



Diocese of Broken Bay

MANLY FRESHWATER PARISH

Mary Immaculate and St John the Baptist, Freshwater

Fifth Sunday of Lent – 29th March 2020

Dear Friends,

Over the past three weeks we have all come to know the strange and challenging situation that we all find ourselves in due to the COVID-19 Virus.

Each of us is facing a variety of difficulties such as being house bound, not able to meet with family and friends as we are used to, not able to work, not able to attend Mass or visit our Church and disruption of our plans.

This is a time for all of us to keep in regular contact with family and friends by phone, text messaging, social media or email. Let's not forget our neighbours, the elderly, the unwell and families.

It is important to care for ourselves by eating well, getting regular exercise when we can, going outside when it is ok and safe to do so and to maintain a proper balance we should look after our spiritual lives.

To assist you with this we are streaming Sunday Mass live on Youtube and Facebook at 6pm on Saturday Evenings and the Station of Cross can also be viewed.

The Parish will also providing a range of Spiritual and Scriptural Reflections and Prayers, details of which can be found below in this bulletin and also on our Parish website www.bbcatholic.org.au/manlyfreshwater.

Please contact Fr Paul and I if you wish us to visit someone who is seriously ill and who wishes to see a priest. If the person is in a hospital or aged care facility you must check that the priest can visit this person.

The Parish will endeavor to keep in contact with you on a regular basis.

Fr Paul and I will be praying for your and families when we celebrate Mass.

God Bless you all

Fr David and Fr Paul



Come to
Our Lady
Undoer of
Knots
for her help

*L*et the
Blessed
Mother undo
the difficult
knots in your
life.

Letter from Manly Freshwater Parish

Guest writer Ivica Covic – Parish Pastoral Member

There is no doubt that the last few weeks, especially this last week, has been tough. We have had huge changes to our daily routines and society as a whole, and no doubt this will take some getting used to.

As you may have guessed by now, due to the restrictions, we are unable to gather as a youth group for the time being, to come and participate in Mass together and share in fellowship and discussions.

However, this does not mean that we turn away from God just because we cannot come to Mass inside the boundaries of a Church. Quite the opposite, we are invited to come closer to God now more than ever before, when we truly need His presence in our lives.

We are invited to participate in Mass in a different way. The Parish has made available our Sunday Mass, which will be the Vigil streamed on Saturdays at 6.45 pm. This will be made available on our Parish Facebook page ("Manly Freshwater Parish"), and also the YouTube channels (Fr Paul Kim's and Manly Freshwater Parish's YouTube channel). If you cannot view the Mass at that time, it will be available for you to view at a later time.

My suggestions on how watch the Mass online in a spiritual and fruitful way:

- Prepare yourself and take time out of your Saturday night or Sunday to watch the Mass.
- Create a prayer space:
 - Include symbols such as a Cross, Rosary beads, a Bible or even flowers;
 - Light a candle;
 - Foster an atmosphere that allows for reflection, praise, thanksgiving and intercession.
- Be fully present and participate in the Mass as much as possible
 - Make the Sign of the Cross;
 - Sit down, stand and kneel at the appropriate times;
 - Join in the responses as you would normally;
 - Read the Readings for the Mass;
 - Sing hymns and songs;
 - Recite the prayer for spiritual communion. Fr David has talked about this and how this can be done. I encourage you to follow it;
 - Remain in silence and reflect prayerfully for a few moments.

As we approach the end of Lent, let us not lose faith and hope as we prepare to meet the Risen Lord. Let us be prayerful, sensible and practical. Let us not panic or be disheartened. Let us remember the words that Jesus said in Matthew's Gospel: *But immediately Jesus spoke to them, saying, "Take courage, it is I; do not be afraid."* And remember that WE ARE THE CHURCH – A CHURCH THAT WILL NEVER BE CLOSED.



Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

God Bless and take care of yourselves, Ivica

Parish Pastoral Council: Paul Pervan (Chair), Ian Press (Deputy Chair), Margaret Dent (Secretary), Ivica Covic; Laurie de Ambrosis; Joanne Druery; Robert Marshall; Michael McGrath
St Mary's Primary School 9977 2225 Principal: Paul McGuire
St John the Baptist Primary School 9939 6699 Principal: Judy Slattery
St Paul's Catholic College 9977 5111 Principal: Chris Browne
Stella Maris College 9977 5144 Principal: Elizabeth Carnegie

