



BULLETIN NOTICES

From:	Mr Jude Hennessy	Ref:	JH/hb:2020/19
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Date:	12 May 2020	For weekend:	16 – 17 May 2020

Status	Bulletin notice	Attachment(s)
UPDATED	<p>Alpha - Refreshing our Vision and Practice Monday 1st June, 7:30pm via Zoom Video Conferencing</p> <p>Alpha is becoming a highly successful primary tool of outreach and evangelisation for many parishes in our diocese. This refresher training, run by Donna Brennan from Alpha Australia, will help all those currently involved in running Alpha to refresh the vision and their practice of Alpha in preparation for re-starting face to face Alpha courses in the months to come. We will also focus on strategies for inviting and running an online Alpha.</p> <p>To register go to https://www.dow.org.au/news-and-events/ For further information email darren.mcdowell@dow.org.au</p>	
UPDATED	<p>The Eucharist - Exploring our Catholic Faith Mondays 1st – 22nd June or Fridays 5th – 26th June all at 4pm via Zoom Video Conferencing</p> <p>We're all missing the Eucharist - but what does this mean? What are we missing? In this four-part online series we'll refresh and deepen our understanding of the Eucharist and its relevance for our lives using online video material from Bishop Robert Barron. We will explore Eucharist as Real Presence, as Sacrifice and as Meal and look at how we can prepare and get more out of our participation in this celebration.</p>	

	<p>To register go to https://www.dow.org.au/news-and-events/ For further information email darren.mcdowell@dow.org.au</p>	
UPDATED	<p>An Introduction to the Psalms: A Songbook for Today Thursdays, 4th – 25th June at 4-5pm (repeated at 8-9pm) via Zoom Video Conferencing</p> <p>The Book of Psalms is a rich collection of poetry, prayer and song canvassing the fullness of our human experience and life. In this four part online series, Fr Mark De Battista will lead us on an introductory explanation of the Book of Psalms. Such an exploration will assist us in making the most of this book in both personal and liturgical prayer.</p> <p>To register go to https://www.dow.org.au/news-and-events/ For further information email darren.mcdowell@dow.org.au</p>	
NEW	<p>Diocese of Wollongong Mass Online</p> <p>For all of the online Mass options- please visit the DoW website https://dow.sh/dailymass</p> <p>Please note Holy Family Parish Ingleburn now has Mass online with Fr Peter Caruana. 10am each Sunday</p>	
NEW	<p>Free Bushfire Support Counselling (only relevant to Parishes in the Southern area of the Diocese)</p> <p>The Bushfire Support Counselling program offers a free counselling service to support individuals, families and communities impacted by bushfires. This service will help you and your loved ones to deal with the emotional reactions of disbelief, stress, anxiety and grief. Sessions are available via telehealth services.</p> <p>Contact 1800 068 698 to make an appointment and to find out more.</p>	
Continuing	<p>Pray with Pope Francis throughout May for an end to the Pandemic.</p> <p>Pope Francis has asked Catholics to make a special effort in May to pray the Rosary, knowing that by doing so they would</p>	

	<p>be united with believers around the world asking for Mary's intercession in stopping the coronavirus pandemic. Pope Francis has written two prayers that can be recited at the end of the rosary, prayers he said he would be reciting "in spiritual union with all of you."</p> <p>Prayer to recite at the end of the rosary O Mary, You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of the Roman people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial. Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection. Amen.</p> <p><i>We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.</i></p>	
Continuing	<p>Update - Nourish Your Faith at Home</p> <p>Included in the attached document are a range of online resources which families might like to utilise in nourishing their faith at home. It includes a number of resources for scripture study for both children and adults.</p>	<p>Click to download Nourish Your Faith at Home - Update April 23</p>
Continuing	<p>Adoration livestreamed Wednesday nights</p> <p>The NET Team will be hosting a Holy Hour every Wednesday at 6:30pm. This will be a time set aside for Adoration of the Blessed Sacrament.</p> <p>This will be broadcast via This will be broadcast via: Facebook: https://www.facebook.com/cymdow/ Instagram: https://www.instagram.com/wollongongnetteam/</p>	

