



*Fourth Sunday of Lent  
Laetare (Rejoice) Sunday  
21st March / 22nd March 2020*

**Parish Clergy**

Fr Martin Cruickshank

**Parish Office**

Gemma Whitehead—Monday

Fran Kernaghan—Wednesday, Friday

9.00 am – 2.00 pm

Phone: 60251516

Email: [sacredheartna@gmail.com](mailto:sacredheartna@gmail.com)

Web: <http://sacredheartnorthalbury.com/>

**Mass Times**

SATURDAY VIGIL: 6.00 pm

SUNDAY: 9.30 am

WEEKDAY MASSES: This Week:

Wednesday & Friday 9.30am

**RECONCILIATION**

SATURDAY: 5.15 PM-5.45 PM

**BAPTISMS**—By appointment.

Preparation Course: 0411 883 661

**Easter Ceremonies—Choir Practice**

Practice for our Easter Ceremonies continues this Wednesday 25th March at 7.00pm in the church. We encourage anyone who would like to join our choir, you will be most welcome. Phone Val 6025 5904.

**Diocesan Protocols**

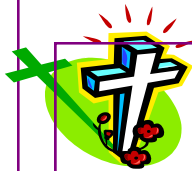
*RE: The CoronaVirus (COVID-19)*

Archbishop Christopher Prowse has received advice from medical experts that we should employ best practice and be prudent in trying to help reduce the transmission of the *CoronaVirus (COVID-19)*.

Upon reception of this letter, all communities, parishes, schools, hospitals, etc. are asked to observe the following **protocols**, with appropriate instructions given to the faithful, until further notice:

1. Remove Holy Water from fonts.
2. Ask the faithful to acknowledge each other at the sign of peace, but refrain from touching.
3. Priests, Deacons, Acolytes and Extraordinary Ministers of Holy Communion to use hand sanitiser **before** distributing Holy Communion and **after** distributing Holy Communion at Mass, Liturgy of the Word's with Holy Communion, Visits to the sick in Hospital and Home. When taking communion to the sick / homebound it would be best practice to wash your hands thoroughly with soap / water before and after.
4. Instruct the faithful that Holy Communion should be received only in the hand, **not** on the tongue.
5. Distribute the Sacred Host only and **not** the Precious Blood.

# Parish Community



*We pray for those who have gone before us marked with the sign of faith especially:*

**RECENTLY DECEASED:** Kerry Rohrich, Henry Burton, Bob Hazelman, Peter Gill, Gwen Fenwick, Philip Rolfe, Wayne Edwards, Pat Scott.

**ANNIVERSARIES:** Bill McNamee, Mary Cudmore, Susan Dawson, Connie Barber, Billie Walsh, Jack Livsey, Mary Scott, Catherine Caton, George O'Neill, Michael Mitchell, Harry Flood, Margaret O'Dwyer, Ethel Shipard, Dawn Ridley, Lindsay Anderson, Glenn McPherson, Robert Salzke, Leonard Vogel, Attilio Bellina, Paul Husz, Molly Cooper William Grant, Catherine Condon, Penny Murphy, Vince Ryan, Leslie Evans, Catherine Brogan, Arnold Thorne.

*Gather our loved ones into your arms. Quiet our doubt and anger and send us your healing grace. Through Christ our Lord.*

## Prayer for the Sick

*We pray for all those who are sick. May they draw strength and healing from God's presence with them and from our prayers and thoughts for them. May they have peace in their hearts and know they are greatly loved by all. We offer our prayers believing that God's presence and power can do more than we can ever know. Amen*

## ROSTERS

**Sat / Sun: 21st / 22nd March**

Ministry	Vigil	9.30am
<b>Commentator</b> <b>Lector 1</b> <b>Lector 2</b>	Anthony Foley Karen Purtle Paula Waters	Colleen Day Michael Stephenson Gavin Dykes
<b>Eucharistic Ministers</b>	Pat Hopkins Lyn Hamilton Volunteer	Fran Kernaghan Pamela McIntosh Sue McLaurin
<b>Cantor Musicians</b>	Brian Waters Judy Foley	Anne & Lachlan McIntyre Val Hayes
<b>Counters:</b> Desmond Lum & Jane Togher		

**Sat /Sun: 28th / 29th March**

Ministry	Vigil	9.30am
<b>Commentator</b> <b>Lector 1</b> <b>Lector 2</b>	Ed Brown Sr Patricia Weekes Anthony Foley	Bede Hart MACE Sisters Volunteer
<b>Eucharistic Ministers</b>	Anna Farrell Michael Regan Jeneice Harding	Richard & Trish Parkinson Moira Porta
<b>Cantor Musicians</b>	Catherine & Judy Judy Foley	Anne & Lachlan McIntyre Val Hayes
<b>Counters:</b> Gordon Bryant		

## Fourth Sunday of Lent Prayer Opening the Eyes of the Blind One

*Loving and Gracious Triune God, original family of whom all others are born, we pray today for those we hold in our hearts and minds.*

*For our families - husbands and wives, daughters and sons, loved ones near and far - keep them safe in your care!*

*May they experience the depths of your love for them, and be guided in their life options.*

*Grant those who are suffering the grace of your consolation through the presence of someone who shows them your face.*

*May your light bring us clarity of vision, peace of mind and courage to act justly in our world.*

*Amen*

## A Thought for the Week ( Pope Francis):

*" In the present situation, in which we find ourselves living more or less isolated, we are invited to rediscover and deepen the value of the communion that unites all the members of the church."*

# Parish News



*We welcome into the community of the Christian faith through the sacrament of baptism Phoebe Emilia Dando daughter of Anthony & Natalie.*

Restrictions on our movement and the disruption to the normal pattern of our daily lives caused by the Corona Virus has the capacity to heighten the levels of fear and anxiety. At this time it is important as the community of Sacred Heart North Albury to enact the principles of our parish prayer; to keep in contact with not just our friends but those who sit behind or in front of us at mass, to carry out a simple act of kindness for someone each day.

