

# 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 Strohmayer OSPPE

## St Theresa's Church

Corner The Boulevard & Stella Street  
FAIRFIELD WEST

### Sunday Masses:

Saturday Vigil 5pm (Vietnamese);  
7.30am & 9.00am; 11.2 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

## Fourth Sunday of Easter

3 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

Fr Pat McAuliffe, Domenica Ponzo, Francesco  
Bruzano, 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 Martin  
[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

It is with great sadness that we  
advise the passing away of  
Fr Patrick McAuliffe, former  
Parish Priest of Cabramatta  
May he R.I.P.

View Funeral and Burial  
<https://vimeo.com/412989215>  
24.10.1930 – 24.04.2020

## Fourth Sunday of Easter

**Entrance Antiphon** Cf. Ps 32:5-6

*The merciful love of the Lord fills the earth;  
by the word of the Lord the heavens were made,  
alleluia.*

**First Reading** Acts 2:14. 36-41

*A reading from the Acts of the Apostles*

On the day of Pentecost Peter stood up with the Eleven and addressed the crowd with a loud voice: 'The whole House of Israel can be certain that God has made this Jesus whom you crucified both Lord and Christ.'

Hearing this, they were cut to the heart and said to Peter and the apostles, 'What must we do, brothers?' 'You must repent,' Peter answered 'and every one of you must be baptised in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. The promise that was made is for you and your children, and for all those who are far away, for all those whom the Lord our God will call to himself.' He spoke to them for a long time using many arguments, and he urged them, 'Save yourselves from this perverse generation.' They were convinced by his arguments, and they accepted what he said and were baptised. That very day about three thousand were added to their number.

**Responsorial Psalm** Ps 22:1-6. R. v.1

**(R.) The Lord is my shepherd;  
there is nothing I shall want.**

1. The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit. (R.)
2. He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your  
staff;  
with these you give me comfort. (R.)
3. You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. (R.)
4. Surely goodness and kindness shall follow  
me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever. (R.)

**Second Reading** 1 Pt 2:20-25

*A reading from the first letter of St Peter*

The merit, in the sight of God, is in bearing punishment patiently when you are punished after doing your duty.

This, in fact, is what you were called to do, because Christ suffered for you and left an example for you to follow the way he took. He had not done anything wrong, and there had been no perjury in his mouth. He was insulted and did not retaliate with insults; when he was tortured he made no threats but he put his trust in the righteous judge. He was bearing our faults in his own body on the cross, so that we might die to our faults and live for holiness; through his wounds you have been healed. You had gone astray like sheep but now you have come back to the shepherd and guardian of your souls.

**Gospel Acclamation** Jn 10:14

*Alleluia, alleluia!*

I am the good shepherd, says the Lord;  
I know my sheep, and mine know me.

*Alleluia!*

**Gospel** Jn 10:1-10

*A reading from the holy Gospel according to John*

Jesus said: 'I tell you most solemnly, anyone who does not enter the sheepfold through the gate, but gets in some other way is a thief and a brigand. The one who enters through the gate is the shepherd of the flock; the gatekeeper lets him in, the sheep hear his voice, one by one he calls his own sheep and leads them out. When he has brought out his flock, he goes ahead of them, and the sheep follow because they know his voice. They never follow a stranger but run away from him: they do not recognise the voice of strangers.'

Jesus told them this parable but they failed to understand what he meant by telling it to them.

So Jesus spoke to them again:

'I tell you most solemnly,  
I am the gate of the sheepfold.  
All others who have come  
are thieves and brigands;  
but the sheep took no notice of them.  
I am the gate.  
Anyone who enters through me will be safe:  
he will go freely in and out  
and be sure of finding pasture.  
The thief comes  
only to steal and kill and destroy.  
I have come  
so that they may have life  
and have it to the full.'



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### **Communion Antiphon**

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*The Good Shepherd has risen,  
who laid down his life for his sheep  
and willingly died for his flock, alleluia*

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*Dear Parishioners*

*Christ is Risen Alleluia, Alleluia*

*He is truly Risen! Alleluia! Alleluia!*

*This year amid the global COVID-19 Pandemic, we have seen our Sacred Triduum celebrated in a different way. From Pope Francis in Rome, to St. Mary's Cathedral in Sydney, to our own Parish, the pews remained empty as we walked with Christ and his disciples from the Upper Room, to the Garden of Gethsemane, to the Golgotha. But today that emptiness has a new meaning. We are not looking at empty pews and closed churches, but rather we stand in awe of an open and empty tomb! It is this sight, amid tragedy and anxiety, which gives us the courage and the unity to sing from the innermost place of our soul, "Alleluia! He is Risen!" That empty tomb gives us the promise that God does not abandon his people, that God has not fallen deaf to our pleading, that God promises us life and hope. It is this same life and hope that Christ brings to us this Easter Sunday. Today as you celebrate the Resurrection of Jesus, remember that it is Christ's body, broken and raised, that unites us all. As St. Paul writes in his Letter to the Romans, "Nothing will be able to separate us from the love of God in Christ Jesus our Lord." (Rom.8: 38). May the Blessings of this Easter Season be poured with abundance upon you and your loved ones and give you the strength you need in these unusual and uncertain times. Happy Easter and God Bless! Alleluia!*

*Fr Jarek, Fr Wojtek and Fr Peter James*





### **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 next six 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

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**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.

