



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.

6th Sunday of Easter – Year A

16th and 17th of May 2020

My Dear Friends,

Being human, we have within us capacities to love, learn, choose, work and so on. But we need the help of parents, teachers and friends to activate and develop these capacities so that we can reach our full human potential. That is why we need the Holy Spirit and why Jesus promised to ask the Father to send Him to us: "I will ask the Father and He will give you another Paraclete – to be with you always; to remain with you and be within you."

To Jesus, real love must be expressed not as sentiment or emotion but as real obedience to God. So, we weak human beings need the daily assistance of a Divine Helper in the Person of the Holy Spirit to practice real love.

We need to be open to the Holy Spirit, our Paraclete. The purpose of the indwelling Holy Spirit is to help us grow towards maturity and wholeness. We all have faults that prevent our growth: blocks of sin and imperfection, blocks due to childhood conflicts, blocks due to deeply ingrained personality traits and habits, blocks caused by addictions, and blocks resulting from bad choices we have made. We all have these blocks within us and they keep us from becoming what God wants us to be. They prevent us from growing into maturity and wholeness.

God, the Holy Spirit, helps us to see the truth about ourselves, to discern the blocks that inhibit our growth and to allow Him to transform us. Like the Good counselor He is, the Spirit enables us to become stronger. The Holy Spirit comes to our aid and gives us the strength to make difficult and painful decisions. The Holy Spirit actually lives in us, and we hear the voice of the Spirit, counseling and guiding us in the way of truth and love. Let us open our minds and hearts to hear Him and to obey His promptings.- God Bless, Fr Jerald

Resumption of Weekday Morning Mass

My Friends, I am sure that you have all heard by now about the lifting of some restrictions by the Victorian Government. Groups of up to 10 are now able to gather, but strict social distancing rules still apply. In view of this, with effect from the 19th of May, our weekday morning mass will resume. Please see the following table. At this stage, weekend masses are still suspended. We encourage you to attend your own parish for morning mass at this time and to limit your attendance to perhaps only once a week for now, for the purposes of allowing as many as possibly to attend.

Day	Mass Centre	Zoom Video Available
Tuesdays	SSPP	Yes
Wednesday	OLOP	Yes
Thursday	SSPP	Yes
Friday	OLOP	Yes
Saturday	SSPP	Yes

In order to attend the mass , we encourage you to register your attendance via our Try booking site. Bookings will open at 10.00am and close at 6.00pm for the following day's Morning Mass. A Try booking invitation will be sent out by our email system. This Try booking site will only allow 10 people to register on any one invitation.

As a requirement of having people in the Church for morning mass, our Mass Captain will meet you at the door to take your details. When in the Church , we ask that you remain mindful of social distancing rules. We also ask , that if you are feeling unwell to please keep safe at home and do not attend. These masses will still be available on Zoom as normal.

Attached to this newsletter is a letter from the Bishops of Victoria. Please have a read.

I am looking forward to seeing some of you next week, when our morning masses resume, and the rest of you via Zoom. I wish you all a lovely week ahead.

Prayers of the Community

Our Prayers are asked for those who died recently: especially and for those whose anniversaries occur at this time especially

Siak Khee Ng, Andreana Gatt, Sr Mary Castles, Giuseppe Mangano, Michele Mercuri, Maria Giussan, Guerrino Cordai, Michael Mithen, Peter Lednar, Leonardo Vocale, Noland Pereira, Neil Manders, Antonio and Albina Marulli, Giovanni and Pasqualina De Sanctis, Nina Marinellii, Wendy Seymour, Rocco Russo, Rosamund Beale, Serafina Russo

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.

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> ❤️

Being physically active during COVID-19

Increase productivity

Improve your mood

Sleep well

Reduce symptoms of anxiety and depression

Increase energy levels



Working from home

Break up time spent sitting still

Set 30 minute timers and move around for 2 minutes

If possible stand up for calls and meetings



Activity ideas

Walk laps inside your house

Have a dance

Attend an online class

Body weight exercises (e.g. lunges and squats)

Go up and down your stairs



Some activity is good, more is better

Connect with friends via text and social media to stay active

Make use of online activity resources

Infographic created by Steven Hanson email: hello@floating-boat.co.uk

This infographic is based on the BJSM blog
Be calm, be active; simple ways to boost your physical activity during COVID-19

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