



# Our Lady Queen of Apostles Parish, Stafford

A Parish of the Brisbane North West Deanery

*Vision: "To follow the example of Jesus by serving others."*

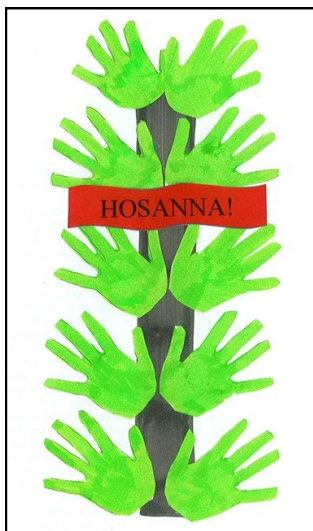
6th Sunday of Lent - Year A 4th/5th April 2020



Usually we would have had a flurry of crafty women making crosses for our Palm Sunday Masses. It's very quiet in the office as we prepare for this significant feast day on the church calendar. Try this...

## Family Activity

Take some cardboard or paper and trace the hands of each person in your family. Cut out each of the traced hands and stick them onto a long strip of paper so that the hands look like a big palm branch. You might like to add the word HOSANNA to remind you to praise Jesus this week!



## Fr Denis' Ponderings

• This will be an **OPPORTUNITY** (Life always follows death) to **be Church** in other ways. I hope to help all families and individuals **live their faith at home**. Many Catholic Families (e.g. in China, or the Amazon or under ISIS rule do this all the time) It would be a **big help** to me and a **huge advantage** to **YOU**, if we have your **email address** via which we can keep in touch and send you prayers and other resources. If you **DO NOT** receive the newsletter via email, could you **please** send an email to the parish (we'll keep it private) so that we can keep in touch.—Denis.

**I**n the meantime, here are a couple of resources to help you remain in prayer with the whole church while being at home:

- **Liturgy Brisbane** has made available this resource which is **the Sunday Readings** and a brief commentary about them. [https://](https://litedliturgybrisbane.weebly.com/sunday-readings-at-home.html/)

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**Other Resources:** Sunday Mass is 'Live streamed' from the Cathedral: <https://brisbanecatholic.org.au/multimedia/web-cast/> **Mass on TV** Sun 6am Ch 10; Two Minute Homilies: <https://brisbanecatholic.org.au/multimedia/two-minute-homilies/>

**Parish Income:** Our Parish will continue to function during this crisis and, as you know, the **Bills will still come in.** (Regardless of anything the **costs** of keeping your parish running works out at **about \$12 per man woman and child per week.** )

We will endeavour to **try new things to help you** live as "church" (a people gathered in response to Jesus' call). The two resources above are an example of that. **If you use the Envelopes**, maybe you can drop them in once a month. (Until further notice there is the basket in the **Office Foyer during Office hours**) Or maybe you can **send a cheque once a month** with your donation (include a first or second collection envelope or indicate your number in some other way, **or** maybe you can **Deposit your giving directly** into our Parish

Bank Account. Details are:

**BSB: 064-786**

**Acc Name: Stafford Parish Acc**

**Acc Number: No 007291500**

**Bank: CBA**

**Reference: Your Name or Env No.**

If you **normally** contribute **using cash**, maybe you can do the same.

**O**ther ways to be "church" and live out your Faith (Remember Mass is the "summit and source" of your life, it's not the "be all and end all" as if nothing else matters.)

- **Print out this newsletter** and leave it in the letter box of an elderly or sick parishioner who does not have a computer (the same with other resources we send you).
- **Be considerate of others**—do not 'panic buy' and horde more than you need from the shops.
- **Offer to shop/telephone / look out for** elderly or sick neighbours who find it difficult/dangerous to leave home. **Etc etc.**
- **If you think of other ways** we can be church together, **email me** and we can pass on the ideas to others or try to implement them as Parish.

