



The Ascension of the Lord

23rd / 24th May 2020

Parish Clergy

Fr Martin Cruickshank

Parish Office

Gemma Whitehead—Monday

Fran Kernaghan—Wednesday, Friday

9.00 am – 2.00 pm

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Mass at Sacred Heart North Albury

Join our virtual celebration of the Eucharist each Sunday while coronavirus restrictions remain which is broadcast from Xavier High School Chapel.

Simply click on the YouTube link provided on our website. Will be available for your participation by Saturday afternoon. Thanks to Nick Manning from the IT department at Xavier, Cameron Adam, to Ed & Marg Brown and James Burke (website) for their assistance in this regard.

Prayer Resources: Located on parish website under "Latest Newsletter".

From Liturgy Brisbane: The first document contains the Sunday readings with associated commentaries and prayers. It is suggested that families gather to read the scriptures aloud together.

The second resource is designed for families with young children. An extract from the Sunday gospel is provided, along with some reflection questions, a family activity and a worksheet for children.



The feast of the Ascension is really a kind of liminal moment in the Easter season. It is a time between times, a moment when we have left one place in our journey but have not yet arrived at a second. The glory of the Risen Christ has already been revealed in us, but not yet totally. The feast itself celebrates the exaltation of Jesus. Today we stand awestruck, watching Jesus ascend into the clouds of heaven, there to be enthroned at the right hand of God. Today we are overwhelmed by the reality of the divinity of the one whom we have known in his humanity. Like the conquering creator-god, he has overcome his enemy (death) and now reigns over his new creation (the church).

Christ who ascended into heaven in his body carries on what he began on earth through his new body, the church. He teaches through its apostles and evangelists. He ministers through its prophets and pastors. In and through the church, Jesus continues to heal and to comfort; to forgive and to include. We have not been left alone; we have his power, the same power with which he performed marvels when he walked the earth. We have not been left alone; we have each other. Together we make up the new body of Christ. Together we await the fullness of this body. It is this new body that stands in between the times, secure in what we have, confident of what we will be given. (Dianne Bergant CSA)

Parish Community



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

RECENTLY DECEASED: Ella Pallot, Jack Williams, Joan Skidmore, Loryn Guerin, Gerard Sullivan, Joan McLaurin, Bill Rourke, Alan Cowan, Debbie Yensch, Timothy Davern, Bert Steenbergen.

ANNIVERSARIES: Veronica Croft, Keith Melbourne, Mary Toon, Margaret Hayhoe, Vic O'Haire, Alan Mildren, Leslie Steward, Muriel Tozer, Charles Stevens, Anne Cronin, Les Furst, Anna Toner, Thelma Hayden, Lillian Whelan, Lena Stuhr, Francis Helm, Kylie, Luke & Ben Chant, Herb Hicks, Emily Nichols, Matthew Ward, Julie O'Farrell, Patrick Murray, Mary Moncrieff, Pat Fuller, Harry Morton.
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

This Week is National Volunteer Week (18-24 May)

*This year's theme is Changing Communities,
Changing Lives*

With the suspension of all our volunteer programs due to the Coronavirus Lockdown, you as a volunteer know how very different the routines of daily life have been during the last months. We wanted to write, firstly to say we miss you! We miss your generosity of spirit, your enthusiasm and the compassionate way you contribute to the mission of Sacred Heart Parish. As St Teresa of Avila said, 'Christ has no body but yours, no hands, no feet on earth but yours.' We look forward to the time when our volunteer programs are up and running again and we are able to welcome you back!

We will all miss this opportunity to celebrate the gifts you bring to our Parish at Mass and to thank you in person for what you do. In Proverbs (11:25) it says, "Whoever brings blessing will be enriched, and one who waters will themselves be watered."

Thank you for the blessings you bring to our Parish. In turn, may the living water of Jesus Christ bless your life in equal measure. Please stay encouraged. Even though you are not able to volunteer at the moment, know that what you do is valued and appreciated now more than ever before. Stay safe, look after yourself and those around you.

A Thought for the Week (Pope Francis):

'Mary introduces herself as a woman, And she introduces herself with the message of someone else. Meaning, she's woman and she's disciple.'

Australian Bishops Prayer for the Feast of Mary Help of Christians Patroness of Australia

O Immaculate Mary, Help of Christians, Queen of heaven and earth, and tender Mother of humanity, at this time when a pandemic threatens all your children, we entrust to you our nation, Australia, and all who live in this country.

"We commit to your intercession all the members of our community, beginning with the weakest ones, from the unborn to the sick, the disabled and the elderly.

"We commit to you our families, our young and old, and all who are vulnerable, those who are quarantined or anxious.

"We entrust to your Immaculate Heart those who have lost their livelihood or employment, our pastors and other essential service workers, and our leaders at this time.

"We implore your intercession especially for the protection of doctors and nurses and those who minister to the contagious sick in this crisis.

"Reign over us Mother of God and teach us how to make the Heart of Jesus reign triumph in us and around us, as it has reigned and triumphed in you!

"St Joseph, Pray for us."

Parish News

Updated Diocesan Protocols COVID-19 Effective Immediately—15 May 2020

Churches are open in NSW.

The following liturgical and pastoral protocols are in place.

Eucharist

1. Masses (Sundays & Weekdays) are to be celebrated with no **more than 10 people** (excluding priest and those involved in liturgical ministries) until further notice.

- Communion in the hand only.
- 1.5metres distancing.
- Customary/recommended hygiene practices.

Communion to Sick People and Elderly Persons

2. Communion to sick persons in hospitals, aged care homes or private homes is permitted.

- Communion in hospitals is to be distributed only by hospital chaplains or hospital pastoral care team.
- Communion in aged care homes will be subject to individual institutions.

