

# St Mary's Cathedral Parish



## Contact

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(remember to like/follow us' to stay up to date!)



29th March 2020 Fifth Sunday of Lent Year A/2

St Mary's Cathedral—Cnr Harrington & Patrick Streets, Hobart  
Sacred Heart Church—Cross St, New Town

**Responsorial Psalm:** The Lord is my shepherd; there is nothing I shall want.

**Gospel Acclamation :** 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!

**This Week's Readings:** Ezek 37:12-14; Rom 8:8-11; Jn 11:1-45

**Next week's Readings:** Is 50:4-7; Phil 2:6-11; Mt 26:14 – 27:66 or Mt 27:11-54

## Jesus is the Resurrection and the Life

Today's Gospel (John 11:1-45) is the story of Jesus' greatest miracle – His raising of His friend Lazarus from the dead after four days in the tomb. St John calls these miracles signs because they were all done to show us something of much deeper significance than this one act of love and mercy to one family 2000 years ago.

This amazing event, the bringing of Lazarus back to life, was done and is presented to us again today, in order that we can have confidence that Jesus is the Lord even over death. Very soon now we will celebrate Easter and our celebrations this year will be very strange and difficult with our churches closed because we are having to stay isolated as much as possible to limit the death toll from the Covid-19 virus. Nevertheless, we will be celebrating what we celebrate every Sunday – that Jesus has triumphed over death, and because of His victory through His Cross and Resurrection, we too can triumph over death to find new and eternal life in Him.

Jesus said to the grieving Martha, "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" (John 11:25-26). Clearly, Jesus is promising us that if we believe in Him and live in Him, we will have life after death. This is Jesus consistent word to us. To believe in Him is to live in Him and to live in Him now, is to have confidence that we will live in Him in a more perfect way after death. Earlier in St John's Gospel Jesus said "Truly, truly, I say to you, he who hears My Word and believes Him who sent me, has eternal life; he does not come into judgement, but has passed from death to life" (John 5:24). Believing and trusting in Jesus, our Lord and Saviour, is living in Him now! If we hear Jesus' Word and believe in His Father we have already passed from death to life. We are already living our eternal life in Him.

Again, Jesus promised the Samaritan woman at the the well, "Whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life" (John 4:13-14). That water begins welling up to eternal life in us at baptism. Eternal life begins now for those who believe in him.

During the Last Supper, Jesus emphasised to the apostles the necessity of abiding (living) in him; "I am the vine and you are the branches" (John 15:5). "Live (abide) in me, as I live (abide) in you" (John 15:4).

Dear brothers and sisters, in this time of great fear and worry, let us put our trust in Jesus who loves us and cares for us so much that He wants to live in us right now, as we try to live in Him. In the words of the Psalmist let us wait for the Lord and count on His Word because with the Lord there is mercy and fullness of redemption (cf Psalm 130). In all circumstances He is with us, especially when we are most in need.

**Deacon Nick MacFarlane**



## Dear Parishioners of St Mary's Cathedral and Sacred Heart Communities,

It is with a heavy heart that the Archdiocese of Hobart is implementing measures to stem the spread of the Coronavirus (COVID 19). Archbishop Julian Porteous has suspended the public celebration of all Masses, for an indefinite period. In light of the above decision, I kindly request you to honour the Lord's Day by dedicating your time to family prayer, reflections on scripture and other spiritual exercises.



You may participate in Sunday Mass online via this link: <https://youtu.be/sQ0NWbB8mcl>

St. Mary's Cathedral 10.30 am Mass will be live streamed every Sunday from now on via the above link.

This live streaming of Sunday Mass also could be accessed via our St. Mary's Cathedral website Roman Catholic Cathedral | St Mary's Cathedral Hobart | Hobart and our Facebook page: Cathedral Parish Hobart - St Mary's Cathedral & Sacred Heart Church.

However, in case of emergency, you may contact me directly on my mobile 0417 571 815 (text preferred – leave your name & contact number) or ring the parish office number 6234 4463.

