



# Fifth Sunday of Lent Yr A 29th March 2020

*Our Mission: We follow the words of our patron, St John Vianney, who said "He is here". We recognise Christ is in the Word, the Eucharist, and in us, His people with a special reverence for Him in the poor and marginalised. We are called to make Christ present through our prayer and charity. We seek to grow in our spiritual lives and create a community where everyone is welcome; the young and old, together to experience the loving presence of God. We believe He is here amongst us and we joyfully go out to make Him present to all.*

*(This Parish is Child Safety Aware and also complies with Australian Privacy Laws)*

## An Act of Spiritual Communion...

This will be a Lent we all remember, I am sure. In the midst of the growing spread of COVID-19, all the Masses have been suspended in our Archdiocese. For many of us, Sunday Mass is a staple of our week and our spiritual life. This is an opportunity and a challenge to us to live Sunday as something different, as something holy. When it is not possible for us to participate at Mass, how can we still keep holy the Lord's Day?

The Catholic Church encourages the faithful to make frequent, even daily, Communion. But when we cannot make it, however, we can still make an **Act of Spiritual Communion**, in which we express our faith in Christ and in His Presence in the Eucharist, and we ask Him to unite Himself with us. The basic elements of an Act of Spiritual Communion are an Act of Faith; an Act of Love; a desire to receive Christ; and an invitation to Him to come into our heart.

The most common occasion for making an Act of Spiritual Communion is when we cannot fulfil our obligation to attend Mass on a Sunday or Holy Day of Obligation, whether because of illness or bad weather, or some other reason outside of our control. It is also good to make an Act of Spiritual Communion when we can attend Mass, but not able to receive sacramental Communion.

However, always take a minute or so to make an Act of Spiritual Communion. We can even do so multiple times a day—even on days when we have been able to receive the Eucharist. Why would we do that? Because each Act of Spiritual Communion increases our desire to receive sac-

ramental Communion, and also helps us to avoid the sins that would make us unable to receive Communion worthily.

How to make an Act of Spiritual Communion?

- 1. Make the sign of the Cross**
- 2. If possible, read the Mass Readings**
- 3. Recite the Prayer of Spiritual Communion**

***My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.***

In these times of trial, let us pray that our faith may hold firm and our commitment to one another be strengthened. During this time, being a caring community is really important. We continue to pray for all people throughout the world - the many people- who are suffering due to the Coronavirus pandemic. We pray for those who have died, that the Lord receives them into His care.

Blessings,  
Fr. Dantus Thottathil.

### QUOTE OF THE DAY:

THE BEST  
WAY TO HEAL  
A BROKEN  
HEART IS TO  
GIVE GOD  
ALL THE  
PIECES.

**PLEASE PRAY FOR OUR SICK:** Karen Booker, Michael Gibbings, Mary Schmidt, Joyce Starkey, Pat Wilson, Sandra Wilson, Maddie Bell, Teresa Geraghty, Mary Forrester, Krystyna Kelly, Sheila Petersen, Richard Pook, Violet Maureen Phillips, Ash Dean, Dennis Patterson, Carmen Phairs, Irene Gavrilu, Rosa Maria Santos, Dawn O'Sullivan, Leon and Roz Thomas, Maura Poots, Angela Geraghty, Hugo Callan, Joan Francis, Angela de Weger, Terry Coles, Margaret Brennan, Ted Chapman, Fr Frank Jones, Leslee O'Connell, Sally Maletz, Katherine Pickering, Helena Duimpies, Stacie Stonier.

*For a name to be included in the 'Prayer for our Sick' list, the Privacy Act now requires the personal permission of the nominee or a close relative.*

**ANNIVERSARIES:** Victor Berger, Paul Bouton, Brian Cahill, Frances Cassell, Gina Clair, Alice Condon, Stephen Connor, Maxwell Cooper, Barry Edward Creevey, Louise DeWeger, Beatrice Fox, Keith Furner, Colin Freebody, Norman Hare, Trevor Hankins, John Harrison, Kevin Hatton, Kathleen Howard, William Jackson, Brett Ledwidge, Margaret Lawder, Mervyn Lewis, Mary Massie, Alec Mathams, Thomas Murphy, Geoffrey Peake, Bernard Peterson, Ann Riseham, Ivy Rafter, James Retchless, Valerie Smith, Patrick Tranent, Reginald Thurlow, Anastasia Tripcony, Edward Vinson, Bill Warlow, Kevin Woodgate, Anthony Wright, Wilfred (Bill) Weise.