## Sunday of the Resurrection of the Lord

(Year A)

1st Reading: Acts 10:34, 37-43

2nd Reading: Colossians 3:1-4

Gospel: John 20:1-9



**Our Fast from the Eucharist** is a challenge that, if we embrace it, will make us grow. **We've encountered worse** and many of our **fellow Catholics** have faced this for many years.

**L**et's get the 'buddy system' working! We may not be able to share a smile or a handshake at the moment. **Be the joy in someone's day!** Give someone a call. Don't let physical isolation stop you from keeping in touch with each other. Have the younger members of the family set up a group chat. Continue the Lenten program on a group chat. Phone a friend and do the Examen prayer together. We can grow as a faith community each day. Please share with us, what you are doing to stay in touch with one another. We would like to share some of your stories in the coming weeks.

**A**s a virtual parish, we celebrated a penance liturgy on Wednesday evening. It was wonderful to see so many join the Zoom meeting. About 80 devices were tuned in for the liturgy. Many were couples and a few families too. Fr Denis had done a lot of work to bring this to fruition. As we work to iron out some of the technical issues here in the parish office, there are a few tips for you at home.

### Things we learnt from the liturgy on Zoom

- \* Singing doesn't always work well in an online group chat
- \* Muting the group is sometimes necessary!
- \* Start on time, just like Mass
- \* Use a sound to signal the beginning of our sacred time

### Things for you to consider at home

(Also refer to Thursday's email)

- \* We are gathering for a liturgy so please show reverence and respect
- \* Finish that drink beforehand
- \* Remain quiet while Fr Denis is addressing the congregation, during readings and prayers

The **microphones on your devices are very sensitive** and will pick up any comments or conversations you may be having with the person next you.

The **cameras are always watching**, so be aware of the angle of your camera and any distractions in the background

**H**ere's a great prayer (keeps life in context and helps us grow): It's from one of the resources produced by Evangelisation Brisbane for First Reconciliation:

# Awareness Examen

## A REVIEW OF YOUR DAY

### 1. Ask God for Light

(Psalm 119:105 Your word is a lamp to my feet and a light to my path) Talk to God about your day.

### 2. Give Thanks

What are you grateful for today?  
Thank God for this.

### 3. Review the Day

What disappointed you today?  
Speak to God about this.

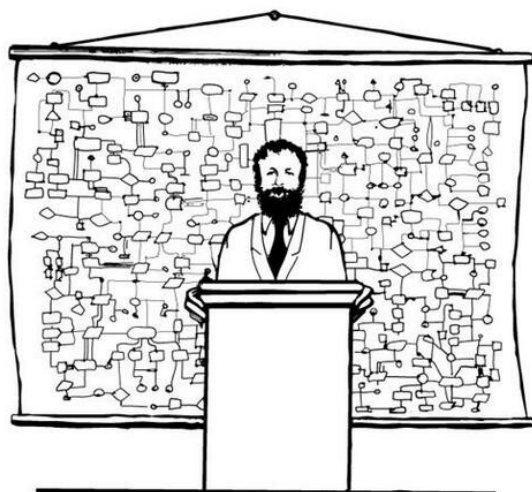
### 4. Consider your Choices

Guided by the Holy Spirit, think about your choices today. Is there something you need to say sorry for and ask for God's help?

### 5. Look Toward the Day to Come

Being a disciple of Jesus how can you use your gifts in the day ahead? Give thanks to God in your own words.

**N**ow that you have mastered Zoom meetings you could try booking a coffee catch up with each other. The Anna's group and Men's group could meet using Zoom. Latte Ladies could also make a date for coffee. Perhaps keep your Lenten program going with Zoom. There are other apps which work for virtual connections. Skype, Messenger and FaceTime work well too. If you have any suggestions for keeping connections alive, please allow us to share your ideas.



