

# ***Into the Deep***

Issue 203

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## **Extraordinary Times**

These are extraordinary times. Never would I have imagined not having Sunday Mass available to me. And I still cannot imagine living Holy Week and Easter at home. It's surreal. All my life, Sundays have been about Mass, no matter where I find myself or what I'm doing. It would be the same for every other practising Catholic. Yet now we're faced with lockdowns and isolations and social distancing, no public Masses, and closed churches. Until it actually happened, it was inconceivable to me that it ever could. The spread of the coronavirus COVID-19 around the world has been extraordinary to watch, and hard to fathom. Within a matter of weeks, it put us all in the same boat, the whole of humanity fighting a common threat. Yet facing empty supermarket shelves, seeing closed shops and restaurants, losing work, having freedoms restricted and social contact denied, has been nothing in comparison to having no Mass and no adoration. I pray that it will make all Catholics hunger and thirst for the Lord in the Blessed Sacrament and realise how supremely blessed we are to have the Sacraments available to us ordinarily. An enormous thank you to all our priests around the world who quietly offer the sacrifice of the Mass in private during this time, for the benefit of us all.

You'll see plenty of COVID-19 articles in this issue, to help strengthen and encourage you through this crisis. May we all remain together in prayer, united with the rest of the Church around the world, as we hold on in the darkness while waiting trustingly for the Light.

God bless and Happy Easter. The Lord is risen! He is risen indeed! Alleluia!

Ed.

## **The Thirst for Truth**

**Pope Francis, General Audience 11-03-2020**

In each heart, even in that of the most corrupt and distant people, there is a hidden yearning for the light, even if it is buried under the rubble of deceit and mistakes, but there is always the thirst for truth and good which is the thirst for God. The Holy Spirit arouses this thirst. He is the living water that has shaped our dust; he is the creative breath that gave it life.

This is why the Church is sent forth to proclaim to all the Word of God, imbued with the Holy Spirit. Because the Gospel of Jesus Christ is the greatest righteousness that can be offered to the heart of humanity which has a vital need for it, even though it does not realize this.

[www.vatican.va](http://www.vatican.va)

## **Return Home**

**Pope Francis, Morning Mass 20-03-2020**

Return to your Father who waits for you.

The God of tenderness will heal us; He will heal us of the many, many wounds of life and of the many awful things we've done. Everyone has their own! However, think of this: to return to God is to return to an embrace, to the Father's embrace.

And think of the other promise that Isaiah makes: "though your sins are like scarlet, they shall be as white as snow."

He is able to transform us, He is able to change our heart, but it's necessary to take the first step: to return. It's not to go to God, no: it's to return home.

[Zenit.org](http://Zenit.org) 20-03-2020

**All issues of *Into the Deep* are at [www.stoneswillshout.com](http://www.stoneswillshout.com)**

# COVID-19: St Joseph, Protect Us

**Pope Francis, in his video-message on the Feast Day of Saint Joseph, 19-03-2020, when Italians united to pray the rosary in response to the healthcare emergency**

In this unprecedented situation, in which everything seems to be uncertain, let us help each other to remain steadfast in what really matters. ...

The Rosary is the prayer of the humble and of the saints. In its mysteries, they contemplate, along with Mary, the life of Jesus, the merciful face of the Father. O, how much we all need to be truly comforted, to feel the embraced by his loving presence!

The truth of this experience is measured in our relationship with others, who at this moment, are our closest relatives. Let us be close to one another, being charitable, understanding, patient and forgiving. Though you may be confined to your own homes, allow your hearts to expand so that it may be available and welcoming to all.

This evening we are praying together, entrusting ourselves to the intercession of St Joseph, Guardian of the Holy Family, Guardian of all our families. The carpenter of Nazareth too, experienced precariousness and bitterness. Though he worried about the future, he knew how to walk the darkness of certain moments, always letting himself be guided by God's will without reservation.

*Protect*, O Holy Guardian, this our nation. *Enlighten* those responsible for the common good, so that they might know – like you do – how to care for those entrusted to their responsibility. *Grant* intelligence of knowledge to those seeking adequate means for the health and physical well-being of their brothers and sisters. *Sustain* those who are spending themselves for those in need, even at the cost of their own safety: volunteers, nurses, doctors who are on the front lines in curing the sick. *Bless*, St Joseph, the Church: beginning with her ministers, make her the sign and instrument of your light and your goodness. *Accompany*, O St Joseph, our families: with your prayerful silence, create harmony between parents and their children, in a special way with the youngest. *Preserve* the elderly from loneliness: grant that no one might be left in desperation from abandonment and discouragement. *Comfort* those who are the most frail, *encourage* those who falter, *intercede* for the poor. With the Virgin Mother, beg the Lord to liberate the world from every form of pandemic. Amen.