The prayer written by Archbishop Mark Coleridge gives us an excellent starting point for our own prayer and reflection.

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

## Corona Virus (COVID-19) Update

### Directions from Diocesan Administration—Protocols Effective Immediately.

The Federal Government has restricted gatherings to 100 people or less. This applies to the celebration of the Eucharist, for Sundays & weekdays and sacramental liturgies. Each parish community is asked to develop their own method of restricting gatherings to 100.

**Sunday obligation to attend mass is suspended at this time.**

**For health reasons, it is recommended that those who have reached 75 years of age should not attend mass.**

**People who have a pre-existing health condition or display any of the following symptoms - fever, cough, sore throat, fatigue, shortness of breath should not attend mass.**

When attending church services people are asked to sit 1.5 metres apart, except for immediate family.

### Online Mass and Prayer Resources

#### Options for viewing Mass online:

1. **Daily Mass:** Archdiocese of Canberra and Goulburn: [www.catholicvoice.org.au](http://www.catholicvoice.org.au) Mass celebrated specifically for viewing online. Available from daily at 6.00am (Beginning Sunday 22 March 2020)

2. **Daily Mass:** Archdiocese of Melbourne: <https://Melbournecatholic.org.au/Mass>

*Daily Mass: The 1.00pm Mass is streamed live daily (Mon-Fri) from St Patrick's Cathedral in Melbourne and is then available as a recording on demand until one hour prior to the next 1.00pm Mass.*

*Sunday Mass: On Sundays, the 11.00am Mass is streamed and is also available as a recording on demand.*

## Project Compassion

As an unmarried woman with a disability, Sakun was isolated and unable to earn a living until Caritas Australia helped her set up a thriving kiosk. Now involved in village decision making Sakun's income is growing, along with her confidence.

In the light of her story we are asked to reflect on how we use our freedom and courage. Much like Jesus with the man born blind to act with justice and love to those who are excluded?

## Parish Morning Tea

Our parish morning tea is held on the first Sunday of the month at the conclusion of our celebration of Eucharist. Thanks to the staff and school community of St Anne's (APRIL) and St Vinnies Conference North Albury (MAY) for volunteering to assist with the provision of food. We are still looking for volunteers for JUNE, JULY, SEPTEMBER, OCTOBER, NOVEMBER.

If you or a group of friends/parishioners are able to help out in this way please add your names to the roster located at the Swan Street entrance.

## Finance Committee

Members of the Sacred Heart Parish Finance Committee are asked to attend a meeting on Monday 23 March in the Presbytery at 6.00pm.

At this gathering the tenders for the replacement of the church roof and the installation of heating/cooling will be discussed so that a decision can be made about the way to proceed.

All members should have received relevant documentation by email.

## Footy Tipping

The Corona Virus is no obstacle to this year's footy tipping which is underway. It is not too late to join our fabulous comp. This year when selections are not submitted the recipient will receive home teams (very generous change of rule).

Registration/selections can be emailed/phoned in or deposited at presbytery. Copies of the AFL draw as it stands are available at the church entrance.

## Together

The March edition of our diocesan newspaper has arrived. Please take a copy from church entrances.



# Liturgy of the Word

*Fourth Sunday of Lent—Year A*

*Readings: 1 Sam 16: 1, 6-7, 10-13; Eph 5: 8-14;*

*John 9: 1-41*

*Responsorial Psalm:*



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

## Gospel Acclamation:

Glory to you, Word of God, Lord Jesus Christ!  
I am the light of the world, says the Lord;  
whoever follows me will have the light of life.  
Glory to you, Word of God, Lord Jesus Christ!



## Project Compassion Stories— SAKUN INDIA

Thirty-two-year-old Sakun lives in a village in central east India. She developed polio as a child and has difficulty walking. Until now Sakun, an indigenous Gond woman, has been isolated in her community, unable to earn a livelihood and without knowledge of government schemes that could help her.

Sakun lives with her sister in a rural area of Chhattisgarh, India's poorest state. Home to 26 million people, with 10 million living in poverty. Life is hard in this region, and even harder for the state's indigenous people.

Sakun belongs to the Gond tribal community which is amongst India's officially designated Scheduled Castes and Tribes. Historically disadvantaged, they suffer higher poverty rates than other parts of India.

In 2018, Sakun joined a Caritas Australia-funded program which is implemented by Caritas India and its local partner, Samarthan. Through their strategic guidance and support, Sakun learned new skills and gained important mobility. Sakun now earns her own income and makes a small profit which goes towards her family's basic needs. She is more resilient, more confident and more independent.

We pray for our sisters and brothers around the world who are living with disability: that together we can work to ensure the God given dignity of all is upheld, removing obstacles and overcoming the structures that exist preventing equality in our communities.



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