### AFC St Mary's Cathedral Parish

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(remember to like/follow us' to stay up to

date!)

12th April 2020 Easter Sunday of the Resurrection of the Lord



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

**Responsorial Psalm:** This is the day the Lord has made;

Let us rejoice and be glad.

Alleluia!

Gospel Acclamation: Alleluia, alleluia!

Christ has become our paschal sacrifice;

let us feast with joy in the Lord.

Alleluia!

**This week's Readings:** Acts 10:34. 37-43; Col 3:1-4 or

1 Cor 5:6-8; Jn 20:1-9 or Mt 28:1-10 or

Lk 24:13-35

Next week's Readings: Acts 2:42-47; 1 Pt 1:3-9; Jn 20:19-31

#### **AVE REFLECTION FOR EASTER 2020**

#### Let me share three simple thoughts!

Our Holy Week and its liturgical and faith climax, the Easter Sunday celebrations, are markedly different this year. These changes have taken all of us by complete surprise, and many of us are overwhelmed and uncertain of the days to come. In the face of the COVID 19 crisis, everyone is struggling financially as thousands of people are laid off work. With the winter season around the corner, homeless persons in our communities, migrant groups and university students without any social security support system are trying frenetically to stay afloat. Spiritually, this experience of our parishioners who are deprived of the Eucharistic Lord sacramentally and unable to encounter Christ in the supreme form of Christian worship - Holy Mass - reminds me of another stark reality of our persecuted Christian brothers and sisters throughout the world, who desire the Lord sacramentally but who are unable to receive him. What a mess! Everywhere I look there is a feeling of hopelessness and helplessness.

The last couple of weeks have also awoken in me another harsh reality. Although I take part in the Holy Week liturgies, the fact that they are carried out without the presence of our beloved parishioners makes me feel quite low-spirited. This new experience has taught me beyond any theological theory, the true sense of the Scriptures, that is, my parishioners constitute the mystical Body of Christ, and my sacramentally-anchored priestly ministry has little meaning without God's people whose head is Christ. Church buildings have been rendered null and void without our parish family. The Church's treasure is its people. Even though, as priests, we are subconsciously aware of it, how much do we take this reality for granted? This COVID 19 grim reality has aroused in me spiritually a profound and novel way of seeing the face of Christ in each member of the parish family who comes to worship the Lord daily and especially on Sundays.

In the face of all these hard-hitting bitter realities, we are not alone in our uncertainty, anxiety and fears. The apostles were in the same predicament in the hall where they had gathered for the Last Supper. As they hear the news of the death of their master and friend on a cross, they would have felt utterly confused, despondent, and their hearts would have been full of despair. All of a sudden, their master was no more. Everything seemed lost. The death of Jesus, their teacher, seemed to have an adverse influence over their lives too. I can imagine their sentiments, as I have been experiencing a similar roller coaster of emotions since the unfolding of the coronavirus situation across Australia and the world.

However, I humbly think this 2020 Easter is the year for us to take extremely seriously what we celebrate every Easter: to really mean what we say we believe and to proclaim truly what it means to be Christian. We are the people of the Resurrection! Let us not forget the power of the Resurrection of the Lord. I invite you to humbly place all your worries, uncertainties, hardships and gloom due to COVID 19 before the Lord. Let us awaken our spirits to the true meaning of the Resurrection of Christ. His Resurrection has broken the chains of human despair and misery forever. The power of Christ's Resurrection conquered death decisively, once and for all. I invite you to pray these words of the Scriptures with me: "Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord" (Rom 8:35, 37-39).

Have a blessed Easter! Alleluia!

Fr Shammi Perera

#### 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 by dedicating your time to family prayer, reflections on scripture and other spiritual exercises.



You may participate in Sunday Mass online via this link: <a href="https://www.youtube.com/watch?v=40nkZ47c-t8">https://www.youtube.com/watch?v=40nkZ47c-t8</a>

St. Mary's Cathedral 10.30 am Mass will be live streamed every Sunday from now on via the above link.

This live streaming of Sunday Mass also could be accessed via our St. Mary's Cathedral website Roman Catholic Cathedral | St Mary's Cathedral Hobart | Hobart and 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)

#### **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

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**

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
1		

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	Deut 8:2-3, 14-16;
	Blood of Christ (Corpus Christi) 1 Cor 10:16-17; Jn 6:51-58	

28 June 13th Sunday in Ordinary Time 2 Kg 4:8-11, 14-16; Rom 6:3-4, 8-

12th Sunday in Ordinary Time

11; Mt 10:37-42

Jer 20:10-13; Rom 5:12-15; Mt 10:26-33

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 <a href="http://www.usccb.org/bible/readings">http://www.usccb.org/bible/readings</a>

#### 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;

21 June

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 have been live streaming Holy Eucharist from St. Mary's Cathedral Hobart across the diocese 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 Pasion 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:

As of 17 March (St Patrick's feast-day), **Bishop Robert Barron** has kindly made available indefinitely a daily Mass online at <a href="https://www.wordonfire.org/daily-mass">https://www.wordonfire.org/daily-mass</a> 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 <a href="https://emmausjourney.org/daily\_reading.php">https://emmausjourney.org/daily\_reading.php</a>
  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 <u>Movies</u>, then <u>Kids</u> 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. (Kindly Note Cathedral Parish Office will Reopen on Wednesday 15th April 2020 from 9:00 am to 3:00 pm after Easter break)



#### **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 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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April 11, 2020

Dear Parishioners,

Peace and Healing of the Risen Lord be with you!

As you are no doubt aware, due to social distancing requirements the celebration of public Mass has been suspended indefinitely by Decree of the Archbishop, His Grace Julian Porteous. During this time, the 10:30am Sunday mass will be live streamed each week via the Parish website and Facebook page.

The current pandemic situation has altered our lives in many ways, and in these challenging times, the primary focus of the Parish is on facilitating prayer, reflection and pastoral care for Parishioners while they are unable to attend Mass in person.

The Parish Finance and Maintenance Committee is meeting by teleconference regularly and is working to ensure the Parish remains financially sustainable throughout the immediate crisis and beyond. It is already evident however that the suspension of public Masses has and will continue to have a significant financial impact on the Parish, given a substantial portion of Parish income is derived from Planned Giving and the collection plate.

The Committee recognizes that many people have been impacted financially by the crisis and as a result, some Parishioners may not be able to contribute. The purpose of this letter is to encourage those Parishioners who are in a position to assist to continue to make regular financial contributions to the Parish. In the current environment of social distancing, the Parish has preferred method of contribution is by direct payment to the Parish bank account: BSB 067 000 Account 10315740. Please consider making planned giving contributions regularly (weekly or monthly) in this way.

Yours in Christ,

Rev. Fr. Shammi Nilantha Perera

Administrator

St. Mary's Cathedral Presbytery

99 Barrack Street, Hobart 7000, Tasmania, Australia



### Most Reverend Julian Porteous, DD Archbishop of Hobart

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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 prophesies 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