March 2020

Year A
 Mon 30/3 – 5th week of Lent Dan 13:1-9,15-17,19-30,33-62; Jn 8:1-11
 Tue 31/3 – 5th week of Lent Num 21:4-9; Jn 8:21-30
 Wed 1/4 – 5th week of Lent Dan 3:14-20,24-25,28; Jn 8:31-42
 Thurs 2/4 – 5th week of Lent Gen 17:3-9; Jn 8:51-59
 Fri 3/4 – 5th week of Lent Jer 20:10-13; Jn 10:31-42
 Sat 4/4 – 5th week of Lent Ezek 37:21-28; Jn 11:45-56
 Sun 5/4 – PALM SUNDAY
 (Entrance: Mt 21:1-11); Is 50:4-7; Phil 2:6-11; Mt 26:14-27:66

LET US PRAY FOR

29th March 2020

Recently Deceased: William Campbell, Ray Burridge

Anniversary: Ellen Lawler

Prayers for the sick in our parish: Eugenia Cavazzoni, Gavin Greenwood, Zacchaeus Emmanuel Joseph Ratnam; Mark Taylor; Kay Flenady; Leon Cochrane; Robina Dwyer; Ann Irvin; Prionsias Kearney; Brian Davies; Majella McLoughlin; Debbie Vernon; Desmond Connors; Lauren Hannahan; Rosalba Galuis; Vanessa Squirrel; Judith McKenzie; Jonathan Keil; Les Reilly; Wayne Smedley; Margaret Burridge;

Visiting sick at home - If you, or if you know of anyone who are unwell and would like a home visit please contact the parish office 9977 5822 to organise for Communion or Anointing



Pope Francis If you find it hard to pray, don't give up. Be still, make space for God to come in, let Him look at you, and He will fill you with His peace.



.. Project Compassion 2020

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 www.caritas.org.au/projectcompassion or

phoning 1800 024 413

Parish Priest: Fr David Taylor

Assistant Priest: Fr Paul Kim

Parish Secretaries: Jenny Beninati
 Paula Martin

Pastoral Coordinator: Michelle Ellis

Administration Office:

After Hours Urgent Sick Calls:

0499 910 010

Presbytery: 9977 2100

manlyfreshwaterparish@bbcatholic.org.au

www.bbcatholic.org.au/manlyfreshwater

Reconciliation: Manly Sat 10am – 11am

Manly Freshwater Parish promotes **SAFEGUARDING** which involves the implementation of proactive, common sense and practical ideas that ensure the safety of children and vulnerable adults in our community



PARISH SOCIAL MEDIA

Parish facebook:

facebook.com/manlyfreshwaterparish

YouTube: Manlyfreshwaterparish

Or

bit.ly/2EIGEu7 or [frpaulkim](https://frpaulkim.com)

(one word with no space). You can view the YouTube videos thru the parish facebook, click on the link

Parish website:

bbcatholic.org.au/manlyfreshwater

Have You Considered Giving Your Weekly Offering Online



If you would like to continue supporting the Parish financially during these difficult times you may wish to use one of the following options:

Direct Deposit

Acc Name: Manly Freshwater Parish

Bank Name: Commonwealth Bank

Acc# 13958001

BSB - 062 784 Please include your name as reference

Or

Credit Card – Contact the Parish Office by email and we will call you back

or through our website – on the front page Payments/donations

<https://www.bbcatholic.org.au/manly-freshwater/our-parish/online-payments/donations-and-payments>

Ecumenical Prayer for Covid-19 Pandemic

The National Council of Churches has invited all of us to pray this prayer at **7pm each day** and especially on **Sunday 29 March** which we will mark as a National Day of Prayer in this time of crisis:

Gracious God,

We give thanks anew for your providence and presence.

We prayerfully seek your grace, amidst COVID-19 here and overseas.

We pray for those in need of healing.

We pray for your peace with those who are anxious or grieving.

We pray you will continue to strengthen and sustain all those who are serving in response.

We pray for your Holy Spirit's discernment amidst the many choices and decisions facing our national, community and medical leaders.

We pray we each might see quickly what more we can do

to help those who are vulnerable.

