

AOC St Mary's Cathedral Parish



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5th March 2020 Palm Sunday of the Passion of the Lord Year A

St Mary's Cathedral—Cnr Harrington & Patrick Streets, Hobart
Sacred Heart Church—Cross St, New Town

Responsorial Psalm: My God, my God, why have you abandoned me?

Gospel Acclamation : Praise to you, Lord Jesus Christ, king of endless glory!

Christ became obedient for us even to death dying on the cross. Therefore God raised him on high and gave him a name above all other names.

Praise to you, Lord Jesus Christ, king of endless glory!

This Week's Readings: Is 50:4-7; Phil 2:6-11; Mt 26:14 – 27:66 or Mt 27:11-54

Next week's Readings: Acts 10:34. 37-43; Col 3:1-4 or 1 Cor 5:6-8; Jn 20:1-9; Mt 28:1-10; Jn 20:1-9; Mt 28:1-10; Lk 24:13-35

Live Streaming of Sunday and Holy Week Masses

Kindly note the Holy Week Mass times beginning from Palm Sunday will be live-streamed. Please refer to the respective link below for each new Mass during the Holy Week.



Palm Sunday Mass: 5th April 2020 at 10:30 am <https://www.youtube.com/watch?v=tFfcSO5ay8M>

Chrism Mass Tuesday of the Holy Week: 7th April 2020 at 7.00pm <https://www.youtube.com/watch?v=dbcqJuSfywY>

Holy Thursday, Mass of the Lord's Supper: 9th April 2020 at 7.00pm <https://www.youtube.com/watch?v=6CdWhpAWUpC>

Good Friday, the Passion of the Lord: 10th April 2020 at 3.00pm <https://www.youtube.com/watch?v=uv72-hEg3q4>

Holy Saturday, Easter Vigil: 11th April 2020 at 7.00pm <https://www.youtube.com/watch?v=wiriMLAse3k>

Easter Sunday, Mass of the Resurrection: 12th April 2020 at 10.30am <https://www.youtube.com/watch?v=40nkZ47c-t8>

You may also find these links on Cathedral parish website www.stmaryscathedralhobart.org.au and on the **Facebook Page of St Mary's Cathedral Hobart**.

Dear Parishioners of St Mary's Cathedral and Sacred Heart Communities,

It is with a heavy heart that the Archdiocese of Hobart is implementing measures to stem the spread of the Coronavirus (COVID 19). Archbishop Julian Porteous has suspended the public celebration of all Masses, for an indefinite period. In light of the above decision, I kindly request you to honour the Lord's Day and the Holy Week by dedicating your time to family prayer, reflections on scripture and other spiritual exercises. In view of this I have provided relevant prayers and scripture readings that you could use from home and pray together with your family especially during the forthcoming Holy Week.



You may participate in Sunday Masses and Holy Week Masses via the links provided in the front page of the news letter. This live streaming of Sunday Masses and Holy Week Masses could also be accessed via our St. Mary's Cathedral website and on our Facebook page (Cathedral Parish Hobart - St Mary's Cathedral & Sacred Heart Church).

However, in case of emergency, you may contact me directly on my mobile 0417 571 815 (text preferred – leave your name & contact number) or ring the parish office number 6234 4463.

The Lord's mercy endures forever!

Fr Shammi Perera (Administrator)

Hope in Difficult times!

' And Know that I am with you always! Yes to the end of the time.' (Matt 28:320)

As baptized Catholics we are being called to unite ourselves ever more closely to the sufferings and death of the Jesus Christ during these difficult and challenging times. All people from every nation in the world are caught up as one in suffering yet in Isolation as individuals. God has a plan and reassures us of his presence in and with us. ' I will not fail or desert you. With the Lord to help me, I fear nothing.'(Hebrews13:6)

Today is Palm Sunday, which marks the beginning of the Holy week. This week is going to be a challenge for all of us-Priests and People, as we are unable to partake in the usual rituals and liturgy of this week. the celebrations cannot take place as one family of the god in our Cathedral but we can all set aside a sacred space in our homes with a candle, crucifix and scripture readings from our Bible or Sunday Missal. We can set aside an hour or two for reading and praying meditating the Paschal Mysteries, that is, passion, death and resurrection of Christ. What a graces and blessings the whole world would receive because of our efforts to walk together with Jesus Christ in these days. Modern technology can be a great help with keeping us in touch with Holy Week Liturgy. As we recall the Last Supper let us pray for the world that Jesus be known and loved everywhere and that his peace will reign in the minds and hearts of all people. On good Friday I invite you to pray often the beautiful prayer which is prayed when walking between each Station of the Cross. "We adore you, O Christ and we bless you because by your Holy Cross have redeemed to world."



Jesus died for us that we may live with him in eternal glory.

May you experience the joy of Easter Sundays you recall Christ's triumph over sin and death. May your lives be richly blessed as we place all our trust in him who has first loved us.

