



Parish of St Matthew & St Vincent de Paul South Belconnen

Easter Vigil
Year A
12 April 2020

Online Masses, reflections and resources

South Belconnen Parish Easter Triduum:

Holy Thursday 6pm

<https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=ma548f4fab3fb87958a63abbd602e3329>

**Friday of the Passion of the Lord
3pm**

<https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=m1946c6ed75eece6afdc71bc1613ff99>

Easter Vigil 6pm

<https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=m87185dece07d3a28dc25cb54466f9ffe>

Fr Simon's mid week message

<https://soundcloud.com/simonfalk28/2020apr17midholyyweekmp3>

Fr Simon's Blog - Messages of Prayer and Concern for Elder Parishioners During Coronavirus aka COVID-19

<https://simonfalk28.blogspot.com/2020/04/messages-of-prayer-and-concern-for.html>

**Daily Mass is available on the
Catholic Voice website online
from 6am each day**
(www.catholicvoice.org.au)

Other sites such as Pray as you go
<https://pray-as-you-go.org/> and
Sacred Space
<https://www.sacredspace.ie/> offer
reflections and prayers on daily
readings.

See **instructions** on how to set this up
on your computer or by telephone on
back of the insert in this bulletin.

This Week:

Ex 14:15-15:1
Rom 6:3-11
Mt 28:1-10

Responsorial Psalm

**R. Let us sing to the Lord; he
has covered himself in
glory.**

1. I will sing to the Lord, glorious
his triumph! Horse and rider he
has thrown into the sea! The
Lord is my strength, my song,
my salvation. This is my God
and I extol him, my father's
God and I give him praise. **R.**
2. The Lord is a warrior! The Lord
is his name. The chariots of
Pharaoh he hurled into the sea,
the flower of his army is
drowned in the sea. The deeps
hide them; they sank like a
stone. **R.**
3. Your right hand, Lord, glorious
in its power, your right hand, Lord
has shattered the enemy. In the
greatness of your glory you
crushed the foe. **R.**
4. You will lead your people and
plant them on your mountain,

**Next Week : Acts 2:42-47 IPet1:3-9
Jn 20:19-31**

Parish Pastoral Team

Fr Simon Falk PP (6254 1827)
Fr Thomas Jin APP (6254 1827)
Deacon Joe Blackwell
Youth Ministers: Sarah Larkin
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the place, O Lord, where you
have made your home, the
sanctuary, Lord, which your
hands have made. The Lord will
reign for ever and ever. **R.**

Communion Antiphon: (*not said
if hymn is sung*)

Christ our Passover has been
sacrificed; therefore let us keep the
feast with the unleavened bread of
purity and truth, alleluia.



Prayer Requests

We pray for the sick:

Naomi Aldons, Caroline Aldridge, Martin Baker, David Baker, Sue Bartlett, Nancy Biviano, Fr Laurie Blake, Michael Brayshaw, Ian Brown, George Bulbrook, Lisa Baulman, Leslie Cheeseman, Mary Cleary, John Clerk, Monica & Colin Colquhoun, Mary Coman, June Donnelly, Pat & Jim Dunne, Frances Dyball, Joachim Exell, Ryan Fawke, Ivka Ferinas, Grace Fluitsma, Amy Fogarty, Grant Hanrahan, Bruce Hassall, Mick Hay, Christine Hermely, Richard Hourigan, Paul Idilton, Graham Jackson, Cath Jane Keen, Sarah Kelly, Val Kilmier, Michael Mathias, Jill McDonald, Mary-Anne McGrath, Dr Graeme McIntosh (brother of Heather Robinson), Monica Molloy, Peter Naughton, Cedric Netto, Me con Nguyen Thi No, Noel Noonan, Belinda O'Flynn, Kathleen Preece, Dana Riminic, Peter Robbins, Heather Robinson, Paul Shanahan, Sister Yvonne, Peter Stewart, Nicole Tavares, Richard Toombs, Lina Varmiento, Jenny Webster, Angela Williams, Berenice Wright and Robert Wrightson.

We pray for the deceased:

Recently: Geoff Meagher, Maurice Bobbin, Josip Grilec, Carmela Russoniello, Norma French, Bryan Ward, Nelson Waslin, Margaret Wilkinson, Regis Kanagasuntherie, Mele Hamilton, Maria Belen Gill, Gail Mitchell, Terrence McGuinness, Una Sadler.

Anniversaries: Madeline Williams, Denis Dean, Arthur Bryan, Anna Tamm, Aniela Sobiepanek, Merle Bryan, David Hardy, Paul Richter, Milly Baldock, Lawrence Woolf, Sean Reiher.