"Now that you have an overview of the system, we're ready for a little more detail"



## TIPS ON HOW TO HAVE AN ENVIRONMENTALLY SUSTAINABLE EASTER

FOR MORE IDEAS <https://www.liveforless.com.au/waste-less-easter/>

Laudato Si, Chapter 4. Integral Ecology, V Justice Between the Generations: 161: "The pace of consumption, waste and environmental change has so stretched the planet's capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world. The effects of the present imbalance can only be reduced by our decisive action, here and now. We need to reflect on our accountability before those who will have to endure the dire consequences."

### DYED EGGS

Items required: boiled eggs, food colouring, bread bags or saved bags from food, cooling rack or plate.

1. Boil your eggs and let them cool
2. Take an egg, tap cracks in two sides of the egg (or go crazy and experiment with more!)
3. Pop the egg in a bag and put in a small amount of food dye (we recommend saving bread bags or food bags for this step)
4. Manipulate the bag so that the dye covers the whole egg, then gently put the egg out onto the drying rack.
5. Repeat for remaining eggs and colours
6. Leave to dry then gently peel off the shell to reveal your masterpiece!

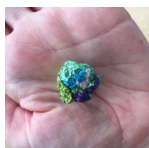
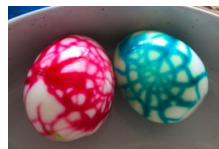
### Recycling Aluminium Foil

The **Australian Aluminium Council** reports that aluminium (unlike plastic) can be recycled endlessly without compromising any of its unique properties or quality. However, in order to be captured during the recycling process, the aluminium piece needs to be quite large – small pieces of Easter egg wrappings would be lost in this process, but you can fix this by:

- Saving all your Easter egg wrappers and making them into one large Easter egg ball (at least a tennis ball size is preferred)
- Keeping an aluminium can and putting all small foil pieces into the can until it's full before popping it in the recycling bin.

Thank you

Thank you all for your kindness, prayers and concern as my Mum transitions into Aged Care after her stroke in November. Mum moved on Monday into Opal at North Lakes. Debra



## Tennis Courts for Hire with lights

**CHEAP RATES!**

Bookings available through the office Monday to Thursday



**PROJECT  
COMPASSION**  
GO FURTHER TOGETHER

Sixth Sunday of Lent

5th April, 2020

**Caritas**  
AUSTRALIA



Please donate to **Project Compassion 2020** to help support the **Safe House** project and help bring greater harmony to families in Papua New Guinea.

Dominic, 47 is a former teacher and father of six from Papua New Guinea. In 2016, he became involved with the Caritas Australia's Safe House and Family Anonymous programs and turned a difficult life and an unhappy relationship around. The program provides gender-based violence prevention training, counselling services and safe accommodation for women and children survivors of violence. Now a community trainer, he works with other men to help them to change their behaviour and build more harmonious family lives. Dominic and his wife, Christophylda say that their relationship has been transformed – and their family life is now harmonious, happy and safe.

**The Parish Office is still open** but I will be doing some work from home. We have a box in the foyer for you to leave any monies or correspondence. We encourage you not to visit us in person. However, we are here and are able to take calls and receive emails. If you need to bring something into the office or collect something from us, we can leave things outside the office for collection. You can still purchase from the piety shop, just phone me first. Stay safe, Debra

*"As they were marching out, they came upon a man of Cyrene, Simon by name; this man they pressed into service to carry his cross." (Matthew 27:32)*

The Lord calls us to love God and to love our neighbour. Every day we are presented with opportunities to love our neighbour and help him "carry his cross." These opportunities aren't usually big events, they are usually ordinary occurrences like helping someone carry their groceries or holding the door open for them. The key is putting the other person's needs before our own and not expecting anything in return.

