

# ST GERTRUDE'S PARISH

## St Benedict's Church

Corner Justin & Neville Street  
SMITHFIELD

### Sunday Masses:

Saturday Vigil 6.00pm;  
8.00am (Italian); 10.30am; 6.00pm.

### Weekday Masses:

9.15am Monday, Tuesday, Thursday, Friday;  
7pm Wednesday

**Weekday Public Holidays:** 10.30am

### Exposition of the Blessed Sacrament/Adoration:

*Wednesdays* after evening Mass with Novena to  
St Benedict till 7.30pm; *Saturdays* from  
4.45pm—5.45pm & *Fridays* after the 9.15am Mass

### First Friday of the Month:

7pm Mass & Adoration

**Chaplet of Divine Mercy:** Tuesdays after Mass



**Parish Priest**  
Fr Jarek Zan OSPPE

**Assistant Priests**  
Fr Wojtek Sliwa OSPPE  
Fr Peter James Strohmayr OSPPE

## St Theresa's Church

Corner The Boulevard & Stella Street  
FAIRFIELD WEST

### Sunday Masses:

Saturday Vigil 5pm (Vietnamese);  
7.30am & 9.00am; 112 noon (Spanish);  
6pm (Arabic)

### Weekday Masses:

Mon - Fri 7.00am; Saturday 8am

**Weekday Public Holidays:** 8.00am

**First Friday of the Month:**  
from 6.30am

**First Saturday of the Month:**  
From 6.30am

**Chaplet of Divine Mercy:**  
Tuesdays after Mass

## Fifth Sunday of Easter

10 May 2020



### We pray for the sick of the parish

Charbel Kassas, Fr Anthony David OSPPE, Kevin  
Dicconson, Adam Westwood, Emile & Mary  
Kodsy, Kartia Grace Russell, Gino Mifsud & Ivy  
Fernandes.

*Bless our sick today so that they may bear their  
illness in union with Jesus' sufferings and restore  
them quickly to health.*

### We remember in your prayers

Giuseppe Brusolino, Fr Pat McAuliffe, Domenica  
Ponzo, Francesco Bruzzano, Lorraine Mock,  
Lesley Spagnol,  
George Ebejer, Aldo De Gasperi,

### Recently Deceased

## PARISH INFORMATION

### Parish Office:

6 Justin St, Smithfield  
Tuesday-Friday 10am - 2pm  
Phone: 9604 1199 Fax 9609 6585  
Email: [office@stgertrude.org.au](mailto:office@stgertrude.org.au)  
Website: [www.stgertrude.org.au](http://www.stgertrude.org.au)

**Parish Council:** Denise Namroud

**Finance Committee:** Tan Do

**Work Health & Safety:** Andrew Maia

**Catechists:** 9725 4317  
Mimi Romeo: [catechist@stgertrude.org.au](mailto:catechist@stgertrude.org.au)

**Sacraments:** 9725 4317  
Helena Mertin  
[sacraments@stgertrude.org.au](mailto:sacraments@stgertrude.org.au)  
Reconciliation/Eucharist/Confirmation

**Liturgy:** 9725 4317  
Anna Kleibert: [liturgy@stgertrude.org.au](mailto:liturgy@stgertrude.org.au)

**Adult Sacraments (RCIA)** Mariola Herbert  
Every Sunday at 8.30am in the  
Crying Room (in front of St Benedict's)  
Contact Mariola: 0421 944 051.

**Children's Liturgy:** Mariola Herbert

**Reconciliation:** Smithfield -  
Sat 4.45—5.45 pm (or by appointment)

**Baptisms:** Parish Office 9604 1199  
1<sup>st</sup> Sunday of month during the 10.30am Mass at  
St Benedict's Church; and every 3rd Sunday at  
12noon St Benedict's

**Marriages:** Parish Office 9604 1199  
By appointment only (6 months required)

**Sick Calls:** 9604 1199  
Any Time

### THE HOLY FATHER'S PRAYER INTENTIONS FOR MAY For Deacons

We pray that deacons, faithful in their  
service to the Word and the poor,  
may be an invigorating symbol  
for the entire Church.