vatican.va

## Spiritual Dryness

We cannot know whether or not we love God, although there are strong indications for recognising that we do love Him; but we can know whether we love our neighbour. And be certain that the more advanced you see you are in love for your neighbour, the more advanced you will be in the love of God; [and] to repay us for our love of neighbour, He will in a thousand ways increase the love we have for Him. - **St Teresa of Avila**

Never leave prayer because of dryness or difficulty. Remain before God entirely plunged in His holy love, detached from all desire for your own pleasure. It might help to send out little darts of love, such as, 'O my God, my true Good, I am yours!' and then remain in peace. - **St Paul of the Cross**

Saintly Solutions, by Fr Joseph Esper, p.289-290

## Be a Little Opening

**Pope Francis, Homily in Japan 24-11-2019**

Our faith is in the God of the living. Christ is alive and at work in our midst, leading all of us to the fullness of life. He is alive and wants us to be alive; he is our hope.

Each day we pray: Lord, may your kingdom come. With these words, we want our own lives and actions to become a hymn of praise.

If, as missionary disciples, our mission is to be witnesses and heralds of things to come, we cannot become resigned in the face of evil in any of its forms. Rather, we are called to be a leaven of Christ's Kingdom wherever we find ourselves: in the family, at work or in society at large. We are to be a little opening through which the Spirit continues to breathe hope among peoples.

Zenit.org 24-11-2019

# Just Getting Older, No.3 – The Real Problems

The real problems, I find, of becoming old are usually not financial. Social welfare has been in most cases fairly efficient; homes for the aged, hospices built, electric wheelchairs developed, lifts installed; radio and TV organised contact with the world outside our sphere; all sorts of clubs, organisations etc. to make life somewhat easier.

The real problems sway more towards the spiritual. The elderly seem to have the feeling of being empty, lonely, helpless, not to have done enough, they often feel useless, and delivered by forces they don't know. To become old in a befitted way, is often a greater achievement than all which was asked of them during their life before.

Looking back, we often were so very busy, had to think of so many things; it often occupied our whole being. Now it is somewhat quieter around us. We have time on our hands to think. And there often are times in which we have a need and a desire to bring our problems and concerns to God; and to ask Him to help us with finding a solution. Many have trouble finding the right words to describe their particular situation, to show thankfulness, or formulate their desires. Then, let this thought travel with you for the rest of your days: "Peace rules the day, when Christ rules the mind!"

**Bert Van Galen, Mowbray, Tasmania**

## COVID-19: Calling Us to Faith

**Pope Francis, Urbi et Orbi Blessing in Light of Coronavirus, 27-03-2020**

*"Why are you afraid? Have you no faith?"* Lord, you are calling to us, calling us to faith. Which is not so much believing that you exist, but coming to you and trusting in you. This Lent your call reverberates urgently: "Be converted!", "Return to me with all your heart". You are calling on us to seize this time of trial as a *time of choosing*. It is not the time of your judgment, but of our judgment: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others. ...

*"Why are you afraid? Have you no faith?"* Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: "Do not be afraid". And we, together with Peter, "cast all our anxieties onto you, for you care about us".

## Thanks

Attached is a cheque – for the good work you do for the paper. Keep on going. Thank you.

**J. Savy de St Maurice, Gordonvale, Queensland**

Keep going as long as you can. Cheque enclosed.

**Valerie Monaghan, Sandringham, Victoria**

A small donation towards Into the Deep's running expenses enclosed. May God bless you always.

**Moira Scully, Sandringham, Victoria**

Thanks also to those who have donated via direct debit and those who have given cash donations.

Your support is truly appreciated. **Ed.**

## Bishop of Sale Moves On

Pope Francis has appointed Bishop Patrick O'Regan, currently Bishop of the Diocese of Sale in Victoria, as the 12<sup>th</sup> Archbishop of Adelaide. Bishop O'Regan...was ordained a priest for the Diocese of Bathurst in 1983. He was appointed Bishop of Sale in December 2014, with his episcopal consecration in February 2015. Bishop O'Regan succeeds Archbishop Philip Wilson, who resigned as Archbishop of Adelaide in July 2018.

Zenit.org 20-03-2020

# The Way of the Cross

## The Directory of Popular Piety

**132.** The Via Crucis is a synthesis of various devotions that have arisen since the high middle ages: the pilgrimage to the Holy Land during which the faithful devoutly visit the places associated with the Lord's Passion; devotion to the three falls of Christ under the weight of the Cross; devotion to 'the dolorous journey of Christ' which consisted in processing from one church to another in memory of Christ's Passion; devotion to the stations of Christ, those places where Christ stopped on his journey to Calvary because obliged to do so by his executioners or exhausted by fatigue, or because moved by compassion to dialogue with those who were present at his Passion. In its present form, the Via Crucis, widely promoted by St. Leonardo da Porto Maurizio (+1751), was approved by the Apostolic See and indulgenced, consists of fourteen stations since the middle of the seventeenth century.