**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)

**Patrician Brothers' College Fairfield has extended the due date for Enrolment applications for 2021 and 2022.**

**The new closing date is now May 1st 2020.**

**Starting Term 2, the College's Office hours are 8am - 3pm.**

**Please contact the Enrolment officer on 9728 4488 ext 1011 for any inquiries.**

**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**

*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.

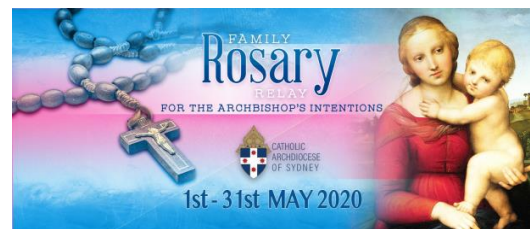


## 3. Family Rosary Relay

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**

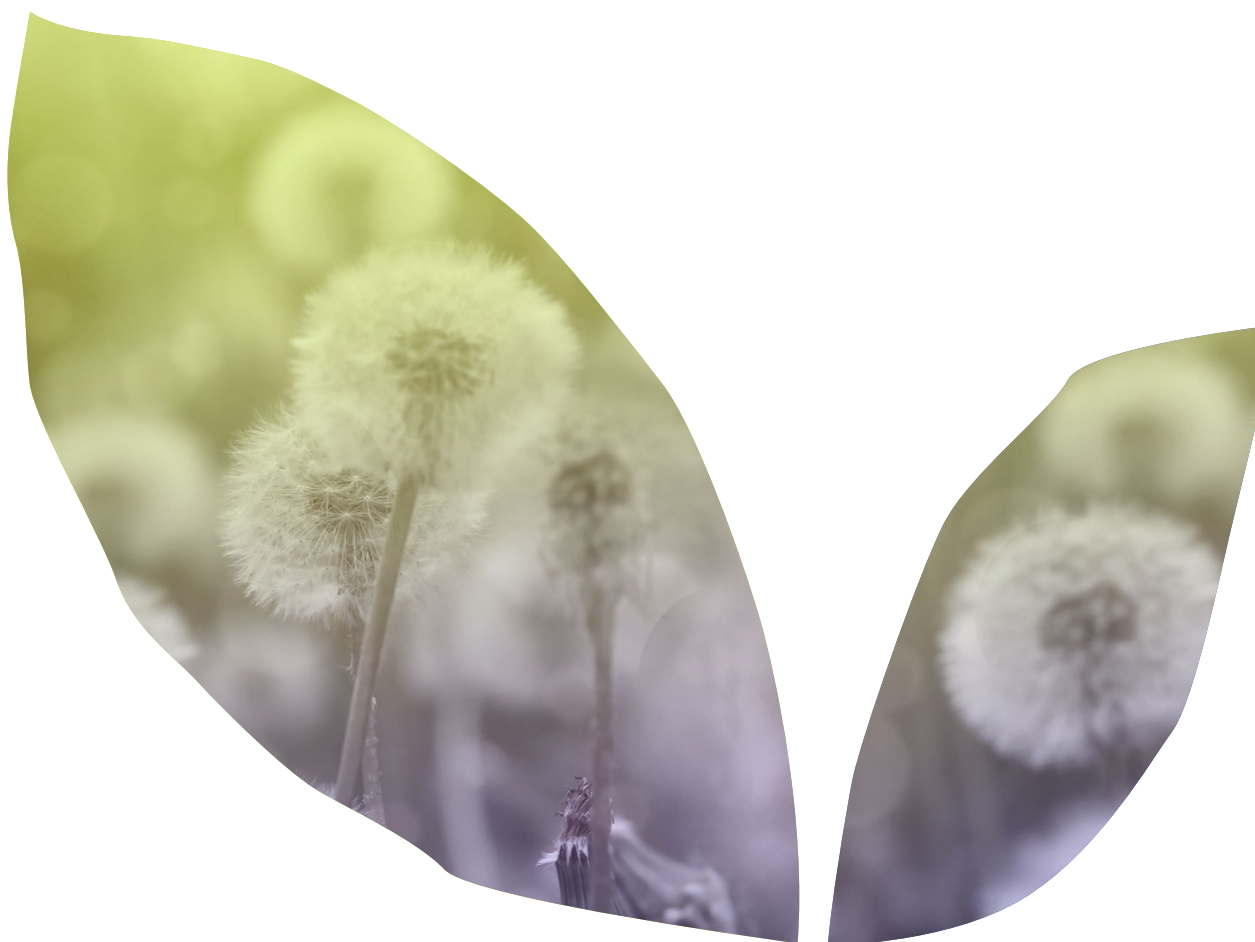
# Exploring the Seasons of Grief

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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