



# Regina Coeli Parish

Beverly Hills - In the Archdiocese of Sydney



## Weekly Newsletter

### Liturgy Times

#### SUNDAY:

8:30am, 10:00am.

Children's Liturgy during school term

**TUESDAY:** 8:30am Adoration, 9.15am Mass

**WEDNESDAY:** 7:00am

**THURSDAY:** 9:15am

**FRIDAY:** 8:30am Adoration, 9.15am Mass

**SATURDAY:** 9:00am

(Adoration and Reconciliation after Mass)

5:00pm (Vigil Mass)

#### SACRAMENT OF RECONCILIATION

Saturday: 9:30-10:00am; 4:25-4:50pm

### Third Sunday of Easter 26 April 2020

To cut the long story short, a few weeks ago I said the following to a clergy group on WhatsApp after a priest made a somewhat random and absurd comment which prompted another priest to jokingly remark that it might've been a sign that he was losing his wits:

*We are all a little bit crazy right now including the government!*

Mental health was already a major issue before the corona-crisis. It has now become possibly more pronounced than ever before as we all battle with the existentially challenging conditions of extreme social distancing. There was another Zoom conference recently for Sydney Clergy on the topic of mental health. The guest speaker was Ann O'Brien who is a counsellor and professional supervisor. I wish to share with you some of her insights:

*This is a time of loss and grief. My world has been turned upside down...in a matter of days and weeks. New restrictions were brought in daily and I guess sometimes you were waiting for the next update to see what further restrictions...*

*Everyone's response to these dramatic changes and restrictions is different.*

We are complex beings. We have mixed feelings and motivations. We are rarely if ever one way and one way alone. Speaking for myself, there has been a part of me which felt annoyed, disappointed and even resentful about not being able to do what I wanted to do. This was exacerbated by the fact that I believed that some of the rushed responses to the corona-crisis were excessive, inadequately reasoned and therefore detrimental to our overall long-term wellbeing. But there has been another part of me which felt an unmistakable sense of (guilty) relief upon finding out that many of my pressing responsibilities could be legitimately cancelled, no questions asked! The point is that we are complex beings and probably won't fully comprehend what we are currently experiencing for quite a while, just as it is near-impossible for us to predict how all this is going to come to an end. Therefore we would do well to be patient with ourselves, knowing that we are not alone in this unusual ordeal and that support is available - both human and divine.

Another helpful insight from Ann was that we could examine the impact of the corona-crisis upon us by reference to the following 7 major aspects:

- Social: our relationships with family, friends and acquaintances
- Spiritual: our deepest connections with God as well as with one another
- Physical: health & fitness & relaxation
- Financial: how financially secure we are now & beyond
- Mental: relaxation/stimulation for mind & brain
- Professional/vocational: how satisfied we are with our place in the world
- Emotional: how *supported* rather than *challenged* we are by our emotions

You will find on page 3 what was originally titled 'Clergy Well-being Checklist' (subsequently modified). But there is nothing exclusively clerical about it! We should all be able to relate to it to varying degrees. Please do not feel shy about reaching out - whether to me or to one of the helplines at the bottom of the list. Here is something I wrote to a special friend which, even as I was writing it, struck me as being surprisingly true: *Prayer unites us in ways no social distancing can separate!* - Fr Peter -



#### Pastoral Team:

Fr Peter Kwak PP  
beverlyhillspriest@gmail.com

#### Parish Office Address:

5 Tarrilli Street

#### Postal Address:

PO Box 100

Beverly Hills NSW 2209

**Telephone:** 9554 8155

**Email:** reginaparish@gmail.com

**Web:** reginacoeliparish.org.au

## The Week Ahead

Sun 26 Apr  
Third Sunday  
of Easter

8.30am Parish Mass live-streamed  
On Facebook

Mon 27 Apr  
St Louis  
Grignon de  
Montfort,  
priest

Tues 28 Apr  
St Peter Cha-  
nel, priest,  
martyr

Wed 29 Apr  
St Catherine  
of Siena,  
virgin,  
doctor

Thurs 30 Apr  
St Pius V,  
pope

Private Masses by Fr Peter,  
offered for the whole parish,  
hopefully everyday at 7.30pm!

Fri 1 May  
St Joseph  
the Worker

Sat 2 May  
St  
Athanasius,  
bishop,  
doctor

Sun 3 May  
Fourth  
Sunday  
of Easter

10.30am Parish Mass live-streamed  
On Facebook

*This poem is dedicated to the Youth Group of our Parish. Every week there will be poems and/or videos for Youth to enjoy and have a bit of a smile during this time. Fr Peter and the Youth Leaders are hoping that all of you are staying safe and healthy at home. Believe that there will be a light at the end of the tunnel and that we will all see each other hopefully soon. God Bless. - Stephanie -*

### Quarantine Life

Staying at home may not be your first choice, but now you have to hear a small voice.

