



St Nicholas of Myra Catholic Parish

HOLY WEEK (YEAR A)

12 April 2020



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Dear Friends in Christ,

We are all being put to the test. The Covid-19 Pandemic puts us in a situation that we have never experienced. It's dramatic and the global difficulty we experience in our lives and all our plans in life are getting stuck day by day. The ambiguity of this threat calls into question aspects of our own way of life that we have taken for granted. Every day we hear new stories and insights on how to survive the disease with the most important one, isolation. As we learn to live isolated from one another, we quickly realise how essential life with one another is. This Pandemic reminds people who think that life depends solely on them selves, that this is not the case. We are part of humanity and humanity is a part of us, We are therefore called to recognize, with new and deep emotion, that we are entrusted to each other.

I think this is also a time for us to know that our scientific discoveries and technology that we rely so heavily upon has not helped us find a quick cure for the Pandemic. This is a time for us to become humble again and to realise that we can't find scientific and technical solutions for everything. This is not to say that the Pandemic has defeated Science and Technology, but it certainly helps us to reflect on the importance of the meaning and value of human life. We often forget that we are created in the image and likeness of God. Our selfishness and competitiveness distracts us from God and his teachings. For few, the encounter of God is limited to Church on Sundays and other special occasions. For others, God was replaced by sports or other entertainment. For many, there is no place for God in their life or relationships. Now, we are forced to live with essentials only. I believe, communion with our Lord (prayer) is essential for life in abundance. Now we are close enough to 'touch' our interconnectedness and to rebuild our lives. This was the original purpose of God's creation which we have forgotten. God incarnated in Jesus to show us how to achieve this in our life. He showed us that every life is important for God and God loves us so much that He even sacrificed His son for our sake. But He did not take away the cup that was destined for His son to drink, but

He sent angels to strengthen His son in His sorrow. I remember the words of the Bishop of Bergamo, one of the most affected cities in Italy, Bishop Francesco Beschi: "Our prayers are not magic formulas. Faith in God does not magically solve our problems, rather it gives us an inner strength to exercise that commitment that one and all, in our different ways, we are called to live, especially those who are called to contain and overcome this evil."

This week is very important in the life of every Christian believer as we enter the Sacred Triduum: Holy Thursday, Good Friday and Easter. It is sad to know that Holy week and Easter celebrations are to be held without our Parish congregation. It is a unique experience that we have never encountered and it requires us to find new ways to celebrate. Families are called to make time to pray at home through the resources in this bulletin and to participate through liturgies online or on TV. I understand your great desire to receive Jesus in the Eucharist, but at this time we are called to face this health emergency with seriousness, serenity and courage. We are called to make sacrifices for the common good: our own and that of all. The good news is that we are able to participate by offering a prayer of "Spiritual Communion". It is a way to express your heartfelt desire to be in union with God, while not being able to receive him Sacramentally.

You are all in our daily Mass and prayers.
Keep well and united, with you in prayer.

✠ Fr Joe (Parish Priest)



HOLY WEEK AT HOME

HOLY WEEK AT HOME



HOLY THURSDAY

Bread and soup during the Great Depression of the 1930s.

Spend a few minutes in silence to reflect on Jesus' words. What does St Paul mean when he says we are 'proclaiming his death'?

Leader: Today we are unable to take part (with Fr ___) in the Mass of the Lord's Supper. But we can now join ourselves spiritually to Jesus Christ the Lord as he embarks on the journey of his passion and death. **All:** Lord Jesus, we love you above all things. How we long to receive holy communion at the altar, to be one with you and all our brothers and sisters! Although we cannot now receive the blessed sacrament, come, be in our hearts. Live within us and give us life. Feed us with the manna of the Holy Spirit and never let us be separated from you. Amen.

Spend a time together in prayer. Pray for those in need, especially those who are sick or who have died from the coronavirus. Remember those who are alone or frightened. Commend the members of your family to God's loving care. Intercede for those who are hungry and homeless.