**Pastor: Fr Dantus Thottathil MCBS Associate Pastor: Fr Prem Rethnamony**  
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Website: [manlycatholicparish.org.au](http://manlycatholicparish.org.au)

### PARISH PASTORAL COUNCIL

Les Sellwood (Chairperson) Joshua Walsh (Secretary), Bruce Corrie, Helen McNamara, Paola Nunez, Maria Jones, Pam Chapman and Julia McLean.

**This Parish is Child Safety Aware and also complies with Australian Privacy Laws. A copy of the Child Safety and Protection of Vulnerable Adults policy is situated in the foyer of the church.**

**Archdiocesan Safeguarding Officer for Manly is Les Sellwood: 0401 235 739 STOPLINE Contact: [AOB@stopline.com.au](mailto:AOB@stopline.com.au)**

**St John Vianney's, Manly & St Jude's, Gumdale**

*Entrance Anthiphon:*

Give me justice, O God,  
and plead my cause against a nation that is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.

*First Reading:*

**Ezekiel 37:12-14**

***I shall put my spirit in you, and you will live.***

The Lord says this: I am going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this - it is the Lord who speaks.

*Responsorial Psalm:*

**Ps 129**

***With the Lord there is mercy  
and fullness of redemption.***

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ear be attentive  
to the voice of my pleading. **R.**

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you. **R.**

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
(Let the watchman count on daybreak  
and Israel on the Lord). **R.**

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity. **R.**

*Second Reading:*

**Romans 8:8-11**

***If the Spirit of him who raised Jesus from the dead is  
living in you, then he will give life to your own mortal  
bodies.***

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

*Gospel Acclamation:* **John 11:25,26**

Glory and praise to you, Lord Jesus Christ!  
I am the resurrection and the life, says the Lord:  
whoever believes in me will not die for ever.  
Glory and praise to you, Lord Jesus Christ!

*Gospel:*

**John 11:1-45**

***I am the resurrection and the life.***

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's

glory, and through it the Son of God will be glorified.' Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that, even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said: 'I am the resurrection and the life, If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do you believe this?'

'Yes Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him 'Lord by now he will smell; this is the fourth day.' Jesus replied 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer.  
I knew indeed that you always hear me.

But I speak

for the sake of all these who stand round me,  
so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

*Prayers of the Faithful:*

For our Holy Father the Pope, for our bishop, our priests and our pastoral ministers, that their life of service be blessed and renewed, we pray to the Lord:

**Lord hear us. Lord hear our prayer.**

For the members of this faith community, that we never take for granted the precious gifts of life and love, we pray to the Lord:

**Lord hear us. Lord hear our prayer.**

For firefighters, the police, ambulance, doctors, nurses, and all hospital personnel, that their work of saving and protecting life be successful and appreciated, we pray to the Lord:

**Lord hear us. Lord hear our prayer.**

For all who are terminally ill, that their hope of life eternal be strengthened by the care and comfort they receive, we pray to the Lord:

**Lord hear us. Lord hear our prayer.**

For all who have died, that they rejoice in the glory of God's kingdom of everlasting life, we pray to the Lord:

**Lord hear us. Lord hear our prayer.**

***Announcements:***

- \* Until further notice all masses have been cancelled.
  - \* The parish office will be open on Mondays, Wednesdays and Fridays between 9am—2:30pm.
  - \* **In the event of an emergency, please contact Fr Dantus on 3396 0742.**
- \* *Masses can now be streamed from the Cathedral at [archbne.org/bzw/on Sundays and weekdays](http://archbne.org/bzw/on_Sundays_and_weekdays).*
- \* The Catholic Leader is now free to access online from <https://bit.ly/39e5JtD>