

# *Into the Deep*

Issue 211

Newsletter of orthodox Catholics of Gippsland

December 2020

## Shout For Joy

**Pope Francis, Angelus Address, Gaudete Sunday 2018**

In this third Sunday of Advent the liturgy invites us to *joy* – listen carefully: to joy.

The prophet Zephaniah turns to the small portion of the people of Israel with these words: “Sing aloud, O daughter of Zion; shout; O Israel! Rejoice and exult with all your heart, O daughter of Jerusalem!” (3:14).

Shout with joy, exult, rejoice: this is this Sunday’s invitation. ... This appeal of the prophet is particularly appropriate in the time in which we prepare for Christmas, because it’s applied to Jesus, the Emmanuel, the God-with-us: *His presence is the source of joy.* ...

The words addressed to the Virgin by the Angel Gabriel are as an echo of those of the prophet. What does the Archangel Gabriel say? “Hail, full of grace, the Lord is with you” (Lk 1:28). “Rejoice,” he says to Our Lady. In a remote village of Galilee, in the heart of a young woman unknown to the world, God ignites the spark of happiness for the whole world. ...

Saint Paul also exhorts us today not to be anxious, not to despair about anything, but in every circumstance, to let our requests, our needs and our worries made known to God “by prayer and supplication” (Phil 4:6).

The awareness that we can always turn to the Lord in our difficulties, and that He never rejects our invocations, is a great reason for joy. No worry, no fear will ever be able to take away from us the serenity that comes, not from human things, from human consolations, no, but the serenity that comes from God, knowing that God guides our life lovingly, and He does so always. Also, in the midst of problems and sufferings, this certainty nourishes hope and courage.

[ZENIT’s translation by Virginia Forrester] Zenit.org 16-12-2018

## A Christmas Legend

**Pope Francis, Midnight Mass homily 24-12-2019**

A charming legend relates that at the birth of Jesus the shepherds hurried to the stable with different gifts. Each brought what he had; some brought the fruits of their labour, others some precious item. But as they were all presenting their gifts, there was one shepherd who had nothing to give. He was extremely poor; he had no gift to present. As the others were competing to offer their gifts, he stood apart, embarrassed.

At a certain point, Saint Joseph and Our Lady found it hard to receive all those gifts, especially Mary, who had to hold the baby. Seeing that shepherd with empty hands, she asked him to draw near. And she put the baby Jesus in his arms.

That shepherd, in accepting him, became aware of having received what he did not deserve, of holding in his arms the greatest gift of all time. He looked at his hands, those hands that seemed to him always empty; they had become the cradle of God. He felt himself loved and, overcoming his embarrassment, began to show Jesus to the others, for he could not keep for himself the gift of gifts.

w2.vatican.va

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

## End of an Era

Zenit has announced that it is ending its English edition as of 31 December 2020.

The announcement was made by Alberto Ramírez, the CEO of Zenit, in an email of 20-11-2020, citing lack of resources. He notes that Zenit will “suspend indefinitely all editions of ZENIT in Spanish, English and Italian.”

During Into the Deep’s 18 years, I have read every Zenit daily news edition and used its information regularly in Into the Deep. I have always found Zenit to be a reliable news source, publishing the Holy Father’s addresses and homilies in full, rather than summarising or giving opinions on them. Zenit’s ending will be a great loss for ITD. I will look at what other news sources I can use instead.

**Ed.**

## No January Issue

As usual, there will be no January issue of Into the Deep. I will take a break over Christmas and New Year, and resume with a combined January/February issue in February 2021. I wish everyone a holy Advent, a blessed Christmas season, and a happy New Year! God bless. **Ed.**

## Plain and Simple

**Pope Francis, Midnight Mass homily, 24-12-2019**

Whereas on earth everything seems to be about giving in order to get, God comes down freely. His love is non-negotiable: we did nothing to deserve it and we will never be able to repay it. ...

Christmas reminds us that God continues to love us all, even the worst of us. To me, to you, to each of us, he says today: “I love you and I will always love you, for you are precious in my eyes”.

God does not love you because you think and act the right way. He loves you, plain and simple. His love is unconditional; it does not depend on you. You may have mistaken ideas, you may have made a complete mess of things, but the Lord continues to love you. How often do we think that God is good if we are good and punishes us if we are bad. Yet that is not how he is. For all our sins, he continues to love us. His love does not change. It is not fickle; it is faithful. It is patient. This is the gift we find at Christmas. We discover to our amazement that the Lord is absolute gratuity, absolute tender love. His glory does not overwhelm us; his presence does not terrify us. He is born in utter poverty in order to win our hearts by the wealth of his love.

w2.vatican.va

## Praying For One Another

I love this little exchange I had/facilitated between two ITD readers on opposite sides of the globe. It shows that as Catholics we are not strangers to one another, even if we haven’t met. **Ed.**

Some issues back you published a letter from a fellow named Pat Ryan in London, terminally ill and who was asking for prayers (June ITD, p.8). Do you know what has happened with him since? I include him in the 3 o'clock prayer of St Faustina each day.

