



Ss Peter and Paul's Catholic Parish

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**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.

4th Sunday of Easter –Year A

2nd and 3rd of May 2020

Congratulations to Fr Jerald on the 11th Anniversary of his Ordination.

Easter is not a time to have to feel sorry for ourselves. Yes, it is true that there will be many moments of sorrow, heartache, uncertainty especially at the moment, however Catholic joy and faith must pierce through the darkness and illuminate our entire emotional life. Remember, for us Catholics, every day is Easter Sunday. We are a people of faith. We are a people of the Resurrection. We are an Easter people. We must not be consumed by the craziness of the world falling apart around us. We must allow the realities of our faith to fill us with profound joy and hope.

"I am the good shepherd. A good shepherd lays down his life for the sheep" (John 10: 11).

Psalm 23 heals the soul because it helps us to remember that the Lord, who is our Shepherd, is always with us. ...

The life of a shepherd, in the time of Jesus was very difficult. A flock of sheep never grazed without his presence and therefore, the shepherd was on duty every day of the week. Since the sheep always had to travel in order to find grass to eat, they were never left alone. Sheep could get lost, or they could be attacked by wolves or stolen by robbers. Sheep were seldom used for regular food by the people of the Holy Land; rather sheep were cultivated for the use of their wool. Thus, the shepherd was with his sheep for a very long time. During the warm weather, it was common for the sheep to spend the night away from the village farm. The shepherd watched over them throughout the night. In these circumstances, the sheep stayed in open areas surrounded by a low rock wall. The sheep entered and left through an open space which had no door or gate of any kind. During the night, the shepherd would sleep stretched out within the empty space so that no sheep could get out except by crossing over his body. At the same time, a wolf or a robber could not get in, except by crossing over his body as well. Here we can see a prime example of how the shepherd would give his life for his sheep.

Jesus is the Good Shepherd. The Easter Season is a continual celebration of the one central mystery of Christianity; that Jesus gave his life for us by dying on the Cross. He saved us from our sins. "There is no salvation through anyone else, nor is there any other name under heaven given to the human race by which we are to be saved" (Acts of the Apostles, 4: 12). Applied to our practical lives, the message is clear. Whatever our state in life may be, we are all called to shepherd the sheep that have been entrusted to our care, be it our families, the community we live in or in the case of a priest the congregation he leads.

Good Shepherd Sunday is the Sunday that we pray for vocations. Some of our readings today directly talk about shepherds, helping us to reflect upon the image of Jesus as the Good Shepherd who devotedly takes care of his flock. In praying for vocations today, on

Good Shepherd Sunday we pray , that just like Mary, who freely said “Yes”, that more people will be open to the call from Jesus and say “Yes”.

The Lord is truly alive, He is with us. There is never any excuse to be consumed by sadness. Let your life be filled with joy and peace. Radiate joy and peace to the world so much in need of true happiness and self-less love especially at the moment. Remember at this time to be kind to one another, to look out for one another, to keep an eye on your neighbour who might be feeling secluded, to others who might need someone to talk to from issues at home due to this lockdown. Be the shepherd for them. I wish you all a lovely week.

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 Nicholas Russell, John Floyd, John O’Neill, Nina Stanton, Jill Lewis, Francesco Spadafora, Anthony Ceddia, Laurence Castles, Weillem Hassing, Andreas Suryapranata, Domic Ho, Indelicator Andonino, Orlando Bucci, Adrian O’Connor, Liliane and Pierre Aubert, Len Harris, Celeste Massarotti, John Nolan, Janet Gillm Maira Murdocca, Joseph McMahan, Angelica Petrocco, Benjamin Chen, Robert Brann, Rev Fr Tony Hally, Hans Lehninger, Anna Kozuh, Antonio Meruri, Peter O’Brien, Noreen Craddock, Kerry Rindfleisch, Mary McNamara.

For those who are sick: Paul O’Connor, Emily Patrikis, Madeline Gilmore, Dan McMahan, 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”

FROM THE NAPPY COLLECTIVE

Over the past month, families are experiencing an increasing number of stressors and there is a greater demand for nappies.

Although we are unable to run our May Collective in our usual way, the services we support have been contacting us desperate for nappies. In response, we have launched our #1millionbums appeal focusing on calling for virtual donations of nappies so that we are able to safely send unopened packs of nappies directly to our services, ready to be distributed to families in need.

Help The Nappy Collective keep little bottoms clean by donating virtual nappies and give families one less thing to worry about

👉 <http://bit.ly/NappyCollectiveDonate> ❤️

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