This prayer for our nation in the family of nations, with all that is on our hearts, we gather now and pray through Jesus Christ our Lord. Amen

Resources to assist us on the journey

DIGITAL AND DOMESTIC The word 'Missa' from which is derived our word 'Mass' comes from the Latin formula for the dismissal of the congregation, Ita, missa est, literally meaning "Go, she—meaning you, the Church—has been sent"). It is related to the word 'mission'. Today, we have been sent – to take our faith out in a new and more intentional way into our homes, our communities and our world. The early Church began with house gatherings - we can continue to do the same. After all, the Church is the people of God. Pope Emeritus Benedict XVI, in 2008 in Sydney, spoke of what it is to be Church as, "the Church, the people of God throughout the world, united in faith and love and empowered by the Spirit to bear witness to the risen Christ to the ends of the earth"

Cairns Catholic Diocese have the following resources available

<http://www.cairns.catholic.org.au/>

Live Streaming from Bishop's House Chapel - Queensland's time

From **Monday 23rd of March**, the diocesan **YouTube channel** will broadcast:

- 9:00 am: Morning Prayer
- 12:00 pm: Midday Prayer
- 3:00 pm: Office of Readings
- 5:00 pm: Evening Prayer
- 5:30 pm: Mass of the Day
- 6:00 pm: Night Prayer of the Church

10:00 am Mass will streamed live every Sunday.

Exposition of the Blessed Sacrament will be streamed at all other times during the day and night.

To read along with the Prayers of the Church during the streaming, please

visit: <http://universalis.com/index.htm>.

For more liturgical resources during this time, please visit the **Malanda Millaa Millaa parish website**.



WEBSITE Formed.org – Free For 40 Days

Formed provides a wide variety of Catholic content to help parishes, families and individuals explore their faith. Studies, movies, children's programs, ebooks and audio are available on your web browser or mobile phone. For a short time, register at formed.org for a free account and discover the plentiful, high quality content available. In particular: 1. **For children: Brother Francis** "Let's Learn About Lent" 2. **For adults: Lectio: Salvation** with Dr Michael Barber

Aust Bishops conference on resources available. <https://www.catholic.org.au/prayathome>



Laudate (App) This free App has a large number of resources at hand, including the day's Readings; the Liturgy of the Hours; the Rosary, Stations of the Cross, Prayers, Catholic documents including the Catechism of the Catholic Church, and even links to many Catholic media sites. Download for Apple and Android



Making the Most of the Situation – 7 Great Ways to fill your day with Holy moments

<https://dynamiccatholic.com/>

LiturgyHelp – currently offering free access This resource has been made available to all via this link: www.liturgyhelp.com/aus/pray Here you will find the Liturgical readings for each day from the Jerusalem Bible as used in Australia. Additional resources include commentaries, homilies and children's activity sheets for each Sunday



Pray As You Go Start the day with a reflection on the day's Reading, with music, Scripture reading, and guided reflection. A simple way to connect with the Church's liturgy and to bring God into your day. Approximately 15 minutes. <https://pray-as-you-go.org/> or download App on Apple or Android



CathFamily – Free access to CathKids until June 30 CathFamily is an Australian site offering family resources including activities, craft, recipes, games and seasonal rituals which are perfect for Lent. The CathKids section offers a weekly interactive experience on the Sunday reading, with a short animated video, questions to stimulate discussion, a simple activity and prayer. A great way to engage children each Sunday.

The Bible App for Kids (YouVersion) A free interactive App for children with animated bible stories, games and activities. <https://www.bible.com/kids>

WATCH LIVE **DAILY MASS**

10:00AM AEDT
09:00AM AEST
07:00AM AWST
09:30AM ACST

With **POPE FRANCIS**

04:55PM AEDT
03:55PM AEST
01:55PM AWST
04:25PM ACST

Repeat Telecast
10:00PM AEDT
09:00PM AEST
07:00AM AWST
09:30PM ACST

Shalom WORLD

Watch live at: shalomworld.org/live
Also available: shalomworld.org/dailymass

Download the FREE SHALOM WORLD App on your smartphone or tablet

Available on the App Store, Google Play, and Amazon.

A REFLECTION ON THE MASS You need no words from me to state the grave seriousness of the crisis of the spread of the coronavirus around the world and throughout this country. We know the steps and the sacrifices we must take in order to play our part in slowing its spread, saving lives and enabling the NHS to continue its vital work. These things are our duty before God.

There are other vitally important aspects of this moment in our history that are less prominent in our media and conversations.

At this moment we stand before God. That is never to be forgotten. Together we turn to God in prayer, at this moment as never before.

Our faith in God, Father, Son and Holy Spirit, is the bedrock on which we live. Prayer is the first and loving expression of this relationship. Prayer is an acknowledgement that we are not in ultimate control of our lives or of our world. That is so clear at this time. Prayer is the recognition that our lives, individually and communally, are marked by failure and sin. Prayer is an expression of our turning to God for that grace which alone can heal us, strengthen us and give us the resolve and generosity to do all that is rightly expected of us today. Please make this a time of prayer, personally, in the family and wherever you happen to be.