**Stewardship**  
*a way of life*

**Holy Cross**  
FUNERALS

*The only funeral service owned and operated by the Catholic Church*

Ph: (07) 3293 0555 Web: [www.holycrossfunerals.com](http://www.holycrossfunerals.com)

### Our Lady, Queen of Apostles Parish Office

Address: 70 Appleby Road, Stafford  
Parish email: [stafford@bne.catholic.net.au](mailto:stafford@bne.catholic.net.au)  
Parish WEBSITE: [www.staffordcatholicparish.org.au](http://www.staffordcatholicparish.org.au)  
Parish Administrator: Fr Denis Scanlan  
Fr Denis' E-mail: [pp.stafford@bne.catholic.net.au](mailto:pp.stafford@bne.catholic.net.au)  
Parish Pastoral Council: [ppcstafford@gmail.com](mailto:ppcstafford@gmail.com)  
Parish Secretary: Debra Visser  
Office Hours: Mon/Tues 9 - 3.30pm Thurs 9-1  
Office Telephone: 3356 7155  
**Parish Safeguarding Children and Vulnerable Adults Representative:** Cath D'Hage  
STOPline Service: 1300 304 550 or  
AOB@stopline.com.au or  
[www.bnecatholic.stoplinereport.com](http://www.bnecatholic.stoplinereport.com)

### Queen of Apostles School Contacts

Address: 10 Thuruna Street, Stafford  
School email: [pstafford@bne.catholic.edu.au](mailto:pstafford@bne.catholic.edu.au)  
School Principal: Nigel Bird  
APA: Leanne Murray  
APRE: Ben Campbell  
School Office Hours: 8.00am - 4.00pm (Mon-Fri)  
Phone (Thuruna St:) 3352 9200  
Phone (Chuter St:) 3326 0400

**BAPTISMS** in this Parish occur at 10.30am on the Third Sunday of each Month (**except during Lent**). For **BAPTISM BOOKINGS** please contact the Parish Office. **SUSPENDED**



### What's happening this week?

Mon	30th		Please set up a "prayer space in your home" and spend some time in Prayer.
Tues	31st		Maybe you can access the weekday Mass readings and read and reflect on them.
Wed	1st		Maybe you could pray the "examen" on page 2 of this newsletter.
Thurs	2nd		
Fri	3rd		
Sat	4th		
Sun	5th	8.30am	We express "community" by reflecting on the Readings, at the same time.

### We pray for those who are unwell

Chris Stevens  
Jack Charalambous  
Maurice Drake  
Maria Rosa Arreguci  
Zuzarte  
Fr Ron Mollison  
Bushfire Victims  
Brian Becker  
Pam & Norm Ward  
Irene Johnson  
Ado Padayhag  
Mary Law



### ANOINTING OF THE SICK



IF you are **going to hospital unexpected-ly** for an op, let Fr Denis know and we can celebrate this Sacrament beforehand

You may add a **sick person's name to the list by phoning the Parish Office** (3356 7155).



**To keep the list 'fresh'** the last names will be removed. If their illness continues, let us know and we'll add them to the start of the list.

### My Homeschooling Schedule

- 9am: Home Economics- Learn how to make me a decent Coffee.
- 10am: Engineering: How to operate the hover and washing machine.
- 11am: PE- Carrying rubbish/recycling out to bins.
- 1pm: Chemistry- How to bleach and disinfect the bathroom.
- 2pm: Geography- Lesson in where the items you have strewn across the floor ACTUALLY live.
- 3pm: Orienteering: How to find wash basket.
- 3.30pm: Horticulture: Chopping Veg.
- 4.30pm: Science- Learn how hot water and Fairy liquid remove grease from Pans.
- 5pm: After School club: Go to your room with you ipad and be quiet!

### We pray for those recently deceased including:



Fr Peter Conroy, Archbishop John Bathersby, Marjorie Moroney, John Blumke, Aunty Joan Hendricks, Jack Hamilton, Rita Butt, Patricia Trudgian, Vincent Jenner.

### We remember those whose anniversary of death occur about this time including

Des O'Brien, Sid Tynan, Eddie Nicholson, Michael O'Donnell, and all deceased Parishioners, their families and friends, and all our brothers and sisters in Christ maimed, killed or dispossessed because of their faith.