**The Lord's mercy endures forever!**

**Fr Shammi Perera (Administrator )**

## ON SPIRITUAL COMMUNION

In his 2003 encyclical, *Ecclesia de Eucharistia*, St John Paul II wrote "The Eucharist is the culmination of all the sacraments in perfecting our communion with God ... the mystery of communion is so perfect that it brings us to the heights of every good thing: here is the ultimate goal of every human desire, because here we attain God, and God joins himself to us in the most perfect union." Therefore, he went on to say that we should constantly desire the sacrament of the Eucharist. When we cannot get to Mass we should receive "spiritual communion" with the Lord. This practice, he wrote, "has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life."



Saint Teresa of Avila wrote: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it, the love of God will be greatly impressed on you."

The following is extracted from an article in the National Catholic Register:-

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask Him to unite Himself with us. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You. Amen.

[https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritual communion](https://www.ncregister.com/blog/armstrong/if-you-cant-receive-communion-make-a-spiritual-communion)

Another prayer for Spiritual Communion comes from St Francis of Assisi

I believe that You, O Jesus, are in the Most Holy Sacrament.

I love You and desire You. Come into my heart. I embrace You.

Oh, never leave me.

May the burning and most sweet power of Your love, O Lord Jesus Christ I beseech You, absorb my mind that I may die through love of Your love, who were graciously pleased to die through love of my love. Amen.

## **A FEW TIPS TO STAY SPIRITUALLY ALIVE**

### **Structure your day**

Kindly ask the Lord's grace to structure your day to give yourself some variety even though you may be at home quite a lot. Make sure you include Scripture reading, prayer and spiritual reading in your daily routine. In this time, it is easy for the evil one to craftily sow the seeds of spiritual apathy and sloth in your soul. Hence, you may find the following suggestions helpful for you to grow in your spiritual journey with the Lord:



### **Sunday Scripture Readings and Reflection**

Readings for Sundays from 5th Sunday of Lent, 29 March to 13th Sunday in Ordinary Time, 28th June 2020

29 March	5th Sunday of Lent	Ezek 37:12-14; Rom 8:8-11; Jn 11:1-45
5 April	Palm Sunday	Is 50:4-7; Phil 2:6-11; Mt 26:14-27:66
7 April	Mass of the Oils (Chrism Mass)	Is 61:1-3, 6, 8-9; Rev 1:5-8; Lk 4:16-21
9 April	Thursday of the Lord's Supper	Ex 12:1-8, 11-14; 1 Cor 11:23-26; Jn 13:1-15
10 April	Friday of the Passion of the Lord	Is 52:13 - 53:12; Heb 4:14-16, 5:7-9; Jn 18:1 - 19:42
11 April	Easter Vigil	Gen 1:1-2:2; Ex 14:15 - 15:1; Is 54:5-14; Is 55:1-11; Ezek 36:16-28; Mt 28:1-10

12 April	Easter Sunday of the Resurrection	Acts 10:34, 37-43; Col 3:1-4; Jn 20:1-9
19 April	2nd Sunday of Easter	Acts 2:42-47; 1 Pet 1:3-9; Jn 20:19-31
26 April	3rd Sunday of Easter	Acts 2:14, 22-23; 1 Pet 1:17-21; Lk 24:13-35
3 May	4th Sunday of Easter	Acts 2:14, 36-41; 1 Pet 2:20-25; Jn 10:1-10
10 May	5th Sunday of Easter	Acts 6:1-7; 1 Pet 2:4-9; Jn 14:1-12
17 May	6th Sunday of Easter	Acts 8:5-8, 14-17; 1 Pet 3:15-18; Jn 14:15-21
24 May	Ascension of the Lord	Acts 1:1-11; Eph 1:17-23; Mt 28:16-20
31 May	Pentecost Sunday	Acts 2:1-11; 1 Cor 12:3-7, 12-13; Jn 20:19-23
7 June	Most Holy Trinity	Ex 34:4-6, 8-9; 2 Cor 13:11-13; Jn 3:16-18
14 June	Most Holy Body and Blood of Christ (Corpus Christi)	Deut 8:2-3, 14-16; 1 Cor 10:16-17; Jn 6:51-58
21 June	12th Sunday in Ordinary Time	Jer 20:10-13; Rom 5:12-15; Mt 10:26-33
28 June	13th Sunday in Ordinary Time	2 Kg 4:8-11, 14-16; Rom 6:3-4, 8-11; Mt 10:37-42