Sr. Monica Shelverton PBVM

HOLY WEEK AT HOME ; PALM SUNDAY OF THE PASSION OF THE LORD

Take a green branch from your garden. Gather the family together and, with each person holding a branch, pray together.

FAMILY PRAYER

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: During Lent, we have been preparing our hearts to celebrate Easter. Today we join Christ as he enters Jerusalem. In the coming days, we will relive the mystery of his death and resurrection. By joining ourselves to Christ, God's grace will lift us up and rescue us.

Reader: A reading from the holy Gospel according to Matthew.

When they were near Jerusalem, the disciples brought a donkey to Jesus and laid their clothes on its back. Jesus sat on the donkey. A great crowd spread their clothes on the road, while others were cutting branches from the trees and spreading them in his path. The crowds who went in front of him and those who were following were crying out: Hosanna to the son of David! Blessed is he who comes in the name of the Lord. Hosanna in the highest. And when he entered Jerusalem, the whole city was in turmoil as people asked, 'Who is this?' and the crowds answered, 'This is the prophet Jesus from Nazareth in Galilee.'

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Spend a few minutes in silence to think about the Gospel. Then talk together about what Jesus will do in Jerusalem in the coming days. What will happen on Holy Thursday, Good Friday and Easter Sunday?

Leader: Let us pray.

All: Lord, increase the faith of your people
and listen to our prayers.
Today we honour Christ our triumphant king
by carrying these branches.
May we honour you every day
by living always in him,
for he is Lord for ever and ever. Amen.

Make your own prayers for those who are sick or in need.

Ask God to protect them.

Finish each prayer with:

Lord, hear us.

All: Lord, hear our prayer.

Leader: Let us pray in the words Jesus himself gave us:



All: 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.

Leader: May God bless us and keep us safe.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Place your palm branch beside your bed during the days of Holy Week.

HOLY WEEK AT HOME; THE END OF LENT

You may wish to keep your Project Compassion boxes/envelopes until parish Masses resume. Or you could make your gift online at lent.caritas.org.au/donate/. Your gift for the poor is a sign of your commitment to reconciliation, justice and love.

The end of Lent is traditionally a time for seeking reconciliation and peace in the sacrament of Penance. In this family prayer, you are celebrating God's compassion and the grace of forgiveness and reconciliation.

FAMILY PRAYER

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: May God, who has enlightened every heart,
help us to know our sins and trust in God's mercy.

Reader: A reading from the holy Gospel according to John.
At the Last Supper, Jesus said to his disciples:
'As the Father has loved me, so have I loved you.
Remain in my love.
If you keep my commandments,
you will remain in my love...
I have told you this so that my own joy may be in you
and your joy may be complete.
This is my commandment,
that you should love one another, as I have loved you.
No one has greater love
than to lay down his life for his friends.
You are my friends if you do what I command you.
The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Spend a few minutes in silence to reflect on Jesus' words. Ask yourself how well you have remained in Jesus' love. Are there times when you have not been kind and helpful? Have you spoken badly of others or held a grudge against someone? Do you care for the environment and respect the property of others? Can you think of any other sins?

Leader: Remain in my love, says Jesus. Let us confess our love for God and our sorrow for doing wrong.

All: My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Saviour Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Leader: We ask God's forgiveness
in the words Jesus himself gave us:

All: 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.

Leader: May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

All: Amen.

Now offer each member of your family a sign of peace.

Conclude your prayer with the words of Psalm 117.

All: Praise the Lord, all you nations!
Give glory, all you peoples!
The Lord's love for us is strong;
the Lord is faithful forever.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



HOLY WEEK AT HOME; HOLY THURSDAY

In the evening, gather around the dining room table and, if possible, light a candle. When everyone is seated at the table, begin your prayer.

Tonight, we look forward to the coming days when Jesus Christ died and rose to new life.

FAMILY PRAYER

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: Jesus said, 'I am the bread of life.

No one who comes to me will ever be hungry.' (Jn 6:35)

All: We adore you, O Christ, and we praise you
because by your holy cross
you have redeemed the world.

Reader: A reading from the first letter of St Paul to the Corinthians.

This is what I received from the Lord, and in turn passed on to you: that on the same night he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said: 'This is my body, which is for you; do this as a memorial of me.' In the same way he took the cup after supper, and said, 'This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.' Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

The word of the Lord.

All: Thanks be to God.

Spend a few minutes in silence to reflect on Jesus' words.

What does St Paul mean when he says we are 'proclaiming his death'?

Leader: At the Saviour's command and formed by divine
teaching, we dare to pray:

All: 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

Leader: Together with the Virgin Mary, let us praise God.

All: My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy.

Leader: Lord God,
in times of darkness, be our light,
in times of pain, be our strength,
in times of isolation and anxiety,
draw us into the healing love of Christ
who shared our human weakness
to bring us to the glory of resurrection.

All: Amen.

All: In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Finish by offering each member of your family a sign of peace.



HOLY WEEK AT HOME; GOOD FRIDAY

If you have a cross or crucifix, place it on the table in front of you.

