

# ST. ANNE'S STRATHFIELD SOUTH PARISH

Twenty-Second Sunday in Ordinary Time/Social Justice Sunday

28 & 29 August 2021

## READINGS:

Deuteronomy: 4: 1 – 2, 6 – 8  
James: 1: 17 – 18, 21 – 22, 27  
Mark: 7: 1 – 8, 14 -15, 21 – 23

## ACKNOWLEDGMENT OF COUNTRY

We acknowledge and celebrate that this land is of the Wangal people of the Darug nation on which we are gathered. We commit ourselves to work together for reconciliation, justice and peace.



Responsorial Psalm: The just will live in the presence of the Lord .

Gospel Acclamation: Alleluia! Alleluia! The Father gave us birth by his message of truth, that we might be as the first fruit of his creation. Alleluia!

Eucharistic Acclamation: Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.



Many thanks to those who sent greetings marking my anniversary of ordination. I am very grateful. I recall that during my time in the seminary, priests would gather annually to be honoured on the anniversary of their ordination. It was usually a great day. Lunch was always special. One priest representing his colleagues would address us seminarians. Many would use sayings such as 'Keep the rule and the rule will keep you;' and 'Take a day at a time and soon you will find yourselves ordained'. We, young scholars of the day, would debate the veracity of such sayings. Now looking at it from the perspective of one who is celebrating, one can see that the truth is varied. I am not conscious of the passage of time but have led an extraordinary life, presented with unanticipated opportunities that priestly ordination brings. With hindsight and wisdom of life experience, there have been failures and shortcomings along the way and even given the similar circumstances, perhaps I would not react the same way. (Many of you would understand this from your own life experience!) However and overall, I know the presence of God within and through me. Each of us are called to do the best we can. We all share this vocation knowing that our loving Father cares for each of us and our families.

May the compassionate Father continue to carry you gently through the week.

*Mgr Greg*

Please  
Pray  
for...



### FOR OUR DEAD

Holy Souls, especially, Elizabeth Skruzy, John Ryan, Honorio Mercene, Nicola Di Nola, Yuster Samamba, Fr Francis O'Shea CSsR and Dino Pretelli.

### FOR OUR SICK

especially Mary and Peter Simon.



Should you have any prayer requests that you would like our families of families to pray for, please send them to the Parish Office on: [stannesstrathfieldsouth@outlook.com](mailto:stannesstrathfieldsouth@outlook.com)

### ST ANNE'S WEBSITE IS:

<https://www.stannestrathfieldsouth.org.au/>

Many thanks to Emily Giles who is our web guru

A very warm welcome to all who are visiting our family of families of St Anne's. It is good to have you with us.

We are striving to offer you resources via the bulletin to assist you in spending some time in prayer as a family. If any of you want a special intention, please let us know so that it can be published. If you have any questions or would like to know more about our family of families, please contact Mgr Greg. We welcome your suggestions and enquires, including feedback about the bulletin. Please send them via [stannesstrathfieldsouth.@outlook.com](mailto:stannesstrathfieldsouth.@outlook.com).

If you find this bulletin helpful and / or enjoyable please pass it on to others. Additionally if you have not received it from us directly, please contact us via the email above and your email address will be added to our bulletin contact list.

Please keep well and follow the current directions as best as you can; always try to be gentle on yourself and others. Try to keep an eye on each other and your neighbours especially the elderly and vulnerable.

WELCOME  
to our  
PARISH



St. Anne's Strathfield South Parish

Parish Priest: Mgr Greg Flynn

11 St Anne's Square

Strathfield South NSW 2136

Email: [stannesstrathfieldsouth@outlook.com](mailto:stannesstrathfieldsouth@outlook.com)

Website: <https://www.stannestrathfieldsouth.org.au/>



St. Anne's Catholic Primary School

Principal: Mr Mark McKeown

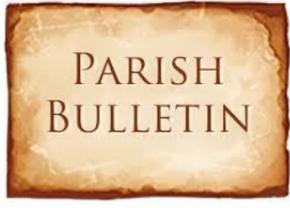
St Anne's Square

Strathfield South NSW 2136

Phone: (02) 9642 6149

Fax: (02) 9742 6250

Website: <https://www.stastrathfield.catholic.edu.au/>



If you know of anyone who is not receiving the bulletin and would like to, encourage them to contact the Parish Office on [stannesstrathfield@outlook.com](mailto:stannesstrathfield@outlook.com) with their email address and they will be included in our list for the following week.  
The bulletin should arrive each Saturday from around mid to late afternoon. If it does not please contact us and we will resend it to you.