**133.** ... In the Via Crucis, various strands of Christian piety coalesce: the idea of life being a journey or pilgrimage; as a passage from earthly exile to our true home in Heaven; the deep desire to be conformed to the Passion of Christ; the demands of following Christ, which imply that his disciples must follow behind the Master, daily carrying their own crosses (cf Lk 9, 23). The Via Crucis is a particularly apt pious exercise for Lent.

**134.** The following may prove useful suggestions for a fruitful celebration of the Via Crucis:

- The traditional form of the Via Crucis, with its fourteen stations, is to be retained as the typical form of this pious exercise; from time to time, however, as the occasion warrants, one or other of the traditional stations might possibly be substituted with a reflection on some other aspects of the Gospel account of the journey to Calvary which are traditionally included in the Stations of the Cross;
- alternative forms of the Via Crucis have been approved by Apostolic See or publicly used by the Roman Pontiff: these can be regarded as genuine forms of the devotion and may be used as occasion might warrant;
- The Via Crucis is a pious devotion connected with the Passion of Christ; it should conclude, however, in such fashion as to leave the faithful with a sense of expectation of the resurrection in faith and hope; following the example of the Via Crucis in Jerusalem which ends with a station at the Anastasis, the celebration could end with a commemoration of the Lord's resurrection.

(quoted in Fr McNamara's article of 24-03-2020 Zenit.org)

## COVID-19: Holy Week Will Be Different

### Congregation for Divine Worship and the Discipline of the Sacraments, 25-03-2020

Considering the rapidly evolving situation of the Covid-19 pandemic and taking into account observations that have come from Episcopal Conferences, this Congregation now offers an update to the general indications and suggestions already given to Bishops in the preceding decree of 19 March 2020.

Given that the date of Easter cannot be transferred, in the countries which have been struck by the disease and where restrictions around the assembly and movement of people have been imposed, Bishops and priests may celebrate the rites of Holy Week without the presence of the people and in a suitable place, avoiding concelebration and omitting the sign of peace.

The faithful should be informed of the beginning times of the celebrations so that they can prayerfully unite themselves in their homes. Means of live (not recorded) telematic broadcasts can be of help. In any event, it remains important to dedicate an adequate time to prayer, giving importance above all to the *Liturgia Horarum*.

The Episcopal Conferences and individual dioceses will see to it that resources are provided to support family and personal prayer. ...

Expressions of popular piety and processions which enrich the days of Holy Week and the Paschal Triduum can be transferred to other suitable days in the year, for example, 14 and 15 September, according to the judgment of the Diocesan Bishop.

# Perseverance in Prayer

**Pope Francis, Morning Mass 23-03-2020**

Let's be attentive in prayer: we must not fall into the habit without the awareness that the Lord is there, that I am speaking with the Lord and that He is capable of solving the problem. The first condition for a true prayer is faith.

The second condition, which Jesus Himself teaches us, is perseverance. Some ask but grace doesn't come: they don't have this perseverance, because at bottom they have no need, or don't have faith. ...

And the third thing that God wants in prayer is courage. Someone might think: is courage necessary to pray and to be before the Lord? It is, the courage to be there asking and going on, rather, almost . . . almost - I don't want to say a heresy - but almost as though threatening the Lord. As Moses' courage before God, when God wanted to destroy the people and make him the head of another people, he says: "No. I will stay with the people". Courage, the courage of Abraham, when he negotiates Sodom's salvation: "And if there were 30, and if there were 25, and if there were 20...": There was courage there. This virtue of courage is so necessary, not only for apostolic action but also for prayer.

Zenit.org 23-03-2020

# Can't Trust Them

Doctors Without Borders/Médecins Sans Frontières (MSF) is a humanitarian organisation that has had a noble cause and good reputation in the past. However, according to a report from C-Fam (28-02-2020), MSF has now teamed up with an abortion-pill provider and launched online medical abortion guidelines (cartoon videos) that can be used for do-it-yourself abortions of pre-born babies up to 22 weeks old. It is sickening to watch how flippantly they explain how to take tablets to kill your unborn baby. Please be aware that as a Catholic, you can no longer donate to MSF with a clear conscience. The same goes for Amnesty International and UNICEF, other organisations that have had a good reputation previously but succumbed to the abortion lobby and now support abortion as 'necessary healthcare'.

**Ed.**

# A Thief to Comfort Jesus

**Pope Francis, Solemnity of Christ the King, 24-11-2019**

"Jesus, remember me when you come in your kingly power". ...[W]e join our voices to that of the criminal crucified beside Jesus, who acknowledged and acclaimed him a king. Amid cries of ridicule and humiliation, at the least triumphal and glorious moment possible, that thief was able to speak up and make his profession of faith. His were the last words Jesus heard, and Jesus' own words in reply were the last he spoke before abandoning himself to the Father: "Truly I say to you, today you will be with me in Paradise".