**John McMahan, Kolonga, Queensland**

Thank you for informing me that one of your readers prays daily for me. That is very special blessing. I am so very grateful. In turn I will pray each night for that kind soul.

Three years ago, my expensive kidney consultant informed that that I had one or two years left. I am still here in spite of the fact that my kidneys are functioning at 6%. i.e. in end stage, Up to now, I have had no real inconvenience. Of late I have become very tired with a shortness breath when I do any exercise (e.g. just getting into bed). Since I am a disciple of St Louis Marie de Montfort (Totus Tuus) my little cross is really no big deal!

Fulton Sheen has advised us that “sickness always has a divine purpose. Our Blessed Lord said this sickness is not unto death, but for the glory of God, that the Son may be glorified by it (Jn 11:4). Resignation to this kind of cross is one of the highest forms of prayer. Unfortunately, the sick want to be doing something else other than the thing God wants them to do”.

**Pat Ryan, London, United Kingdom**

# Thank You for ITD

First of all, happy 18<sup>th</sup> birthday to ITD. May God give you the strength and fortitude to keep providing Into the Deep to so many people in Australia. Even though we have never made a donation (although I rectified that today), you have kept sending us your newsletter for a number of years and we sincerely thank you for that.

Thank you for the insight into what goes on in some churches in Australia (some good, some not) and the beautiful homilies and addresses by our popes. I enjoy reading most, if not all, the articles in the newsletter and I realise that it contains many hours of research and time in preparing it for us all. Thank you very much.

I had intended to request that we stop receiving Into the Deep as we can access it online, but I'm not one to read anything lengthy online. A hard copy is easier to read when having breakfast or lunch or on the train. Therefore, do please keep us on your mailing list.

**Miriam Pace Bonello, Garfield, Victoria**

# Live to Serve

## **Pope Francis, Homily, World Day of the Poor 2020**

We should reflect on this: those who do not live to serve, serve for little in this life.

But what kind of service are we speaking of? In the Gospel, good servants are those who *take risks*. They are not fearful and overcautious, they do not cling to what they possess, but put it to good use.

For if goodness is not invested, it is lost, and the grandeur of our lives is not measured by how much we save but by the fruit we bear.

How many people spend their lives simply accumulating possessions, concerned only about the *good life* and not the *good they can do*. Yet how empty is a life centred on *our needs* and blind to the *needs of others*!

The reason we *have* gifts is so that we can *be* gifts for others. And here, brothers and sisters, we should ask ourselves the question: do I only follow my own needs, or am I able to look to the needs of others, to whoever is in need?

Zenit.org 15-11-2020

# Come, Lord Jesus!

## **Pope Francis, Homily, 29-11-2020**

God wants to draw close to us, but he will not impose himself; it is up to us to keep saying to him: "Come!" ... Let us make our own the traditional Advent prayer: "Come, Lord Jesus" (Rev 22:20). ... We can say that prayer at the beginning of each day and repeat it frequently, before our meetings, our studies and our work, before making decisions, in every more important or difficult moment in our lives: *Come, Lord Jesus!* It is a little prayer, yet one that comes from the heart. Let us say it in this Advent season. Let us repeat it: "Come, Lord Jesus!"

# Effects of the Nativity Scene

## ***Admirabile Signum*, on the Meaning and Importance of the Nativity Scene, Pope Francis 2019**

3. Why does the Christmas crèche arouse such wonder and move us so deeply? First, because it shows God's tender love: the Creator of the universe lowered himself to take up our littleness. The gift of life, in all its mystery, becomes all the more wondrous as we realize that the Son of Mary is the source and sustenance of all life. In Jesus, the Father has given us a brother who comes to seek us out whenever we are confused or lost, a loyal friend ever at our side. He gave us his Son who forgives us and frees us from our sins.

Setting up the Christmas crèche in our homes helps us to relive the history of what took place in Bethlehem. Naturally, the Gospels remain our source for understanding and reflecting on that event. At the same time, its portrayal in the crèche helps us to imagine the scene. It touches our hearts and makes us enter into salvation history as contemporaries of an event that is living and real in a broad gamut of historical and cultural contexts.

