



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.

5th Sunday of Easter – Year A

9th and 10th of May 2020



Mother's Day Prayer

Lord, thank you for all mothers.

For the new ones, who endure sleepless nights with infants in arms.

For the busy ones, who juggle the pressures of home and family life.

For the steadfast ones, who nurture and care for our special vulnerable children.

For the patient ones, who always seek to forgive and engage with their pre-teens.

For the persistent ones, who cleverly find new ways to connect with their mini-adults.

For the mother aunts, who step in to cradle and care for nieces and nephews.

For all grandmas, who love and support their precious grandchildren.

For the foster mums that are called to gather and cover the fragile ones.

For the Sunday mums who care for our children and lead them in faith.

For the mums who give far beyond their own resources, who overcome disability to cherish and love.

Thank you Lord for all our beautiful mothers.

Help us to support them and keep them in our prayers.

May you bless them now on this their special day. Amen.

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 McMahon, 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 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"

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> ❤️

Alive! Easter reflections (week 5)

"Sometimes Jesus seems to be banging his head up against a wall with the disciples. At the end of Jesus' explanation, Thomas and Philip still have not grasped the central idea. As G.K. Chesterton famously quipped, some people 'show more than their normal ingenuity in missing the point'. Jesus is amazed that he has been with them this long and they still don't get it."

The 'Alive!' weekly reflections and *Liturgy of the Word @ Home* resources are offered as a chance to carve out a sacred space at home and reflect on the Sunday readings individually or as a family.

Please go to <http://melbournecatholic.org.au/easter> for this weeks reflections.

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