

St. Mary's Presbytery

5 Hayward Grove,
Hampton 3188

Email: hampton@cam.org.au

Fr Michael Kong
Parish Administrator

Parish Office Hours:

Tues: 10:00 am to 5:00 pm
Wed & Thur: 9:00 am to 4:00 pm
Fri: 9:00 a.m. -13:00 noon.

Phone: 9521 0990

Pastoral Associate:

Mrs. Cynthia White
Tues: 10:00 am to 5:00 pm
Thurs 9:00 am to 4:00 pm
Sat: 5:30 pm to 7:00 pm.
Sun: 7:30 am to 11:30 am.

Phone: 0414 524 439

Email:

Hampton.Pastoral@cam.org.au

Parish Secretary:

Maria Jesus De Santisteban
(Tues/Wed/Thurs/Fri)

Baptism Coordinator:

Olivia Turner:
Phone: 0407863579, 95210990

Baptism: Temporarily Suspended
Baptism Preparation: Temporarily Suspended

Entrance Antiphon

Rejoice, Jerusalem, and all who love her.

Be joyful, all who were in mourning; exult and be satisfied at her consoling breast.

Communion Antiphon:

The Lord anointed my eyes: I went, I washed, I saw and I believed in God.

LET US REMEMBER

SICK: Clare Curry-Harris, Frank Ray, Margaret Titular, Peter Salvatore, Mick Corry, Carmelo (Charlie) Mirabelli, Joe Rush, Mary O'Connor, Gerard Dowling, Carmel Ryan, Fred Sacr, Judy Ferrigno, Pierre Sacr, Peter Spanos, Mary Murphy

DEATH ANNIVERSARY: Daysy de Alwais (Swarna's Mum) 1st Aniversary

22nd of March 2020 4th Sunday of Lent

Be opened..... to See

All MASSES AND SERVICES HAVE BEEN TEMPORARILY CANCELLED DUE TO COVID-19 UNTIL FURTHER NOTICE

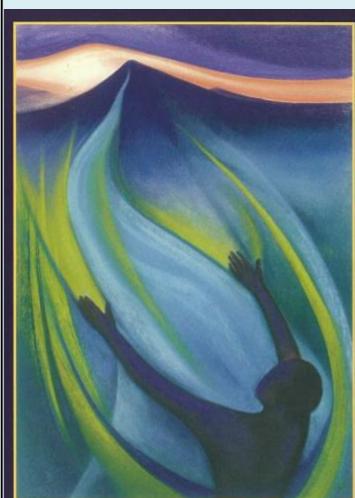
We apologise for the inconvenience and pray that we will be able to get back to normal as soon as possible

We encourage you to participate in other ways such as time in personal and family prayer, reflecting on the Scriptures, making a spiritual communion, or participating in a Mass online:

<http://bit.ly/MassOnDemand>

or

<https://melbournecatholic.org.au/Mass>



"The water that I will give will become in them a spring of water gushing up to eternal life." (John 4:14)

Be Opened

to the living water

O God of abundant compassion, our soul thirsts for you,

like a dry and waterless land.

Flood our hearts with the torrents of your love.

Wash us with the joy of your forgiveness.

Bathe us in the light of your presence.

We open our hearts to you in the name of your Son, Jesus Christ,

who is Living Water for the world. Amen.



Sakun, from India

Thirty-two-year-old Sakun lives in a village in central-east India. She developed polio as a child and has difficulty walking. Until now Sakun, an indigenous Gond woman, has been isolated in her community, unable to earn a livelihood and without knowledge of government schemes that could help her.

Sakun lives with her sister in a rural area of Chhattisgarh, India's poorest state. Home to 26 million people, with 10 million living in poverty.

Sakun belongs to the Gond tribal community which is amongst India's officially designated Scheduled Castes and Tribes. Historically disadvantaged, they suffer higher poverty rates than other parts of India. In 2018, Sakun joined a Caritas Australia-funded program which is implemented by Caritas India and its local partner, Samarthan. Through their strategic guidance and support, Sakun learned new skills and gained important mobility.

Sakun now earns her own income and makes a small profit which goes towards her family's basic needs. She is more resilient, more confident and more independent.

Please donate to Project Compassion 2020 - You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

"Ours is a Child Safe Environment. As a Community we all are committed to do the best we can to keep children and vulnerable people safe from harm and abuse"

Dear friends,
We would like to support the sick & elderly and most vulnerable of our community during this unsure time of the COVID19 outbreak. We want to do this in ways as below.

1- A no Contact Volunteer your services to pick up groceries, etc., and deliver it to those folks who may be at risk when they go shopping

2- Perhaps volunteer some time to call them on the phone regularly and chat and keep them on radar, to help the housebound.

Get in touch with us and we will put you on the list

Similarly if you need any of the above assistance call us on 95210990 and we will endeavour to help you as best as possible.



Now what? Online Mass and other resources

Tuesday 17 March 2020

During these unprecedented times, quite painfully, many Catholics will be unable to attend Mass. No doubt, this will only increase our hunger for Christ. We encourage you to continue your life of prayer and participation in the life of the Church despite this heavy cross. This page seeks to provide guidance to Catholics in the Archdiocese of Melbourne regarding their participation in Mass during the Coronavirus pandemic.

What is a Dispensation from Mass?

A dispensation from a diocesan bishop releases Catholics from fulfilling their Sunday obligation of attending Mass. In their letter dated 13 March 2020, the Bishops of Victoria dispensed the following groups from their Sunday obligation: those who feel vulnerable to COVID-19; those who are generally unwell; those are caring for those who are unwell; and those who think they might be at risk. On 18 March 2020, after prayerful consideration and reflection, the Bishops of Victoria [announced](#) the suspension of public liturgies and celebrations of Mass, until further notice for the health and safety of the community. In light of this, all Catholics in Victoria are dispensed from their Sunday obligation until further notice (canon 1248).

What should I do if I can't go to Mass?

If you are unable to be present at a celebration of the Eucharist, we encourage you to participate in other ways such as spending time in personal and family prayer, reflecting on and praying with the Scriptures (particularly the [Mass readings](#)), making a Stations of the Cross, praying the Rosary, making an Act of Spiritual Communion (see below) and participating in Mass online (see more below). Further information about opportunities for Sacrament of Reconciliation, Adoration of the Blessed Sacrament and times of private prayer in parishes will follow, however, churches will remain open. Please check with your local parish in the coming days for more information.

What is an Act of Spiritual Communion and how do I make one?

Catholics have long been encouraged to partake in the practice of "spiritual communion" if they are unable to receive the Eucharist for a particular reason (for instance – being homebound). Simply put, it is coming before God in prayer – expressing our deep desire to be united to Him despite the fact that we are unable to be united to Him in receiving the Eucharist. In making an Act of Spiritual Communion we ask the Lord to give us the graces that would come to us if we were able to receive Him sacramentally (Body, Blood, Soul and Divinity). Reciting the prayer written by St. Alphonsus Liguori below is simple and common way of making an act of of Spiritual Communion.