If not, you may be able to make a simple cross.

Spend a moment to kneel and venerate the cross.

"Behold the wood of the Cross

on which hung the salvation of the world."

Now read aloud the story of the passion of our Lord Jesus Christ.

The Passion of our Lord Jesus Christ according to John

1. Jesus left with his disciples and crossed the Kedron valley.

There was a garden there, and he went into it with his disciples. Judas the traitor knew the place well, since Jesus had often met his disciples there, and he brought the cohort to this place together with a detachment of guards sent by the chief priests and the Pharisees, all with lanterns and torches and weapons. Knowing everything that was going to happen to him, Jesus then came forward and said, 'Who are you looking for?' They answered, 'Jesus the Nazarene.' He said, 'I am he.' Now Judas the traitor was standing among them. When Jesus said, 'I am he', they moved back and fell to the ground.

He asked them a second time, 'Who are you looking for?' They said, 'Jesus the Nazarene.' Jesus replied, 'I have told you that I am he. If I am the one you are looking for, let these others go.' This was to fulfil the words he had spoken: 'Not one of those you gave me have I lost'. Simon Peter, who carried a sword, drew it and wounded the high priest's servant, cutting off his right ear. The servant's name was Malchus. Jesus said to Peter, 'Put your sword back in its scabbard; am I not to drink the cup that the Father has given me?'



Pause for a time of silence.

2. The cohort and its captain and the Jewish guards seized Jesus and bound him. They took him first to Annas, because Annas was the father-in-law of Caiaphas, who was high priest that year. It was Caiaphas who had suggested to the Jews, 'It is better for one man to die for the people'.

Simon Peter, with another disciple, followed Jesus. This disciple, who was known to the high priest, went with Jesus into the high priest's palace, but Peter stayed outside the door. So the other disciple, the one known to the high priest, went out, spoke to the woman who was keeping the door and brought Peter in. The maid on duty at the door said to Peter, 'Aren't you another of that man's disciples?' He answered, 'I am not.' Now it was cold, and the servants and guards had lit a charcoal fire and were standing there warming themselves; so Peter stood there too, warming himself with the others.

The high priest questioned Jesus about his disciples and his teaching. Jesus answered, 'I have spoken openly for all the world to hear; I have always taught in the synagogue and in the Temple where all the Jews meet together: I have said nothing in secret. But why ask me? Ask my hearers what I taught: they know what I said.' At these words, one of the guards standing by gave Jesus a slap in the face, saying, 'Is that the way to answer the high priest?' Jesus replied, 'If there is something wrong in what I said, point it out; but if there is no offense in it, why do you strike me?' Then Annas sent him, still bound, to Caiaphas, the high priest. As Simon Peter stood there warming himself, someone said to him, 'Aren't you another of his disciples?' He denied it saying, 'I am not.' One of the high priest's servants, a relation of the man whose ear Peter had cut off, said, 'Didn't I see you in the garden with him?' Again Peter denied it; and at once a cock crew.

Pause for a time of silence.

3. They then led Jesus from the house of Caiaphas to the Praetorium. It was now morning. They did not go into the Praetorium themselves or they would be defiled and unable to eat the Passover. So Pilate came outside to them and said, 'What charge do you bring against this man?' They replied, 'If he were not a criminal, we should not be handing him over to you.' Pilate said, 'Take him yourselves, and try him by your own Law.' The Jews answered, 'We are not allowed to put a man to death.' This was to fulfil the words Jesus had spoken indicating the way he was going to die. So Pilate went back into the Praetorium and called Jesus to him, and asked, 'Are you the king of the Jews?' Jesus replied, 'Do you ask this of your own accord, or have others spoken to you about me?' Pilate answered, 'Am I a Jew? It is your own people and the chief priests who have handed you over to me: what have you done?'

Jesus replied, 'Mine is not a kingdom of this world; if my kingdom were of this world, my men would have fought to prevent me being surrendered to the Jews. But my kingdom is not of this kind.' Pilate said, 'So you are a king then?' Jesus answered, 'It is you who say it. Yes, I am a king. I was born for this, I came into the world for this; to bear witness to the truth, and all who are on the side of truth listen to my voice.' Pilate said, 'Truth? What is that?' And with that he went out again to the Jews and said, 'I find no case against him. But according to a custom of yours I should release one prisoner at the Passover; would you like me, then, to release the king of the Jews?' At this they shouted, 'Not this man, but Barabbas.' Barabbas was a brigand.



Pilate then had Jesus taken away and scourged; and after this, the soldiers twisted some thorns into a crown and put it on his head, and dressed him in a purple robe. They kept coming up to him and saying, 'Hail, king of the Jews!' and they slapped him in the face.

Pause for a time of silence.

4. Pilate came outside and said to them, 'Look, I am going to bring him out to you to let you see that I find no case.' Jesus then came out wearing the crown of thorns and the purple robe. Pilate said, 'Here is the man.' When they saw him the chief priests and the guards shouted, 'Crucify him! Crucify him!' Pilate said, 'Take him yourselves and crucify him: I can find no case against him.'