Leader: At the Saviour's command and formed by divine teaching, we dare to pray:

All: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Leader: Together with the Virgin Mary, let us praise God. **All:** My soul glorifies the Lord, my spirit rejoices in God, my Saviour. The Almighty works marvels for me. Holy his name! His mercy is from age to age, on those who fear him. He fills the starving with good things, sends the rich away empty. He protects Israel, his servant, remembering his mercy.

Leader: Lord God, in times of darkness, be our light, in times of pain, be our strength, in times of isolation and anxiety, draw us into the healing love of Christ who shared our human weakness to bring us to the glory of resurrection. **All:** Amen.

All In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Finish by offering each member of your family a sign of peace.



If you have a cross or crucifix, place it on the table in front of you. If not, you may be able to make a simple cross. Spend a moment to kneel and venerate the cross.

“Behold the wood of the Cross on which hung the salvation of the world.”

Now read aloud the story of the passion of our Lord Jesus Christ.

The passion of our Lord Jesus Christ according to John

1. Jesus left with his disciples and crossed the Kedron valley. There was a garden there, and he went into it with his disciples. Judas the traitor knew the place well, since Jesus had often met his disciples there, and he brought the cohort to this place together with a detachment of guards sent by the chief priests and the Pharisees, all with lanterns and torches and weapons. Knowing everything that was going to happen to him, Jesus then came forward and said, ‘Who are you looking for?’ They answered, ‘Jesus the Naza-

rene.’ He said, ‘I am he.’ Now Judas the traitor was standing among them. When Jesus said, ‘I am he’, they moved back and fell to the ground. He asked them a second time, ‘Who are you looking for?’ They said, ‘Jesus the Nazarene.’ Jesus replied, ‘I have told you that I am he. If I am the one you are looking for, let these others go.’ This was to fulfil the words he had spoken: ‘Not one of those you gave me have I lost’.

Simon Peter, who carried a sword, drew it and wounded the high priest’s servant, cutting off his right ear. The servant’s name was Malchus. Jesus said to Peter, ‘Put your sword back in its scabbard; am I not to drink the cup that the Father has given me?’

Pause for a time of silence.

2. The cohort and its captain and the Jewish guards seized Jesus and bound him. They took him first to Annas, because Annas was the father-in-law of Caiaphas, who was high priest that year. It was Caiaphas who had suggested to the Jews, ‘It is better for one man to die for the people’. Simon Peter, with another disciple, followed Jesus. This disciple, who was known to the high priest, went with Jesus into the high priest’s palace, but Peter stayed outside the door. So the other disciple, the one known to the high priest, went out, spoke to the woman who was keeping the door and brought Peter in. The maid on duty at the door said to Peter, ‘Aren’t you another of that man’s disciples?’ He answered, ‘I am not.’ Now it was cold, and the servants and guards had lit a charcoal fire and were standing there warming themselves; so Peter stood there too, warming himself with the others.

The high priest questioned Jesus about his disciples and his teaching. Jesus answered, ‘I have spoken openly for all the world to hear; I have always taught in the synagogue and in the Temple where all the Jews meet together: I have said nothing in secret. But why ask me? Ask my hearers what I taught: they know what I said.’ At these words, one of the guards standing by gave Jesus a slap in the face, saying, ‘Is that the way to answer the high priest?’ Jesus replied, ‘If there is something wrong in what I said, point it out; but if there is no offense in it, why do you strike me?’ Then Annas sent him, still bound, to Caiaphas, the high priest.

As Simon Peter stood there warming himself, someone said to him, ‘Aren’t you another of his

HOLY WEEK AT HOME

disciples?' He denied it saying, 'I am not.' One of the high priest's servants, a relation of the man whose ear Peter had cut off, said, 'Didn't I see you in the garden with him?' Again Peter denied it; and at once a cock crew.

Pause for a time of silence.