### Pope Francis's Prayer to Mary during Coronavirus Pandemic

O Mary, you always shine on  
our path as a sign of salvation  
and of hope. We entrust  
ourselves to you, Health of the  
Sick, who at the cross took part  
in Jesus' pain, keeping your  
faith firm. You, Salvation of Your  
People, know what we need,  
and we are sure you will  
provide so that, as in Cana of  
Galilee, we may return to joy  
and to feasting after this time of  
trial. Help us, Mother of Divine  
Love, to conform to the will of  
the Father and to do as we are  
told by Jesus, who has taken  
upon himself our sufferings and  
carried our sorrows to lead us,  
through the cross, to the joy of  
the resurrection. Amen. Under  
your protection, we seek  
refuge, Holy Mother of God. Do  
not disdain the entreaties of we  
who are in trial, but deliver us  
from every danger, O glorious  
and blessed Virgin.  
Amen

Thursday 14 May ~ Feast  
St Matthias, apostle

**Church Cleaners:**  
No rostered cleaners during this time.

## Fifth Sunday of Easter

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### Entrance Antiphon *Cf. Ps 97:1-2*

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O sing a new song to the Lord,  
for he has worked wonders;  
in the sight of the nations  
he has shown his deliverance, alleluia.

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### First Reading *Acts 6:1-7*

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*A reading from the Acts of the Apostles*

About this time, when the number of disciples was increasing, the Hellenists made a complaint against the Hebrews: in the daily distribution their own widows were being overlooked. So the Twelve called a full meeting of the disciples and addressed them, 'It would not be right for us to neglect the word of God so as to give out food; you, brothers, must select from among yourselves seven men of good reputation, filled with the Spirit and with wisdom; we will hand over this duty to them, and continue to devote ourselves to prayer and to the service of the word.' The whole assembly approved of this proposal and elected Stephen, a man full of faith and of the Holy Spirit, together with Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, a convert to Judaism. They presented these to the apostles, who prayed and laid their hands on them.

The word of the Lord continued to spread: the number of disciples in Jerusalem was greatly increased, and a large group of priests made their submission to the faith.

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### Responsorial Psalm *Ps 32:1-2. 4-5. 18-19. R. v.22*

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**(R.) Lord, let your mercy be on us,  
as we place our trust in you.**

1. Ring out your joy to the Lord, O you just;  
for praise is fitting for loyal hearts.  
Give thanks to the Lord upon the harp,  
with a ten-stringed lute sing him songs. (R.)
2. For the word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love. (R.)
3. The Lord looks on those who revere  
him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine. (R.)

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### Second Reading *1 Pt 2:4-9*

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*A reading from the first letter of St Peter*

The Lord is the living stone, rejected by men but chosen by God and precious to him; set yourselves close to him so that you too, the holy priesthood that offers the spiritual sacrifices which Jesus Christ has made acceptable to God, may be living stones making a spiritual house. As scripture says: See how I lay in Zion a precious cornerstone that I have chosen and the man who rests his trust on it will not be disappointed. That means that for you who are believers, it is precious; but for unbelievers, the stone rejected by the builders has proved to be the keystone, a stone to stumble over, a rock to bring men down. They stumble over it because they do not believe in the word; it was the fate in store for them.

But you are a chosen race, a royal priesthood, a consecrated nation, a people set apart to sing the praises of God who called you out of the darkness into his wonderful light.

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### Gospel Acclamation *Jn 14:6*

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*Alleluia, alleluia!*

I am the way, the truth, and the life, says the Lord;  
no one comes to the Father, except through me.  
*Alleluia!*

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### Gospel *Jn 14:1-12*

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*A reading from the holy Gospel according to John*

Jesus said to his disciples:

'Do not let your hearts be troubled.  
Trust in God still, and trust in me.  
There are many rooms in my Father's house;  
if there were not, I should have told you.  
I am now going to prepare a place for you,  
and after I have gone and prepared you a place,  
I shall return to take you with me;  
so that where I am  
you may be too.  
You know the way to the place where I am going.'