If you didn't receive this bulletin by email and would like to be added to the parish email list, please contact the parish office at belconnensouth@cg.org.au.

Parish News

Easter Message

This weekend we begin the season of Easter that goes all the way to the great feast of Pentecost. It is always a meaningful time and runs at the heart of our lives of faith in Christ. We celebrate virtually and carry each other in our hearts. This Easter we are mindful of elder prisoners who are perhaps less able to engage with some of the communication that we now find ourselves having to use. We are attempting to reach out to them and are mindful that it was actually Mary, the mother of Jesus, an elder person who stayed with Jesus at the cross right to the very end and all the way to Pentecost. Fr Thomas and I wish you and all your loved ones every blessing for a happy and holy beginning to this Easter season, Fr Simon.

The **first collection** supports our clergy and the administration of the Archdiocese, both of which need to continue in these difficult times. Unfortunately, we have been asked **not to encourage cash payments** for our collections as there is a risk of passing on COVID-19 through handling money.

There are three options for contributing to the first collection:

1. complete the CDF Direct Debit Form (**on our website**) and return it to the parish office to be set up.
2. direct transfer to:

Account Name:	South Belconnen Parish
BSB:	062-786
ACC no.:	29248
Reference:	Sth Belc(your surname) Very important this is included
3. use the **Qkr! App** to pay with credit card. Instructions for using Qkr! can be found on our website.

Please note: Fathers Simon and Thomas are still offering Masses privately for our parish, country and world and you are welcome to place any Mass offerings in the slot beside the front door of the Presbytery at Page or in the letterbox outside St Vincent's Church.

The **second collection (incl Planned Giving)** supports the operation of our parish, including many projects, programs and capital improvements.

There are four options for contributing to the second collection:

1. complete the CDF Direct Debit Form (**on our website**) and return it to the parish office to be set up for ongoing planned giving.
2. direct transfer to:

Account Name:	South Belconnen Parish
BSB:	062-786
ACC no.:	29461
Reference:	Sth Belc(your surname) Very important this is included
3. use the **Qkr! App** to pay with credit card. Instructions for using Qkr! can be found on our website.
4. set up a credit card payment each month with the parish office - contact the office on belconnensouth@cg.org.au.

If you are currently contributing to Planned Giving using envelopes, please think about changing to electronic means. Please contact the parish office on belconnensouth@cg.org.au for more information.

Prayers of the Faithful Holy Thursday

Father: On this night we celebrate joyfully the institution of the Eucharist. As we gather in spirit, we recall the words of Jesus: "This is My Body This is My Blood.." and we pray with gratitude for this great gift.

Reader: For our Church leaders:

That they follow humbly the Servant Jesus as he washed the feet of his disciples and that they imitate faithfully this spirit of service as they lead the people of God. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the leaders of nations great and small:

That our leaders be wise and just, work hard for peace, be people of integrity and faith who will always put self aside and work for the good of their people. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For a deeper understanding of Jesus' great commandment:

That we may truly love one another as he has loved us. May we live this commandment so well as to be recognised as followers of Christ.

We pray to the Lord.

All: Lord, hear our prayer.

Reader: For a desire to be broken for others:

That the broken bread and the outpoured wine be symbols of the willingness of our doctors, nurses and all health professionals to continue to be broken and poured out in the service of those who are crowding our hospitals and intensive care units, victims of covid-19. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the imprisoned, the abused and the addicted, that they may know the power of the broken bread and the outpoured wine and, ultimately, the freedom of the cross. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For our deceased brothers and sisters:

That they may rejoice forever in the light of the risen Christ. We pray to the Lord.

All: Lord, hear our prayer.

Father: God of compassion and generosity, we thank you for your Son and his gift of the Eucharist. We humbly ask you to hear our prayers through this same Jesus Christ, Your Son. Amen

Prayers of the Faithful Easter Vigil

Father: The Lord is risen! Alleluia! Filled with Easter joy, we praise and thank our God for the recreation of our world in joy, in peace, in hope and in light.

Reader: For the spread of the JOY of the risen Christ: That this joy may inspire our parish community to proclaim spiritually the good news of the empty tomb. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the spread of the PEACE of the risen Christ:

That the peace of the risen Christ may reign among the peoples and nations of the world, so that they may work together to uphold the sacred dignity of all men, women and children. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the spread of HOPE in the risen Christ:

That hope in Christ may console the troubled, cure the sick, reconcile the alienated and comfort those among

us who are hurting. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the spread of the LIGHT of the risen Christ...

That the light of the risen Christ may shine in the Church and in our lives. May our Church be a beacon of bright and steadfast light in a world of despair. We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the sick and those who are dying:

That the peace and healing of the risen Christ may be theirs...

We pray to the Lord.

All: Lord, hear our prayer.

