



The Catholic Parish of Bundaberg

Office Hours: 8:30 - 3:30 Monday to Friday

Parish Office: Rossolini Place Level 1, 66 Woongarra St

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AFTER HOURS: Anointing of the sick for medical emergencies

phone 4151 6666 and follow the prompt

Under the Patronage of Mary Mother of the Church

WELCOME TO OUR PARISH

5th Sunday of Lent

29 March 2020

FOCUS by Denise Tuzes

THE GIFT OF GRIEVING

To be human is to grieve - for all kind of losses. Loss is unavoidable, so therefore grief is unavoidable. We attach ourselves to people, places and things that we can and will lose. This is being human. We are seldom prepared for grief's intensity or complexity. We can be embarrassed by our vulnerability or lack of self-control. When someone we love is grieving we want to take the pain away. We cannot do this, so sometimes we ignore or abandon the person grieving because we can't fix it. Be there for them even if all that you can do is to make a phone call and be a good listener.

Grief surprises us sometimes because we tend to limit it to the death of a loved one. We grieve for many things, when divorce happens, when a friendship is broken, when children leave home (some may celebrate this), when retiring, when our church burns down, when we are confronted by COVID-19 and realise that some of our dreams will not be fulfilled, that the life we knew may never be the same again. Our daily life is no longer ours to do as we want, but we must be prepared to change, to accommodate all things that may help in keeping us safe and healthy. I know our Bishop has said the hardest decision he has ever had to make was to cancel Masses.

Judith Viorst in her book *Necessary Losses* says this "the people we are and the lives we lead are determined by our loss experiences. We learn to live as we learn to grieve. Learning to grieve is a lesson in faith. It helps us see that human life is limited and sustained by God's gracious care. Because our hope is in God we are free to grieve without reservation."

Grieving has many goals, emotional release, coming to terms with the loss, recovering a sense of meaning in life and reconnecting with friends, patterns of living and ways of faith. The state of our world as it is today causes us all loss in many different ways. Pray, love, phone a friend.



Please donate to Project Compassion 2020 so this transformational program can continue to empower vulnerable women, men and children, and strengthen the communities around them.



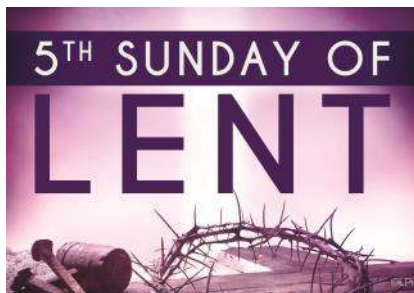
Let's Go Further, Together. You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.



Remember in your prayers

all those affected by the Cononavirus throughout the world

Compassionate and Loving Father, in the face of confusion and concern impart to us the calm of Your presence. In You allow us to find hope and healing. Be with those who serve the sick and give them Your caring hands. Be with those who lead and give them Your spirit of wisdom. Be with those who have fallen ill and give them Your comforting heart. Wrap Your arms around our world and hold us in Your love. Allow us at this time of trial to then serve as instruments of that love to all we meet. We ask this in Your name. Amen



5TH SUNDAY OF LENT

"I am the resurrection and the life; whoever believes in me, even if he dies, will live."

JOHN 11:25

SCRIPTURES

for next Sunday

5 April 2020

Palm Sunday

First Reading

Isaiah 50:4-7

Second Reading

Philippians 2:6-11

Gospel

Matthew 26:14 - 27:66

YOUTH MINISTRY

The Youth Ministry will be continuing to do the Young Adult sessions, however they are moved online and will be done via Zoom. For more information, please contact Lizzie Kelly 0456 635 542.

PARISH MISSION STATEMENT

In relationship with Christ, empowered by

the Holy Spirit, we serve joyfully as a people beloved and called by God.

ATTITUDE of GRATITUDE

"Thank you to all who prayed for me or otherwise helped me during my 8-day hospital stay. Thank God, procedure was very successful." - FR TERRY

"The children of Denis Donovan would like to thank all four church communities in the Catholic Parish of Bundaberg for the love and support they have offered to our mother Beth and to our wider family at this sad time." - PETER, MARK, KATHY, MARY AND ANNIE

THOUGHTS AND PRAYERS

As we continue to move in uncertain and challenging times it is good to reflect on who we are and what we can do. As people of faith we know we can place our trust in God and take the time to listen to what Jesus asks of us.

The following is a listing of things we can do and things we should avoid. These thoughts are clearly not extensive and are subject to the many unknowns.

Our God is with us on this journey so do not be afraid. Take the opportunity to contemplate and listen deeply to what is being asked of us. Be aware of the goodness that is being expressed in so many and innovative ways. So here is the List:

- ◆ Keep Safe by taking seriously the situation as it is and complying with the government directives.
- ◆ Know your own health, feelings, emotions, fluctuations and make smart decisions.
- ◆ Be close to your family and loved ones.
- ◆ Check how your children are understanding and responding to the situation.
- ◆ Phone those close to you and those who you might normally skip.
- ◆ Check at-risk people.
- ◆ **Prayer: Great opportunity to join in the Prayer of the Universal Church. Download the App called Universalis. Universalis has the Full Liturgical Calendar, The About Today Page, Every Hour in the Liturgy of Hours, All the Readings and Prayers for Mass, Lectio Divina, Angelus, Rosary, Spiritual Reading, Every day of every year and much more. Purchase the Universalis App (About \$15:00) and join with the universal Church in prayer!**
- ◆ Be careful about what you read and watch (particularly Social Media). Too much content becomes addictive and creates fear.
- ◆ Be careful the way you talk.
- ◆ Be creative in writing, personal diary, storytelling, poetry, art, composing music and songs. Make something and be game to share your creations.
- ◆ Exercise and explore dance.
- ◆ Create virtual gatherings through our extraordinary internet and conferencing abilities (Zoom, Facebook, Facetime ...).
- ◆ Listen to calm music and relax
- ◆ Be purposeful by doing something useful.
- ◆ Learn a new skill (Gardening!)
- ◆ Be more aware, understanding, accepting and kindly towards others.

Lent is the time for new growth. Let us make this Lent a real time of spiritual understanding and deepening as we ponder in our hearts what Christ means to us both individually and as a church.

INNOVATION

As a parish we are attempting to be a little innovative by the use of the Parish YouTube channel to bring Sunday Mass into your home. You can watch it via our website or Facebook Page.

We are also going to provide a weekly talk entitled "Church Chat" where members of our parish will be interviewed and parish news will be updated. A great opportunity to learn more about the people of our parish.

Week One: Parish Youth Leaders: Listen to Elizabeth Kelly and Maddison Devine discuss their hopes and dreams for our parish.

COVID-19 UPDATE

Update from Bishop Michael (25th March) regarding COVID-19 can be found on our Website, Facebook and located as a hard copy, alongside copies of the bulletin, outside the entrance to our churches.

PALM SUNDAY

Visit your parish next Sunday, **5th April** 2020, Palm Sunday and take home some of this year's blessed palm branches which will be left at the door. Gather the family together and, with each person holding a branch, pray together.

Fr Peter Tonti