Thomas said, 'Lord, we do not know where you are going, so how can we know the way?'  
Jesus said:

'I am the Way, the Truth and the Life.  
No one can come to the Father except  
through me.  
If you know me, you know my Father too.  
From this moment you know him and have  
seen him.'

Philip said, 'Lord, let us see the Father and  
then we shall be satisfied.' 'Have I been with  
you all this time, Philip,' said Jesus to him  
'and you still do not know me?

'To have seen me is to have seen the  
Father,  
so how can you say, "Let us see the  
Father"?  
Do you not believe  
that I am in the Father and the Father is in  
me?  
The words I say to you I do not speak as  
from myself:  
it is the Father, living in me, who is doing  
this work.  
You must believe me when I say  
that I am in the Father and the Father is in  
me;  
believe it on the evidence of this work, if  
for no other reason.

'I tell you most solemnly,  
whoever believes in me  
will perform the same works as I do  
myself,  
he will perform even greater works,  
because I am going to the Father.'

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**Communion Antiphon**

Cf. Jn 15:1,5

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I am the true vine and you are the branches,  
says the Lord.  
Whoever remains in me, and I in him, bears  
fruit in plenty, alleluia.



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# Happy Mother's Day



## Blessing Prayer for Mothers

Lord God,  
through your creative power you give birth to all  
and love all as a mother loves her child.  
Bless these women who are mothers.  
When they worry for their child,  
hold them in your care.  
When they work to provide a home for their child,  
stand beside them.  
If they mourn for their child,  
hold them in your love.  
When the joy of their child overtakes them,  
laugh with them.  
Bless them, and may they each be a living symbol of your love;  
a symbol to their children and all who they encounter.

We make this prayer through Christ our Lord.

*Amen.*



### **Spiritual Communion**

Catholics are encouraged to make a 'spiritual communion'. St. John Paul II writes that "it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of 'spiritual communion', which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life. Saint Teresa of Jesus 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.'" (Ecclesia Eucharistia, no. 34)

#### **How do I make a Spiritual Communion?**

Below are recommendations for how to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.

- Gather with others in your household and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass
- Share prayer intentions quietly or aloud.
- Pray the Lord's Prayer.
- Pray the Act of Spiritual Communion (see below).
- Close with the sign of the cross

#### **Act of Spiritual Communion**

My Jesus, I believe that you are present in the most Blessed 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. (Pause for a moment in silence and adoration). I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

### **Parish Donations**

As our Parish and the Priests rely on the generosity of our Parishioners, not having Sunday Mass will place a very heavy burden on our Parish. I also understand that many of our Parishioners may have found themselves affected by loss of jobs in so many vital industries. If it is at all possible for you to continue to contribute to our Parish it would be greatly appreciated. We all anticipate the day we can celebrate physically together once more around the Lord's Table. Thank you for your continued support and generosity. God Bless.

#### First Collection (Priests)

Account Name: Smithfield House – Order of St Paul the First Hermit

BSB 066711 Acct. No. 007392

#### Second Collection (Parish)

Account Name: Smithfield Catholic Church

BSB: 062784 Acct. No. 6675001

**\*\* Payment by Bpoint will be available very soon. Please see Parish website for details and updates.**

### **Prayer Resources during time of Pandemic**

The Archdiocese of Sydney has a dedicated webpage with prayers and scriptural reflections to help nurture your faith during these difficult times. You'll find the webpage

<https://www.sydneycatholic.org/coronavirus-updates/prayer-resources-for-the-coronavirus-pandemic/>

**The Catholic Weekly** available in a **digital form** making it available to everyone online at [www.catholicweekly.com.au](http://www.catholicweekly.com.au)

### **Caritas Australia Project Compassion Appeal**

Online donations are encouraged this year rather than handing in Project Compassion boxes directly to parishes. Please see the attached PDF on how you can donate to this appeal this year.

