

St Christopher's Cathedral Parish, Canberra

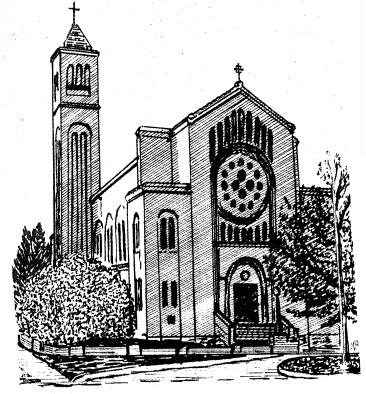
(including St Peter Chanel's Church, Yarralumla)

4th Sunday of Lent

— Year A

21/22 Mar 2020

Archdiocese of Canberra & Goulburn
Archbishop: Most Rev Christopher Prowse DD STD
Vicar General: Fr Tony Percy VG
Administrator: Fr Trenton van Reesch
Assistant Priest: Fr Norvin Dias



Sunday Mass

St Christopher's

Cnr Canberra Ave & Furneaux Street, Forrest (Manuka) ACT

Sunday: 8.00am,
11.00am (sung) & cuppa
5.30pm

St Peter Chanel's

Cnr Weston & Loch Streets, Yarralumla ACT

Saturday: 6.00pm Vigil
Sunday: 9.30am

Weekday Mass

St Christopher's

Monday to Saturday: 12.15pm
Tuesday to Friday: 7.30am

St Peter Chanel's

Tuesday: 5.30pm
Thursday: 10.00am (9.30am Adoration): Anointing Mass first Thursday of the month.

Reconciliation

St Christopher's

Wednesday: 11.30am—12.00pm
Thursday: 6.00 - 6.30pm
Saturday: 11.00am - 12noon

St Peter Chanel's

Tuesday: 6.00 - 6.30pm
Saturday: 5.15 - 5.45pm

Adoration & Benediction

St Christopher's:

Tues-Friday weekly 5-6pm
Adoration: First Friday of the month 12.45-2pm.
Holy Hour & Benediction for discernment of Priestly vocations: 1st Thurs of the month 5-6pm

Vespers First Sundays, 6.30pm

Baptisms

St Christopher's: 2nd & 4th Sundays, 12.30pm

St Peter Chanel's: 3rd Sun, 10.30am

Weddings

St Christopher's: Saturday 1.30pm, 3.00pm and 4.30pm

St Peter Chanel's: By arrangement

PARISH OFFICE

55 Franklin Street, Forrest ACT 2603 (02) 6239 9846 (bh) cathedral@cg.org.au www.cg.org.au/cathedral
Online Payments Link: <https://www.bpoint.com.au/payments/sccp>
Parish Secretary: Michelle O'Connor—Mon-Fri, 8.30am-12.15pm, 12.45pm-4.30pm
Accounts Officer: Karina Widjaja—Friday, 8am-4pm

Dear Parishioners and Visitors to Saint Christopher's Cathedral Parish,

Know of the Church's closeness to you in these tough and (for many), anxious days. With the growing outbreak of the *CoronaVirus (COVID-19)*, we face a serious health situation unseen in our lifetime; and our faces again in this season of Lent, turn to the reassuring face of Christ and His Mother.

In consultation with medical experts and following ongoing government directives, there have been significant precautions taken by the parish and Archdiocese in responses to the threat of contagion. What this means is that in the weeks and months ahead, the way we worship may look a little different. I thank you for your patience in this respect. The Archdiocese is closely following a changing situation and responding appropriately and responsibly. The Federal Government has wisely restricted indoor gatherings to 100 people or less. This applies to celebration of the Eucharist, for Sundays and Weekday, as well as sacramental liturgies. At this time outdoor gathers are still permitted at 500 or less.

The Archbishop has suspended Sunday obligation at this time and, considering the heightened risk for those older in our community and those already suffering poor health, it is recommended that the faithful who have reached 65 years of age should not attend Mass.