In a particular way, from the time of its Franciscan origins, the nativity scene has invited us to "feel" and "touch" the poverty that God's Son took upon himself in the Incarnation. Implicitly, it summons us to follow him along the path of humility, poverty and self-denial that leads from the manger of Bethlehem to the cross. It asks us to meet him and serve him by showing mercy to those of our brothers and sisters in greatest need.

# Just Getting Older (11)

## – Offering It Up

Another day is coming up, and I ask myself where is my energy, where is my stamina? But even though I can't achieve something great, I will still present to the Lord all that this day will bring; the small things I do, the efforts, the hardships and sacrifices. When you don't have to do anything outstanding, then many things soon become less interesting.

You feel lonely and abandoned, you feel those small annoyances and the hardness of life much more and with greater intensity. But I offer it all up to the Lord. I love doing all I am still capable of, to use my efforts of helping others and making them happy. I ask the Lord to help me with this.

As St Francis de Sales said, how would I have been if the Lord had taken me out of this world some 10 or 20 years ago? At that time, I was in the prime of my life, really involved in my work, very much under the spell of my passions and addicted to all sorts of habits.

After that, the Lord still gave me many years – gave me time to make good all those things which I had done wrong, and to put order in my life. For that I thank the Lord every day anew.

Life is short, but nevertheless of enormous value, because it has embedded in it, a core of eternity. Happy the man who understands the meaning of this truth.

**Bert Van Galen, Mowbray, Tasmania**

# Honour Them

**Pope John Paul II, Letter to the Elderly, 1999**

**12.** "Rise in the presence of one with grey hair; honour the person of the older man" (Lev 19:32).

Honouring older people involves a threefold duty: welcoming them, helping them and making good use of their qualities. In many places this happens almost spontaneously, as the result of long-standing custom. Elsewhere, and especially in the more economically advanced nations, there needs to be a reversal of the current trend, to ensure that elderly people can grow old with dignity, without having to fear that they will end up no longer counting for anything. There must be a growing conviction that a fully human civilization shows respect and love for the elderly, so that despite their diminishing strength they feel a vital part of society. Cicero himself noted that "the burden of age is lighter for those who feel respected and loved by the young".

## Tighter Than Ever

**St Pio of Pietrelcina**

In darkness, at times of tribulation and distress of the spirit, Jesus is with you. In such a state you see nothing but darkness, but I can assure you on God's behalf that the light of the Lord is all around you and pervades your spirit. You see yourself forsaken and I assure you that Jesus is holding you tighter than ever to His divine Heart.

[padrepiodevotions.org](http://padrepiodevotions.org)

# Euthanasia is Always Evil

**Pope John Paul II, Letter to the Elderly, 1999 (n.9)**

It has come to the point where euthanasia is increasingly put forward as a solution for difficult situations. Unfortunately, in recent years the idea of euthanasia has lost for many people the sense of horror which it naturally awakens in those who have a sense of respect for life.

Certainly it can happen that, when grave illness involves unbearable suffering, the sick are tempted to despair and their loved ones or those responsible for their care feel compelled by a misguided compassion to consider the solution of "an easy death" as something reasonable.

Here it should be kept in mind that the moral law allows the rejection of "aggressive medical treatment" and makes obligatory only those forms of treatment which fall within the normal requirements of medical care, which in the case of terminal illness seeks primarily to alleviate pain. But euthanasia, understood as directly causing death, is another thing entirely.

Regardless of intentions and circumstances, euthanasia is always an intrinsically evil act, a violation of God's law and an offence against the dignity of the human person. (cf. *Evangelium Vitae*, 65)

# An Arthritic's Prayer to St Alphonsus Liguori

Thank you again for some beautiful reading that is so good for our spiritual growth. I particularly enjoy reading your quotes from our Popes past and present. Thank you for all you do for the Lord. I found this prayer below while looking for something else and thought you may like to share it with your readers.

**Maureen Wright, Lurnea, New South Wales**

St Alphonsus, preacher, confessor, founder, bishop, Doctor of prayer and friend of the poor, you are also the special patron of all who suffer from arthritis and the pains of many years.

When our fingers twist with pain, keep us focused on the hands of Christ, pierced with ugly nails.

When our knees knob with endless aches, allow us to see the knees of Jesus smashing into the ground beneath the weight of His heavy Cross.

When our backs stiffen with soreness, let us remember the back of Christ, cruelly scourged and thrown across the rough wood of the Cross.

When our joints, our hips, arms, legs and knuckles hurt so much that tears well up in our eyes, help us to recall the tears, the sweat and the blood that flowed from our crucified Jesus who suffered so much for each one of us.