### **Virtual Pentecost Pilgrimage**

The Catholic Archdiocese of Sydney is an official sponsor of this virtual free pilgrimage which began on Sunday 26 April and will run for 6 weeks.

The pilgrimage is aimed at helping Catholics nurture their faith in the lead up to Pentecost while public Masses are suspended during the COVID-19 pandemic.

Each Wednesday and Sunday, formative videos from will be released for registered participants to engage online. Each set of videos will reflect on the Sunday readings of that week with a particular focus on the role of the Holy Spirit in our Church and world.

To register for this free online pilgrimage to Pentecost, simply go to [www.pentecostpilgrimage.com](http://www.pentecostpilgrimage.com) and enter your details to receive a link to the videos as they are released over the coming weeks.

### **Petition**

As the COVID-19 pandemic tightens its grip, people seeking protection and migrants in vulnerable situations have been left with no safety net. Our government has excluded them from all support packages, and we have seen the devastating effects on the community on a daily basis. Please join us by signing and sharing the Catholic petition to leave no one behind during the COVID-19 Pandemic: <https://www.change.org/nooneleftbehind>

### **Grief care events**

Attached are 4 new flyers for Grief Care events to be hosted over Zoom.

The attached flyers are for (via Zoom):

- **Parent seminar** - Supporting your child following the death of someone they love
- Seasons for Growth **seminar for Young people** - aged 18 - 30 (Understanding Change Loss and Grief)
- **COVID-19 specific seminar** (Understanding Change Loss and Grief)  
Seasons for Growth **small group** - we have a couple of people keen for this already and are ideally wanting 2 more in order for it to run well.

### **Hope Campaign**

St Martha's Parish Strathfield are promoting their Hope Campaign across the Archdiocese to encourage everyone to spread and carry Hope especially in these uncertain times. Attached is a flyer which outlines the Hope Initiative along with a link to the Catholic Weekly story about what we are trying to achieve <https://www.catholicweekly.com.au/even-in-lockdown-st-marthas-keeps-busy/>

**In these unprecedented times of social distancing we do not need to feel isolated and alone.** As the outbreak of COVID-19 impacts Australian communities, the focus is on protecting those who are vulnerable or at risk. Social distancing can create a sense of loneliness, particularly if we live by ourselves and are unable to get out for essential items. CatholicCare and the Parishes of the Sydney Archdiocese are here to support vulnerable people in our local communities during lockdown. We can connect local volunteers to people who need help with their shopping and errands or even just for a regular friendly chat over the phone. If you, or someone you know, could use a little help during this time, CCareline 13 18 19 can connect you with a local volunteer from your community. CCareline 13 18 19 is a free and confidential helpline for counselling, relationships, parenting, ageing, disabilities, addictions and mental health. CCareline is here to help. Call 13 18 19 Monday to Friday 8am to 6pm.

### **Jesuit Refugee Service Emergency Cash Appeal**

During COVID-19 many refugees and people seeking asylum living in Sydney need help to prevent them from becoming homeless or destitute. For many of these men women and children the Jesuit Refugee Service is their only safety net. To donate to the Jesuit Refugee Service Emergency Cash Appeal please call (02) 9356 3888 or email [jrsreception@jrs.org.au](mailto:jrsreception@jrs.org.au).

**LFO** Life, Family and Outreach (LFO) weekly bulletin – 4th Sunday in Easter 2020. There are many opportunities for us to deepen our faith and formation even while we are on virtual lockdown, and this bulletin contains some of those opportunities. (Attached at end of bulletin)

### **Update on the Impact of COVID-19 on People Seeking Asylum, Refugees and Migrants**

Jesuit Refugee Service Australia is running an online event on how COVID-19 is impacting people seeking asylum, refugees and migrants in vulnerable situations in our community. You will get to hear from JRS Australia staff who have been working on the front line and learn how you can make a difference during this crisis. This online zoom event is on Wednesday 6 May from 5:30-6:30pm.

