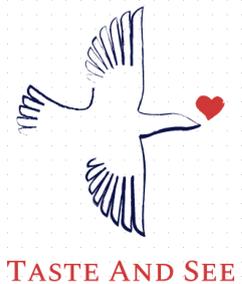


Welcome to Taste and See Taste and See is a new initiative of the Outreach Group in the parish. Surveys show that over 80% of baptized Catholics no longer attend Mass regularly. These people are our family and friends and Taste and See is our way of connecting with them, listening to them and inviting them to experience the spiritual life of our parish community. This insert, to be published monthly, is one way of creating wider awareness of the many dimensions of our spiritual lives. Our hope is to start a conversation so we can support each other in our relationships with



A Precious Moment by Lynn Hale

Last Sunday, walking to Church became a precious moment for me. There were two little people walking with me. "Have you heard of God?" I asked. "No" the five-year-old replied curiously.

I started a conversation about a loving Creator responsible for the surrounding beauty of hills and sea. God lives in everyone, you and I. The three of us entered the

church to celebrate Corpus Christi and there were plenty of front seats. It was such a joy to see the children so interested in the goings on. Being blessed by the priest at Communion stimulated many questions about what I had received. Could they also receive communion? Afterwards there was a cuppa and biscuits. These simple warm gestures topped off the morning for myself and the children.

At home the five year old proclaimed to his mother, "God lives in me." I hope she never forgets that wondrous truth!

Reflection

I need to be ready to sow seeds. A simple phrase -- God is in everyone -- may have an impact. Children remember and talk to their parents.

Where did I encounter God this week? By John Samanna

The Examen is one of the central prayers of St Ignatius of Loyola which I pray each evening. By practicing it nightly I have become more sensitive to the presence of God in my everyday life.

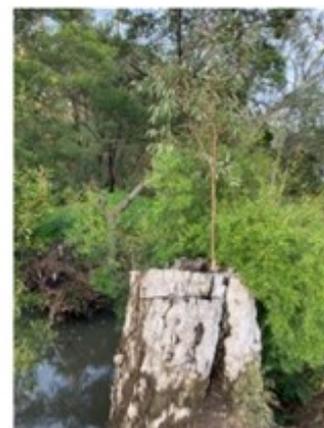
In the first step of the Examen I ask God to shine a light into my heart so that when I look back over my day I may see God working in the things that have happened.

I regularly walk along Darebin Creek. Each day that I walk I notice something different. On this day I noticed the creek swelling with water, after our recent rains, breaking onto along the banks. As I walked a little further

I was awe struck by a shoot growing strongly out of the stump of a tree. I sensed something in me, I was moved. I decided to take a photo knowing this was significant.

As I prayed the Examen that evening, I felt this sense of God's love overflowing to such a level that I cannot contain it as the banks cannot contain the creek. As I reflected on the stump and shoot it occurred to me here is God bringing life out of a dead stump. This led to a deeper reflection of where is God bringing life from the dead: in my own life, in my church, in the pandemic. For me God was communicating to have hope

and it also challenged me to see how I could bring life to others. From this I decided on one action connecting with someone who is struggling at the moment.



A shoot will come up from the stump of Jesse; from his roots a branch will bear fruit. Isaiah 11:1

Joseph and Sarah have the story of God's love to share with children

by Rosie Hoban

Joseph Thein moved to Northcote and became part of St Anthony's Church community a few years before Sarah Coffey was born. But Joseph and Sarah now share something very special in common – they run Children's Liturgy at the Holy Spirit and St Anthony's Parish weekend masses. And they are both motivated by a desire to help children understand that God loves them completely.



Sarah runs Children's Liturgy at Holy Spirit Church. It's a special place for Sarah – her family joined the parish when she was a baby and she attended Holy Spirit Primary School and is now studying teaching at Australian

Catholic University.

"I have been apart of Holy Spirit as long as I can remember. It has only been the last few years that I have reconnected with the church community and found my own place in the church," Sarah said. Joseph and his family moved to



Northcote 18 years ago and his children went to St Anthony's Primary School. It was then he started helping out at Children's Liturgy. He now runs the program and he hopes that children leave Children's Liturgy knowing that God is love and God is merciful.

"The trick is how to apply these messages to the young kids. For me, it is about understanding how we can love like him? How can we be merciful to others? Who is our neighbour? Kids do understand what makes them happy and what makes them sad so linking these emotions to the message is key to communicating who God is," Joseph said.

Sarah's offer to run Children's Liturgy at Holy Spirit is part of her own faith journey. "I have been exploring my own faith and relationship with God more and more over the past few years, and I wanted to find a way to practise my love for God. I want to teach children that no matter what happens they are never alone, because they always have God's love. I want to teach children to find a way to incorporate faith in their everyday lives - chatting to God, doing nice things for others and listening to stories about Jesus."

We invite you to submit an article for Taste and See. Please contact Jim Brown if you are interested. Email: jbrown2001@onepost.net

We are also looking for people to join the Taste and See initiative.

Again, contact Jim Brown