The Jews replied, 'We have a Law, and according to the Law he ought to die, because he has claimed to be the son of God.' When Pilate heard them say this his fears increased. Re-entering the Praetorium, he said to Jesus, 'Where do you come from?' But Jesus made no answer. Pilate then said to him, 'Are you refusing to speak to me? Surely you know I have power to release you and I have power to crucify you?' Jesus replied, 'You would have no power over me if it had not been given you from above; that is why the one who handed me over to you has the greater guilt.'

From that moment Pilate was anxious to set him free, but the Jews shouted, 'If you set him free you are no friend of Caesar's; anyone who makes himself king is defying Caesar.' Hearing these words, Pilate had Jesus brought out, and seated himself on the chair of judgement at a place called the Pavement, in Hebrew Gabbatha. It was Passover Preparation Day, about the sixth hour. Pilate said to the Jews, 'Here is your king.' They said, 'Take him away, take him away. Crucify him!' Pilate said, 'Do you want me to crucify your king?' The chief priests answered, 'We have no king except Caesar.' So in the end Pilate handed him over to them to be crucified.

Pause for a time of silence.

5. They then took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle. Pilate wrote out a notice and had it fixed to the cross; it ran: 'Jesus the Nazarene, King of the Jews'. This notice was read by many of the Jews, because the place where Jesus was crucified was not far from the city, and the

writing was in Hebrew, Latin and Greek. So the Jewish chief priests said to Pilate, 'You should not write 'King of the Jews', but 'This man said: I am King of the Jews'. Pilate answered, 'What I have written, I have written.'

When the soldiers had finished crucifying Jesus they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to hem; so they said to one another, 'Instead of tearing it, let's throw dice to decide who is to have it.' In this way the words of scripture were fulfilled: They shared out my clothing among them. They cast lots for my clothes. This is exactly what the soldiers did.

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that moment the disciple made a place for her in his home.

After this, Jesus knew that everything had now been completed, and to fulfil the scripture perfectly he said, 'I am thirsty.' A jar full of vinegar stood there, so putting a sponge soaked in vinegar on a hyssop stick they held it up to his mouth. After Jesus had taken the vinegar he said, 'It is accomplished'; and bowing his head he gave up the spirit.

Pause for a time of silence

6. It was Preparation Day, and to prevent the bodies remaining on the cross during the Sabbath - since the Sabbath was a day of special solemnity - the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently the soldiers came and broke the legs of the first man who had been crucified with him and then the other. When they came to Jesus, they found that he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water. This is the evidence of one who saw it- trustworthy evidence, and he knows he speaks the truth - and he gives it so that you may believe as well. Because all this happened to fulfil the words of scripture: Not one bone of his will be broken, and again, in another place scripture says: They will look on the one whom they have pierced.

After this, Joseph of Arimathea, who was a disciple of Jesus though a secret one because he was afraid of the Jews asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away. Nicodemus came as well the same one who had first come to Jesus at night-time and he brought a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden, and in the garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.

Pause for a time of silence

Conclude your reflection on the Passion of the Lord by saying together the following prayer.

All: Almighty and all-merciful God, lover of the human race, healer of all our wounds, in whom there is no shadow of death, save us in this time of crisis; grant wisdom and courage to our leaders; watch over all medical people as they tend the sick and work for a cure; stir in us a sense of solidarity beyond all isolation; if our doors are closed, let our hearts be open. By the power of your love destroy the virus of fear, that hope may never die and the light of Easter, the triumph of life, may shine upon us and the whole world. Through Jesus Christ, the Lord risen from the dead, who lives and reigns for ever and ever.

Amen.

HOLY WEEK AT HOME; EASTER SUNDAY



Water is a sign of life, the life of Christ begun at our baptism. Place a bowl of water on the table in front of you. Easter Sunday, the Day of the Lord's Resurrection, is an opportunity to renew our baptismal faith.

FAMILY PRAYER

Leader: Alleluia! Christ is risen.

All: Alleluia! Christ is risen.

Leader: Exult, let them exult, the hosts of heaven,
exult, let Angel ministers of God exult,
let the trumpet of salvation
sound aloud our mighty King's triumph!
Be glad, let earth be glad, as glory floods her,
ablaze with light from her eternal King,
let all corners of the earth be glad,
knowing an end to gloom and darkness.
Rejoice, let Mother Church also rejoice,
arrayed with the lightning of his glory,
let this holy building shake with joy,
filled with the mighty voices of the peoples.

Reader: A reading from the letter of St Paul to the Romans. When we were baptized in Christ Jesus, we were baptized in his death; in other words, when we were baptized we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life. The Word of the Lord.

All: Thanks be to God.

Spend a few minutes in silence to think about the reading. Perhaps parents could share the story of their children's baptism

Leader: Let us renew the promises of our baptism.