3. They then led Jesus from the house of Caiaphas to the Praetorium. It was now morning. They did not go into the Praetorium themselves or they would be defiled and unable to eat the Passover. So Pilate came outside to them and said, 'What charge do you bring against this man?' They replied, 'If he were not a criminal, we should not be handing him over to you.' Pilate said, 'Take him yourselves, and try him by your own Law.' The Jews answered, 'We are not allowed to put a man to death.' This was to fulfil the words Jesus had spoken indicating the way he was going to die. So Pilate went back into the Praetorium and called Jesus to him, and asked, 'Are you the king of the Jews?' Jesus replied, 'Do you ask this of your own accord, or have others spoken to you about me?' Pilate answered, 'Am I a Jew? It is your own people and the chief priests who have handed you over to me: what have you done?' Jesus replied, 'Mine is not a kingdom of this world; if my kingdom were of this world, my men would have fought to prevent me being surrendered to the Jews. But my kingdom is not of this kind.' Pilate said, 'So you are a king then?' Jesus answered, 'It is you who say it. Yes, I am a king. I was born for this, I came into the world for this; to bear witness to the truth, and all who are on the side of truth listen to my voice.' Pilate said, 'Truth? What is that?' And with that he went out again to the Jews and said, 'I find no case against him. But according to a custom of yours I should release one prisoner at the Passover; would you like me, then, to release the king of the Jews?' At this they shouted, 'Not this man, but Barabbas.' Barabbas was a brigand. Pilate then had Jesus taken away and scourged; and after this, the soldiers twisted some thorns into a crown and put it on his head, and dressed him in a purple robe. They kept coming up to him and saying, 'Hail, king of the Jews!' and they slapped him in the face.

Pause for a time of silence.

4. Pilate came outside and said to them, 'Look, I am going to bring him out to you to let you see that I find no case.' Jesus then came out wearing

the crown of thorns and the purple robe. Pilate said, 'Here is the man.' When they saw him the chief priests and the guards shouted, 'Crucify him! Crucify him!' Pilate said, 'Take him yourselves and crucify him: I can find no case against him.' The Jews replied, 'We have a Law, and according to the Law he ought to die, because he has claimed to be the son of God.' When Pilate heard them say this his fears increased. Re-entering the Praetorium, he said to Jesus, 'Where do you come from?' But Jesus made no answer. Pilate then said to him, 'Are you refusing to speak to me? Surely you know I have power to release you and I have power to crucify you?' Jesus replied, 'You would have no power over me if it had not been given you from above; that is why the one who handed me over to you has the greater guilt.'

From that moment Pilate was anxious to set him free, but the Jews shouted, 'If you set him free you are no friend of Caesar's; anyone who makes himself king is defying Caesar.' Hearing these words, Pilate had Jesus brought out, and seated himself on the chair of judgement at a place called the Pavement, in Hebrew Gabbatha. It was Passover Preparation Day, about the sixth hour. Pilate said to the Jews, 'Here is your king.' They said, 'Take him away, take him away. Crucify him!' Pilate said, 'Do you want me to crucify your king?' The chief priests answered, 'We have no king except Caesar.' So in the end Pilate handed him over to them to be crucified.

Pause for a time of silence.

5. They then took charge of Jesus, and carrying his own cross he went out of the city to the place of the skull, or, as it was called in Hebrew, Golgotha, where they crucified him with two others, one on either side with Jesus in the middle. Pilate wrote out a notice and had it fixed to the cross; it ran: 'Jesus the Nazarene, King of the Jews'. This notice was read by many of the Jews, because the place where Jesus was crucified was not far from the city, and the writing was in Hebrew, Latin and Greek. So the Jewish chief priests said to Pilate, 'You should not write 'King of the Jews', but 'This man said: I am King of the Jews'. Pilate answered, 'What I have written, I have written.'

When the soldiers had finished crucifying Jesus they took his clothing and divided it into four shares, one for each soldier. His undergarment was seamless, woven in one piece from neck to

HOLY WEEK AT HOME

hem; so they said to one another, 'Instead of tearing it, let's throw dice to decide who is to have it.' In this way the words of scripture were fulfilled: They shared out my clothing among them. They cast lots for my clothes. This is exactly what the soldiers did.

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that moment the disciple made a place for her in his home.

After this, Jesus knew that everything had now been completed, and to fulfil the scripture perfectly he said, 'I am thirsty.' A jar full of vinegar stood there, so putting a sponge soaked in vinegar on a hyssop stick they held it up to his mouth. After Jesus had taken the vinegar he said, 'It is accomplished'; and bowing his head he gave up the spirit.