While acknowledging the necessity of 'social distancing' Archbishop Christopher has spoken of the awareness of a **spiritual closeness during these days**. This is where the Church reveals Her true nature. More than ever as Catholics we should be setting time aside for prayer with the scriptures and with our families. Whether we are able to physically gather or not, we are bound by our one baptism and the gift of the Sacraments.

From Sunday 22nd March **Daily Mass can be viewed online**; available on the *Catholic Voice* website (www.catholicvoice.org.au) from 6am each morning. In addition, the **daily Gospel, daily commentary (Living Word)** and **prayers of intercessions** will be available for personal and family prayers.

Some key protocols are as follows:

- **Weekday Masses will continue as normal**; offered at the main altar in the Cathedral and SPC.
- **Eucharistic Adoration** and **Stations of the Cross** will continue at regular times.
- Parishioners are asked to thoroughly wash their hands before and after Mass and to practice 'social distancing'. **You are asked to sit 1.5 meters** apart, except in the case of immediate family.
- The Offertory will not take place.
- The Sign of peace will involve no physical contact i.e. no, shaking of hands.
- Priests, Acolytes and Extraordinary ministers of Holy Communion to sanitise their hands **before** distributing Holy Communion and **after**.
- Holy Communion is received in the hand, not on the tongue. You are also able to make a 'spiritual communion' in these days (see inside bulletin for further details).
- The Sacred Host only and not the Precious Blood will be given to the faithful.
- Collection plates will not be passed from person to person. Instead a donation point (boxes) will be fixed in each church. In the interest of health, the use of the tap machines is encouraged and preferred at this time. The Church will continue to remain open for private prayer.

We approach this challenge with faith and confidence in our Good God and always with the prudence He has placed in the human mind and heart. Please ensure all directives and protocols are strictly followed. Now, more than ever our faith in Christ takes centre stage. The Holy Mass is the **greatest form of prayer**, and must remain the heart of our intercession in these days. Mass will always be offered by the Church, and while at times we may be unable to physically be there, by virtue of your baptism you are present in the One Body of Christ who offers the Sacrifice every moment of every day, somewhere in the world. In times where you're unable to physically be present, you are encouraged to make a *Spiritual Communion*.

Thank you for your fidelity, patience and prudence. Throughout history (which has witnessed countless events like this) in such trials Jesus has made Himself and His love for the world known. Jesus was born into the midst of such confusion, restlessness and *virus*. Know in these days that **God is with you**, in the Church, in the Sacraments, and in each-other. May this be a graced period by which we grow in our desire and relationship with Christ and His Church. We should use this time of pandemic to our moral and spiritual advantage, by renewing our sense of humility before God and showing more love and care for each other and the sick.

Let us pray constantly and allow our Lord Himself to turn these trials into moments of transformation, strengthened in faith, hope and love – let us witness to our fellow brothers and sisters by our perseverance and care.

"In this world *you will have trouble. But take heart!* I have overcome the world." (John 16:33)

The public's health and safety are paramount to the Archdiocese which is monitoring the health situation and making changes as needed. The parish plans to provide continuing updates. Please see the parish website for up-to-date information, events and cancellations <http://cg.org.au/cathedral/Home.aspx>