All: WE RENOUNCE Satan, and all his works, and all his empty promises.
WE BELIEVE in God, the Father almighty, Creator of heaven and earth.
WE BELIEVE in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father.
WE BELIEVE in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Leader: And may almighty God, the Father of our Lord Jesus Christ, who has given us a new birth by water and the Holy Spirit and bestowed on us forgiveness of our sins, keep us by his grace, in Christ Jesus our Lord, for eternal life.

All: Amen.

Family members now take some of the Easter water and bless themselves with it.

Make your own prayers for those who are sick or in need.

Ask God to protect them. Finish each prayer with:

Lord, hear us.

All: Lord, hear our prayer.

Leader: Let us pray the family prayer of all the baptized as Jesus taught us:

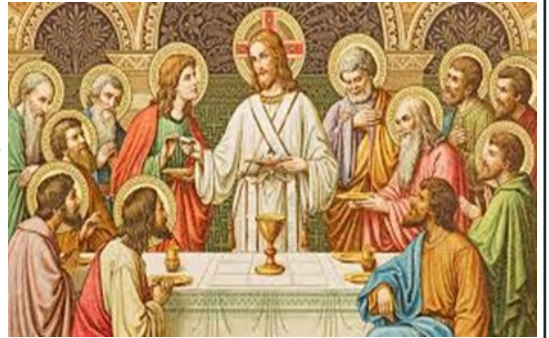
All: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Leader: May God bless us and keep us safe.

All In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

ON SPIRITUAL COMMUNION

In his 2003 encyclical, *Ecclesia de Eucharistia*, St John Paul II wrote "The Eucharist is the culmination of all the sacraments in perfecting our communion with God ... the mystery of communion is so perfect that it brings us to the heights of every good thing: here is the ultimate goal of every human desire, because here we attain God, and God joins himself to us in the most perfect union." Therefore, he went on to say that we should constantly desire the sacrament of the Eucharist. When we cannot get to Mass we should receive "spiritual communion" with the Lord. This practice, he wrote, "has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life." Saint Teresa of Avila wrote: "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."



The following is extracted from an article in the National Catholic Register:-

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask Him to unite Himself with us. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

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.

[https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritual communion](https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritual-communion)

Another prayer for Spiritual Communion comes from St Francis of Assisi

I believe that You, O Jesus, are in the Most Holy Sacrament.

I love You and desire You. Come into my heart. I embrace You.

Oh, never leave me.

May the burning and most sweet power of Your love, O Lord Jesus Christ I beseech You,
absorb my mind that I may die through love of Your love,
who were graciously pleased to die through love of my love. Amen.

A FEW TIPS TO STAY

SPIRITUALLY ALIVE

Structure your day

Kindly ask the Lord's grace to structure your day to give yourself some variety even though you may be at home quite a lot. Make sure you include Scripture reading, prayer and spiritual reading in your daily routine. In this time, it is easy for the evil one to craftily sow the seeds of spiritual apathy and sloth in your soul. Hence, you may find the following suggestions helpful for you to grow in your spiritual journey with the Lord:



Sunday Scripture Readings and Reflection

Readings for Sundays from Passion Sunday to 13th Sunday in Ordinary Time, 28th June 2020

5 April	Palm Sunday	Is 50:4-7; Phil 2:6-11; Mt 26:14-27:66
7 April	Mass of the Oils (Chrism Mass)	Is 61:1-3, 6, 8-9; Rev 1:5-8; Lk 4:16-21
9 April	Thursday of the Lord's Supper	Ex 12:1-8, 11-14; 1 Cor 11:23-26; Jn 13:1-15
10 April	Friday of the Passion of the Lord	Is 52:13 - 53:12; Heb 4:14-16, 5:7-9; Jn 18:1 - 19:42
11 April	Easter Vigil	Gen 1:1-2:2; Ex 14:15 - 15:1; Is 54:5-14; Is 55:1-11; Ezek 36:16-28; Mt 28:1-10
12 April	Easter Sunday of the Resurrection	Acts 10:34, 37-43; Col 3:1-4; Jn 20:1-9
19 April	2nd Sunday of Easter	Acts 2:42-47; 1 Pet 1:3-9; Jn 20:19-31
26 April	3rd Sunday of Easter	Acts 2:14, 22-23; 1 Pet 1:17-21; Lk 24:13-35
3 May	4th Sunday of Easter	Acts 2:14, 36-41; 1 Pet 2:20-25; Jn 10:1-10

10 May	5th Sunday of Easter	Acts 6:1-7; 1 Pet 2:4-9; Jn 14:1-12
17 May	6th Sunday of Easter	Acts 8:5-8, 14-17; 1 Pet 3:15-18; Jn 14:15-21
24 May	Ascension of the Lord	Acts 1:1-11; Eph 1:17-23; Mt 28:16-20
31 May	Pentecost Sunday	Acts 2:1-11; 1 Cor 12:3-7, 12-13; Jn 20:19-23
7 June	Most Holy Trinity	Ex 34:4-6, 8-9; 2 Cor 13:11-13; Jn 3:16-18
14 June	Most Holy Body and Blood of Christ (Corpus Christi)	Deut 8:2-3, 14-16; 1 Cor 10:16-17; Jn 6:51-58
21 June	12th Sunday in Ordinary Time	Jer 20:10-13; Rom 5:12-15; Mt 10:26-33
28 June	13th Sunday in Ordinary Time	2 Kg 4:8-11, 14-16; Rom 6:3-4, 8-11; Mt 10:37-42