Pause for a time of silence.

6. It was Preparation Day, and to prevent the bodies remaining on the cross during the Sabbath - since the Sabbath was a day of special solemnity - the Jews asked Pilate to have the legs broken and the bodies taken away. Consequently the soldiers came and broke the legs of the first man who had been crucified with him and then the other. When they came to Jesus, they found that he was already dead, and so instead of breaking his legs one of the soldiers pierced his side with a lance; and immediately there came out blood and water. This is the evidence of one who saw it - trustworthy evidence, and he knows he speaks the truth - and he gives it so that you may believe as well. Because all this happened to fulfil the words of scripture: Not one bone of his will be broken, and again, in another place scripture says: They will look on the one whom they have pierced.

After this, Joseph of Arimathaea, who was a disciple of Jesus though a secret one because he was afraid of the Jews asked Pilate to let him remove the body of Jesus. Pilate gave permission, so they came and took it away. Nicodemus came as well the same one who had first come to Jesus at night-time and he brought a mixture of myrrh and aloes, weighing about a hundred pounds. They took the body of Jesus and

wrapped it with the spices in linen cloths, following the Jewish burial custom. At the place where he had been crucified there was a garden, and in the garden a new tomb in which no one had yet been buried. Since it was the Jewish Day of Preparation and the tomb was near at hand, they laid Jesus there.

Pause for a time of silence.

Conclude your reflection on the Passion of the Lord by saying together the following prayer.

All: Almighty and all-merciful God, lover of the human race, healer of all our wounds, in whom there is no shadow of death, save us in this time of crisis; grant wisdom and courage to our leaders; watch over all medical people as they tend the sick and work for a cure; stir in us a sense of solidarity beyond all isolation; if our doors are closed, let our hearts be open. By the power of your love destroy the virus of fear, that hope may never die and the light of Easter, the triumph of life, may shine upon us and the whole world. Through Jesus Christ, the Lord risen from the dead, who lives and reigns for ever and ever. Amen.

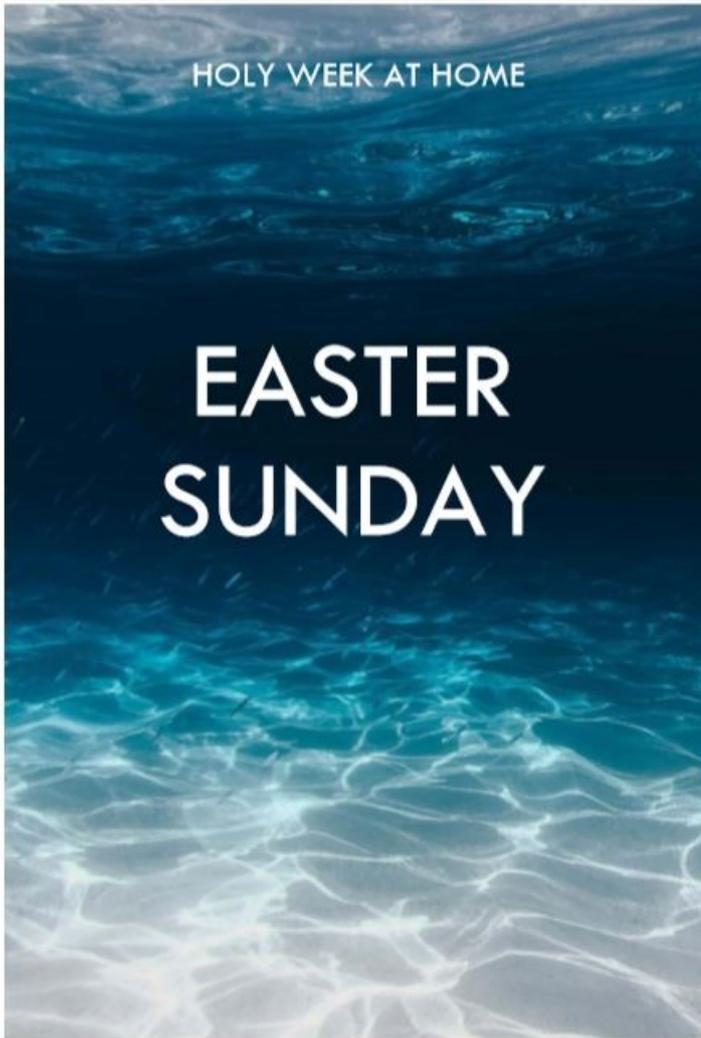


Alleluia. Let the whole earth be filled with His Glory, Psalm 72:19

May the Risen Christ grant you peace and joy at Easter and always.