### LOCKDOWN RESPONSE

Due the lockdown, as long as it runs, it has been decided to include in our weekly bulletin and website, the homily and universal prayers and the slides for the weekend Mass.

Remember that Mgr Greg will celebrate Mass as often as possible and will include your intentions, health of you all and your safety.

Finally, please remember the more times we insert into our browsers the address of our parish website, the easier it becomes to access it: <https://www.stannestrathfieldsouth.org.au/>

### COVID-19 UPDATE

All churches across greater Sydney are closed until at least end of September under a NSW Government lockdown aimed at containing the spread of COVID-19. Funerals may proceed at this time, with a maximum of 10 people in the congregation.

More information is available on the Archdiocesan website here, including rules parishes must observe around singing at livestreamed Masses:

[www.sydneycatholic.org/coronavirus-frequently-asked-questions/](http://www.sydneycatholic.org/coronavirus-frequently-asked-questions/).

### STRICTER LOCKDOWN:

Most of us are following the requirements consciously. Many of us have noticed periodically some who are apparently not doing so, egged on by stories in the media about some who have allegedly misbehaved. This may make us angry. This is not helpful particularly to us and to our families, especially our mental health. Let us make a pact with ourselves that only ones we really have to worry about is ourselves and our children. If we all do this, then we will get through this together. So well done and keep up the good work!

### NATIONAL DAY OF PRAYER FOR THE COVID-19 CRISIS

The National Council of Churches in Australia is leading a prayer for our nation this Sunday, where alongside fellow Christians, we can all unite in a prayer for an end to the COVID-19 crisis. Archbishop Anthony Fisher OP is inviting you to join with him in a prayer during the 10:30am Solemn Mass at St Mary's Cathedral, livestreamed on the cathedral's You Tube channel. The theme for the event is 'Lord Have Mercy', recognising the tremendous impact this crisis is having on our nation.

### COVID-19

QR codes are now compulsory for churches to ensure there is a record kept for all attendees. However in cases where you have parishioners unable to use a QR code, the parish must keep an electronic record of that person's name and contact details.

All are encouraged to download Services NSW App to your phone prior to coming to the church. When the download completed, scroll down to Tools and you will find the COVID app. Prior to entering the church, please do the following:

1. Open the app at the appropriate page.
2. Place your phone over the QR sign. A page will open with all your details.
3. Sanitised your hands (take a mask if necessary) and you are welcome to contribute to the collections
4. Show your open app to the person who is marking off names.
5. Go to your seat and ensure your phone is in silent mode.

**PLEASE REMEMBER AFTER MASS:** Open the app and scroll to Tools, tap on COVID and then on last place visited; tick the circle to log off. Otherwise, you will be marked as being in the church until you follow this procedure.



### QR CODE

for St Anne's Catholic Church,  
Strathfield South

Don't forget to Check Out afterwards.





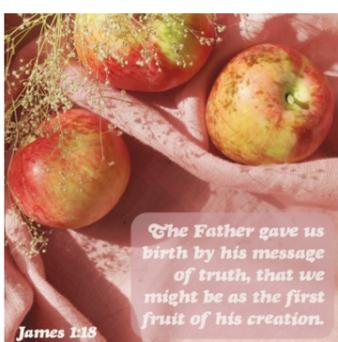
Once upon a time it was a familiar catechism question. Is it a sin to miss Mass on Sunday? It's illuminating to turn the question on its head. Is it a sin to go to Mass on Sunday? This may seem a strange question but it's worth pondering. Some of today's readings suggest the answer could be yes.