The highest form of prayer is the celebration of the Holy Mass. This is at the heart of the rhythm of the life of the Church, the rhythm of prayer which sustains us all. The present crisis will not disturb that rhythm. Mass will continue to be celebrated, day by day. The prayer of the Church will continue day by day.

What will change is the manner of our participation in those celebrations of the Mass. In response to the pandemic and the official guidance, which we must follow, public participation in the celebration of the Mass is not, for now, possible. This is a sacrifice we have to make. It is not easy, for any Catholic, but it is what we must do.

I want to make it exceptionally clear that the teaching of the Church is that, in these circumstances, the obligation of attending Mass on Sundays and Holy Days no longer applies. Please have no doubt about this.

This does not mean that we lose our love of the Mass or our desire to take part in the celebration of the Mass. Mass will be celebrated, day by day, in your church. There are many ways of taking part in this prayer. Associate yourself with the celebration of the Mass spiritually. Read the Scriptures of the day. Use some of the materials that are available to be close in your heart. Learn again the practice of spiritual communion. If you are helped by a visual participation in the Mass, then go to one of the websites on which that celebration is being streamed. The list of those websites is available to you.

There are many ways in which we can deepen our participation in the Mass and our life of prayer in these strange and stressful days. Indeed, they are an opportunity for us to do so.

Two other points.

Being unable to attend Mass is the experience of many, many Catholics around the world. They are deprived of the Mass through distance, or through violence, or through persecution. We can unite our experience with them and, like them, return to the Mass with fresh love and enthusiasm when, again, it is possible for us to do so, in bigger numbers than ever.

Secondly, you understand well that from our prayer, and from the prayer of the Mass, flows the love and compassion which we want to show to those around us who are in need. Jesus gives Himself entirely for us in His sacrifice, the sacrifice made present again for us in every Holy Mass. What we receive from Him we offer to others. So please do look out for every way in which you can help those in need around you. Thank you.

We know that this time of crisis is not going to be brief. We are involved in a lengthy battle. We encourage each other. We pray for each other. Together we turn to Mary for her special protection, especially on 29 March when again, in keeping with our ancient tradition, we offer ourselves and our country to her, as our gift, and seeking her protection.

Mary, Mother of Jesus, pray for us
Mary, Mother of Sorrows, pray for us
Mary, Mother of Joys, pray for us. Amen.

Yours devotedly,
Cardinal Vincent Nichols Archbishop of Westminster

REFLECTION



As our liturgy brings us nearer this week to the climax of Passiontide, our readings are full of hope and life.

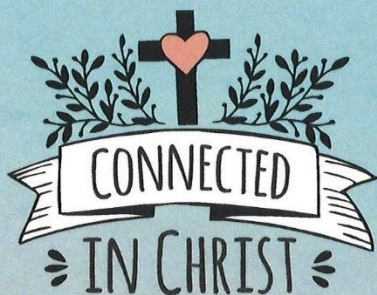
In our **First Reading**, the people of Israel are exiled in Babylon. The prophet Ezekiel tells them that God will put a new spirit in them and raise them from their graves.

The **Psalm** is a prayer of trust in God, who is full of mercy and compassion. He will redeem Israel.

In the **Second Reading**, St Paul tells us that because we have received the Spirit of Christ, then 'he who raised Jesus from the dead will give life to your own mortal bodies.'

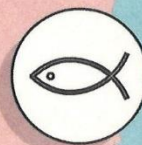
The **Gospel** unites all these themes of mercy and trust, of death and life, of redemption and resurrection, in the miracle of the raising of Lazarus from the dead. This great sign of Jesus being 'the resurrection and the life' leads us into the coming weeks.

As we contemplate these readings this week, may we draw closer to our Lord and accompany him as he sets his face towards Jerusalem. *Pathways to God*



WELCOME TO THE 5TH SUNDAY OF LENT,

where we read the story of Jesus raising his friend, Lazarus, from the dead. Mary, Martha and all those around felt hopeless at the death of Lazarus however, it all changes once they call on Jesus. Let us turn to Christ in hope and continue to call on him during these unprecedented times and know that he walks with us always.



READING SUNDAY'S GOSPEL – JOHN II: 1-45

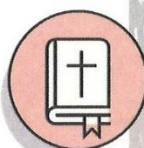
John 11: 25-26

Jesus said:

'I am the resurrection and the life.
If anyone believes in me, even though he dies
he will live,
and whoever lives and believes in me will never die.
Do you believe this?'