Father: Creator God, we praise you and we thank you for this holy night. Remain with us always and help us be faithful witnesses to your risen Son. We ask this through the same Jesus Christ, your Son. Amen

Please see the **2020 Easter Message from Archbishop Christopher Prowse** at

<https://www.catholicvoice.org.au/archbishop-christopher-prowse-easter-message/>.

You can also see the 'Weekly Voice' at <https://www.catholicvoice.org.au/weekly-voice/>. It is published Thursdays each week.

Further Resources

Widget Symbol. Wigit Symbols are used worldwide to support people and help them realise their full potential, no matter what their age, ability or background. Symbols are images which are used to support text, making the meaning clearer and easier to understand.

<https://www.widgit.com/resources/curriculum/re/easter/index.htm>

There is a cost related to this resource.

Gods Big Easter Journey

<https://network.crcna.org/faith-nurture/gods-big-easter-story-holy-week-journey-families>

Sparklebox

The Easter Story: Free download <http://resources.sparklebox.org.uk/sb1264.pdf>

The Easter Story: Sequencing Cards. Free download. <http://resources.sparklebox.org.uk/4000-5000/sb4642.pdf>

Stations of the Cross for children.

<https://media.loyolapress.com/assets/lent/stations-eng/stations-eng.html>

Stations of the Cross

<https://media.loyolapress.com/assets/lent/stations-eng/stations-eng.html>

Videos

Palm Sunday:

<https://www.bing.com/videos/search?q=holy+week+video+for+kids&ru=%2Fvideos%2Fsearch%3Fq%3Dholy%2Bweek%2Bvideo%2Bfor%2Bkids%26FORM%3DHDRSC3&view=detail&mid=A2B33799EBBAC936E242A2B33799EBBAC936E242&&FORM=VDRVRV>

The Last Supper:

<https://www.bing.com/videos/search?q=holy+week+video+for+kids&&view=detail&mid=7EB8B38E838BA34551E37EB8B38E838BA34551E3&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dholy%2Bweek%2Bvideo%2Bfor%2Bkids%26FORM%3DHDRSC3>

Jesus' Sacrifice

<https://www.bing.com/videos/search?q=holy+week+video+for+kids&ru=%2Fvideos%2Fsearch%3Fq%3Dholy%2Bweek%2Bvideo%2Bfor%2Bkids%26FORM%3DHDRSC3&view=detail&mid=5028B9C40EC49A11E25C5028B9C40EC49A11E25C&&FORM=VDRVRVdo>

A Message from Deacon Joe Blackwell

I give thanks to be writing as one of two Catholic Chaplains still able to contribute to a spiritual and pastoral care presence at The Canberra Hospital (including the new University of Canberra Hospital) and the National Capital Private Hospital. At this time, only Chaplains have been able to continue as all hospital volunteers, which has included our vital pastoral care teams, have been suspended. Whilst a smaller workforce, Fr Johny Abraham and I try to ensure that there is an accessible Catholic presence for patients, families and staff everyday. It is a joy to be there! Our days begin with prayer and we would like your prayers for our continued access and contribution to holistic care. Bringing Christ's love through a smile, listening ear, a laugh, and letting others express their challenges at this time is a great blessing for us and our community. The vast majority of patients are facing non-COVID 19 circumstances yet visitor support has been restricted and isolation recommendations have kept many who would normally visit away. Holy Communions have ceased but on Sundays Mass readings and a copy of the new Weekly Catholic Voice are offered to Catholic Patients. Please know we are there, an extension of every faith community we serve. Keep us in your prayers and alert us to patients who may benefit from a visit. It has certainly been an important presence and ray of hope in a time of stress. God Bless. Deacon Joe Blackwell

Missing Children's Liturgy?

Want to spend time in prayer together as a family? The Cathfamily website are offering their weekly CathKids resources free until June 30. They include an animated video of the gospel story, explanations, discussion questions, prayers and activities. Families can also choose to subscribe to the resources to support the work of CathFamily.

For more information and to subscribe, go to <https://cathfamily.org/cathkids-faith-unlimited/>

Also have a look at <https://www.youtube.com/watch?v=Iqx5erP6o9Y&t=18s> - a Mass for kids.



Messages of Prayer and Concern for Elder Parishioners During Corona-virus aka COVID-19

April 7, 2020

We have heard from some sources that the impact of isolation and lack of ability to access electronic information is becoming quite traumatic. This can be especially so for some of our elder parishioners.

Below are a few photos of places where some of them live.



We know that some parishioners have been connecting with some people. They have been dropping off things or running errands. Others have done phone or video calls to hear the voice or to see the smiling face.

What a great thing to do!

