



## **Ss Peter and Paul's Catholic Parish**

23 Leeds Street, Doncaster East,  
Victoria, 3109.

Tel: 03 9842 1480

Web: [www.sspp.org.au](http://www.sspp.org.au)

Email: [doncastereast@cam.org.au](mailto:doncastereast@cam.org.au)

**WEEKEND MASSES HAVE BEEN  
TEMPORARY SUSPENDED DUE TO THE  
COVID 19 PANDEMIC**

### ***Our Vision***

*We are a Catholic Community who profess, celebrate and witness that Jesus lives, and to whom the Father sends His Spirit. We express that belief by living out and spreading the message of the Gospel.*

**3rd Sunday of Easter – Year**

**25<sup>th</sup> and 26<sup>th</sup> of April 2020**

### **ANZAC Weekend**

It's hard to interpret the feelings I had when I arrived in Melbourne 9 years ago. New country, new way of life. Navigating the streets of Melbourne in the early days was an unknown entity for me. It was common for me to get lost in my travels, getting to my appointments. Without the aid of my Navigation system I would have been totally lost. 9 years later I now know my way around Melbourne and the surrounding areas very well. With time came familiarity and confidence of where I am going. At some certain times however I am asked to visit somewhere new, and with my new found confidence, attempt to reach my destination without help. Ultimately I find that I am lost once again and need the assistance of my trusted Navigation System, for I know that it will point me in the right direction.

And so it is as I reflect on Psalm 23:4 - *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me* - as we go through life, we come across challenges along the way, and we try and deal with them without seeking help. At times like these we should always turn to Jesus, for He will show us the way. Just as Jesus did on the road to Emmaus when he encountered two of his disciples downcast from what had happened. The disciples' reaction to Jesus' lesson was one of deep conviction of the truth of what He was teaching. "Were not our hearts burning within us while he talked?" they ask each other (verse 32). Their physical eyes were blinded to the identity of Jesus, but their eyes of faith were being opened as Jesus opened the Scriptures to them. Jesus led them, He is our Navigation System.

Dear Friends, as we continue to navigate these uncertain times, I encourage you to continue to trust that the Risen Lord will continue to walk beside us, showing us the way and protecting us especially now in these uncertain times.

I would also like to take a moment to remember our brothers and sisters on this ANZAC weekend. They sacrificed their lives for freedom, they went to war so that we can live in Peace. We thank them all for their sacrifice.

# The Ode

They shall grow not old, as we that are left grow old;  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.

Yours in Christ

Fr Jerald

## Prayers of the Community

**Our Prayers are asked for those who died recently: especially and for those whose anniversaries occur at this time especially** Florence Price, Bob Reid, Santo Mercuri, Egidio Mattiuzzo, Sr Bernadene Noilen, Hild Prendergast, Anna Ng, Esther Wallis, Maria Mudocca, Lucia Lima, Albina Iozzi, Loe Carrazzo, Gina Carrazzo, Catherine Leung, Sabina Di Deo

**For those who are sick:** Paul O'Connor, Emily Patrikis, Madeline Gilmore, Dan McMahon, Teresita Leung, June Webster, Joel Pemberton, Angela Selva, Anthoula Miras, Danny and Alice Zanon, Margaret Jansen, Teresa Talia, Mary Ritus, Lois Norton Old, Salaka Hewamaduma, Priyanthi Perera, Josh Davis, Maree Spinks, Joyce Foo, Peter Wilkinson, Audrey O'Connor, Tai Thomas, Pat Carty, Khek Hong Tan, Choi Yeng Chew, Marie Simpson, Catherine Poon, Ann Weerappah, Bronwyn Burke, Filomena Fusco, Carmenza Cruz, Alicia Nivia, Frank Prendergast, Joan O'Hanrahan, Pauline Smit, Remi Vulich, Mary Tancredi, Irma Ciccotelli, Jovina Ebell, Gina Giracono, Dr Hong Nguyen, Cesare Iozzi, Ian Stuart.

### **Prayer of Spiritual Communion**

No particular prayer or formulary is required, though there are acts of spiritual communion in Catholic prayer books to help focus a proper intention. One of the most popular is that composed by St. Alphonsus Liguori:

**"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 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"**

### **Free webinars to help you keep kids safe online during COVID-19**

With social isolation now in full force in most homes around the country, children and young people's online activities are increasing — for education, to socialise with friends and for entertainment. To help you learn how to help your child develop the skills to be safer online, eSafety Commissioner, Australia's national independent regulator for online safety, is running live webinars that explore the latest research and expert advice for using technology safely. Sessions include "Child protection and online learning", "Helping kids thrive online", "Tech, teens and time online", "Keeping your sanity and supporting your kids online" etc. Head to <https://www.esafety.gov.au/parents/webinars> for details and registration.

# Weekly Mental Health Check-in

## DURING CORONAVIRUS



### Feelings

Set an alarm on your phone, or a reminder in your calendar, so at a set time each week you can quickly do a check in on a scale from 0 ('not at all') to 10 ('extremely') of how stressed, anxious or down you are feeling.



### Body

Take a moment to notice any tension in your body like tight shoulders, chest, or jaw. Other signs that you might be feeling stressed include dryness of the mouth, difficulty breathing, and a racing heart.



### Sleep

If you are constantly struggling to get to sleep, waking in the night, earlier than usual and/or finding it difficult to get back to sleep, these are signs your mind is unable to switch off and relax.



### Thoughts

Are you always worrying about the worst-case scenarios? Focusing on the 'what if' scenarios is not useful and it is best to try to limit this as much as possible.



### Reactions & behaviour

If you find yourself frequently snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope, it is time to prioritise your mental wellbeing.



### Check-in buddy

Choose a check in buddy. This may be your partner, housemate or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.

#### Please note:

- Please note our temporary revised opening hours of Monday from 9am-5pm Friday from 9am-3pm
- On all other days the office and Fr Jerald can still be contacted on 0473 873479.

**Prayer to St Joseph –  
under whose patronage the Archbishop has placed this time of crisis.**

*St Joseph,*

*A*  
**PRAYER**  
*to*  
**ST JOSEPH**

You were receptive to God working in your life.  
Help us by your prayers at this time of trial.  
You kept Jesus and Mary under your watchful care:  
may your prayers assist our local Church to respond  
to those in need.

You taught the Christ Child your trade and prayers:  
help us to follow his example of love.

You were part of God's plan for all humanity:  
assist us to be vigilant and responsible this day.

You spent your life in service:  
may we be mindful of others, particularly the  
elderly and vulnerable, caring for them in these  
difficult days.

You trusted in the clear primacy of God over all  
history and every situation: help us to grow in faith  
and pray to the Father, *Thy will be done.*

Amen



CATHOLIC ARCHDIOCESE  
OF MELBOURNE