St Alphonsus, afflicted with curvature of the spine and nailed to a wheelchair cross in your final years, teach us to unite all our dreadful pains with the dreadful sufferings of Jesus on the Cross. We ask you to ease our pains, but more so to enable us to be one with Jesus in His great act of dying and rising.

Amen.

"In these four weeks of Advent, the liturgy leads us to celebrate the Nativity of Jesus, while it reminds us that he comes into our lives every day, and will return gloriously at the end of time."

**Pope Francis, 01-12-2019**

## No Excuses

**Pope Francis, Midnight Mass homily, 24-12-2019**

Before we go out to seek God, let us allow ourselves to be sought by him. He always seeks us first. Let us not begin with our own abilities but with his grace, for he, Jesus, is the Saviour. Let us contemplate the Child and let ourselves be caught up in his tender love. Then we have no further excuse for not letting ourselves be loved by him. Whatever goes wrong in our lives, whatever doesn't work in the Church, whatever problems there are in the world, will no longer serve as an excuse. It will become secondary, for faced with Jesus' extravagant love, a love of utter meekness and closeness, we have no excuse.

At Christmas, the question is this: "Do I allow myself to be loved by God? Do I abandon myself to his love that comes to save me?"

w2.vatican.va

## Tiny Son of Man

**Pope Francis, Christmas Message 25-12-2019**

"The people who walked in darkness have seen a great light" (Is 9:1)

Dear Brothers and Sisters, Merry Christmas!

From the womb of Mother Church, the incarnate Son of God is born anew this night. His name is Jesus, which means: "God saves". The Father, eternal and infinite Love, has sent him into the world not to condemn the world but to save it (cf. Jn 3:17). The Father has given him to us with great mercy. He has given him to everyone. He has given him forever. The Son is born, like a small light flickering in the cold and darkness of the night.

That Child, born of the Virgin Mary, is the Word of God made flesh. The Word who guided Abraham's heart and steps towards the promised land, and who continues to draw to himself all those who trust in God's promises. The Word who led the Hebrews on the journey from slavery to freedom and who continues to call the enslaved in every age, including our own, to come forth from their prisons. He is the Word brighter than the sun, made incarnate in a tiny son of man: Jesus the light of the world.

Zenit.org 25-12-2019

# Eucharistic Adoration

I have previously written about learning to know the Lord from the inside by encountering him liturgically, that is sacramentally (Nov ITD, p. 8). I mentioned that God has enabled us to encounter Christ, our eternal high priest, in the most intimate and sacred way in his prayer. Through his Church, he has made it possible for man to enter in a sacramental and existential way into the prayer of Christ regularly. The Son of God on entering the world, to obey the Father's will, deigned to show and teach us how to pray and he gifted us with the grace to be drawn into his prayer.

Prayer was central to his life and there are close to thirty references in the New Testament that testify to this truth. What Jesus himself did, he commanded and taught us to do. The celebration of the Holy Sacrifice of the Mass is the greatest and highest act of prayer. It is the prayer of the Church with Christ and to Christ. Not only is it the centre and wellspring from which all other forms of prayer such as the Eucharistic Adoration, Lectio, Liturgy of the Hours, meditation and the Rosary receive their lifeblood so to speak, but their effectiveness, fruitfulness and power rest on his prayer. All these expressions and personal forms of prayer have their centre in the Mass.

Ordinarily, when a person invites us to enter into his or her prayer, they allow us to see their vulnerability, and the expression of the deepest feelings, thoughts, sorrows and desires of their heart. This is a real blessing and privilege.

In the Holy Sacrifice of the Mass, which is Christ's prayer to the Father in the Holy Spirit, God makes himself vulnerable, and allows us to encounter, experience and witness his deepest desires through the sacrifice of his Son; the loving tender mercy of his most sacred heart. Wow! Just think about that! What a gift!

This is why it saddens me tremendously when Catholics, the hierarchy and consecrated religious in particular, show no or very little desire to establish a more profound communion with Christ by spending some time during the day or week in Eucharistic Adoration. Especially when those who are consecrated, have been called to live Christ's paschal mystery by uniting themselves to him by offering daily their own lives to the Father through the Holy Spirit. It astounds me when they couldn't be bothered spending time in Adoration, contemplating the mystery of the Incarnation through the Eucharistic face of Christ; when they show no or very little interest in abiding joyfully in the sacrament which expresses the loving tender mercy of the heart of our God, and which nourishes and sustains our spiritual lives; when those who have publicly professed Christ as the only meaning of their existence, resist being known by him as he has enabled us to know him intimately.