The United States Conference of Catholic Bishops (USCCB) website has a page where you can read the Scripture readings for the Mass on any day. There you can also listen to them being read out. There is also a link to a short reflection on the readings for any day, delivered via YouTube. In your web browser go to <http://www.usccb.org/bible/readings>

### **Recitation of the Holy Rosary and the Divine Mercy Chaplet**

Some well-known prayers you could use are the Rosary and the Divine Mercy Chaplet (both can be accessed online).

### **From St Patrick's Breastplate**

Christ be with me, Christ within me, Christ behind me, Christ before me,  
 Christ beside me, Christ to win me, Christ to comfort and restore me.  
 Christ beneath me, Christ above me, Christ in quiet, Christ in danger,  
 Christ in hearts of all that love me, Christ in mouth of friend and stranger.

## **Anima Christi**

Soul of Christ, sanctify me; Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me; O good Jesus, hear me;  
Within Your wounds, hide me;  
Never let me be separated from You;  
From the evil one, protect me;  
At the hour of my death, call me; And bid me to come to You;  
That with your saints, I may praise you forever and ever. AMEN.

## **St Teresa of Avila's Bookmark**

Let nothing disturb you; nothing frighten you. All things are passing. God never changes. Patience obtains all things. Nothing is wanting to him who possesses God. God alone suffices.

## **Prayer to St. Michael the Archangel**

St. Michael the Archangel, defend us in battle. Be our defence against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

## **Prayer to use during the Coronavirus Pandemic**

O Mary, Mother of God and Health of the Sick, we your children entrust ourselves to you at this time of despair and uncertainty. Mary, Help of Christians, you are our patroness and protector of the People of Australia. We surrender to you at this time all victims of the coronavirus pandemic, their families and those who are gripped by fear and anxiety. We, your children, ask you to intercede before your Beloved Son, our Lord Jesus Christ, so that, as at the wedding feast of Cana in Galilee, we may return to joy and feasting after this time of trial.

We also entreat you, Blessed Mother, to usher into the hearts of humanity, the wisdom and strength of the Holy Spirit and the fortitude of the same Spirit into the lives of medical practitioners, emergency workers, political leaders and all involved in the current predicament, so that, having faced this trial, we may rejoice one day with you and all the saints and be led through the Cross to the glory of the Resurrection of Jesus Christ. Amen.

## SOME TIPS TO BE CONNECTED WITH THE LORD AND TO BE A SAVVY ONLINE CATHOLIC

⇒ Holy Eucharist Online! Archbishop Julian Porteous and Cathedral Clergy will live stream Holy Eucharist from St. Mary's Cathedral Hobart across the diocese as follows: Sunday Holy Eucharist from 22nd March (Every Sunday 10.30 am ) , Chrism Mass (Tuesday 7th April at 7 pm), Mass of the Lord's Supper ( Holy Thursday 9th April at 7 pm), Friday of the Pasion of the Lord ( Good Friday 10th April at 3 pm), Easter Vigil ( Holy Saturday 11th April at 7 pm), Easter Sunday (Sunday 12th April at 10.30 am). All you need to do is to click the link below:

<https://youtu.be/sQ0NWbB8mcl>

⇒ As of 17 March (St Patrick's feast-day), **Bishop Robert Barron** has kindly made available indefinitely a daily Mass online at <https://www.wordonfire.org/daily-mass> Because of the time difference between Australia and the USA, the Mass of the day will be available for us quite late at night; however, we can still access it the following day. This is much more than the early Catholics had during colonial times. If you wish to prepare the Sunday readings ahead of time, you will find a complete list from 29 March to 28 June on page 3.