With every prayer and the greatest affection,

Fr Trenton

PARISH NEWS

PARISH MINISTRIES

Director of Music: Jaki Kane

RCIA—Fr Trenton van Reesch
Weekly on Thursdays, 6pm

School of Religion

Youth Minister—Chiara Catanzariti
Email: chiara.catanzariti@cg.org.au

Weekly Liturgical Calendar

Mon 23 Mar 4th week of Lent

Tue 24 Mar 4th week of Lent

Wed 25 Mar The Annunciation of the Lord

Thu 26 Mar 4th week of Lent

Fri 27 Mar 4th week of Lent

Sat 28 Mar 4th week of Lent

Sun 29 Mar 5th Sunday of Lent

Legion of Mary

*Wednesday at 6.15pm
Haydon Hall*

St Vincent de Paul

*Assisting people in need and
combatting social injustice in our
community*

Young Adults

*Animating parish and Archdiocesan
life through prayer and event
participation*

*Thursday 6.30pm Rosary/Bible
Sharing/Fellowship SCC
Geetanjali Rogers*

Good Shepherd Prayer Group

*Wednesday at 7pm SPC
Parish Room (Feb-Dec)*

Christian Meditation

*Saturday at 5pm SPC
"Be still and know that I am
God" (Psalm 46:10)*

Other Communities

Spanish Community

*First Sunday of the month at
11.30am SPC*

African Community

*Second Sunday of the month at
11.45am SPC*

Filipino Community

*First Sunday bi-monthly at
5.00pm SPC*

**For details of any of the
above, contact the Parish**

STATIONS OF THE CROSS DURING LENT — 6pm, St Peter Chanel's 27 Mar & 3 Apr.

WOMEN'S YOUNG ADULT/PROFESSIONAL LENTEN SMALL GROUP every Tuesday 5:30pm-6:30pm at 'My Cafe' Manuka. Lets journey deeper this Lent together. Contact Chiara at chiara.catanzariti@cg.org.au

2020 CATHEDRAL PARISH SCHOOL OF RELIGION PROGRAM - suspended until further notice due to the Coronavirus.

ANZAC DAY MASS CANCELLED—Given the Commonwealth Government's directives in response to COVID – 19, The Catholic Diocese of the Australian Military Services has taken the decision to cancel the National ANZAC Day Mass that was to be held at St Christopher's Cathedral, Forrest on the 25th April 2020.

We too are mindful of the wellbeing of our veteran's and the wider communities at this time. And fully support the Governments initiatives in response to the ongoing threat of COVID – 19. We thank you very much for your ongoing support for the National ANZAC Day Mass. Whilst we recognise there will be no Mass at the Cathedral on ANZAC Day, we will remember with great devotion the supreme sacrifice paid by so many for the freedom of our country.

SUNG VESPERS has been cancelled at the Cathedral indefinitely.

CANCELLED—Visitation of the Relics of St Therese and her parents, Sts Louis and Zelig Martin, 29 March. Cancelled, however as we continue to invoke their intercession in these times, holy cards will be available in Church foyers.

Archbishop Christopher offers this prayer at the time of Coronavirus Pandemic for reflection in parishes.

Heavenly Father,

We praise and thank you for your loving presence, especially in the Lent/Easter season.

We offer heartfelt thanks, dear Lord, particularly for our recent rains.

Once again, we come to you in our need. As your children we are in need of your healing and protection.

Just as we have been recovering from our dangerous bushfire summer, we have now been thrown into a fearful coronavirus (COVID 19) autumn.

We are tired and frightened. We feel a sense of panic and future uncertainty on a global scale.

Be with us now, Loving Master. Without you all is nothing – only empty hearts and a total reliance on our own feeble resources.

But with you "there is mercy and fullness of Redemption" (Psalm 130/7). With you there is "the loving mercy of the heart of our God (who) will give light to those who sit in darkness, those who dwell in the shadow of death, and guide our feet into the way of peace" (Luke 1/79).

It seems that so many public gatherings are now postponed or cancelled. There is virus death, the sick, and the anxious. We are spending more time on our own, or with family or friends.

We pray for the sick and those looking after them. Help us to offer practical help to those who struggle.

Let us use these times, O Lord, for your greater glory, especially during Lent and Easter. Let us pray more, and truly listen to you more in loving silence, stillness and simplicity.

Almighty Father, you always journey with us in life's challenges. Help us to meet you often in the scriptures and our sacraments. Increase in us faith, hope and trust.

Protect us from this coronavirus. Remove it from our common home. Heal those who are sick and dying.

Mary, Help of Christians, as always we fly to you in our need. Be close to us and point out your Son, Jesus, to us in this pandemic. St Therese of Lisieux and her parents, Saints Louis and Zelig Martin, pray for us.