Jesus quotes the prophet Isaiah to condemn worship that is just outward observance, worship that doesn't arise from true hearts. And the author of the letter of James defines pure religion not in terms of churchgoing but as "coming to the help of orphans and widows".

This is the constant danger that practising Christians face, the risk that the rituals of worship will substitute for living out the demands of the gospel for justice and mercy. The marriage of liturgy and justice is always in peril. Worship that does not fire our passion for justice is counterfeit; work for justice that does not impel us to the common table of word and sacrament may end in burnout

*Source: Liturgy Brisbane*

### **TRUE RELIGION IS OF THE SPIRIT – NOT MERELY A MATTER OF OUTWARD OBSERVANCE**



*The Father gave us birth by his message of truth, that we might be as the first fruit of his creation.*

James 1:18

Outward observance without conversion of heart is useless and, at its worst, simply hypocrisy. On the other hand, the spiritual heart will show itself in outward observance; for our Lord, who told us that the Father looks for those who worship in spirit and in truth, also said, 'If you love me, keep my commandments . . . do good . . . fast . . . pray . . . give alms.'

We need, then, to review often our lives to see that there is a genuine harmony between our inmost heart and our visible manner of acting. And so, Lord Jesus, with the psalmist I pray, 'Create a clean heart in me; and make upright the spirit that is within me' – so that nothing that is evil may come from me and that nothing I do will be mere pretence.

If, as St James says, faith without works is dead, so, too, are works without faith dead things; they are lip-service and not a turning of the heart towards the Lord. Humanity is capable of so much that is good as well as much that is dreadful. The difference lies in whether we enthrone Christ in our hearts and live by his law or enthrone self and live by self-will.

*Source: pray.com.au*

### **PENITENTIAL RITE**

Lord Jesus you call us into community where we love, work, support and heal one another. **Lord have mercy.**

Lord Jesus you call us into community with all your people everywhere where we bring hope, justice, truth, and freedom to the stranger. **Christ have mercy.**

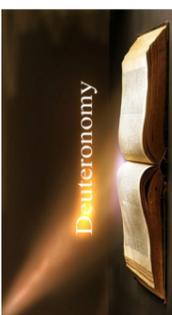
Lord Jesus you call us into community with the whole of creation where we try to cherish, nurture and renew the earth. **Lord have mercy.**

### **COLLECT**

Father of light, giver of every good and perfect gift, bring to fruition the word of truth sown in our hearts by your Son, that we may rightly understand your commandments, live your law of love, and so offer you proper and undefiled worship.

Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. **Amen**

### **First Reading - Deuteronomy 4: 1 - 2, 6 - 8 - a reading from the book of the Deuteronomy**



Moses said to the people: 'Now, Israel, take notice of the laws and customs that I teach you today, and observe them, that you may have life and may enter and take possession of the land that the Lord the God of your fathers is giving you. You must add nothing to what I command you, and take nothing from it, but keep the commandments of the Lord your God just as I lay them down for you. Keep them, observe them, and they will demonstrate to the peoples your wisdom and understanding. When they come to know of all these laws they will exclaim, "No other people is as wise and prudent as this great nation." And indeed, what great nation is there that has its gods so near as the Lord our God that has laws and customs to match this whole Law that I put before you today?'

### **Responsorial Psalm - Ps 14: 2 - 5**

**(R.) The just will live in the presence of the Lord,**

1. Lord, who shall dwell on your holy mountain? He who walks without fault; he who acts with justice and speaks the truth from his heart **(R)**