⇒ Readings for every day of the week can be found at [https://emmausjourney.org/daily\\_reading.php](https://emmausjourney.org/daily_reading.php) This site has lots of other good things including reflections on the Sunday readings for all Sundays.

⇒ **For access to the parish Formed subscription**, go to [formed.org](https://www.formed.org) in your web browser and click 'Sign Up' then on the next page select "I Belong to a Parish or Organization". Start typing in our parish by name, "**St Mary Cathedral 164 Harrington St Hobart TAS**" Enter your email address and you will be sent an e-mail. Click on the e-mail and you're in!

⇒ **Formed For Children and Youth** : Parents, please use [formed.org](https://www.formed.org) (above) for your children during this time. On Formed, go to [Movies](#), then [Kids](#) and you will find a veritable cornucopia of material suitable for your children to view, e.g. Br. Francis videos, various saints and heroes, stories, as well as cartoons and animated Bible stories that teach children about the faith. Happy viewing, Kids!

⇒ **Laudate App**: The Mass readings for any day can be read on your smart phone, tablet or computer through the free app **Laudate** which can be downloaded from Google Play or the App Store. **Laudate** also has access to the Prayer of the Church and details of the Rosary, Chaplet of Divine Mercy, Stations of the Cross and many other prayers and links to the Catechism, The Bible and the Eternal Word Television Network and much more.

## A FEW FRIENDLY REMINDERS

### **Weekly Offerings**

The parish will still have outgoings during this difficult period, so we encourage all parishioners to keep up their weekly offerings in one of these ways:

(1) deposit the money to the Cathedral bank account. Acc Name: St Mary's Cathedral Parish; BSB: 067 000; Acc No: 10315740; (2) Bring your envelopes to the office at the end of the month; (3) Continue to put money in your envelopes, and bring them to the first Mass when the situation improves.

### **Project Compassion Boxes and Envelopes**

Please either return them to the parish office during office hours (9:00 – 3:00) or keep them and return them to the church when the situation improves.

### **Blessed Palms to take Home on Palm Sunday!**

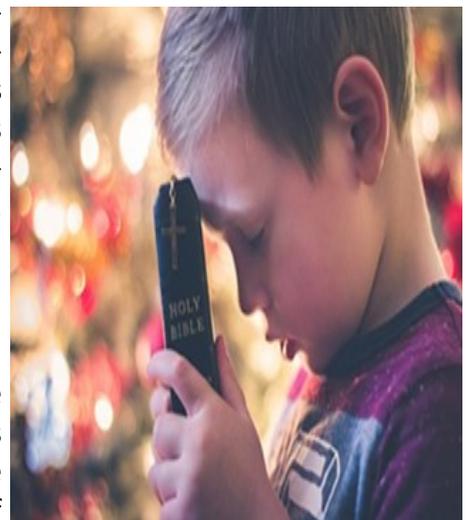
If you would like a blessed palm to take to your home, these will be available in limited quantities and will be left in a basket in the Cathedral foyer (outside the glass doors) from the afternoon of Palm Sunday (5th April 2020).

## IMITATE YOUR SPIRITUAL FOREFATHERS IN FAITH!

In early colonial years, Catholic converts were observed carrying rosary beads on to their ships. Catechists also provided them with various books of devotional reading for the voyage and the hard years ahead. Many of the soldiers sent with them were Catholic too, as were a few of the earliest settlers, and these undoubtedly did likewise. The Faith was carried in hearts, but also in signs and actions. Communal recitation of the Rosary was common, for instance, providing a means for Catholics to gather and pray together.

The first official Catholic chapel in Tasmania was only founded in the 1820s, almost a generation after European settlement began. This came soon after the first priest arrived, who was followed some years later by more priests and a bishop. Prior to this foundation of the institutional apparatus, Tasmanian Catholicism was lived by individuals and families and lay communities who, much like certain Amazonian communities today, were at least occasionally visited by a priest aboard a passing ship. So, as we undergo the trials of this present pandemic, it is worth remembering that our own history teaches us that even when the sacramental life of the Church is limited, through prayer the Faith will endure.