The United States Conference of Catholic Bishops (USCCB) website has a page where you can read the Scripture readings for the Mass on any day. There you can also listen to them being read out. There is also a link to a short reflection on the readings for any day, delivered via YouTube. In your web browser go to <http://www.usccb.org/bible/readings>

Recitation of the Holy Rosary and the Divine Mercy Chaplet

Some well-known prayers you could use are the Rosary and the Divine Mercy Chaplet (both can be accessed online).

From St Patrick's Breastplate

Christ be with me, Christ within me, Christ behind me, Christ before me,
 Christ beside me, Christ to win me, Christ to comfort and restore me.
 Christ beneath me, Christ above me, Christ in quiet, Christ in danger,
 Christ in hearts of all that love me, Christ in mouth of friend and stranger.

Anima Christi

Soul of Christ, sanctify me; Body of Christ, save me;
 Blood of Christ, inebriate me;
 Water from the side of Christ, wash me;
 Passion of Christ, strengthen me; O good Jesus, hear me;
 Within Your wounds, hide me;
 Never let me be separated from You;
 From the evil one, protect me;
 At the hour of my death, call me; And bid me to come to You;
 That with your saints, I may praise you forever and ever. AMEN.

St Teresa of Avila's Bookmark

Let nothing disturb you; nothing frighten you. All things are passing. God never changes. Patience obtains all things. Nothing is wanting to him who possesses God. God alone suffices.

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our defence against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Prayer to use during the Coronavirus Pandemic

O Mary, Mother of God and Health of the Sick, we your children entrust ourselves to you at this time of despair and uncertainty. Mary, Help of Christians, you are our patroness and protector of the People of Australia. We surrender to you at this time all victims of the coronavirus pandemic, their families and those who are gripped by fear and anxiety. We, your children, ask you to intercede before your Beloved Son, our Lord Jesus Christ, so that, as at the wedding feast of Cana in Galilee, we may return to joy and feasting after this time of trial.

We also entreat you, Blessed Mother, to usher into the hearts of humanity, the wisdom and strength of the Holy Spirit and the fortitude of the same Spirit into the lives of medical practitioners, emergency workers, political leaders and all involved in the current predicament, so that, having faced this trial, we may rejoice one day with you and all the saints and be led through the Cross to the glory of the Resurrection of Jesus Christ. Amen.

SOME TIPS TO BE CONNECTED WITH THE LORD AND TO BE A SAVVY ONLINE CATHOLIC

- ⇒ Holy Eucharist Online! Archbishop Julian Porteous and Cathedral Clergy will live stream Holy Eucharist from St. Mary's Cathedral Hobart across the diocese as follows: Sunday Holy Eucharist from 22nd March (Every Sunday 10.30 am) , Chrism Mass (Tuesday 7th April at 7 pm), Mass of the Lord's Supper (Holy Thursday 9th April at 7 pm), Friday of the Passion of the Lord (Good Friday 10th April at 3 pm), Easter Vigil (Holy Saturday 11th April at 7 pm), Easter Sunday (Sunday 12th April at 10.30 am). All you need to do is to click the link below: <https://youtu.be/sQONWbB8mcl>
- ⇒ As of 17 March (St Patrick's feast-day), **Bishop Robert Barron** has kindly made available indefinitely a daily Mass online at <https://www.wordonfire.org/daily-mass> Because of the time difference between Australia and the USA, the Mass of the day will be available for us quite late at night; however, we can still access it the following day. This is much more than the early Catholics had during colonial times. If you wish to prepare the Sunday readings ahead of time, you will find a complete list from 29 March to 28 June on page 3.



- ⇒ Readings for every day of the week can be found at https://emmausjourney.org/daily_reading.php
This site has lots of other good things including reflections on the Sunday readings for all Sundays.
- ⇒ **For access to the parish Formed subscription**, go to **formed.org** in your web browser and click 'Sign Up' then on the next page select "I Belong to a Parish or Organization". Start typing in our parish by name, "**St Mary Cathedral 164 Harrington St Hobart TAS**" Enter your email address and you will be sent an e-mail. Click on the e-mail and you're in!
- ⇒ **Formed For Children and Youth** : Parents, please use formed.org (above) for your children during this time. On Formed, go to Movies, then Kids and you will find a veritable cornucopia of material suitable for your children to view, e.g. Br. Francis videos, various saints and heroes, stories, as well as cartoons and animated Bible stories that teach children about the faith. Happy viewing, Kids!
- ⇒ **Laudate App**: The Mass readings for any day can be read on your smart phone, tablet or computer through the free app **Laudate** which can be downloaded from Google Play or the App Store. **Laudate** also has access to the Prayer of the Church and details of the Rosary, Chaplet of Divine Mercy, Stations of the Cross and many other prayers and links to the Catechism, The Bible and the Eternal Word Television Network and much more.

