

**ST. PETER'S CATHOLIC PARISH OF PAMBULA**

79 Main Street, Merimbula NSW 2548

Ph: 64951880; Email: [pambula@cg.org.au](mailto:pambula@cg.org.au)

**THE MOST HOLY BODY AND BLOOD OF CHRIST  
(Corpus Christi)**

June 14th, 2020



*My flesh is true food, and my blood is true drink.* (John 6:55)

Have you ever had to go without food for an extended period of time? It wasn't a pleasant experience, was it? The longer we go without nourishment, the weaker we become. It feels as if our life is slowly draining from us—and in one sense, it is.

Jesus' words in today's Gospel make it clear that his Body and Blood are just as vital to us as food and drink are. Without the nourishment of the Eucharist, God's life in us can slowly start to drain away.

Here's an extreme example of how life-giving the Eucharist is. In his book *He Leadeth Me*, Fr. Walter Ciszek described the risks he took each day to offer Mass at the Siberian labor camp where he was imprisoned: *"I would go to any length, suffer any inconvenience, run any risk to make the bread of life available to these men."*

The men worked long hours in frigid temperatures. Yet at noon, Ciszek would celebrate Mass wherever he could say it undetected,

whether in a storage shack or huddled in a building foundation. *"Distractions caused by the fear of discovery . . . took nothing away from the effect that the tiny bit of bread and few drops of consecrated wine produced upon the soul,"* he wrote.

These prisoners were just as dependent on Jesus' Body and Blood to keep them alive as they were on the meager food they received from their captors. The Eucharist had become their true food and true drink.

Ciszek wrote that he was *"occasionally overcome with emotion . . . as I thought of how [God] had found a way to follow and to feed these lost and straying sheep in this most desolate land."*

Today, may we too be filled with gratitude as we reflect on the generosity of a God who offers his life—and his very self—to us in the Eucharist.

*"Jesus, thank you for the life you give me in your Body and Blood."*

Thank you for your generosity

Planned Giving: \$2600.00 2<sup>nd</sup> Collection: \$ 400.70 Loose: \$645.00

**PROJECT COMPASSION 2020**

**WE CAN STILL PRAY FOR THESE PEOPLE ACROSS OUR WORLD**

'Not all of us can do great things. But we can do small things, with great love' (*Saint Teresa of Calcutta*)

Through your generosity during Project Compassion in 2020, you are empowering communities with hope and helping those in need to shape a better future for themselves, their families and their communities. Mindful of all the needs here locally in our own community perhaps we can give 'something small with great love'.

'We have all known the long loneliness, and we have found that the answer is community'. (*Dorothy Day*) <https://lent.caritas.org.au>

## The Month of June is the Month of the Sacred Heart of Jesus The Holy Father's Intentions for the month of June 2020

### Solemnity on this Friday 19th, June Evangelisation:

For The Way of the Heart: We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

### REFLECTION *by Dianne Bergant CSA*

This feast harkens back to the celebration of Holy Thursday. By way of the metaphors of food and drink, its readings provide us with a look at the mystery of divine presence. They first provide a picture of a God who feeds us. In the past God set a table in freedom, and then provided food that enabled our ancestors to survive. God fed those who were needy, not those who were worthy. Jesus offered sustenance to the crowds that gathered around him. It was not manna from heaven that he offered but his own flesh and blood as food and drink. This food and drink are the pledge of eternal life.

Those who eat this bread and drink this cup are caught up in a profound unity with God, a unity not envisioned in the wilderness experience. There is a new overlay of significance. Jesus' claim to give his flesh and blood was a bold one, Paul's seems even bolder. He states that partaking of the bread and the cup not only joins us with Christ, but actually makes us participants in the body and blood of Christ. Humanity and divinity are joined as one. The Eucharist is a sign of unity in another way. Joined to the body and blood of Christ, we are joined to each other. We are one body and that body is Christ. The Eucharist is truly a celebration of thanksgiving: thanksgiving for our transformation and thanksgiving for our unity.

### DIVINE MERCY DEVOTION

3 o'clock prayer - the hour of great mercy

Jesus said: Call upon my mercy on behalf of sinners; I desire their salvation. When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give that person the grace of conversion.

**Let us pray:** O Blood and Water which gushed forth from the Heart of Jesus as a Fount of Mercy for us, I trust in you. Jesus, I trust in You.

### ACT OF SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen. +

### Updated Archdiocesan Protocols

As from Monday 1st June a maximum of 50 people are allowed to attend church at any given time for private prayer or Mass. Social distancing of 1.5m is to be maintained. Sign-in book is provided prior to entry. You must register your details and provide your contact details to ensure, if needed, that contact tracing can occur. All who wish to attend Mass are required to register with the Parish Office by calling 64951880 during Office hours or email (pambula@cg.org.au) outside Office Hours. Please do not "just turn up" as this will contravene current NSW Government Guidelines.

If you decide to attend Mass, please adhere to these rules:

- There will be no procession of gifts, no passing of hymn books or collection plates.
- The sign of peace will be omitted or given without hand-to-hand contact.
- Holy communion will only be distributed and received on hand.