**Responsorial Psalm - Ps 14: 2 - 5**

**(R.) The just will live in the presence of the Lord,**

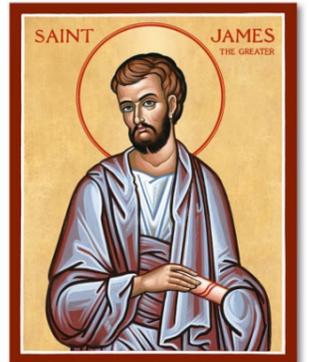
2. He who does no wrong to his brother, who casts no slur on his neighbour, who holds the godless in disdain, but honours those who fear the Lord. **(R)**
3. He who keeps his pledge, come what may; who takes no interest on a loan and accepts no bribes against the innocent. Such a man will stand firm for ever **(R)**

**Second Reading - St James 1: 17 - 18, 21 - 22, 27 - a reading from the letter of St James**

It is all that is good, everything that is perfect, which is given us from above; it comes down from the Father of all light; with him there is no such thing as alteration, no shadow of a change. By his own choice he made us his children by the message of the truth so that we should be a sort of first-fruits of all that he had created.

Accept and submit to the word which has been planted in you and can save your souls. But you must do what the word tells you, and not just listen to it and deceive yourselves.

Pure, unspoil religion, in the eyes of God our Father is this: coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world.



**Gospel - Mark 7: 1 - 8, 14 - 15, 21 - 23 - The reading from the Holy Gospel according to Mark**

The Pharisees and some of the scribes who had come from Jerusalem gathered round Jesus, and they noticed that some of his disciples were eating with unclean hands, that is, without washing them. For the Pharisees, and the Jews in general, follow the tradition of the elders and never eat without washing their arms as far as the elbow; and on returning from the market place they never eat without first sprinkling themselves. There are also many other observances which have been handed down to them concerning the washing of cups and pots and bronze dishes. So these Pharisees and scribes asked him, 'Why do your disciples not respect the tradition of the elders but eat their food with unclean hands?' He answered, 'It was of you hypocrites that Isaiah so rightly prophesied in this passage of scripture:

*This people honours me only with lip-service,  
while their hearts are far from me.  
The worship they offer me is worthless,  
the doctrines they teach are only human regulations.  
You put aside the commandment of God  
to cling to human traditions.'*

He called the people to him again and said, 'Listen to me, all of you, and understand. Nothing that goes into a man from outside can make him unclean; it is the things that come out of a man that make him unclean. For it is from within, from men's hearts, that evil intentions emerge: fornication, theft, murder, adultery, avarice, malice, deceit, indecency, envy, slander, pride, folly. All these things come from within and make a man unclean.'

**HOMILY**

At the time of Jesus, the Torah had evolved into two branches. The Book of Deuteronomy only was considered to be the prime source from the time of Moses at Mount Sinai. Later rabbis attributed all of the first five books known as the Pentateuch – thus becoming the first branch. The second arose out of the teachings down of the rabbis discerning how the law could be lived out in daily life – 'in the tradition of the elders' as Jesus said.

Our first reading is from Deuteronomy telling us of Moses teaching his freed people about the law. It seems it was a second giving of the law and is associated with entering the promised land, (with all its temptations of other gods and less strict laws), and the instruction to be faithful to the law is understood to be the beginning of wisdom and the recognition that Israel would be considered a great nation because of this fidelity. Their God is different from all other gods, especially of the Greco-Roman tradition. As their gods were capricious, renowned for only caring about themselves and very little for their people. Here the God of the Jews was faithful to his promises and near to his people. His people had to remain faithful so Moses' teaching not to modify the law. This is an inadequate translation because 'torah' is more than simply the 'law'. It was understood to be the target for how the Jews are to lead their lives so that they can be faithful to God. The response to Psalm 44 takes up this thought: 'The just live in the presence of the Lord'.

In today's gospel reading from Mark, it is apparent that the enthusiasm of the Galilean crowds contrasts strongly with the hostility of the religious (Jerusalem) leaders. Another consideration is by the time of Jesus, the law of Moses was virtually smothered by a plethora of minutiae in the interpretation and application of the torah. Jesus acknowledges this firstly to the contingent from Jerusalem but goes further by accusing them of failing to do anything about it, implying that they were complicit. He demonstrates the irrelevance of the elaborate handwashing rituals. He showed that this rigid adherence to what all considered to be the traditional law can actually lead to disobedience to the law as it was meant by God. Then, something even more startling – food can not lead to defilement. Defilement can only come from one's heart (the very depth of a person, the seat of the soul).