## **An Apology**

As I was reflecting on what I had written previously about learning to know Christ from the inside as opposed to just from the outside through Scripture alone, I realized that I may have inadvertently downplayed or given the impression that Scripture alone is 'useless' in learning to know Jesus Christ. I'm sorry for doing this or for conveying this impression.

The Church has always taught that the word of God is the first source of all Christian spirituality. As such, it has the power to give rise to, and initiate a personal relationship with the living God, and his saving and holy will. So, for us Catholics, as it is with the Church, it's not a question of one or the other – both forms of knowing are absolutely necessary to truly know Christ. I guess the point I was really labouring, is that we cannot really and truly get to know Jesus Christ without the Church.

**Gregory Kingman, Morwell, Victoria**

## **Do you Remember?**

Can you recall the 7 Corporal Works of Mercy?

And the 7 Spiritual Works of Mercy?

See page 10 for a refresher.

"Our Lord is in heaven.  
He is also in his tabernacle.  
What happiness!"

**St John Vianney**

## Reclaim His Name

In light of the recent beheading in France, I am again wondering why Christians have allowed the most Holy Name of Jesus to be used so profanely in every day speech and the media.

Not only is taking the Name of the Lord in vain against the 2<sup>nd</sup> commandment, but St Paul writes to the Philippians that "every knee should bow at the name of Jesus and every tongue confess that Jesus is Lord" (Phil 2:10-11), which echoes Isaiah (45:23-24).

After St Peter cures the lame man at the Beautiful Gate "by the name of Jesus", he later tells the Jewish leaders: "...by this name and no other that this man is able to stand up perfectly healthy ... For of all the names in the world given to men, this is the only one by which we can be saved." (Acts 4:10-12)

Maybe it is time that Christians have a crusade to reclaim the most Holy Name of Jesus by speaking out with love to tell our family, friends, colleagues and the media that using His name as an expletive is very offensive to us. We could go back to the old practice of bowing our heads at the mention of His Name, and even write to the Broadcasting tribunal to ask them to make a new classification to notify when the name of Jesus is used profanely in the media.

**Maureen Wright, Lurnea, New South Wales**

## To Be Honoured

The letter to the Hebrews makes the firm statement, 'Marriage is to be honoured by all' (13:4). The author then makes it clear that fornication and adultery are not marriage. For while sexuality is clearly a crucial part of marriage, it is not the whole of marriage.

Marriage is very much an expression of faith. Faith like that of Abraham who 'set out without knowing where he was going' (Heb 11:8). Certainly, married couples set out to face their future trusting in God and trusting in each other. No doubt each one has personal expectations for the journey ahead. These personal expectations will become more real as the realities of married life unfold. A significant unfolding will take place when the mother gives birth to a person made in the image and likeness of God and this person joins the journey.

Yet it is in confronting these realities that we learn something about ourselves as a person, and about our spouse as a person. The self-knowledge is developed further when we come to know those others joining the journey as persons. This knowledge brings understanding that we are all indeed made in the image and likeness of God; and that marriage is the means chosen by God to further his work of creation.

**John Cooney, Cowwarr, Victoria**

## "I'm Not Afraid; I Take The Master With Me"

**Zenit.org 10-11-2020**

The day after the Beatification of Joan Roig i Diggle – November 7, 2020 – Pope Francis asked the crowd at the Angelus to applaud "such a courageous youth!" he said in St. Peter's Square. After the Marian prayer, the Holy Father hailed the memory of the lay martyr, "killed at only 19 during the Spanish Civil War. He witnessed to Jesus in his workplace and remained faithful to Him to the supreme gift of his life." "May his example arouse in all, especially in young people, the desire to live fully the Christian vocation," said the Pontiff.

The Holy Father had recognized a year earlier the martyrdom of Joan Roig i Diggle. ...Joan was born in Barcelona, Spain, on May 12, 1917. As a student, he worked as an office employee in a fabric store, then in a factory in Barcelona. He went to Mass daily. On July 20, 1936, red militiamen burned the headquarters of the Federation of Young Christians of Catalonia, of which he was a member. The churches of Barcelona were closed. A persecution began during which the young man visited the wounded and prayed for the dead in hospitals.

Father Lluma, Joan's Spiritual Director, entrusted a reserved Eucharist to him so that he could take Christ to the most deprived individuals. "I'm not afraid of anything, I take the Master with me," said Joan to the Roses family that he visited on the day of his death, September 11, 1936. A few hours after, anti-clerical militiamen knocked on the door of his home. As he left, he said to his mother in English: "God is with me." The patrol took him next to the cemetery of Saint Coloma of Gramanet, where he spoke his last words: "May God forgive you as I forgive you." He died from five bullets to his chest.