A FEW FRIENDLY REMINDERS

Weekly Offerings

The parish will still have outgoings during this difficult period, so we encourage all parishioners to keep up their weekly offerings in one of these ways:

- (1) deposit the money to the Cathedral bank account. Acc Name: St Mary's Cathedral Parish; BSB: 067 000; Acc No: 10315740;
- (2) Bring your envelopes to the office at the end of the month;
- (3) Continue to put money in your envelopes, and bring them to the first Mass when the situation improves.

Project Compassion Boxes and Envelopes

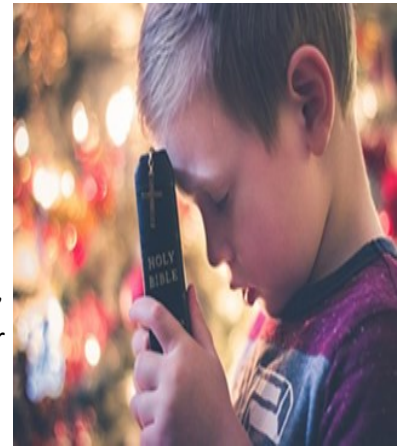
Please either return them to the parish office during office hours (9:00 – 3:00) or keep them and return them to the church when the situation improves.

Blessed Palms to take Home on Palm Sunday!

If you would like a blessed palm to take to your home, these will be available in limited quantities and will be left in a basket in the Cathedral foyer (outside the glass doors) from the afternoon of Palm Sunday (5th April 2020).

IMITATE YOUR SPIRITUAL FOREFATHERS IN FAITH!

In early colonial years, Catholic converts were observed carrying rosary beads on to their ships. Catechists also provided them with various books of devotional reading for the voyage and the hard years ahead. Many of the soldiers sent with them were Catholic too, as were a few of the earliest settlers, and these undoubtedly did likewise. The Faith was carried in hearts, but also in signs and actions. Communal recitation of the Rosary was common, for instance, providing a means for Catholics to gather and pray together.



The first official Catholic chapel in Tasmania was only founded in the 1820s, almost a generation after European settlement began. This came soon after the first priest arrived, who was followed some years later by more priests and a bishop. Prior to this foundation of the institutional apparatus, Tasmanian Catholicism was lived by individuals and families and lay communities who, much like certain Amazonian communities today, were at least occasionally visited by a priest aboard a passing ship. So, as we undergo the trials of this present pandemic, it is worth remembering that our own history teaches us that even when the sacramental life of the Church is limited, through prayer the Faith will endure.

By Dr Nick Brodie

FOOD FOR THE SOUL!

MORSEL 1

One night, I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand, sometimes two sets, sometimes only one. I said to the Lord: "You promised that if I followed You, You would walk with me always, but I can see that during the most trying periods of my life, there's only one set of footprints. Why weren't you there when I needed you most?" The Lord replied: "The years where you see only one set of footprints, my beloved child, were the years I was carrying you."

Please access [formed.org](https://www.formed.org) and keep viewing spiritual content and keep on praying!



MORSEL 2

In these coming weeks, let us join Our Lady, Saint Joseph, all the angels and saints in praising God for His many blessings to us, remembering that praise and thanksgiving to God are our first commitment, followed by prayer of penance then prayer of supplication. Our supplication, of course, should include asking the Lord to bring this current health crisis under control, and finally to eliminate it altogether. Although we won't be gathered together physically, let us gather together in our spirits to ask for this favour of the God who loves us. Where two or three are gathered together in my name. I am there among them (Matt 18:20).



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Living the Paschal Mystery in 2020

A Pastoral Letter to the Catholic People of Tasmania

Holy Week is upon us, the most sacred week of the Christian liturgical year. This Easter will be a very different experience for all of us. Many faithful Catholics have come to embrace the liturgical journey over the Sacred Triduum as the spiritual climax of their year.

The spiritual journey of the Sacred Triduum

On Holy Thursday we join the Lord and his disciples at the Last Supper. The washing of the feet speaks eloquently of the call to Christian service. We are aware that this was the time when the Lord offered himself to us as the Eucharistic gift: "This is my body, which is for you" (I Cor 11:24). We go with the Lord to the Garden of Gethsemane as the Blessed Sacrament is taken in solemn procession to the Altar of Repose.

On Good Friday all seems subdued. There is a strange quiet. We attend the Stations of the Cross, walking with Jesus to Golgotha. Then in the afternoon we stand with Mary and John and the women at the foot of the cross. We venerate the cross as an act of personal gratitude for what Jesus has done for us.