The chequered history of the thief seems, in an instant, to take on new meaning: he was meant to be there to accompany the Lord's suffering. And that moment does nothing more than confirm the entire meaning of Jesus' life: always and everywhere to offer salvation. The attitude of the good thief makes the horror and injustice of Calvary – where helplessness and incomprehension are met with jeers and mockery from those indifferent to the death of an innocent man – become a message of hope for all humanity.

Zenit.org 24-11-2019

# COVID-19: Ireland

On the Feast of the Annunciation of Our Lord, Archbishop Eamon Martin joined with bishops and priests from all over the island of Ireland in consecrating the people of Ireland to the Immaculate Heart of Mary for strength and protection from the Coronavirus, Covid-19. People were invited to join the consecration in a moment of prayer with their families or as individuals.

Zenit.org 24-03-2020

# COVID-19: South Korea

South Korean Bishops: "God allows calamities and tribulations, but also gives us the strength to overcome them. In this Lenten period of penance and conversion, let us joyfully overcome these sacrifices and sufferings by looking at the Cross of Jesus and let us help each other by living in faith, in hope."

Zenit.org 24-03-2020

# Making a Spiritual Communion

**Monsignor Carl Reid, PA, Ordinary of The Personal Ordinariate of Our Lady of the Southern Cross**

In the case of making an Act of Spiritual Communion, it is not just a simple reading of the very brief Spiritual Communion prayer; rather:

1. Make an act of faith. The key here is to express to the Lord our faith in His merciful love and His Real Presence in the Eucharist. A sample act of faith (from the USCCB): *O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.*
2. Make an act of love: *O Lord God, I love you above all things and I love my neighbour for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.*
3. Express our desire to receive him.
4. Invite Jesus to come into our hearts spiritually: *With a humble and contrite heart, I ask the Lord to come to me just as He would if I was able to receive the Sacrament.*

Example act of Spiritual Communion (St Alphonsus Liguori): *"My Jesus, I believe that thou art present in the Blessed Sacrament. I love Thee above all things and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen."*

Our Ordinariate Facebook page presents daily Mass as celebrated at 11am in my small private chapel in Sydney for those who wish to join me: [facebook.com/ordinariateolsc](https://www.facebook.com/ordinariateolsc).

Newsletter of The Personal Ordinariate of Our Lady of the Southern Cross, Vol 1 No 1, [ordinariate.org.au](http://ordinariate.org.au)

## Mystery of the Moon

**Pope Francis, Angelus Address 22-03-2020**

The healed blind man, who now sees both with the eyes of the body and with those of the soul, is the image of every baptised person, who immersed in Grace has been pulled out of the darkness and placed in the light of faith.

But it is not enough to *receive* the light, one must *become light*. Each one of us is called to receive the divine light in order to manifest it with our whole life.

The first Christians, the theologians of the first centuries, used to say that the community of Christians, that is the Church, is the "mystery of the moon", because it gave light but it was not its own light, it was the light it received from Christ.

We too can be "mystery of the moon": giving light received from the sun, which is Christ, the Lord. Saint Paul reminds us of this today: "Live as children of light; for the fruit of the light consists in all goodness, righteousness and truth" (Eph 5:8-9).

vatican.va 22-03-2020

## A More Horrifying Kind of Death

**St Augustine**

...[C]onsider, and understand that more horrifying kind of death everyone who sins dies. But every man is afraid of the death of the flesh; few, of the death of the soul. In regard to the death of the flesh, which must certainly come sometime, all are on their guard against its approach: this is the source of all their labour. Man, destined to die, labours to avert his dying; and yet man, destined to live forever, labours not to cease from sinning. And when he labours to avoid dying, he labours to no purpose, for its only result will be to put off death for a while, not to escape it; but if he refrain from sinning, his toil will cease, and he shall live forever. Oh that we could arouse men, and be ourselves aroused along with them, to be as great lovers of the life that abides, as men are of that which passes away!

Tractate 49 on the Gospel of John

# Keeping God's Commandments

As part of Jesus' discourse at the last supper, he declared 'If you love me you will keep my commandments' (Jn 14:15). 'You must love the Lord your God with all your heart, and all your soul, and with all your mind. This is the greatest and first commandment. The second resembles it: you must love your neighbour as yourself' (Mt 22:38-39).

Jesus had previously told the Pharisees, 'Do not imagine that I have come to abolish the Law and the Prophets' (Mt 5:17). For God gave Moses Ten Commandments and Jesus came 'to complete them', not to abolish them. The completion process recognized the need for clarification of the Law and the Prophets as the needs arose, for times and people changed.