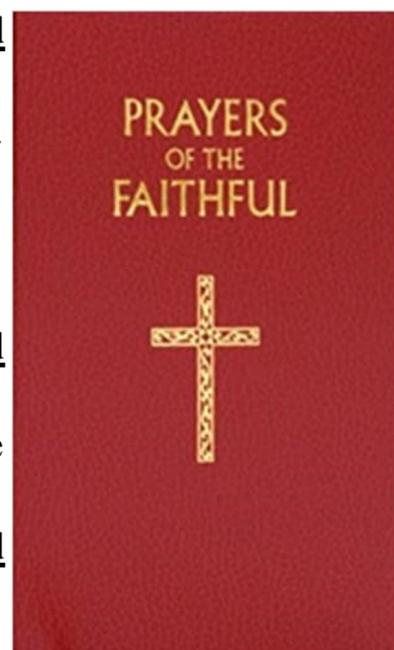
## HOMILY (continued)

This is shattering new doctrine. Jesus teaches every outward act of sin is preceded by an inward act of the heart – a choice. ‘Covetous deeds’ comes two Greek words meaning to have more. The saying of ‘shop til you drop’ is a similar concept. Having called the crowds back to him, Jesus teaches that is it not simply a desire for money and goods, it includes a desire for power. It is the lust which is never satisfied no matter how hard one tries. Scripture reminds us that ‘where your heart is, so is your treasure’. Jesus reminds us not only to search whether we obey the law but to search our hearts whether our relationship with him is at rights. Jesus was prepared to step outside the laws of ritual purity. He was prepared to suffer the social embarrassment, the personal indignity, of the public scorn of being considered ritually impure. He was placing himself with the poor. His is the act of a prophet, a teacher.

In many circumstances we are called to go against the accepted norms and mores of our society if we are to remain faithful to our God and Father. Being faithful to our convictions is never easy. Yet we have the teaching and presence of Jesus being with us always. We are not called necessarily to ‘shove these convictions down other people’s throats’ but to live quietly and with peace with our God and one another.

God our Father, we show our faith through our actions. May our intercessions that we bring before you strengthen our faith and be for the good of the world.

- ⇒ For the Church, may we truly understand we are all equal before the Father. **Lord hear us.**
- ⇒ For the suffering, may we never blame the destitute, aged, the lonely and the poor. **Lord hear us.**
- ⇒ For our families, may their efforts of peace and love be blessed. **Lord hear us.**
- ⇒ For those with disabilities, may we never be a source of discrimination. **Lord hear us.**
- ⇒ For those undertaking important examinations, may their efforts console them. **Lord hear us.**
- ⇒ For all in our sacramental programme, may they and their families recognise the Father in their midst. **Lord hear us.**
- ⇒ For our sick and dead, especially those for whom we have been asked to pray. **Lord hear us.**
- ⇒ For the prayers of our hearts LONGER PAUSE **Lord hear us.**



Merciful Father hear the prayers of your people honouring you with their lives through faithful service rather than with their lips. We ask this through Jesus Christ our brother and Lord. **AMEN.**

### MASS ON DEMAND



We hope that you enjoy this service, and tell your friends, families, and colleagues about it and invite them to join the community of St Anne’s Parish as we worship.

Click [HERE](#) for Mass on Demand.

### CONTRIBUTIONS / COLLECTIONS:

Those who make their contribution via credit card, should they wish to change their details, please contact Janelle via email:

[stannesstrathfield@outlook.com](mailto:stannesstrathfield@outlook.com)



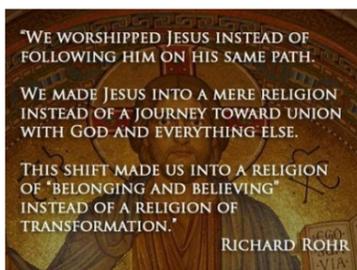
### LIVESTREAMED MASSES

The Archdiocese of Sydney has set up a dedicated webpage with details on livestreamed Masses to help the faithful during the current lockdown and beyond, at this address:

: [www.sydneycatholic.org/live-masses](http://www.sydneycatholic.org/live-masses).