RSVP here: <http://jrsevent.eventbrite.com.au/>

### **Urgent appeal**

Donations of personal hygiene products are urgently sought for Care Packages being put together for the thousands of seafarers trapped on ships coming into Sydney waters.

Chaplain to the Seafarers, Sr Mary Leahy, said donations of shampoo, body wash, toothpaste, deodorant, razors, knitted beanies and chocolates are desperately needed for the thousands of seamen currently stranded on ships on our waterfront due to the Coronavirus.

Sr Mary has spent the past 20 years helping those who earn a living on the seas and said she has never seen conditions so dire.

Parishes including St Andrew Malabar, St Charles Borromeo Ryde/Gladesville and Our Lady Star of the Sea Miranda have agreed to be drop-off points for the donations however if you would like to support the appeal and collect donations please contact journalist Debbie Cramsie at the Sydney Archdiocese on [debbie.cramsie@sydneycatholic.org](mailto:debbie.cramsie@sydneycatholic.org)



**Mark Malone J.P.**

Director

67B Brenan Street, Smithfield NSW 2164  
Ph: (02) 9727 0400 Fax: (02) 9727 0800 Mob: 0404 718 528  
[www.integrityfuneralsnsw.com.au](http://www.integrityfuneralsnsw.com.au)

## A MESSAGE FROM THE ARCHDIOCESE OF SYDNEY

ABUSE IS A CRIME. THE APPROPRIATE PEOPLE TO DEAL WITH A CRIME ARE THE POLICE. IF YOU – OR ANYONE YOU KNOW – HAVE BEEN ABUSED, PLEASE CONTACT THE POLICE. ALTERNATIVELY, YOU CAN CONTACT THE SAFEGUARDING AND MINISTERIAL INTEGRITY OFFICE AT (02) 9390 5810 OR [SAFEGUARDINGENQUIRIES@SYDNEYCATHOLIC.ORG](mailto:SAFEGUARDINGENQUIRIES@SYDNEYCATHOLIC.ORG).

YOU MAY ALSO WANT TO SPEAK TO YOUR PARISH PRIEST WHO WILL BE ABLE TO PROVIDE SUPPORT AND GUIDANCE. THE ARCHDIOCESE HAS A LEGAL OBLIGATION TO REPORT CRIMES TO THE POLICE.



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*Always With You*

### CATHOLIC Care Volunteer Program

The Archdiocese of Sydney is working alongside our social welfare agency Catholic Care to roll out a volunteer program to help the needy access groceries, cooked meals, medicines and other necessities at this difficult time. You are asked to nominate a volunteer coordinator (not your Parish Priest or parish secretary) and 5-10 people in your parish who are young and healthy enough to carry out these visits to the needy. Please provide their contact details to Laura Rahill at [laura.rahill@sydneycatholic.org](mailto:laura.rahill@sydneycatholic.org)

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### Advertising Space Available - Beginning New Financial Year

Quarterly (No Easter Ads): \$330 Half Year (26 Weeks)  
- No Easter Ads): \$550 Annually (No Easter Ads):  
\$990 10% discount for parishioners who are actively donating via the St Gertrude's Fund.

**Contact Parish Office - 9604 1199**

Tuesday — Friday 10am-2pm



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- No Easter Ads): \$550 Annually (No Easter Ads):  
\$990 10% discount for parishioners who are actively donating via the St Gertrude's Fund.

**Contact Parish Office - 9604 1199**

Tuesday — Friday 10am-2pm

*The Parish does not imply any endorsement for advertisements listed in this bulletin.*





# PROJECT COMPASSION

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## GO FURTHER TOGETHER

### **THANK YOU FOR SUPPORTING PROJECT COMPASSION 2020**

COVID-19 is affecting all of us. In these challenging times, your kindness and solidarity can make a world of difference to the lives of the most vulnerable. Your support is life saving.