In this context, Scripture records the first commandment given by God to his creatures was to 'be fruitful, fill the earth and conquer it' (Gen 1:28). The response by his creatures to this commandment was such that 'Yahweh regretted making man on the earth' (Gen 6:6). The flood that destroyed most of God's creation forcefully demonstrated the extent of Yahweh's regret. Even so, God's subsequent commandment to Noah was to reaffirm his first commandment to 'be fruitful, multiply and fill the earth' (Gen 9:1). So God's first commandment was also being clarified, but not abolished, despite his bitter disappointment with his creation. Certainly, this clarification includes the central role of the family in building up God's kingdom.

This central role of the family is manifest, for no dogma is proclaimed, no cathedral built, no discovery made, no epic written, no masterpiece painted, no music composed, and so on; except by people who had biological parents. Clearly, we are coming to deeper appreciate the role of the family, especially women, in achieving the clear intent of God's first commandment for 'filling the earth'.

**John Cooney, Cowwarr, Victoria**

## Thoughts on Mary(s)

It is never too late to learn. Last week I heard a true story about Cardinal Hume. He visited his seminary here in the UK and encouraged all the seminarians to be faithful to their daily rosary. He suggested that they should imagine the Blessed Virgin visiting them and sitting down beside them, with a photograph album on her lap. She would then recall all the events in the life of herself and her Son using the photos as illustrations.

There are countless images of the rosary on the web, and each one has a particular message for each of us.

On another note: during this Lent I was reading about St Mary Magdalen. She rushed to Christ's grave with precious ointments, because she failed to comprehend what Christ said to Mary and her sister a few days earlier, viz "I am the resurrection and the life" (Jn 11:25). Imagine, it was to a Virgin woman that the birth of the Son God was announced, yet it was to this fallen woman that Christ's resurrection was announced.

**Pat Ryan, London, United Kingdom**

## COVID-19: Abijan

"In these dark times of confinement I thought that Jesus Christ cannot be confined, I decided that your parish priest should pass with the Holy Sacrament in the parish territory", said parish priest Fr Eric Norbert of Abekan parish. Standing in an open-roof car, holding the Blessed Sacrament in his hand, he walked the streets of the parish territory to meet the faithful who had stayed home because of the Coronavirus.

Zenit.org 27-03-2020

## COVID-19: Venezuela

Instead of people coming to the church to receive Holy Communion at Mass, the Bishop of San Cristóbal asked his 150 priests on Sunday (22<sup>nd</sup> March) to ring the church bells at 12 noon and go out with the Blessed Sacrament calling on God to rid the world of the pandemic. Bishop Montana said its purpose was to "bless the whole city, the whole country, the neighbouring country of Colombia and the whole world, calling on God to free us from this pandemic".

Zenit.org 27-03-2020

# Like Peter Who Dives From the Boat

**Pope Francis, to international meeting on *Evangelii Gaudium*, 30-11-2019**

I would like to say very simply: the joy of the Gospel springs from the encounter with Jesus. It is when we encounter the Lord that we are flooded with that love of which he alone is capable. Then...the need to proclaim it arises spontaneously, it becomes irrepensible, even without words, with witness. ...

Nostalgia for God, for an infinite and true love, is rooted in the heart of every man. We need someone to help revive it. We need angels who, as it was for Mary Magdalene, bring good news: angels in the flesh who come together to dry tears, to say in the name of Jesus: "Do not be afraid!" The evangelizers are like angels, like guardian angels, messengers of good who do not deliver ready answers, but share the question of life, the same that Jesus addressed to Mary calling her by name: "Whom are you seeking?" Whom you seek, not what you seek, because things are not enough to live; to live you need the God of love. ...

In order to spread the message, we need to be simple and succinct as in the Easter Gospels: like Mary, who cannot wait to say to her disciples: "I have seen the Lord!"; like the Apostles, who run to the tomb; like Peter, who dives from the boat to Jesus. We need a free and simple Church, which does not think of returns in terms of image, of convenience and of income, but of being outbound. ...

Think of the first Christians, who had everyone against them, who were persecuted and yet did not complain about the world. Reading the New Testament, one sees that they were not concerned to defend themselves from an empire that put them to death, but to proclaim Jesus, even at the cost of their lives. So let us not let ourselves be saddened by things that are not going well, by labours, by misunderstandings, by chatter, no: they are small things in the face of "the surpassing worth of knowing Christ Jesus my Lord" (cf. Phil 3: 8).

[www.vatican.va](http://www.vatican.va)

## The Death of Death

**Pope John Paul II, Good Friday Way of the Cross, 2003**

"This is the wood of the cross on which hung the Saviour of the world... Come let us worship". We heard these words in today's liturgy: this is the wood of the cross. These are the key words of Good Friday.

Yesterday, Holy Thursday, the first day of the "Sacred Triduum" we heard, "This is my body which will be given up for you".

Today we see how these words of yesterday, Holy Thursday, were realized: this is Golgotha, this is the Body of Christ on the Cross.

Mystery of the faith! Man could not imagine this mystery, this reality. God alone could reveal it. Man does not have the possibility of giving life after death. The death of death. In the human order, death is the last word. The subsequent word, the word of the Resurrection, is a word that comes only from God...