Holy Saturday, the day when the Lord sleeps in death, has its own sacredness. We avoid doing much, awaiting the gathering around the Easter fire and celebrating with joy the Resurrection of the Lord. The Easter Vigil ceremony takes us through the Old Testament prophecies and promises to the singing of the Exsultet and as the Gloria is triumphantly sung the lights come on and the bells are rung. The baptismal celebration reminds us that we have all risen to new life in Christ. The Easter Eucharist proclaims that the risen Lord is among us and comes to us as the living Bread of Life. Easter Sunday is replete with the joyful proclamation of the Alleluia, the Lord is risen as He said.

We have walked a journey through darkness and gloom to light and new life. It is a spiritual journey, touched with emotion. With the Easter Vigil Mass we are brought out of darkness into the marvellous light, spirits are lifted and we face life with a new sense of confidence in the Lord who has conquered sin and death.

Celebrating Easter in 2020

This year many Catholics across the world are distressed at being denied the opportunity to participate in the Easter liturgies at their parish church. However, the suffering evident across the world can draw us closer to the suffering of Christ which lie at the heart of the Church's commemoration. His own cry of anguish, "My God, my God, why have you abandoned me" echoes the experience of those suffering the coronavirus. The Christian people stand at the foot of the cross, with Mary the Mother of God, united with Christ in his suffering and interceding for humanity. His death was the great act of redemption. In his final hours he prayed for forgiveness of humanity and offered Himself as the Lamb of Sacrifice.

This Easter we can live its mystery at a new level. Even if unable to participate liturgically in our churches, we can embrace the spiritual journey of the coming days. This year we can live the Easter mystery with a new awareness of human suffering and the power of a pandemic to cause the death of thousands and disrupt the entire world.

As we enter Holy Week let us all unite ourselves with the Paschal mystery of the Lord's death and resurrection which the Church solemnly celebrates.

I encourage those who can to participate in the live-streaming of the liturgy of Easter. For everyone the restrictions on our movements will mean that we are at home over the Sacred Triduum. I encourage people to see that this can offer the chance to have a three day retreat, devoted to prayer and reflection. On Friday morning I encourage you to say a private Stations of the Cross.

To parents I encourage you to bring the family together and enable your children live the story of Easter. There is an opportunity for the family to be a 'domestic church'.

Seeking forgiveness for our sins

For many, our personal preparation for the celebration of Holy Week is going to Confession, a culmination to the penitential season of Lent. This year the opportunity to participate in the Sacrament of Reconciliation is limited by restrictions imposed on our movements.

When granting a special indulgence for those affected by the virus and their families, and for health care workers, the Apostolic Penitentiary encouraged those seeking an indulgence to hold a crucifix. If unable to get to Confession this Easter we could hold a crucifix and say an Act of Contrition. The All Merciful God who sent His own Son to suffer and die for us, will grant such a sincere act of repentance.

This journey is captured in our liturgy which is ancient in its elements. We follow a pattern that has been followed by Christians over the centuries. We are united with a liturgical journey which has inspired Christians for millennia.

Aware of the world's suffering

This year our participation in the great acts of our redemption is different. The ceremonies which we have come to love and have participated in to our spiritual enrichment are taken from us. They will still be enacted in our church, but we cannot attend. We can watch them through live-streaming, but we will feel denied something which means so much to us.

We understand that this has become necessary because of the insidious danger of the spread of a virus which has already killed tens of thousands and will take the lives of many more in the weeks and months ahead.

Living in the midst of a world-wide pandemic is extremely challenging. Most of us have had no previous frame of reference for the kinds of restrictions that have been imposed. Even though we are arguably better equipped to deal with such a situation in Australia than in previous times, many will die and many more still will face extreme financial hardship. The worldwide impact of virus will be unlike anything most of us have known.

These moments of profound human suffering are times when faith is tested. Some will feel abandoned by God. Fear and uncertainty can threaten our trust and confidence in a loving and merciful God. As we witness places of great suffering like Italy and Spain, and now the United States, we are drawn to cry out to God for relief from such suffering and death.

The great sadness of this pandemic is that people are dying alone. Treated by health workers dressed in protective gear, they are denied having family around them in their last moments. Those of faith may not have had the ministrations of a priest. They are isolated and die alone. Some may not have a proper Christian burial.

The psalmist describes his desperate state as he says, "numbed, crushed and overcome, my heart groans, I moan aloud". In the midst of desperate suffering a prayer is raised to God: "Do not desert me, do not stand aside, my God! Come quickly to my help, Lord, my saviour". (Ps 38) Our prayer goes up to God in intercession for the suffering and in a heartfelt plea to be delivered from this pestilence. We pray particularly for those who will die alone.

Easter joy

On Good Friday a darkness descended on the earth. On Easter Sunday as the sun rose, so the Son of God rose triumphant from the grave. The Church's joyful proclamation that Christ is truly risen expresses our Christian belief that the love and mercy of God triumphs over all that is dark and evil.

On Easter Sunday let us lift our hearts in joyful praise of the One who has conquered death and offered us all eternal life.

Archbishop Julian Porteous