If you would like to add your parish details onto this site, please contact Michael Kenny via email:

[michael.kenny@sydneycatholic.org](mailto:michael.kenny@sydneycatholic.org).



We, as individuals, are fast losing our reputation for honest dealing. Our nation is losing its character. The loss of a firm national character, or the degradation of a nation's honour, is the inevitable prelude to her destruction.

**William Wells Brown**



### FINAL EXAMINATIONS

It is close to the time of the year when final examinations (exams) take place. As exams conclude most classes, it is fitting that we give the place of honour to St. Joseph of Cupertino, patron of exams (especially the most difficult ones). St. Joseph was a simple and holy man of prayer who really struggled with studies. He passed the exams for ordination because at the examination, through the grace of God, he was asked the one question that he knew! He is also the patron saint of air pilots, paratroopers, and air travellers.

All you holy women and men of God, teachers of the faithful, pray for us.  
St. Joseph of Cupertino, pray for us.

### HUMANITARIAN CRISES UNFOLDING IN AFGHANISTAN AND LEBANON

As the situations in **Afghanistan** and **Lebanon** deteriorate, you can help to support families caught up in the crises.

- In **Afghanistan**, people have been forced from their homes, with half of the population in urgent need of food, water, shelter and protection.
- In **Lebanon**, the country is running out of power, water, fuel, medicine and food. Even hospitals are facing massive fuel shortages and will soon have to turn off the lights.



**Please donate to Caritas Australia so that we are able to respond to crises like these and others across the world.**

Visit [caritas.org.au/lebanon](http://caritas.org.au/lebanon) or [www.caritas.org.au/afghanistan](http://www.caritas.org.au/afghanistan) or call 1800 024 413 toll free to provide much needed support.

### ST VINCENT DE PAUL- SUPPORT FOR THE DISADVANTAGED IN LOCKDOWN

St Vincent De Paul volunteers have recently distributed 900 snack packs, 250 self-care packs and 130 hampers through a range of services including Redfern Youth Connect, Parramatta Mission Meals Plus and local support hubs. Find out more and what support is available [here](#)

### 3 TO 8 DAY INDIVIDUALLY GUIDED RETREAT - ONLINE

Is God inviting you to 'Come away and rest a while'? These 'at home' retreats offer you spacious time to pray and reflect on your life and to ponder with God on what is slowly emerging. If these dates don't suit, just let us know what you would like, and one of our directors will be able to accompany you. Skype, Zoom, FaceTime or telephone, whatever works best for you.



**Monday 6th – 13th Sept 2021**  
**Monday 11th – 18th Oct 2021**  
**Monday 22nd – 29th Nov 2021**

[More info and bookings](#)

### CONTACT US ON 1300 EXAMEN (1300 392 636)

This number will be answered between 9am and 12noon on weekdays during Sydney's lockdown period. To contact us outside these hours, please email [info@jisa.org.au](mailto:info@jisa.org.au) and we will respond promptly.

### EVENING WITH MARY – BIRTHDAY OF THE BLESSED VIRGIN

*"She is the flower of the field from whom bloomed the precious lily of the valley." [St Augustine]*

On the Birthday of the Blessed Virgin Mary, join Sydney Catholic Youth and Life, Marriage and Family Office for an evening with Mary to pray the Rosary together on Zoom. Reflections will be lead by Fr Noel Custodio.