Anointing of the Sick

3. Permitted in general pastoral circumstances, including hospitals, aged care homes and private homes.

a. In hospitals:

- Restricted to hospital chaplains until further notice.

Funerals and Weddings

4. A total of 20 people allowed for a funeral inside a church.

5. A total of 30 people allowed for a graveside funeral (excluding celebrant and people involved in liturgical ministries).

6. A total of 10 people allowed for a wedding inside a church building (excluding celebrant and those involved in liturgical ministries).

Baptism

7. 10 people permitted inside the Church building (excluding celebrant and those involved in liturgical ministries), with customary/recommended hygiene practices.

Penance

8. First rite of penance, with priest and penitent observing 1.5m spacing.

9. Second rite of penance suspended until further notice.

First Penance, First Holy Communion & Confirmation

10. Suspended until further notice.

Prayer and Social Gatherings

11. No more than 10 people permitted to gather whether inside Church or other Church facility.

Register

12. Parishes and communities are to keep an accurate register of people who come for public and private prayer.

Hygiene

13. Frequently touched surfaces to be regularly cleaned.

It is not practical for us to resume our physical celebration of Eucharist at Sacred Heart Church until attendance numbers have been increased and the internal/external capital works project completed.

Grounds and Garden Report

Thanks to Leo and Gerard Coyle for rotary-hoeing the triangular garden at the entrance to the presbytery. The winter magnolia presented to me by the parish earlier this year has been planted in this restructured garden area. Gratitude expressed to our resident nurseryman John Van Lint for his guidance and instructions—took me three hours to dig the required size hole!

Update on Capital Works

The successful tenders for the capital projects as regards Sacred Heart Church are Meredith Roofs (Replacement of Church Roof); O'Connells Refrigeration (Heating/Cooling).

The total cost of the project without added extras is \$174,500 GST inclusive. As previously indicated the project will be funded from our reserves held in the Diocesan Provident Fund.

Scaffolding has been erected on our car park side of church. Materials have arrived. The stage removal and replacement of roof sheeting has begun.

Gratitude is extended to Kevin Wesley for his practical advice on ways to upgrade our internal/external lighting.

Before the external units for heating/cooling are installed the pathway between the presbytery and the church, both sides of the memorial garden, will be re-concreted.

Online Mass and Prayer Resources

Options for viewing Mass online:

Website: northsydneycatholics.com then 'Mass on Demand' (Mass 9.00am every day) can be viewed anytime after that. Lavender Bay, North Sydney.

1. **Daily Mass:** Archdiocese of Canberra and Goulburn: www.catholicvoice.org.au *Mass celebrated specifically for viewing online.*

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 & also available as a recording on demand.

Sacred Heart Bank Account for Parishioner Depositing

Church Account Second Collection

Pays insurance, wages and utility accounts. Covers all maintenance and pastoral/liturgical activities expenses.

Internet Transfer

Account Name: Sacred Heart North Albury Church Account

BSB: 066-789; **Account Number:** 100005574

Description: Surname and Envelope or Planned Giving Number.

Diocesan Newspaper 'Together' Online

The new look 'Together' will be produced on a twice-monthly basis which will be online until our churches and schools open again.

You can access the latest copy online at:

Facebook: www.facebook.com/togetherwagga

Twitter: <https://twitter.com/togetherwagga>

Website: www.wagga.catholic.org.au/Diocesan-Paper-Together.aspx

Liturgy of the Word



A reading from the Acts of the Apostles 1:1–11

In my earlier work, Theophilus, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. When he had been at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is' he had said 'what you have heard me speak about: John baptised with water but you, not many days from now, will be baptised with the Holy Spirit.'

Now having met together, they asked him, 'Lord, has the time come? Are you going to restore the kingdom to Israel?' He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, but you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judaea and Samaria, and indeed to the ends of the earth.'

As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky when suddenly two men in white were standing near them and they said, 'Why are you men from Galilee standing here looking into the sky? Jesus who has been taken up from you into heaven, this same Jesus will come back in the same way as you have seen him go there.' The Word of the Lord

Responsorial Psalm Ps 46:2–3, 6–9

**R. God mounts his throne to shouts of joy:
a blare of trumpets for the Lord.**

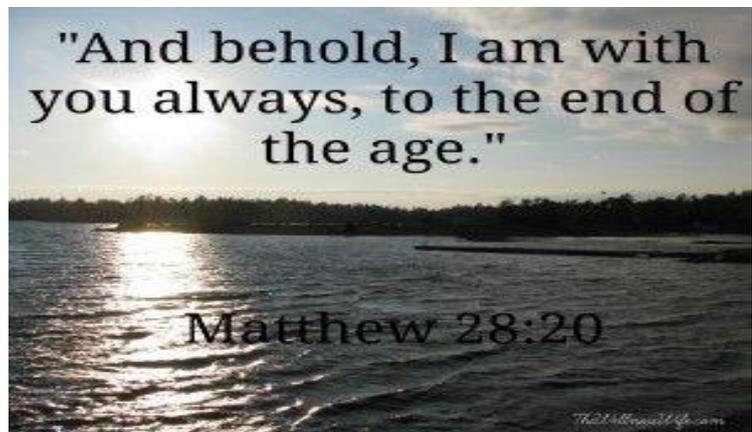
All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must fear,
great king over all the earth. **R.**

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise. **R.**

God is king of all the earth.
Sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne. **R.**

Gospel Acclamation:

Alleluia , alleluia!
Go and teach all people my gospel.
I am with you always, until the end
of the world.
Alleluia!



A Reading from the holy Gospel according to Matthew 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been give to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.' The Gospel of the Lord