It is not there whilst you are playing uno or playstation, or with people's frustration, A sign of life instead of "Sign of the Times" is what lingers around you.

Happiness is hiding amidst, but is found when your company of family and friends are blissed.

Care from afar whether it be on the 'gram' or texting "Hi", it doesn't mean we have to say goodbye.

There is still enjoyment and laughter knowing that here on end: there is a lot of hope that we know is going to come after.

Spare the time to reverently unwind- otherwise you might lose your mind!

It is the only way that many small voices can turn into light.

Someone important to us wants to see their child happy and free- even in unknown times like these.

Doesn't mean to procrastinate or fall out of line, but maybe as a treat to buy some food to dine.

Maybe whilst watching Netflix or eating at the table with family, spare some prayers to your friends and other loved ones.

His voice will guide you because thankfully, we are all his daughters and sons.

Don't worry about your indoor blues and keep having positive mindsets.

Have a bit of a snooze because believe me it works wonders and you'll have no regrets.

Some of the time just imagine a small vacation instead of quarantine life.

All of us need to do our bit including mentation, for we will succeed during this strife.

## Please pray for...

### Recently Deceased

### In Loving Memory

Jovito Canonizado, Kevin Weeks, Margaret Staines

### Please remember those who are in ill health especially:

Beven Kelly, Ann Mc Dowell, Christopher McDowell, Damiano Serravalle, Michelle Makin, Pat Johnson, George Dagher, Mrs Saba, Josephina Algozina, Geraldina Civitarese, Pat Mortimer, Greg Weekes, Mrs Donald Burch, Mary Daniels, Geoff McDowell, Elena Mura, Mr TD (Terry) Wall, Kim Delaney, Mary Emery, Lauren Sotano, Sam Hy, Mary Sortwell, Georgia Brown, Luke Compton, Paul Camelotti, Anne Maree Michels, Slavica Markotic.

## Rosary Statue

Mrs I Ovens

17 Ponyara Road

Ph: 9150 9414



### An excerpt from the Archbishop's 4th Pastoral Letter:

*Looking ahead, I'm encouraged to hear that restrictions might be relaxed soon. On behalf of the Bishops of New South Wales, the clergy and the lay faithful I've written to the Premier pressing the case for the re-opening of churches, initially for private prayer and confession. It's likely that such a 'soft opening' will happen before we can resume public Masses. And whether it's for prayers or Mass, we are determined to abide by government directives regarding numbers, density (or distancing) and hygiene. Over these weeks we've demonstrated an admirable ability to adapt as necessary!*

The full letter available on the parish website

## WELL-BEING CHECKLIST:

1. Are you feeling isolated and disconnected from your family, friends, faith community, colleagues, etc.?
2. Are you finding it hard to concentrate and to make decisions or problem-solve because your usual routines and responsibilities have changed so dramatically and so quickly?
3. Are you feeling sad and despondent or flat and not able to find anything that brings you happiness or joy?
4. Are you finding yourself irritable, anxious, agitated or angrier more frequently than usual? Do you notice mood swings or feel your moods are sometimes out of control?
5. Have you noticed a change for the worse in your relationships with others?
6. Are you suffering from headaches, stomach aches or dizziness?
7. Are you overtired for no apparent reason? Are you getting too little sleep or too much sleep? Are you having nightmares or intrusive thoughts that are upsetting?
8. Do you feel unsafe or fearful about your safety?
9. Are you self-soothing with alcohol or other drugs or gambling, or eating to excess, or watching inappropriate material online?
10. Do you feel you have lost hope and there is little "goodness" in humanity?



CatholicCare

You can call the **CatholicCareLine** on **13 18 19** and have a confidential talk with a specialist and discuss some ways to improve your well-being.

Alternatively you can call the **Beyond Blue Support Line** on **1300 224 636** which operates 24/7.



*A number of kindly parishioners have been collecting parish bulletins and other prayer cards from the front of the church side-door and distributing them to their Catholic neighbours, especially the elderly.*

*Other kindly parishioners have been going out of their way to letterbox-drop prayer cards along numerous streets.*

*Thank you very much for your timely kindness during this challenging period of severe social isolation!*

### I have moved houses!

Ever since my arrival here as parish administrator at the end of 2017, my place of residence has been 8 Tarrilli Street. But this was always understood to be a temporary arrangement because the house - a very trendy dwelling made to entertain! - was destined to be demolished in order to make room for the expansion of our school. The time had finally arrived and so, last Tuesday, I moved into 7 Tarrilli Street (across the road from 8 Tarrilli Street) which had not been rented out for the past month or so in preparation for becoming the new presbytery.

Now, it turned out that I was mistaken about the exact date for the demolition of 8 Tarrilli Street (there was actually a little more time). So I nearly broke my back trying to finish moving the night before! This led me to realise with what exceptional serenity our parish premises have been blessed. There was exquisite quiet and no one out and about to witness the strange sight of a figure in the dark constantly moving between the two houses until nearly 3am!