Continuing	<p>Coming Soon: Youth Adult Online Small Groups</p> <p>In the incoming weeks, the NET Team will be inviting all young adults ages 18-35 to join our Faith Circles on Zoom. Faith Circles is a weekly young adult small group that brings together people of faith whether you just started your journey or one who is open to an encounter with Jesus Christ, this is done by sharing of the Gospel and reflecting upon in it. This is a great way to build not only your faith but to build lasting friendships. To get in touch with the NET team and be part of this, simply follow the "CYMW" CYMW facebook page or by Instagram at "wollongongnetteam"</p>	
Continuing	<p>The Chosen - Great Family Viewing on the Life of Jesus.</p> <p>This new, crowd funded series on the life of Jesus is receiving wide acclaim around the world and is well worth a look, especially during holy week. It is a high-quality production that explores the life of Jesus through the eyes of those around Him. The easiest place to watch the whole first season for free is through a free membership on VidAngel - https://www.vidangel.com/</p>	
NEW	<p>The Diocese of Wollongong Weekly Podcast – ‘The Journey’ – 17 May 2020</p> <p>Listen in this week for as we hear again in the Easter Series of Gospel reflections from Fr Mike Delaney, Mother Hilda Scott from the Abbey and other short talks from some of Australia’s best Catholic presenters as we celebrate the Easter season in isolation. Uploaded every Friday for free download – go to www.jcr.org.au</p>	
NEW	<p>A Vocation view</p> <p>Sixth Sunday of Easter (17/5/20)</p> <p>“If you love me, you will keep my commandments.” The Holy Spirit gives us the courage to embrace our Faith with a whole heart, but we must receive this gift in humility. (John 14:15) If you want to talk about your discernment, please contact the Diocesan Vocations Director, Fr Duane Fernandez at vocations@dow.org.au or our new Vocations video at https://www.dow.org.au/covid-19/sunday-mass-online-with-bishop-brian/</p>	
Continuing	<p>Connecting Online – Simple Steps to Video Group Gatherings</p> <p>Zoom Video Conferencing is excellent platform for hosting small faith sharing groups as well as parish meetings, liturgies and courses. Each parish has an account which can be used for</p>	<p>Click to download Zoom User Guide Basic Steps</p>

	the hosting of such meetings. Click here to download the user guide.	
Continuing	<p>Electronic parish planned giving</p> <p>Given that all non-essential travel has been cancelled, some parishioners who support our parish planned giving envelope program have asked how they can continue to financially support the parish. So, we respectfully encourage all parishioners to join our electronic parish planned giving program to help us ensure that we limit the financial pressure this current situation will impose on our parish. Please visit https://www.dow.org.au/plannedgiving/ to learn of the two simple ways you can give to our parish electronically. Importantly, we are mindful that some of our parishioners will sadly be experiencing a change in their financial circumstances. Please contact the Parish Office (insert phone number/email) if you need to decrease/discontinue your planned giving contribution, but mainly to let us know how we can support you.</p>	
Continuing	<p>Prayer Resources for Individuals and Families</p> <p>During this time of social isolation, it is important that we pray and stay connected to our community. A range of online resources are available to assist with this. These include daily prayers and readings, prayer services, the Sunday Office, commentaries, homilies and reflections as well as Gospel based activities and resources to support personal and family prayer. Go to: liturgyhelp.com/aus/woll/pray and follow the prompts to access. Hopefully these resources will help create prayerful solidarity with our community and the whole Body of Christ.</p>	Click to download liturgy help
Continuing	<p>Faith Circles—free small group resource:</p> <p>During this period of Pandemic isolation, you are encouraged to spend time in prayer and spiritual reading and faith Circles is one way that you can do this. The weekly Faith Circles resource is available for free to download. It is easy to use and could easily be done in your household or even by skype / phone with others at this time, with its questions and prayer points. It is available to download at www.faithcircles.dow.org.au or have it sent to you each month via email subscription.</p>	
Continuing	CAthFAMILY	

	<p>CAtHFAMILY brings you a selection of activities, prayer rituals, crafts and recipes for free from their website. Don't miss CathKids https://cathfamily.org/cathkids-faith-unlimited/ : A weekly interactive experience with a two-minute animated reflection on the Sunday reading, questions to stimulate discussion, a simple activity and prayer.</p> <p>Families in the diocese are encouraged to utilise these resources at home to share faith with kids. Visit www.cathfamily.org especially during this time of COVID-19 social distancing especially if children are unable to attend school.</p>	
Continuing	<p>We're always here, if you ever need...</p> <p>These are challenging times for everyone and CatholicCare are here to support you and your family to navigate the uncertainty. We offer confidential online and phone counselling to support you with the frustration of managing family emotions, relationship pressures and employment changes.</p> <p>To find out more about CatholicCare's counselling service call us on 4254 9395 or email intakeservice@catholiccare.dow.org.au</p>	
Continuing	<p>Always Connected</p> <p>While CatholicCare office is closed due to current restrictions, our dedicated Client Services Officer Marion is still here to take your calls and emails. Marion and the CatholicCare team are working on practical and innovative new ways to support our clients through COVID-19.</p> <p>Please email or call us if you have any questions – we're here to help. Phone: 4227 1122 or email enquiries@catholiccare.dow.org.au</p>	