**Date:** Wednesday, 8 September      **Time:** 7:00 pm - 7:30 pm      [Register here](#) in advance for this meeting.

### [AUGUST 29, 2021 SOCIAL JUSTICE SUNDAY.](#)

The 2021 Social Justice Statement [Cry of the Earth, Cry of the Poor](#) is available for download. The Statement is an invitation to join together and take up Pope Francis' invitation to a seven-year journey towards total ecological sustainability, guided by seven Laudato Si' Goals. These Goals are: response to the cry of the earth; response to the cry of the poor; ecological economics; sustainable lifestyles; ecological spirituality; ecological education; and community engagement and participatory action. The Statement especially encourages all to listen to the First Nations and reflect on the theological foundations offered in *Cry of the Earth, Cry of the Poor*.

[Download statement](#)

***How can we expect there to be fire in the pews, if there is ice in the pulpit?***  
(Overheard at a workshop)

## **10 TIPS TO MANAGE LOCKDOWN FATIGUE**

BRENDAN BYRNE

**BRENDAN IS A MAJELLAN STAFF MEMBER AND A  
MELBOURNE BASED WRITER**



Many people are missing their old way of life and are frustrated with restrictions and the unpredictability of lockdown. It's common to feel tired and unmotivated when your usual schedule is disrupted, so it's important to create a routine that nurtures your mental health. Here are 10 tips to improve your daily life!

### **1. Breathe deeply and exercise**

Tiredness and a lack of motivation are two common feelings during lockdown. Exercise is often the last thing people feel like doing. The following strategies can help motivate you to become more active:

- ⇒ Focus on deep breathing – Shallow breathing can contribute to anxiety and lethargy. Breathing from the diaphragm improves mood, and our physical threshold, creating a solid foundation to build an exercise routine.
- ⇒ Make a plan – Start slowly and build up gradually; if you haven't been exercising, start with a 10-15 minute walk each morning, and gradually increase this to 30 minutes per day.
- ⇒ Exercise with friends – Reaching out to friends is a great way to stay connected and assist another person in improving their physical health.

### **2. Get dressed – clean your space tidy your room**

There is no getting around the fact that lockdowns are a struggle, and resilience is required to maintain the daily schedule. Cleaning your room and getting dressed unclutters the mind, maintains a sense of dignity in your space and appearance, and supports a routine that can sustain a healthy lifestyle in lockdown. If these duties begin to feel too tedious, this could be a signal that you are feeling overwhelmed and should perhaps reach out for professional support.

### **3. Start a new project**

Starting a new project can help us to remain positive while in lockdown. While you don't need to take on a major home renovation, start with a simple project. This could be a new puzzle, reading a book, enrolling in an online class, or cooking a few new recipes each week. Share your successes and failures with friends and family.

### **4. Consume less news**

It's important to stay informed, especially when rapidly changing rules can dramatically affect our daily lives. However, prolonged exposure to negative stories can release stress hormones like adrenaline and cortisol. Physical symptoms like fatigue, anxiety, insomnia and depression can result from habitual overconsumption of news. So, how can we effectively manage our news consumption?

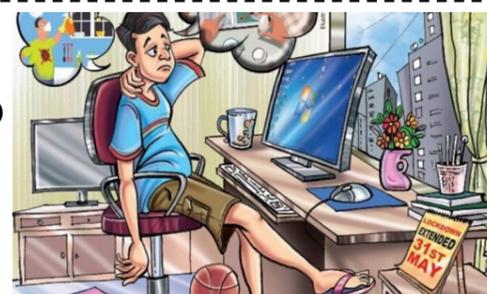
The first step is to observe how the news is affecting your mood. This can be done by taking note of your mental state before and after watching a program or reading articles on websites. If you are more agitated, make a few small changes.

- ⇒ Schedule a block of time to watch the news and don't watch other news outside this period.
- ⇒ After watching a news program, exercise! Raising your heart rate through fitness rather than worry is a great way to relieve the symptoms of anxiety and to lift your mood.
- ⇒ If you are feeling overwhelmed even during a scheduled news session, it is preferable to talk to a friend or family member and ask them for a summary of the news.