**By Dr Nick Brodie**

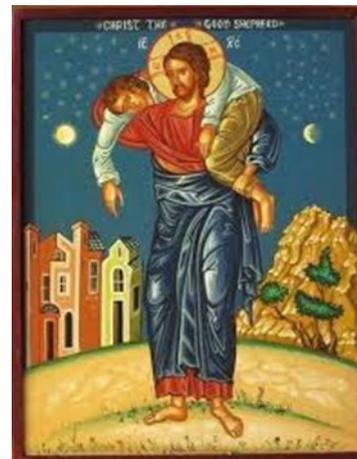


## FOOD FOR THE SOUL!

### MORSEL 1

One night, I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand, sometimes two sets, sometimes only one. I said to the Lord: "You promised that if I followed You, You would walk with me always, but I can see that during the most trying periods of my life, there's only one set of footprints. Why weren't you there when I needed you most?" The Lord replied: "The years where you see only one set of footprints, my beloved child, were the years I was carrying you."

**Please access [formed.org](https://formed.org) and keep viewing spiritual content and keep on praying!**



### MORSEL 2

In these coming weeks, let us join Our Lady, Saint Joseph, all the angels and saints in praising God for His many blessings to us, remembering that praise and thanksgiving to God are our first commitment, followed by prayer of penance then prayer of supplication. Our supplication, of course, should include asking the Lord to bring this current health crisis under control, and finally to eliminate it altogether. Although we won't be gathered together physically, let us gather together in our spirits to ask for this favour of the God who loves us. Where two or three are gathered together in my name. I am there among them (Matt 18:20).

**Take steps to protect yourself (as per Centre of disease control and prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html> )**

#### Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



#### Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



## Take steps to protect others

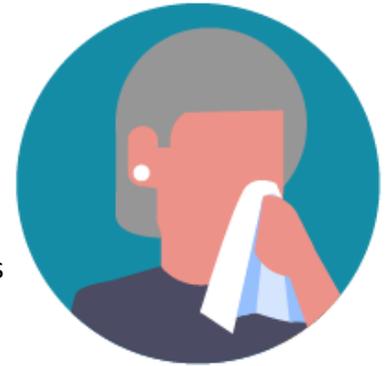
### Stay home if you're sick

- Stay home if you are sick, except to get medical care.



### Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



### Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



### Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.





**Most Reverend Julian Porteous, DD**  
**Archbishop of Hobart**

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18 March 2020

**Response of the Archdiocese of Hobart to the spread of the Coronavirus**

Dear Brothers and Sisters in Christ,

I write to you at a time when the world faces a pandemic due to the spread of the Coronavirus. The daily news informs us of the rapid spread of the virus and a rising death toll. As you are aware Pope Francis has curtailed his public appearances and Masses have been cancelled in Rome at this time. Our government both Federal and State are announcing increasingly stringent requirements aimed at limiting the spread of the virus. On Tuesday, March 17, the State government announced a Public Health Emergency.

It is necessary that the Catholic Church take measures to protect the faithful and the wider community. The measures I am announcing are in harmony with guidelines developed by the Permanent Committee of the Australian Catholic Bishops' Conference.

As Archbishop, in consultation with the Council of Priests, and receiving advice from health officials, I have taken the decision to immediately suspend the public celebration of all Masses.

This year it will be necessary for priests to celebrate each of the Easter ceremonies alone.

These measures will remain in force until public health officials advise us that public gatherings can be restored.

All Catholics are dispensed from the obligation of observance of Sunday Mass. However, there will be a number of ways in which the faithful can still honour the Lord's Day. I encourage Catholics to keep Sunday holy by setting aside a time for personal prayer.

- Parish churches will be open for visits and personal prayer at times determined by the Parish Priest. Check with your local parish for details.
- The Archdiocese will produce some spiritual resources so that the faithful can engage in times of individual prayer and reflection, especially on Sundays.