### **DO YOU HAVE PC BOXES AND CASH TO HAND IN?**

We know that many of you may not be able to hand in your PC Boxes, or cash, to parishes or schools at this time.

Did you know that you can go online at "[lent.caritas.org.au](https://lent.caritas.org.au)" and securely donate with your credit card, or you can send a cheque to Caritas Australia, GPO Box 9830 Sydney NSW 2001.

Alternatively, if you require assistance with your PC Box or cash, please call our friendly team on 1800 024 413.





## ***St Martha's Parish Strathfield is encouraging everyone to Carry Hope***

The severe crisis that we are all experiencing during the Corona Virus pandemic is challenging us all on so many fronts – socially, financially, emotionally, mentally and for some physically.

With the closure of our Churches, along with many months ahead filled with so much uncertainty, St Martha's Parish Strathfield is undertaking various and alternative ways to interact with our parishioners and keep them connected to their faith. The Church is very much alive!

But with the predictions of what the impact of long term isolation, loneliness, financial stress and the decline in the mental health of our fellow Australians, St Martha's is widely circulating 5,000 of these small packages of HOPE so that they may bring some comfort and spiritual reassurance to those who are able to receive one.

This keepsake has been lovingly created to bring a small ray of HOPE to individuals, families, parishioners, the elderly locked down in their homes and aged care facilities, Health professionals, Care workers, those standing on Centrelink queues worried about their future, the homeless who do not have a home to protect them and so many more.

The primary goal of this initiative is to inspire everyone, regardless of their race, age, gender or denomination, to carry HOPE with them at all times. For this simple reason, at this most stressful time for everyone, we would appreciate your support in spreading the HOPE campaign far and wide.

Trophy Land was chosen to custom design and create the HOPE Keepsake for St Martha's Parish as they have been a long time supplier to the Archdiocese of Sydney. Ongoing purchases from other Diocese and/or individual parishes, no matter how big or small, would go a long way in assisting this small family business to keep afloat during these uncertain times.

The HOPE Keepsakes can be ordered directly from Trophy Land Sydney by contacting Frank Argiro on 0415 242 017 or by email [frank@trophyland.com.au](mailto:frank@trophyland.com.au)

The prayer card that accompanies the HOPE Keepsake was designed and printed by St Martha's Parish Office. It can be downloaded from our website homepage [www.stmarthas.org.au](http://www.stmarthas.org.au) as a Word doc for easy editing and adaptation. Alternatively, you would be most welcome to contact the parish office on 9746 6131 (option 2) should you require any further information or assistance.



*“Hope does not disappoint,  
it is not an illusion, it is a hope.  
Beside each other, in love and  
patience,  
we can prepare a better time in  
these days.”*

*Pope Francis (source CNA)*



## **LIFE, FAMILY AND OUTREACH BULLETIN**

### **4<sup>th</sup> Sunday in Easter 2020**



### **1. Theology of the Body Virtual Conference**

Hosted by Theology of the Body Institute, the TOB Virtual Conference on May 8-10 will feature 50+ of the most prominent speakers and artists who will share their "ache" and joy with you — showing how St John Paul II's Theology of the Body applies to everyday life, how it will transform your prayer life, how it can bring healing to the deepest wounds in yourself and with others, and how it will bring your Catholic faith alive in new and brilliant ways.

Register for the Free Virtual Conference here: <https://www.tobvirtualconference.com/>



### **2. Pulse Online Pro-Life Training**

What a wonderful opportunity to participate - for free - in some of the best Pro Life training available in this country! Register now and consider financially supporting the LifeChoice team in their culture changing work in universities across our nation.