# Let Us Return to the Eucharist With Joy!

**Cardinal Robert Sarah, Prefect of the Congregation for Divine Worship and the Discipline of the Sacraments:  
in a letter to Bishops, approved by Pope Francis for publication 03-09-2020**

The pandemic caused by the Covid 19 virus has produced upheavals not only in social, family, economic, educational, and work dynamics, but also in the life of the Christian community, including the liturgical dimension. To prevent the spread of the virus, rigid social distancing was necessary, which had repercussions on a fundamental trait of Christian life: "Where two or three are gathered in my name, there am I among them" (Mt 18:20); "They devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And all who believed were together and had all things in common" (Acts 2:42-44). ...

As soon as circumstances permit, however, it is necessary and urgent to return to the normality of Christian life, which has the church building as its home and the celebration of the liturgy, especially the Eucharist, as "the summit toward which the activity of the Church is directed, at the same time it is the font from which all her power flows" (Sacrosanctum Concilium, 10).

Aware that God never abandons the humanity He has created, and that even the hardest trials can bear fruits of grace, we have accepted our distance from the Lord's altar as a time of Eucharistic fasting, useful for us to rediscover its vital importance, beauty and immeasurable preciousness. As soon as is possible, however, we must return to the Eucharist with a purified heart, with a renewed amazement, with an increased desire to meet the Lord, to be with him, to receive him and to bring him to our brothers and sisters with the witness of a life full of faith, love, and hope.

## Broadcast Masses

**Cardinal Robert Sarah (as above)**

As much as the means of communication perform a valued service to the sick and those who are unable to go to church, and have performed a great service in the broadcast of Holy Mass at a time when there was no possibility of community celebrations, no broadcast is comparable to personal participation or can replace it.

On the contrary, these broadcasts alone risk distancing us from a personal and intimate encounter with the incarnate God who gave himself to us not in a virtual way, but really, saying: "He who eats my flesh and drinks my blood remains in me and I in him" (Jn 6:56).

This physical contact with the Lord is vital, indispensable, irreplaceable.

Once the concrete measures that can be taken to reduce the spread of the virus to a minimum have been identified and adopted, it is necessary that all resume their place in the assembly of brothers and sisters, rediscover the irreplaceable preciousness and beauty of the celebration of the liturgy, and invite and encourage again those brothers and sisters who have been discouraged, frightened, absent or uninvolved for too long.

Catholicnewsagency.com

## Blue Vestments

**Answered by Fr Edward McNamara, professor of liturgy and sacramental theology and director of the Sacerdos Institute at the Pontifical Regina Apostolorum university**

**Q:** Can blue vestments be used generally in all the Masses of Our Lady[...]? - B.S., Macau

**A:** A special privilege was granted to Spain, its colonies, and Latin America by a decree of the Sacred Congregation of Rites on February 12, 1864, that allowed them to use blue vestments for the solemnity of the Immaculate Conception. ... In Asia, I believe this privilege extends to the Philippines, Guam, and the Marianna Islands which were still under Spanish rule at that time. ... There might also be some Marian shrines that have similar privileges from Rome.

Otherwise, blue is not admitted as an official liturgical colour for vestments in the Latin rite. They do exist in some Eastern Churches.

By blue vestments, we mean vestments which use azure, cerulean, ultramarine, or some other shade of blue fabric as the principal cloth. Vestments that use white, gold, or silver cloth with blue decorations and trimmings are perfectly admissible everywhere and for any celebration of the Blessed Mother.

Zenit.org 10-11-2020



# Exposition of the Blessed Sacrament

## Rites of Holy Communion and Eucharistic Worship Outside of Mass

**79.** The eucharistic sacrifice is the source and culmination of the whole Christian life. Both private and public devotion toward the eucharist, therefore, including devotion outside Mass, are strongly encouraged when celebrated according to the regulations of lawful authority. ...

**81.** Prayer before Christ the Lord sacramentally present extends the union with Christ which the faithful have reached in communion. It renews the covenant which in turn moves them to maintain in their lives what they have received by faith and by sacraments. They should try to lead their whole lives with the strength derived from the heavenly food, as they share in the death and resurrection of the Lord. Everyone should be concerned with good deeds and with pleasing God so that he or she may imbue the world with the Christian spirit and be a witness of Christ in the midst of human society.

**82.** Exposition of the holy eucharist, either in the ciborium or in the monstrance, is intended to acknowledge Christ's marvelous presence in the sacrament. Exposition invites us to the spiritual union with Him that culminates in sacramental communion. Thus it fosters very well the worship which is due to Christ in spirit and in truth. This kind of exposition must clearly express the cult of the blessed sacrament in its relationship to the Mass. The plan of the exposition should carefully avoid anything which might somehow obscure the principal desire of Christ in instituting the eucharist, namely, to be with us as food, medicine, and comfort.