- Mass and the Easter Ceremonies will be live-streamed from the cathedral and available on the Archdiocese of Hobart Facebook page and YouTube channels. There are other opportunities to access Mass on television and online.

During this difficult time I have asked all priests to continue to offer a private Mass daily for the intention of their people and for the health and wellbeing of the nation. Priests will continue to be available to meet the spiritual needs of the people.

Priests will continue to ensure the care of the sick. However, restriction of visits to nursing homes will impede regular visits at this time. Priests will respond to any call to assist the dangerously sick and dying. The Sacrament of the Sick will be administered in homes, nursing homes and hospitals in accord with protocols produced by health officials.

In the case of a death in the family, subject to the limits imposed by government regulations, the priest will be available to be with family and offer spiritual comfort. Attendance at funeral liturgies will be limited to the immediate family.

In the case of weddings that have been already planned, the wedding ceremony will be open only to the bridal party and immediate families.

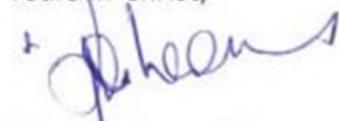
Priests will conduct baptisms where participation will be limited to the immediate family and godparents. Some parents may choose to delay the baptism until the crisis is over.

In this difficult time we entrust ourselves to the Lord who never abandons His people. We pray that we will be sustained in faith and hope. It will be our commitment to keep close to the Lord by personal prayer and acts of faith that will be our support and comfort.

As soon as health officials declare the emergency is over we will restore normal parish life.

I will carry the people of Tasmania in my heart and prayer in the time ahead, entrusting the Archdiocese to the Immaculate Heart of Mary.

Yours in Christ,



Julian Porteous DD  
**Archbishop of Hobart**



**Most Reverend Julian Porteous, DD**  
**Archbishop of Hobart**

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18 March 2020

**Decree**  
**Measures in Response to COVID-19 Virus**

In light of the Declaration of a human biosecurity emergency by the Governor General and various measures announced by the Federal government, indoor gatherings of more than 100 people from are prohibited as of 18 March 2020. It is the duty of the diocesan bishop as pastor to have concern for all of the faithful entrusted to his care (c. 38, §1) and to act with charity toward all (c. 383 §3-4);

Given the grave nature of threat posed by the COVID-19 virus to public health, and in particular the lives of the elderly and infirm, and desiring to cooperate with the efforts of government and others to prevent the spread of this virus; I hereby decree, in virtue of my duty to the liturgical life of the Church in the Archdiocese, including the celebration of the sacraments (c. 835 §1), and responsibility to the common good, the cancellation of all public Masses within the territory of the Archdiocese of Hobart, Tasmania.

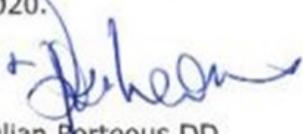
In virtue of canon 87 §1 all the faithful of the Archdiocese of Hobart and others present in the Archdiocese are dispensed from the obligation to attend Mass on Sundays and other holy days of obligation (c. 1247).

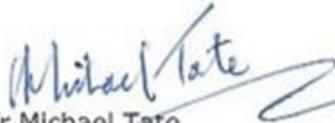
All are however bound to keep the Sabbath holy by abstaining "from those works and affairs which hinder the worship to be rendered to God, the joy proper to the Lord's Day, or the suitable relaxation of mind and body" (c. 1247) and by "devoting themselves to prayer for a suitable time" (c.1248 §2). (This might include the reading of Holy Scripture, praying the Holy Rosary and saying other devotional prayers.)

I order that this decree and dispensation be distributed and made available to all in the Archdiocese of Hobart, especially Parish Priests and Administrators, who are to be attentive to the pastoral care of their parishes in particular the provision of the sacraments of Church as outlined in the pastoral guidelines that have been circulated with this decree.

This decree and dispensation shall take effect on 19 March 2020 and remain in force until further notice.

Given at the Archdiocesan Centre of the Archdiocese of Hobart, Tasmania, on 18 March 2020.

  
Julian Porteous DD  
Archbishop of Hobart

  
Fr Michael Tate  
Vicar-General