## **10 TIPS TO MANAGE LOCKDOWN FATIGUE**

BRENDAN BYRNE

**BRENDAN IS A MAJELLAN STAFF MEMBER AND A MELBOURNE BASED WRITER**



### **5. Add structure to video calls**

Video calls have been a useful way of staying connected, but most will have experienced a call that has felt ‘crowded’, especially when there are numerous participants. It is difficult to know when to speak and we often end up talking over one another. It can be disheartening which can add to stress and isolation. Creating a set of questions in which every person is given time to share experiences can help. It might seem unnatural, but it is important to remember that unlike a dinner party, a video chat is not a natural setting, and shouldn’t be treated as such. Topics for discussion can be as simple as the best and worst things that happened that day, and whether anyone felt God in their lives. If an individual’s low moments seem to outweigh the good, it may be a sign that he/she needs support.

### **6. Pray and meditate**

Researchers have found over a third of Australians are praying more during lockdown. For those who would like to pray more, some ways to enrich your prayer life include:

- ⇒ Reflect on the Readings from a Sunday Missal, your parish website and then use the Sunday Reflections from the [Majellan media website](#) – make it a short liturgy of the word. Make up your own prayers of the Faithful – conclude with the Our Father and maybe other favourite prayers.
- ⇒ Bread4today is a free app produced by the Redemptorists that offers a daily prayer or verse that can be downloaded on Apple, Android and Windows.

### **7. Travel (in spirit)**

While we may not be able to get on a plane and hop around the globe, there is nothing stopping us from travelling (in spirit) within the confines of our own homes. Choose a country that you would like to visit and then dedicate an evening to cooking the cuisine, preparing drinks, and playing music from that country..

### **8. Create memories**

During lockdown it is easy to fall into a dour mindset of endurance and survival. Why not focus on something more meaningful, like growing closer to your loved ones and creating long-term memories that can be cherished?. In ‘Man’s Search for Meaning’, Viktor Frankl had a similar insight as a prisoner in a Nazi concentration camp. His outlook was tragically optimistic – no matter what terrible injustice was done to him. For Frankl, finding small moments of beauty, and being kind and generous to others preserved his sense of meaning and gratitude, even in the most despairing situation.

### **9. Explore support options**

Many people are struggling with no regular income, but financial help is available: If you are stressed and in need of financial assistance, these links may be relevant!

- ⇒ [Services Australia](#): COVID-19 disaster payment
- ⇒ [Services Australia](#): Pandemic leave disaster payment
- ⇒ [Connecting communities](#): Local services that provide grants, accommodation, help with bills and food.

### **10. Seek professional advice**

It’s okay to ask for help. If you’re feeling overwhelmed by anxiety, seek professional support. Psychological therapies can be done online, or remotely, via phone or videoconferencing. They are an excellent option if you’re self-isolating, or worried about attending a clinic in person. Importantly, be assured that for most people, the anxiety will be temporary, especially once this current virus crisis has been contained.

# Jamberoo Abbey

## Online Retreat a retreat about Hope

Van Gogh - Tower in the fields

Meet us in the Middle

### ABOUT

This retreat is based on Charles Peguy's Little Girl Hope from the book: "The Portal of the Mystery of Hope".\* Hope is both a virtue and a mystery. It is desirable yet elusive. Many dismiss it, misunderstand it, shrug it off and turn their backs on it, extolling faith and charity instead. Whilst faith and charity are absolutely critical in these times of uncertainty and fear in society, there is now a need for hope as never before since World War II.

### DATE

Retreat begins Sunday, September 5, 2021.  
All videos and texts will be available on our website for as long as you need access.

### DETAILS

There are 6 conferences with two being uploaded each week. There are also questions for reflection. Take your time as there is no need to complete the two conferences within the one week.

### COST

The cost of the retreat is \$250  
Pensioners can apply for a reduced price- see website for details

### CONTACT

Register online at:  
[jamberooabbey.org.au/retreats/online-retreats](http://jamberooabbey.org.au/retreats/online-retreats)

\* "The Portal of the Mystery of Hope"  
William B Eerdmans Publishing Co. Michigan USA