Hand sanitisers are available in the church. Door handles, pens and surfaces are sanitised regularly

### Penance/Reconciliation

- First rite of penance, with priest and penitent observing spacing.
- Second rite of penance suspended until further notice.

### **First Penance, First Holy Communion & Confirmation (Sacrament Program)**

-Suspended until further notice.

### **Prayer and Social Gatherings**

-No more than 20 people permitted to gather whether inside Church or other Church facility:

- a. 1.5metres distancing.
- b. Customary/recommended hygiene practices.

### **Register**

-Parishes and communities are to keep an accurate register of people who come for public prayer.

### **Hygiene**

-Frequently touched surfaces to be regularly cleaned.

### **Funerals and Weddings**

-A total of 50 people allowed for a funeral inside a church (*excluding celebrant and people involved in liturgical ministries*).

-A total of 50 people allowed for a graveside funeral (*excluding celebrant and people involved in liturgical ministries*).

-A total of 20 people allowed for a wedding inside a church building (*excluding celebrant and those involved in liturgical ministries*).

### **Baptism**

-50 people permitted inside the Church building (*excluding celebrant and those involved in liturgical ministries*), with customary/recommended hygiene practices.

- a. RCIA candidates can receive confirmation.

### **HAPPY 60th WEDDING ANNIVERSARY**

Congratulations to Garry and Colette Moorhead on the wonderful occasion of your Diamond Wedding Anniversary.

Like a diamond your lives reflect the many facets of your married life, and are also a reflection of God's love. Praying for all His blessings as you celebrate 60 years together.

### **THE SICK**

As we journey with our Risen Lord through this difficult time let us remember in our prayers our family, parishioners local and wider community and all those who are sick. May the mercy and healing power of God touch and give them healing, comfort and strength. Ruth Mercieca, Hank Westerlaken, Matthew O'Leary.

### **RECENTLY DECEASED**

We pray for the recently deceased in our parish community. Please remember in your prayers the repose of the soul of Lyn Matthews' mother, Mary Roberson, Gerald John Edward, Tony Colosimo, Sr Mary Agnes, Caleb, Tess Rizetti, Ian Thomas, John Seychelles, Robert "Stumpy" Wallis, Anna Marie Weinluch, Christine Fogg.

*May all the faithful departed, through the mercy of God, rest in peace. Amen.*

**Archdiocesan Marriage & Family Month** - Due to COVID-19 restrictions the Archdiocese is bringing quality, interactive, live-streamed Marriage Enrichment to your home every Sunday from mid-June at 11.45am (straight after the 11am Online Mass at the Cathedral on Sunday 14th, 21st & 28th June). Join us at <https://www.catholicvoice.org.au/mass-online/> to listen to and ask questions of our international, interstate and local guest presenter couples. For more information go to <https://www.catholicvoice.org.au/marriage-family-month-june-2020/> Thank you for your generosity

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### **Parish Collections**

The forced closure of the Parish Churches has not only impacted on everybody's spiritual well-being it has also had a major impact on Parish finances. Prior to the closure your generous contributions to both the first collection (*supports the clergy*) and second collection (*supports the Parish*) assisted the Parish in meeting its financial

obligations. The marked fall in collections since the Church closures, has forced the Parish to establish an overdraft to meet its financial obligations. Some weeks ago an email was sent to all Parishioners offering the option to continue making first and second collection contributions by moving to direct debit or credit card arrangements. Whilst many of you were already making your contributions via direct debit or credit card and others have taken up the option recently, if any other Parishioner would like to make this change you may contact the Parish Office by phone or email as the above mentioned details. If Parishioners do not wish to adopt the debit or credit card arrangements and wish to continue with their contributions via the cash and envelope system, there are two boxes in the Eden and Merimbula Church entrances labelled “First Collection” and “Second Collection” to place your contribution after Mass.

Thank you again for your generosity.

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### **BRINGING THE SCRIPTURES TO LIFE!**

Would you be interested in developing your ability to proclaim the scriptures in a way which brings them to life for the listener, simply by telling the story as though we are first-hand witnesses?

Ray and Fenella Temmerman, of Winnipeg, Canada, having spent time in Merimbula each year for the last 4 years, now find themselves ‘locked down’, unable easily to return to their home in Canada. (As Ray says, if you have to be locked down somewhere, there are FAR worse places to be locked down than in Merimbula!)

Ray studied theology and scripture at St Paul’s Seminary in Kensington, NSW, 1976-80, then in retirement completed a Masters in Sacred Theology at the University of Winnipeg. He now offers workshops on proclaiming the scriptures. This is how he describes their content:

“I begin by exploring why we proclaim the scriptures. Then I use an Ignation form of reflection to draw people into scripture as a lived experience. We then take time to practice experiencing the scriptures.

Finally, we begin the actual practice of proclamation, giving people a chance to tell the scripture story, learn what they are doing well, as well as what they could improve on and how. The process has worked well, with people picking up and applying practical tips to help them improve their proclamation.”