Not all of our elder parishioners can access all these things. But they may be able to receive messages. Some of us can remember when we were younger and our mothers or grandparents loved sending and receiving letters. They would

keep the letters for years and read them over and over. A good example is of writer Roald Dahl and his Mother in [Love From Boy](#).

So, we are launching a request for parishioners to write in messages and prayers of love, support and concern for our elder parishioners. If you can send them by email to belconnensouth@cg.org.au by lunchtime on Thursdays that will help. We can collate them and someone from each residential care centre will receive them from us for distribution. You are very welcome to remain anonymous.

Don't have the ability to email them? No problem. Pop them in an envelope and slide them in the mail slot of the parish office. Thank you for your concern for our elders.

Regards and blessings,

Fr Simon

PS: Looking for some thoughts on elders and spirituality? You might like a browse at Joan Chittister, OSB, [The Gift of Years](#). Also available on [Kindle](#) or [Kobo](#).



Dear Sir / Ma'am

I work at St Matthew's Primary School and understand how difficult this current crisis has been for all in our community, including the elderly congregation.

My own grandparents passed 18-24 months ago but still remain steadfast in my heart everyday. The Bible verse above was my Pa's favourite and my Nanna loved the hymn, 'Jesus loves me'.

In disheartening times, such as these, I revisit both verse and song and remember how beautiful and lucky I am in that my memories can sustain me during this time of isolation. I hope that your memories too, provide strength and hope for a future without these restrictions.

I have been working hard to conference with students and email parents across multiple online platforms, which is very overbearing. As a teacher, I always feel like I never have time for myself but when I do, I don't know what to do with myself, except to think of the children. They are my life.

I think connection is what people crave most. I hope my short connection with you offers some reprise from the situation you're facing at the moment.

Father Simon is also providing many opportunities for the congregation to connect online with Mass and his sermon. If you need help in any way in learning or viewing this, I hope I can help in future.

God Bless x

Kind Regards

Michelle Dempsey

Message from Parish Safeguarding Volunteer - Beth Gibson

This week has brought us all face to face again with the history of child sexual abuse in the Australian Catholic Church. A truly terrible history!

The decision of the High Court on Tuesday will be of comfort to Cardinal Pell, his family, friends, and his supporters, both within and outside the Church.

It will also cause ongoing distress to many survivors, their families and friends, and people in the broader Catholic community in this country and beyond.

We must acknowledge the courage and hope it takes for people to come forward and disclose their abuse, and we must offer them our compassion and our support, to find healing and justice. These people must be seen, listened to and believed.

Within our Parish it is essential that we continue to ensure our community is a safe and welcoming place for children and young people. To do this, we are working with the Archdiocese to establish standards that at times may seem to be onerous, but are designed to enable all of us to provide a safe space for children to live out their faith and participate in our community.

If you have any concerns about the safety of children or young people in our parish, now nor in the past, please contact Fr Simon or Beth Gibson through the parish office, or you can contact Maria Hicks at the Archdiocesan Institute for Professional Standards and Safeguarding on ipss@cg.org.au or 02 6239 9806.

There is also the National Redress Scheme which is designed to enable people who have been sexually abused in institutions to claim some acknowledgement for their suffering. The Scheme can be contacted on 1800 737 377 or <https://www.nationalredress.gov.au/institutions/joined-scheme/act>.

Please take care of yourselves during these difficult times, and reach out to those who surround you if you need support. We are all in this together!

Instructions for setting up streamed Masses

You can stream the Mass on your **laptop or device** or you can dial in and **listen to the Mass on your phone**.

For laptops: When you click on the link below (in the website link column) you will be taken to the webex site where it will ask you for your name and email address. When you click on next it will ask you to install webex.exe on your laptop.

For other devices: When you tap on the link below (in the website link column) you will be asked to download the webex app to your device.

To dial in and listen to the Mass on your phone, please dial the numbers below and input the access code when asked to.

Mass	Time and Date	Website Link	Phone Details
Holy Thursday	Thu Apr 9, 2020 18:00 – 19:00 (AEST)	Link: https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=ma548f4fab3fb87958a63abbd602e3329 Code: Belconnen	(02) 9338-2221 Access Code: 783 415 490
Good Friday	Fri Apr 10, 2020 15:00 – 16:00 (AEST)	Link: https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=m1946c6ed75eece6afddc71bc1613ff99 Code: Belconnen	(02) 9338-2221 Access code: 783 523 376
Easter Saturday	Sat Apr 11, 2020 18:00 – 19:00 (AEST)	Link: https://1983-roo.my.webex.com/1983-roo.my/j.php?MTID=m87185dece07d3a28dc25cb54466f9ffe Code: Belconnen	(02) 9338-2221 Access Code: 782 640 928