Dear brothers and sisters, I hope that all of you will live this "Sacred Triduum" ever more deeply and also that you will witness to it. Praised be Jesus Christ!

[w2.vatican.va](http://w2.vatican.va)

## Forever in Our Midst

**Pope Francis, "Urbi et Orbi" Easter blessing, 2018**

Dear brothers and sisters, Happy Easter! Jesus is risen from the dead! This message resounds in the Church the world over, along with the singing of the Alleluia: Jesus is Lord; the Father has raised him and he lives forever in our midst.

Jesus had foretold his death and resurrection using the image of the grain of wheat. He said: "Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (Jn 12:24). And this is precisely what happened: Jesus, the grain of wheat sowed by God in the furrows of the earth, died, killed by the sin of the world. He remained two days in the tomb; but his death contained God's love in all its power, released and made manifest on the third day, the day we celebrate today: the Easter of Christ the Lord.

We Christians believe and know that Christ's resurrection is the true hope of the world, the hope that does not disappoint. It is the power of the grain of wheat, the power of that love which humbles itself and gives itself to the very end, and thus truly renews the world.

[Zenit.org](http://Zenit.org) 01-04-2018



# The Second Pillar – The Sacraments

In the last issue of ITD (March ITD, p.9) I discussed the reasons why the Catechism presents the Apostle's Creed as the first pillar of the Church's Faith. The second pillar, the Sacraments, naturally flows from this simply because they are the Church in action in the world.

A sacrament is a sensible sign or symbol that actually brings about, and makes present what it signifies and represents. Jesus Christ instituted the sacraments. They are his actions administered through his bishops and priests. In and of themselves they are holy, and by his power they pour grace into our souls when they touch our bodies. As Catholics we know of no other way to holiness and salvation except through the Church's sacramental system.

There are 7 of them: Baptism, Confirmation, Reconciliation, Eucharist, Holy Orders, Marriage and Anointing of the Sick; of which the Eucharist is the centre, source and summit. Sacraments are the beating heart of the Church's faith, and are crucial for understanding the Catholic Church and her religion. They are what God has ordained through his Son, to make his desire known, and to invite mankind to participate and share in his life and love.

Through the Sacrament of Baptism, God has made it possible for mankind to be recreated, reborn and renewed in Christ, and to be restored to what He intended us to be from the very beginning of creation before the fall. It is the gateway to the life of grace and salvation, and all the other sacraments.

Baptismal grace allows a person to become a member of Christ's Body, the Church, and enables him or her to participate in the central mysteries of her faith so that they may live in communion with Jesus Christ. Only through this sacrament within the Church, can a person become a member of the Body of Christ, and so fully and truly participate in the inner life of the Trinity.

In the Eucharist, Christ who is the head of the Body, the Church, is present in a manner which surpasses all others. In this sublime Sacrament which contains the Church's entire spiritual wealth, Christ himself becomes our living bread, who through his very flesh and blood, feeds, forgives, heals, nourishes, and offers new life to the whole of creation. In and through Christ alone we are lead to the life and love of the Father in the Holy Spirit. Through, with and in Him alone we come to know and understand how the whole of God's design and plan reaches its fulfilment.

A whole lot more could be said about this second pillar. However, suffice it to say, that Sacraments are the means through which God has made it possible for mankind to appropriately relate to Him, to encounter him intimately, and worship him in Spirit and Truth, in a way that is fitting and pleasing, in the way he intended through his only begotten Son, in his great family the Church.

**Gregory Kingman, Morwell, Victoria**

## Faith Strengthened and Expressed

### Catechism of the Catholic Church

**1113** The whole liturgical life of the Church revolves around the Eucharistic sacrifice and the sacraments. ...

**1131** The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions.

**1132** The Church celebrates the sacraments as a priestly community structured by the baptismal priesthood and the priesthood of ordained ministers.

**1133** The Holy Spirit prepares the faithful for the sacraments by the Word of God and the faith which welcomes that word in well-disposed hearts. Thus the sacraments strengthen faith and express it.

**1134** The fruit of sacramental life is both personal and ecclesial. For every one of the faithful on the one hand, this fruit is life for God in Christ Jesus; for the Church, on the other, it is an increase in charity and in her mission of witness.

# Address The Unbelief

The following are two extracts from the epilogue of the book, Questions People Ask, written by Dr Leslie Rumble MSC STD first published in 1972 in response to a selection of questions presented to his radio session during the Second Vatican Council between 1962 and 1965 and then during the three years following upon it until the end of 1968. It is a Chevalier Book, Copyright Missionaries of the Sacred Heart printed by Macarthur Press Pty Ltd, Parramatta. I don't know whether or not this book is still in print.

