr. Hanna MC. Ph: (07) 3252 4441 if interested.

Have you signed up? Why Flocknote?

Parishioners and visitors are invited to scan the QR code to sign up and register with the parish. If you have any questions, please reach out to our parish office :
acaciaridge@bne.catholic.net.au

Safeguarding News

The Safeguarding Commitment for the Archdiocese of Brisbane and Our Lady of Fatima Parish is: Zero tolerance for all forms of abuse and strives to safeguard all who interact with its ministries & services. Special priority is given to the safety & wellbeing of children & adults at risk. In an emergency, please call the Police 000 or information can be provided to STOPline anonymously. Phone: 1300 304 550 Email: AOB@stopline.com.au Online: www.bnecatholic.stoplinereport.com https:// brisbane-catholic.org.au/safeguarding/safeguard/

In Transition

The parish received the sad news that **Margot Julia Mary Benstead** has recently passed away. Margot was a long-time parishioner of Our Lady of Fatima and served faithfully within our community, especially as a volunteer bookkeeper for Our Lady of Fatima Primary School and as a member of the St Vincent de Paul Society. We give thanks for her generous service and dedication. Please keep Margot and her family in your prayers during this time of loss. Her Requiem Mass will be at 10 am on Tuesday

Saint of the Week: St Antony of Padua

St Antony of Padua was one of the most beloved saints of the Christian tradition. Born in Lisbon in 1195 and dying in 1231, he became known not only as a gifted Franciscan preacher and teacher, but also as a compassionate servant of the poor. Over the centuries, his name has become especially associated with prayers for lost things, yet his life and influence reach far beyond that popular devotion.

He was born Fernando Martins de Bulhões into a well-to-do family in Lisbon, Portugal. As a young man, he entered the Canons Regular of St Augustine and devoted himself to prayer, study, and the disciplined life of the Church. During his years in Coimbra, he became deeply learned in Scripture and theology, preparing him for the teaching and preaching for which he would later become famous.

A turning point came when the bodies of Franciscan martyrs killed in Morocco were brought back through Portugal. Their witness stirred Fernando profoundly. He left the Augustinians, joined the Franciscans, and took the name Antony. He hoped to go to Morocco as a missionary, but illness prevented him from fulfilling that ambition. Instead, providence led him to Italy, where his gifts would soon be revealed in an unexpected way.

Antony's abilities came to light when he was unexpectedly asked to preach at an ordination gathering. His words revealed remarkable depth, clarity, and spiritual power. He soon became one of the best-known preachers of his time, travelling through northern Italy and southern France, teaching sound doctrine and calling people to repentance and charity. Many stories of miracles grew around his ministry, including accounts of preaching to the fish and helping recover a stolen psalter. These traditions contributed to his reputation as a saint close to ordinary human needs and struggles.

St Antony died on 13 June 1231 and was canonised the following year, one of the quickest canonisations in Church history. His feast day is celebrated on 13 June, and he was later declared a Doctor of the Church in recognition of his theological wisdom. He is honoured as the patron saint of lost things, and also of the poor, travellers, sailors, and many communities around the world. In art, he is often shown with the Christ Child, a lily, or a book—symbols of purity, learning, and holiness.

What makes St Antony of Padua enduringly admired is the combination of holiness and humanity in his life. He was a scholar, preacher, and pastor, but also a man remembered for tenderness toward the poor and trust in God's providence. For many believers, he remains a figure of hope: someone whose life shows that learning, compassion, and faith can work together in the service of others.

The welcoming faith community of

DIAMOND JUBILEE 1966-2026

OUR LADY of Fatima

will celebrate its

PARISH FEAST DAY

on Sunday, 14 June 2026

9:00 am Holy Mass followed by Fellowship

Main Celebrant: Archbishop Shane Mackinlay

- Join us as we celebrate a momentous occasion of our Church marking 60 years of service and dedication in the community.
- United in one faith, we will celebrate our diverse cultures through prayer, colour, music, and traditional food.

Bless our church with continued growth, unity, and a heart for service. As we celebrate, let us remember those who laid the foundation of this house of worship. We thank You for the beautiful tapestry of cultures, languages, and traditions that enrich our community.

OUR LADY OF FATIMA PARISH,
350 Mortimer Road, Acacia Ridge 4110
www.fatimaacaciaridge.org.au

Thinking About Faith? You're Invited

Our Lady of Fatima Catholic Parish
Acacia Ridge

RCIA
Rite of Christian Initiation of Adults

RCIA Formation begins: Monday 25th May

2nd & 4th Monday each month @ 7pm

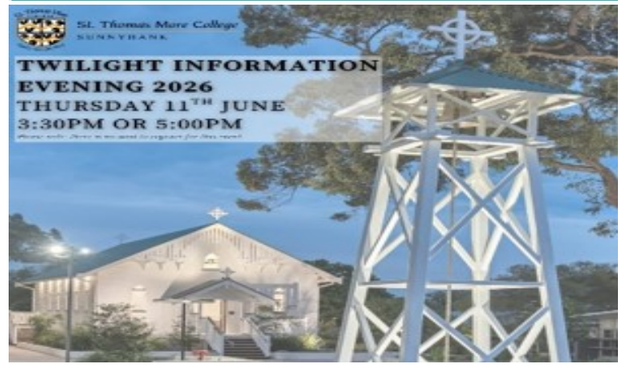
Parish Office

Are you wondering about the Catholic faith? Sensing a quiet invitation? **RCIA** is a welcoming journey offering space to listen, ask questions, and grow in Faith.
"Come and see."
(John 1:39)

Enquire Today!

(07) 3274 5513 Parish or email acaciaridge@bne.catholic.net.au

Program Facilitators: Deacon Hugo Silva & Margarita Silva

St. Thomas More College SUNNYBANK

TWILIGHT INFORMATION EVENING 2026
THURSDAY 11TH JUNE
3:30PM OR 5:00PM