From all of us at the Parish Office. Fr Joe, Fr Jobi, Deacon Willy, Fr PJ, Margaret, Ursula, Fred, Mary Gale, Mary Goh & Jacinta.



Water is a sign of life, the life of Christ begun at our baptism. Place a bowl of water on the table in front of you. Easter Sunday, the Day of the Lord's Resurrection, is an opportunity to renew our baptismal faith.

FAMILY PRAYER

Leader: Alleluia! Christ is risen. **All:** Alleluia! Christ is risen.

Leader: Exult, let them exult, the hosts of heaven, exult, let Angel ministers of God exult, let the trumpet of salvation sound aloud our mighty King's triumph! Be glad, let earth be glad, as glory floods her, ablaze with light from her eternal King, let all corners of the earth be glad, knowing an end to gloom and darkness. Rejoice, let Mother Church also rejoice, arrayed with the lightning of his glory, let this holy

building shake with joy, filled with the mighty voices of the peoples.

Reader: A reading from the letter of St Paul to the Romans.

When we were baptised in Christ Jesus, we were baptised in his death; in other words, when we were baptised we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life.

The Word of the Lord.

All: Thanks be to God. Spend a few minutes in silence to think about the reading. Perhaps parents could share the story of their children's baptism.

Leader: Let us renew the promises of our baptism. **All:** WE RENOUNCE Satan, and all his works, and all his empty promises. WE BELIEVE in God, the Father almighty, Creator of heaven and earth. WE BELIEVE in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father. WE BELIEVE in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting.

Leader: And may almighty God, the Father of our Lord Jesus Christ, who has given us a new birth by water and the Holy Spirit and bestowed on us forgiveness of our sins, keep us by his grace, in Christ Jesus our Lord, for eternal life. **All:** Amen.

Family members now take some of the Easter water and bless themselves with it.

Make your own prayers for those who are sick or in need. Ask God to protect them. Finish each prayer with: Lord, hear us.

All: Lord, hear our prayer.

HOLY WEEK AT HOME

Leader: Let us pray the family prayer of all the baptised as Jesus taught us: All: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Leader: May God bless us and keep us safe. All In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

All 'At Home' Liturgies were provided by



LIVE STEAMS THIS WEEK ON FACEBOOK @SNOMPenrith & OUR WEBSITE

HOLY THURSDAY AT 7PM

GOOD FRIDAY AT 3PM

EASTER VIGIL SAT 7PM &

EASTER SUNDAY 10AM

HOLY WEEK ON CHANNEL 7



Spiritual Communion

O my divine Jesus, how great is my desire to receive your sacred body! Oh, come now into my soul, at least, by a spiritual communion! O Jesus, my divine Saviour, save me. O my God, hiding myself with a humble confidence in your dear wounds, I give up my soul into your divine hands. Oh, receive it into the bosom of your mercy.

Amen.

PLEASE PRAY FOR THOSE IN OUR COMMUNITY

RECENTLY DECEASED Elfren Besa, Sr Maria Alipia, Theresa D'Souza & all who have died from COVID-19

DEATH ANNIVERSARIES Sheila Fullerton & Alice Nematala

DECEASED Donald & Annette Ferdinands, Tania Felice, John Nettar, Bernard and Norah Wilding, and all the Holy Souls in Purgatory.

SICK Daniel Varlow, Jane McCann, Patrick McHugh, Felicity Godbrie, Catherine Kirk, Arly Vitello, Maria James, Harry Slaughter, Sean Pender, Daphne Paris, Graeme Cobden, Br David Curtin, Br Jerry Reagan and all who suffer from COVID-19.



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