# The Blessed Company of Angels

## Catechism of the Catholic Church

**331** Christ is the centre of the angelic world. They are *his* angels: "When the Son of man comes in his glory, and all the angels with him..." (Mt25:31). They belong to him because they were created *through* and *for* him: "for in him all things were created in heaven and on earth, visible and invisible, whether thrones or dominions or principalities or authorities - all things were created through him and for him" (Col1:16). They belong to him still more because he has made them messengers of his saving plan: "Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?" (Heb1:14)

**332** Angels have been present since creation and throughout the history of salvation, announcing this salvation from afar or near and serving the accomplishment of the divine plan: they closed the earthly paradise; protected Lot; saved Hagar and her child; stayed Abraham's hand; communicated the law by their ministry; led the People of God; announced births and callings; and assisted the prophets, just to cite a few examples. Finally, the angel Gabriel announced the birth of the Precursor and that of Jesus himself.

**333** From the Incarnation to the Ascension, the life of the Word incarnate is surrounded by the adoration and service of angels. When God "brings the firstborn into the world, he says: 'Let all God's angels worship him'" (Heb1:6). Their song of praise at the birth of Christ has not ceased resounding in the Church's praise: "Glory to God in the highest!" They protect Jesus in his infancy, serve him in the desert, strengthen him in his agony in the garden, when he could have been saved by them from the hands of his enemies as Israel had been. Again, it is the angels who "evangelize" by proclaiming the Good News of Christ's Incarnation and Resurrection. They will be present at Christ's return, which they will announce, to serve at his judgement.

**334** In the meantime, the whole life of the Church benefits from the mysterious and powerful help of angels.

**335** In her liturgy, the Church joins with the angels to adore the thrice-holy God. She invokes their assistance (in the Roman Canon's... "Almighty God, we pray that your angel..."; in the funeral liturgy's... "May the angels lead you into Paradise". ...)

**336** From its beginning until death, human life is surrounded by their watchful care and intercession. "Beside each believer stands an angel as protector and shepherd leading him to life" (St Basil). Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.

# A Sin Too Big

I watched a movie recently that featured a Catholic woman, devoted to her husband and children, involved in parish activities and prayer groups, who went to Mass and Confession regularly. After a long chain of events, she ends up having an affair. She immediately regrets it and ends it. But then came the crunch – she decided she couldn't go back to Confession because she didn't know how to confess "such a big sin".

What a shame! What a waste! I was so sad for her, that the one way to redeem and heal herself was right there, and she turned away from it. She ended up turning away from her faith (and possibly her family) and being a 'free and independent' woman. So much for the movie.

But it made me think. Is that why so many people leave the Faith? Do they commit a sin that they think is "too big" to confess, so they turn away from Confession, which leads them to turn away from Mass, and in the end they just give up the Faith altogether? What a tragic irony, to turn your back on the one thing that will 'make all things new' in your life.

Then I wondered if it all comes down to love. If you really love someone, and you let them down, even really badly, the only way to fix it is to address it – to acknowledge it and apologise and move forward together. And the apology has to be real. It has to hurt. If you truly realise how deeply your actions have hurt the one you love, your apology is deep, and the one you love will see it and feel it and know it – sometimes even before you start speaking. I suspect that the more real the apology, the more instant is the forgiveness.

We have a God who loves us so much and is waiting with open arms to hear our apology. How much it must hurt him when we sin – but how much more when we don't care enough to say sorry and come back to him.

Ed.

## Dreaming of Real Glory

**Pope Francis, Homily, Christ the King 22-11-2020**

Dear young people, dear brothers and sisters, let us not give up on *great dreams*. Let us not settle only for what is necessary. The Lord does not want us to narrow our horizons or to remain parked on the roadside of life. He wants us to race boldly and joyfully towards lofty goals.

We were not created to dream about vacations or the weekend, but to make God's dreams come true in this world. God made us capable of dreaming so that we could embrace the beauty of life.

The works of mercy are the most beautiful works in life. They go right to the heart of our great dreams. If you are dreaming about real glory, not the glory of this passing world but the glory of God, this is the path to follow. Read today's Gospel passage again and reflect on it [Mt 25:31-46 I was naked and you clothed me; sick and you visited me].

For the works of mercy give glory to God more than anything else. ... In the end we will be judged on the works of mercy.