[1] "There is a consideration here which is only too often overlooked. It is that the religion Christ gave us could not be other than a religion of authority. Only such a religion can be the living religion of the crowds, of the poor, of the illiterate, of the overworked who have not time to devote themselves to deep studies, biblical, philosophical, theological and historical. Religion cannot be so rarified as to suit only intellectuals; nor is being an intellectual necessarily a passport to heaven as if clever people, by the mere fact of being clever, have greater chances of salvation than others. The condition must be the same for all. So Christ provided an authoritative Church for the guidance of all and claiming the obedience of all, warning against the lack of docility characteristic of those who are "wise and prudent" in their own eyes, but from whom are hidden things revealed to "little ones" who have less self-complacency." (p.400)

[2] A recent book "The Wit and Wisdom of Pope John XXIII" gives his rather whimsical reply to a visiting non-Catholic churchman who said he himself was not a theologian. "Well, thanks be to God," Pope John replied, "neither am I, any more than is necessary. You can see for yourself how many misfortunes the professional theologians have inflicted on the Church by their subtleties, their self-love, their narrowness of spirit and their obstinacy!" (p. 400-401)

As I finished typing these few lines the anguished words of Pope Paul VI spoken in 1972 came to mind. "By means of some fissure the smoke of Satan had entered the temple of God... One no longer trusts the Church... It was believed that after the Council there would be a day of sunshine in the history of the Church. There came instead a day of clouds, storms and darkness, of search and uncertainty... through an adverse power; his name is the devil". ("Rome or the Bush" by Michael Gilchrist, 1980)

In certain sections of the Church today we find the extraordinary situation of people sawing through the branch on which they are sitting. They seem incapable of, or are unwilling to distinguish between what can and what cannot change in the Church, so they appear more focused on undermining not only her hierarchical structure but any of her teachings they find distasteful, rather than addressing the unbelief in our relativistic and subjective society.

Who are we letting have the last word: the devil, the father of lies who takes refuge in his favourite element, anonymity (Ratzinger Report, p.148) (which is like having undiagnosed cancer), or the Way, the Truth and the Life, Christ Jesus?

**John Royal, Bundaberg West, Queensland**

## Watch, O Lord,

with those who wake this night  
or watch, or weep;  
give your angels and saints  
charge over those who sleep.  
Tend your sick ones, O Lord Christ,  
rest your weary ones,  
bless your dying ones,  
soothe your suffering ones,  
pity your afflicted ones  
shield your joyous ones.  
And all for your love's sake. Amen

**St Augustine**

## Understand Divine Mercy

**Pope St John Paul II**

**Posthumous Message 03-04-2005**

The Risen Lord has gifted to humanity – who sometimes seems lost and dominated by the power of evil, by egoism and by fear, – His love that forgives, that reconciles and opens the soul again to hope. It's the love that converts hearts and gives peace. How much the world needs to understand and to receive Divine Mercy!

# COVID-19: Special Indulgences

**Decree of the Apostolic Penitentiary, regarding special indulgences for the faithful in the present pandemic crisis, 19-03-2020**

"Rejoice in your hope, be patient in tribulation, be constant in prayer" (Romans 12:12). The words written by Saint Paul to the Church of Rome resound throughout the history of the Church and orient the judgment of the faithful in face of every suffering, sickness, and calamity.

The present moment that the whole of humanity is going through, threatened by an invisible and insidious sickness, which for some time has entered arrogantly to form part of everyone's life, is marked out day after day by anguished fears, new uncertainties and, above all, generalized physical and moral suffering. Following the example of her Divine Teacher, the Church has always been concerned to take care of the sick. ...

A Plenary Indulgence is granted to the faithful sick with Coronavirus, subjected to quarantine by order of the Health Authority in hospital or in their own homes, if, with a spirit detached from any sin, united spiritually through the media to the celebration of Holy Mass, the prayer of the Holy Rosary, the pious practice of the Via Crucis or other forms of devotion, or if at least they pray the Creed, the Our Father and a pious invocation to the Most Holy Virgin Mary, offering this trial with a spirit of faith in God and of charity to brethren, and with the will to fulfill the usual conditions (Sacramental Confession, Eucharistic Communion, and prayer for the intentions of the Holy Father), as soon as it is possible for them.

Health agents, their relatives and all those that, following the example of the Good Samaritan, exposing themselves to the risk of infection, take care of the sick with Coronavirus, ... will obtain the same gift of the Plenary Indulgence in the same conditions.

Moreover, this Apostolic Penitentiary willingly grants also, with the same conditions, the Plenary Indulgence on the occasion of the present global epidemic, to those faithful that offer to visit the Most Blessed Sacrament or Eucharistic Adoration, or the praying of the Holy Rosary, or the pious exercise of the Via Crucis, or the praying of the Divine Mercy chaplet, to implore Almighty God for an end to the epidemic, the relief of the afflicted, and the eternal salvation of those that the Lord has called to Himself.