Read the full text at

<https://universalis.com/20200329/mass.htm>



REFLECTION:

"Come out!" [Jesus] says to us, "Come out!". It is an invitation to true freedom, to allow ourselves to be seized by these words of Jesus who repeats them to each one of us today."

(Pope Francis, Angelus 6 April 2014)

ADDITIONAL RESOURCES:

Loyola Press – Arts and Faith:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/leant/arts-and-faith-for-leant/cycle-a/arts-and-faith-week-5-of-leant-cycle-a>

SONG: You came – Amanda Cook:

<https://www.youtube.com/watch?v=aUMwoyK9dCU>

THIS WEEK:

Think of someone who may feel lonely during this period of self-isolation. Reach out with a phone call to see how they are and if there is anything you can do for them at this time.



PRAYER:

Pope Francis Prayer to Mary during the COVID-19 Pandemic

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you,
Health of the Sick,
who at the cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People, know what we need,
and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.
Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross, to the joy of the resurrection. Amen.



SAINT OF THE WEEK:

Francis of Paola, Feast Day: 2 April

Living from 1416-1507, St Francis of Paola, a Franciscan friar, established a new order of friars devoting themselves to lives hidden from the world and praying for its salvation, along with a lifestyle of poverty, chastity and obedience.

Let us ask St Francis of Paola to be with us, as we, though not by choice, find ourselves living lives more hidden from the world.

CHILDREN'S RESOURCES:

Saddleback Kids – Jesus Raises Lazarus from the Dead:

<https://www.youtube.com/watch?v=Dca8SSxXCmM>

Catholic Mom – Catholic Gospel Activities:

<http://catholicmom.com/kids/catholic-gospel-coloring-worksheets-sunday-mass/>

F N I K T W E I X L G T O M B
X Y K S C Q E S F O E D Z N R
P R A Y E D P C F V R E E E D
B K Q W E S I I A E C A H V X
G L F K K N N P O A V T C V R
R L A Z U K G L G T O H G A E
I W O H F E E E Z R R H H V R
S F C R X J W S B J T T E S A
E H W Y Y N Y B N S R I U W A
L W B P O M A R Y A L S H M K
G C Q L W H J S M E E R A X G
B H A E U U Q H B J S I C K V

MARY	WAKE	SICK	LAZARUS	BROTHER
JESUS	STONE	DISCIPLES	LIFE	BELIEVE
PRAYED	WEeping	GLORY	MARTHA	RISE
ENTRANCE	LOVE	DEATH	TOMB	SLEEP

https://sermons4kids.com/jesus_raises_lazarus_wordsearch.htm

Fifth Sunday of Lent- Year A

First Reading *Ezekiel 37:12-14 (JB)*

A reading from the prophet Ezekiel

The Lord says this: I am going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this - it is the Lord who speaks.

The word of the Lord **All: Thanks be to God**

Responsorial Psalm *Ps 129 (JB)*

R. With the Lord there is mercy and fullness of redemption.

Out of the depths I cry to you, O Lord, Lord, hear my voice! O let your ear be attentive to the voice of my pleading. R.

If you, O Lord, should mark our guilt, Lord, who would survive? But with you is found forgiveness: for this we revere you. R.

My soul is waiting for the Lord, I count on his word. My soul is longing for the Lord more than watchman for daybreak. (Let the watchman count on daybreak and Israel on the Lord.) R. Because with the Lord there is mercy and fullness of redemption, Israel indeed he will redeem from all its iniquity. R.

Second Reading *Romans 8:8-11 (JB)*

A reading from the letter of St Paul to the Romans

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

The word of the Lord **All: Thanks be to God**

Gospel Acclamation: *John 11:25, 26 (JB)*

Glory and praise to you, Lord Jesus Christ!

I am the resurrection and the life, says the Lord; whoever believes in me will not die for ever. Glory and praise to you, Lord Jesus Christ!

Gospel *John 11:3-7, 17, 20-27, 33-45 (JB)*

A Reading from the holy Gospel according to John

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that, even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life,

If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do u believe this?'

'Yes Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him 'Lord by now he will smell; this is the fourth day.' Jesus replied 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me. But I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

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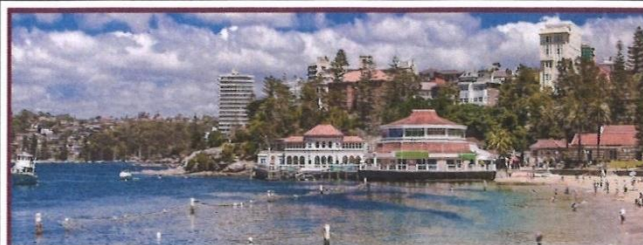
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