We make this and all our prayers through Jesus, Our Lord and Saviour, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever, AMEN

**PROJECT
COMPASSION**
GO FURTHER TOGETHER

Fourth Sunday of Lent
22nd March 2020

Caritas
AUSTRALIA

Thirty-two-year-old Sakun lives in a village in central east India. She developed polio as a child and has difficulty walking. After joining a Caritas Australia-funded program, Sakun has learned new skills and gained important mobility. She is more resilient, more confident and more independent.

Please donate to Project Compassion 2020 to help uplift vulnerable communities and support the rights of indigenous peoples around the world.

Let's Go Further, Together. You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

OTHER NEWS

THE CATHOLIC GUY LENTEN EMAIL PROGRAM 'WALK THROUGH LENT 2020 - Receive daily talks and reflections via email from Bruce Downes @ The Catholic Guy Ministries. To participate, register at <https://brucedownes.org/lent>

CANCELLED EVENTS DUE TO CORONA VIRUS—

- WHAT IS PRAYER?** , Waramanga parish.
- LEGION OF MARY ACIES**—28 Mar, St Joseph's O'Connor.
- LENTEN RETREAT**— 28 Mar, Narrabundah.
- BACH CONCERT** 27 March Cathedral.
- INSTAGRACE**— 14-17 – April, Narrabundah **POSTPONED.**

YOUNG MEN OF GOD (YMG) is a Catholic movement consisting of young men witnessing to the world. We are empowered by the truth and our mission is to encourage young men to follow God's call in their own lives while journeying with us as brothers in Christ for the greater good of society. Every Tuesday in lent, there will be a group of young men gathering together to reflect on the upcoming Sunday gospel. We start at 6:30pm with dinner at Beach Burrito Co. in the city before moving over to Highgate Canberra at 7:30pm. For more information join our Facebook group - Young men of God Canberra or ring Nathan Tran at 0422546517

"WHERE TO FROM NOW?" 3 May. 2-4.30PM, Holy Trinity Parish Centre, Strangways St., Curtin. Chief Executive Officer NSW Right to Life Association - Dr Rachel Carling- will address a meeting. Afternoon tea will be provided. "Where to from Now?" re Abortion, Euthanasia in ACT and NSW, plus an update on the situation in all other Australian States.

ENCOUNTER TIMOR LESTE WITH PALMS 13-25 Sept. 13-day tour experiencing the diversity of our close neighbour, from bustling Dili to its remoter communities, where dedicated organisations and Palms personnel are building self-reliance and sustainability together. For more information call Robert at Palms on 02 9560 5333 or email robert@palms.org.au.

AMICUS—In the interest of AMICUS, our members, their families and the wider community we are suspending all AMICUS activities until further notice when this Corona Virus emergency is no longer a threat to us all. We look forward to resuming again then.

INFORMATION FOR EASTER CEREMONIES/MASSES WILL FOLLOW. SEE WEBSITE FOR FURTHER UPDATES

What is a "Spiritual Communion?"

If you are unable to attend Mass and are housebound, consider making an act of Spiritual Communion. Saints down through the ages have recommended this simple practice. Those who cannot come to Mass, read the Gospels, pray with your families, and join yourself to the sacrifice of the Mass by making an act of spiritual communion. Trust the Church, that your desire and Spiritual Communion does suffice in these days. You are baptised into His Body and when unable to be physically present, you are spiritually present at the Sacrifice by virtue of this baptismal gift. The great Saint Teresa of Jesus writes: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice.... by it the love of God will be greatly impressed on you."

An 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.

ARCHDIOCESAN PROTOCOLS—RE: THE CORONAVIRUS (COVID-19)

With advice from medical experts the Archdiocese is employing best practice and prudence in trying to help reduce the transmission of the CoronaVirus (COVID-19). All communities, parishes, schools, hospitals, etc. are asked to observe the following protocols:

- Remove Holy Water from fonts.
- Ask the faithful to **acknowledge each other at the sign of peace, but refrain from touching.**
- Priests, Deacons, Acolytes and Extraordinary Ministers of Holy Communion to use hand sanitiser before distributing Holy Communion and after distributing Holy Communion at Mass, Liturgy of the Word's with Holy Communion, Visits to the sick in Hospital and Home.
- **Holy Communion should be received only in the hand, not on the tongue.**
- Distribute the **Sacred Host only** and not the Precious Blood.