The Church prays for those unable to receive the Sacrament of Anointing of the Sick and the Viaticum, entrusting each and all of them to Divine Mercy, in virtue of the Communion of Saints, and grants a Plenary Indulgence at the point of death so long as they are duly disposed and have prayed some prayers during their life (in this case, the Church supplies the three usual required conditions). To obtain this indulgence, the use of a crucifix or of a cross is recommended (Cf. Enchiridion Indulgentiarum, n. 12).

May the Most Holy Virgin Mary, Mother of God and of the Church, Health of the Sick and Help of Christians, our Advocate, help suffering humanity, driving away from us the evil of this pandemic and obtaining every necessary good for our salvation and sanctification.

## On the Third Day He Rose From the Dead

**Catechism of the Catholic Church**

**638** "We bring you the good news that what God promised to the fathers, this day he has fulfilled to us their children by raising Jesus." (Acts 13:32-33)

The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross:

Christ is risen from the dead!

Dying, he conquered death;

To the dead, he has given life. (Byzantine Liturgy, Troparion of Easter)

## Hours of Eucharistic Adoration

### in Gippsland

Bass	Wednesday 9.30am – 10.30am
Bairnsdale	1 <sup>st</sup> Friday after 9.10am Mass
Heyfield	1 <sup>st</sup> Fridays 10am – 4.30pm
Cowwarr Ord.	Wednesday (Mass 10am) – 11am Thursday 6-7pm; 1 <sup>st</sup> Friday (Mass 6pm) – 9pm 1 <sup>st</sup> Saturday (Mass 10am) – 11am
Churchill	Saturday (9.30am Mass) – 11am
Cranbourne	Fri & Sat in church: (9.30 Mass) – 11am Adoration Chapel accessible 24 hours by PIN available at parish office.
Drouin	Thursday 10am – 11am 1 <sup>st</sup> Friday 4pm–8pm (every 2 <sup>nd</sup> month, Dec on)
Lakes Entrance	Friday 9.30am – 11am
Maffra	Wednesday (5pm Mass) – 6pm
Moe	Wednesday (9am Mass) – 10.30am
Morwell	Friday 2pm - 6pm (Sacred Heart Church)
Orbost	Wednesday (9.30am Mass) – 11am
Rosedale	First Wednesday 9.30am – 10.30am
Sale	Friday 11.30am–12pm; 1 <sup>st</sup> Friday till 4pm
Trafalgar	Wed & 1st Sat: (9.30am Mass) – 10.45am
Traralgon	Wednesday 11am – 12 noon
Warragul	Saturday 10am – 11am 1 <sup>st</sup> Fri 4pm–8pm (every 2 <sup>nd</sup> month, Jan on)
Wonthaggi	1 <sup>st</sup> Friday 7pm – 8pm

## Spiritual Communion

(As recommended by Pope Francis during his morning Masses during the COVID-19 pandemic)

I prostrate myself at your feet, O my Jesus, and I offer you the repentance of my contrite heart, which abases itself in its nothingness in Your Holy Presence.

I adore you in the Sacrament of Your Love; I desire to receive You in the poor abode that my heart offers You.

While waiting for the happiness of a Sacramental Communion, I want to possess You in spirit.

Come to me, O my Jesus, that I may come to You.

May Your Love inflame my whole being, in life and in death.

I believe in You, I hope in You, I love You. Amen.

We adore you, O Christ,  
and we bless you,  
Because by your holy cross  
you have redeemed the world.

## Contact *Into the Deep*

[www.stoneswillshout.com](http://www.stoneswillshout.com)

[stoneswillshout@bigpond.com](mailto:stoneswillshout@bigpond.com)

12 Vincent Road, Morwell, Vic, 3840, Australia

 find us on  facebook

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**The purpose of ITD** is to provide a forum for those who:

- no longer have a voice in Catholic Life, and other diocesan newspapers,
- wish to understand and defend the teachings of the Catholic Church,
- wish to support and defend those who are unjustly treated by Church bureaucrats and organisations,
- wish to campaign for the renewal of our Catholic schools,
- wish to promote Eucharistic adoration in all parishes,
- wish to have a means of support and contact for one another in remaining true to our Catholic faith.

**Letters to the Editor:**

Readers are encouraged to contribute letters. There is no guarantee that every letter will be published, and we reserve the right to edit letters. Name and contact details must accompany letters, however, if there is sufficient reason, anonymity will be preserved when publishing. Letters to the editor do not necessarily reflect the views of ITD.

## Mary, our Mother

And Mother of the Redeemer,  
Gate of heaven and Star of the sea,  
Come to the aid of your people,  
Who have sinned, yet also yearn to rise again!  
Come to the Church's aid,  
Enlighten your devoted children,  
Strengthen the faithful throughout the world,  
Let those who have drifted hear your call,  
And may they who live as prisoners of evil  
Be converted!

Pope John Paul II