Zenit.org 22-11-2020

## The Works of Mercy

**Compendium of the  
Catechism of the Catholic Church**

### The Seven Corporal Works of Mercy

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

### The Seven Spiritual Works of Mercy

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offences.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

# We Are All Brothers and Sisters

**Pope Francis, Christmas Message 25-12-2018**

“Glory to God in the highest, and on earth peace among those whom he favours” (Lk 2:14).

Like the shepherds who first went with haste to the stable, let us halt in wonder before the sign that God has given us: “A baby wrapped in swaddling cloths and lying in a manger” (Lk 2:12). In silence, let us fall to our knees and worship.

What does that Child, born for us of the Virgin Mary, have to tell us? What is the universal message of Christmas? It is that God is a *good Father* and we are all *brothers and sisters*.

This truth is the basis of the Christian vision of humanity. Without the *fraternity* that Jesus Christ has bestowed on us, our efforts for a more just world fall short, and even our best plans and projects risk being soulless and empty.

For this reason, my wish for a happy Christmas is a *wish for fraternity*. Fraternity among individuals of every nation and culture. Fraternity among people with different ideas, yet capable of respecting and listening to one another. Fraternity among persons of different religions. Jesus came to reveal the face of God to all those who seek him.

The face of God has been revealed in a human face. It did not appear in an angel, but in one man, born in a specific time and place. By his incarnation, the Son of God tells us that salvation comes through love, acceptance, respect for this poor humanity of ours, which we all share in a great variety of races, languages, and cultures. Yet all of us are *brothers and sisters in humanity!*

Our differences, then, are not a detriment or a danger; they are a source of richness. As when an artist is about to make a mosaic: it is better to have tiles of many colours available, rather than just a few!

The experience of families teaches us this: as brothers and sisters, we are all different from each other. We do not always agree, but there is an unbreakable bond uniting us, and the love of our parents helps us to love one another. The same is true for the larger human family, but here, God is our “parent”, the foundation and strength of our fraternity.

May this Christmas help us to rediscover the bonds of fraternity linking us together as individuals and joining all peoples.

Zenit.org 25-12-2018

## Passing on the Tradition

***Admirabile Signum*, on the Meaning and Importance of the Nativity Scene, Pope Francis 2019**

**10.** Standing before the Christmas crèche, we are reminded of the time when we were children, eagerly waiting to set it up. These memories make us all the more conscious of the precious gift received from those who passed on the faith to us. At the same time, they remind us of our duty to share this same experience with our children and our grandchildren. It does not matter how the nativity scene is arranged: it can always be the same or it can change from year to year. What matters is that it speaks to our lives. Wherever it is, and whatever form it takes, the Christmas crèche speaks to us of the love of God, the God who became a child in order to make us know how close he is to every man, woman and child, regardless of their condition.

Dear brothers and sisters, the Christmas crèche is part of the precious yet demanding process of passing on the faith. Beginning in childhood, and at every stage of our lives, it teaches us to contemplate Jesus, to experience God’s love for us, to feel and believe that God is with us and that we are with him, his children, brothers and sisters all, thanks to that Child who is the Son of God and the Son of the Virgin Mary. And to realize that in that knowledge we find true happiness. Like Saint Francis, may we open our hearts to this simple grace, so that from our wonderment a humble prayer may arise: a prayer of thanksgiving to God, who wished to share with us his all, and thus never to leave us alone.

## 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

## The Prayer of Adoration

### Pope Francis, General Audience 25-11-2020

God gives love, God asks for love. This is the mystical root of the believer's entire life.

In prayer, the first Christians – and us as well, who come many centuries afterwards – we all live the same experience. The Spirit inspires everything.

And every Christian who is not afraid to devote time to prayer can make his or her own the words of the Apostle Paul, who says this: "the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Gal 2:20).

Prayer makes you aware of this. Only in the silence of adoration do we experience the whole truth of these words. And we must recapture this sense of adoration. To adore, to adore God, to adore Jesus, to adore the Spirit. The Father, the Son and the Spirit: to adore. In silence. The prayer of adoration is that prayer that makes us recognize God as the beginning and the end of all of History. And this prayer is the living flame of the Spirit that gives strength to witness and to mission.

Zenit.org 25-11-2020

## 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

ITD is released on or around the first day of each month by email and on the blog; printed copies about a week later. Deadline for contributions is one week before the end of the month (but preferably by the 15<sup>th</sup> of the month).

**Editor:** Janet Kingman

**Subscription is free. We rely on donations.**

**Cheques** to be made out to Janet Kingman.

ITD's bank details for **Direct Deposits:**

Account name: Janet Kingman

BSB: 013-745 (ANZ)

Account number: 2901-63632

Donate via Ritchies Supermarkets Community Benefit program by nominating Into the Deep, CB number 81799.

**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**