Father Anthony Percy VG

4 March 2020

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.



Tap & Go PayWave Machine to contribute to the Church collections without the necessity of carrying cash. Please PayWave your card at the pre-set Tap N Go machine located in the Church Foyer when you exit the church. Please contact the Parish Office with any questions.

We pray for...

Those to be married: Hayden Pini & Lele Ta;

Those to be baptised: Ella Bolton; Molly Hollis; Sofia Monagle

Those who are ill: Arianna Vignale, Anna Vincent, Lucy Duncan, Stella Lazar, Rod Duncan, Anthony, Lisette D'Cruze, David Kibbey, Jacqueline Khin, Katarina Kish, Mary Brennan

Anniversaries of death: Anthony Tuskens, Joan Burton, Amparo C de Baez, Patrick Charles & Kerry Agnes Purcell, Annie Duffy, Edrie Mary Duffy, Ralph Martin, Muriel Robbie, Raffaele Franze, Austin Burns, May Ledger, William Lloyd Alick Roberts, Jean Elizabeth Lennon, Catherine Semecky, Kevin Cranwell, Michael Conroy, John Hipwell, Jose Gonzales, Constance Jones, Christine Humphries

Recently Deceased: Regina Paredes, Hilda Quinones, Shirley Evans, Josip Persic, Don Furner, Henry Tabisz, Mary-Anne McGrath, Rod Frazer, 4 children killed at Otlands, Roberto Emilio, Mary Bowe (Kilmartin), Bruce Kennedy, Ronald D'Cruze, Brian Kelly, Betty O'Neill, Patricia Smith, David Cusack, Anica Soldo, John Gal-

Readings of the Day – 4th Sunday of Lent —Year A

ENTRANCE ANTIPHON: *Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.*

RESPONSORIAL PSALM: *The Lord is my shepherd; there is nothing I shall want.*

GOSPEL ACCLAMATION: *Glory to you, Word of God, Lord Jesus Christ! I am the light of the world, says the Lord; whoever follows me will have the light of life. Glory to you, Word of God, Lord Jesus Christ!*

COMMUNION ANTIPHON: *The Lord anointed my eyes: I went, I washed, I saw and I believed in God.*

First Reading

1 Sm 16:1. 6-7. 10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

Second Reading

Eph 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

Gospel Reading

Jn 9:1-41

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him. 'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.' Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored. His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered. They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man. However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.' So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away. Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him. Jesus said: 'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.' Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied: 'Blind? If you were, you would not be guilty, but since you say, "We see", your guilt remains.'

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LITURGICAL MINISTRIES ROSTER				
Lectors			Extraordinary Ministers of Eucharist	
Mass	21/22 Mar	28/29 Mar	21/22 Mar	28/29 Mar
6.00pm (SPC)	Wanda Kaucz Mike Nash	Sheila van Gent Wanda Kaucz	Pieter van Gent	Any available EMHC
8.00am (SCC)	Assigned Louise Zavone	Liza Quinn Mineke Peerboom	Mimma Memmolo Tony Pelle	Any available EMHC
9.30am (SPC)	Clarice Poh Dominic Chin	Colliss Parrett Jaye Longland	Colliss Parrett	Any available EMHC
11.00am (SCC)	Veronica Shi Hu Bronwen Grey	Edwina Hyman Mark Hyman	Liz Porra Leeann Galloway	Any available EMHC
5.30pm	Mark Hyman	Jonathan Lee	Tony Croke	Any available EMHC

St Christopher's Cathedral Parish encompasses the areas of Barton, Causeway, Deakin, Forrest, Fyshwick, Griffith, Kingston, Manuka, Parkes, Red Hill, Yarralumla