Even if you've been a lector for many years, you'll still find some good tips about how to make proclaiming the scriptures an uplifting experience, and receive suggestions on practical aspects such as using the microphone well.

I would encourage everyone interested in developing their abilities to let the Parish Office know that you are interested. If enough people come forward, we can look at setting a date for this exciting workshop.

Ray normally runs the workshop over a 3-hour period. He particularly appreciates if people from different churches can join in, all of us together coming to experience the Word of God as brothers and sisters in Christ, even though we come from churches that are estranged from each other.

Please contact the parish office at 6495 1880, or email [pambula@cg.org.au](mailto:pambula@cg.org.au) if you would like to take part in such a workshop.

Ray Temmerman (Catholic) and his wife Fenella (Anglican) are involved in the Interchurch Families International Network (IFIN). The IFIN encourages couples married across denominational lines to explore together the ‘pearls of great price’ they hold in their life of faith, and to worship together as much as possible in both their churches, being gifts of unity to those churches. Ray administers the interchurch families website, <http://interchurchfamilies.org> as well as the international interchurch families discussion group at <https://mylist.net/listinfo/aifw/>

### **Feast Days**

Friday	19 <sup>th</sup> , June	Solemnity of The Most SACRED HEART of Jesus
Saturday	20 <sup>th</sup> June	The Immaculate Heart of the Blessed Virgin Mary

## MASS SCHEDULE

Saturday	5pm	Eden
Sunday	8:30am	Merimbula
	10am	Merimbula
Tuesday	4:30pm	Merimbula
Wednesday	9:30am	Merimbula
Thursday	9:30am	Eden
Friday	9:30am	Merimbula

### COVID-19 Crisis Appeal

Vinnies is launching a COVID-19 Crisis Appeal to raise funds for the additional need we are already seeing due to Covid-19. The COVID-19 Crisis Appeal is replacing the Winter Appeal and is launching ahead of the traditional Winter Appeal start date of 1 May.

This new crisis, this terrible pandemic, nothing our modern community has experienced, will increase the need for the work of Vinnies in serving the poor and needy. Already within Australia, we have witnessed an exponential demand from vulnerable people needing help to find food, as a result of Covid-19 panic buying in the major supermarkets.

Due to the restrictions we're operating within, it will not be possible to do an appeal through parishes in the traditional manner. Please can you [enctodonateonlinewww.vinnies.org.au/covid19crisisappeal](http://www.vinnies.org.au/covid19crisisappeal) or by calling 13 18 12

**A HUGE THANK YOU** to the many people who have helped prepare the Churches these past two weeks in order that we can safely have Mass once again. There have been so many who have volunteered their time to make our Churches Covid safe and we appreciate all of your efforts. God Bless You.



### ENTRUSTING AUSTRALIA TO MARY HELP OF CHRISTIANS

O Immaculate Mary, Help of Christians, Queen of heaven and earth, and tender Mother of humanity, at this time when a pandemic threatens all your children, we entrust to you our nation, Australia, and all who live in this country.

We commit to your intercession all the members of our community, beginning with the weakest ones, from the unborn to the sick, the disabled and the elderly.

We commit to you our families, our young and old, and all who are vulnerable, those who are quarantined or anxious.

We entrust to your Immaculate Heart those who have lost their livelihood or employment, our pastors and other essential service workers, and our leaders at this time.

We implore your intercession especially for the protection of doctors and nurses and those who minister to the contagious sick in this crisis.

Reign over us, Mother of God, and teach us how to make the Heart of Jesus reign and triumph in us and around us, as it has reigned and triumphed in you!

**OUR LADY PRAYS**

**THE CHAPLET OF DIVINE MERCY**  
DICTATED BY JESUS TO ST. FAUSTINA, SEPT. 14TH, 1935

**BEGIN WITH THE SIGN OF THE CROSS**  
In the name of the Father and of the Son and of the Holy Spirit. Amen.

**OUR FATHER xi**  
Our Father who art in Heaven, hallowed be thy name; Thy Kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation; but deliver us from evil. Amen.

**HAIL MARY xi**  
Hail Mary, full of grace; the Lord is with thee; blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**APOSTLES' CREED xi**  
I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, His only Son, Our Lord. He was conceived by the power of the Holy Spirit and born of the Blessed Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven and is seated at the right hand of God the Father. From thence He shall 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 the life everlasting. Amen.


**Jesus I Trust In You!**

ON EACH OF THE 5 "OUR FATHER BEADS" SAY THE FOLLOWING PRAYER: →  
Eternal Father I Offer you The Body And Blood, Soul And Divinity Of Your Dearly Beloved Son, Our Lord Jesus Christ, In Atonement For Our Sins And Those Of The Whole World.

ON EACH OF THE 50 "HAIL MARY BEADS" SAY THE FOLLOWING PRAYER: →  
For The Sake Of His Sorrowful Passion, Have Mercy On Us And On The Whole World.

**FINAL PRAYER (REPEAT X3)**  
Holy God, Holy Mighty One, Holy Immortal One, Have Mercy On Us And On The Whole World.

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