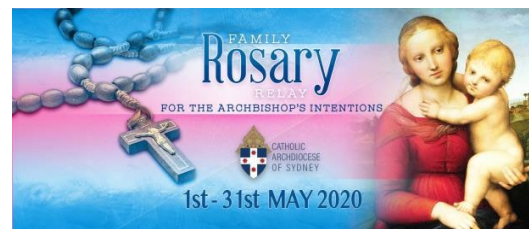


### **3. Family Rosary Relay**

From the 1st to the 31st of May, you are invited to participate in the Archbishop's Rosary Relay. Families are asked to nominate and pray one decade of the rosary on a day of their choice.

Please register using the link provided:

<https://forms.gle/PpzTDDR6BiwAGrFC6>



Enquiries: Life, Family & Outreach – [chris.dasilva@sydneycatholic.org](mailto:chris.dasilva@sydneycatholic.org)

# Supporting your child following the death of someone they love

Grief Care offers this seminar with the aim of building adults' capacity to support children and teens who have experienced the death or serious illness of someone close to them.

This 90 minute seminar will be conducted via Zoom.

—

Please express your interest by emailing [Leonied@catholiccemeteries.com.au](mailto:Leonied@catholiccemeteries.com.au) and we will arrange the time to suit those wishing to participate.



*We offer care,  
empathy and  
compassion to  
nurture all to  
live their grief*





# Young people's seminar

## Understanding Change, Loss and Grief

This seminar is an opportunity to explore and better understand:

- Our own grief reactions and those of others
- The effects of grief on our bodies, minds, emotions and behaviours
- How to take care of ourselves and others in grief.

This 1.5 hour seminar will be conducted via Zoom.

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Please express your interest by emailing [Leonied@catholiccemeteries.com.au](mailto:Leonied@catholiccemeteries.com.au) and we will arrange the time to suit those wishing to participate.



# Understanding change, loss and grief brought about by COVID-19

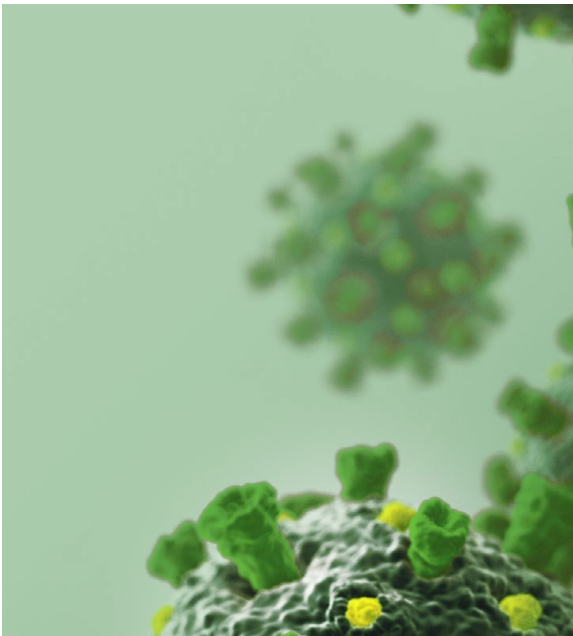
In this seminar we will explore the impact of the COVID-19 environment and the grief that it can cause.

- Job loss / isolation / physical distancing
- Restrictions on being with our sick and aged friends and family
- Restrictions on funerals

And how best to take care of ourselves and others who are suffering from these effects.

This 1.5 hour seminar will be conducted via Zoom.

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Please express your interest by emailing [Leonied@catholiccemeteries.com.au](mailto:Leonied@catholiccemeteries.com.au) and we will arrange the time to suit those wishing to participate.



*We offer care, empathy  
and compassion to nurture  
all to live their grief*



**Grief Care**

# Exploring the Seasons of Grief

This small group program is designed for people carrying grief to explore their grief and become more empowered. Previous participants have found it effective in helping them make a shift forward.

The commitment is to 4 weekly sessions of 2 hours each (potentially via Zoom).

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Please express your interest by emailing [Leonied@catholiccemeteries.com.au](mailto:Leonied@catholiccemeteries.com.au) and we will arrange the time to suit those wishing to participate.



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