It felt great when I finally said goodbye to 8 Tarrilli Street and embraced 7 Tarrilli Street as my new place of residence. After all, the latter had been the famous home of the Byrnes! During my first stint here as assistant priest, I used to visit Chris B. and sit in his lounge. It is needless to explain that he was an amazing storyteller. But almost all of his stories were about his late wife, Joan, to whom he was still evidently devoted. He had the habit of starting on a new episode by saying, 'To cut the long story short,' before proceeding to tell a story which was delightful and by no means short! I used to love his stories, although there were still more chapters we never got to finish. So I am truly honoured to be able to say that 7 Tarrilli Street is now my new home!

- Fr Peter -

For parishioners who are very kindly submitting their planned giving donations via our website, can we ask that, if possible, you please enter on our website, your envelope number and surname as a reference so that we can record the donation amount against your allocated planned giving number, thank you!



**First Reading Acts 2:14, 22-33**

*It was impossible for him to be held by the power of Hades.*

On the day of Pentecost, Peter stood up with the Eleven and addressed the crowd in a loud voice: 'Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him:

I saw the Lord before me always,  
for with him at my right hand nothing  
can shake me.

So my heart was glad  
and my tongue cried out with joy:  
my body, too, will rest in the hope  
that you will not abandon my soul to Hades  
nor allow your holy one to experience corruption.  
You have made known the way of life to me,  
you will fill me with gladness through your presence.

'Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit.'

**Responsorial Psalm**

**Ps 15:1-2. 5. 7-11. R. v.11**

**(R.) Lord, you will show us the path of life.**

or

**(R.) Alleluia.**

1. Preserve me, God, I take refuge in you.  
I say to the Lord: 'You are my God.  
O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize.' (R.)
2. I will bless the Lord who gives me counsel,  
who even at night directs my heart.  
I keep the Lord ever in my sight:  
since he is at my right hand, I shall stand firm. (R.)
3. And so my heart rejoices, my soul is glad;  
even my body shall rest in safety.  
For you will not leave my soul among the dead,  
nor let your beloved know decay. (R.)
4. You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand happiness for ever. (R.)

**Second Reading 1 Pt 1:17-21**

*The ransom that was paid to free you was the blood of the Lamb, Jesus Christ.*

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in

silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

**Gospel Acclamation See Lk 24:32**

**Alleluia, alleluia!**

**Lord Jesus, make your word plain to us:  
make our hearts burn with love when  
you speak.**

**Alleluia!**

**Gospel Lk 24:13-35**

*They recognised him at the breaking of the bread.*

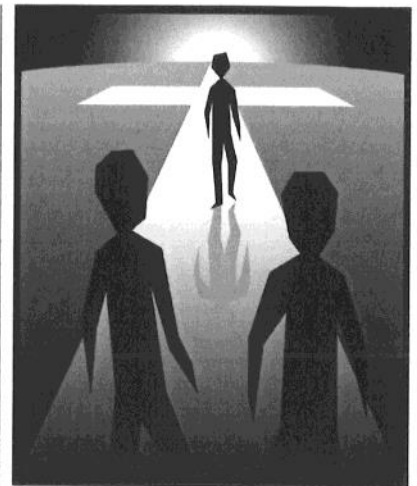
Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

**Reflection by Dianne Bergant CSA**

The Easter mystagogical instruction continues. Today we reflect on life as a journey. This theme expresses well the fact that life is not static, but is a movement from one point to another. Actually, we do not so much make the journey as we join one that is already in progress. Nor are we alone on it. We have companions who share their encouragement and support, their talents and insight. Like the two disciples travelling to Emmaus, we have certain expectations which Jesus does not seem to fulfil. They did not realise that through his death he had accomplished everything. They did not realise that the Risen Lord himself was their travelling companion.

As with them, so with us. We may not see the extraordinary in the ordinary. We may not see the hand of God in our lives. Perhaps we need someone to interpret for us both the tradition and the events of life. Despite appearances, something is happening beneath what we are able to observe. God is at work beneath and within our lives. Once we realise who this unique travelling companion really is, our hearts too will burn within us, our eyes too will be opened, and we too will look at life with the assurance of faith. Easter faith will transform our disillusionment into missionary zeal. Some of us may be called upon to give public witness, as did Peter. Most will preach with the example of our lives. All can enter this mystery as we recognise him in the breaking of the bread.

The psalm responses are from the English Translation of the Lectionary for the Mass ©1981 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved. The psalm texts, from The Psalms, A New Translation, ©1983 by The Grail, England and used by permission of the publishers. The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Longman and Todd Ltd and Doubleday & Co Inc, and used by permission of the publishers. © 2017 Creative Ministry Resources Pty Ltd All use must be in accordance with your user licensing agreement.