

St Therese of Lisieux Catholic Parish



Moonah-Lutana

St Therese of Lisieux Church

In the care of Missionaries of the Sacred Heart (MSC)

Sunday, 3rd May, 2020
FOURTH SUNDAY OF EASTER - YEAR A

*ST THERESE OF LISIEUX CATHOLIC PARISH MOONAH LUTANA
IS COMMITTED TO PROVIDING A SAFE AND NURTURING CULTURE
FOR ALL PEOPLE IN OUR PARISH.*

TO BE ON EARTH THE HEART OF GOD



Dear friends, we are on the cusp of a new month and new beginnings abound for us. We are halfway in the season of Easter and our readings encourage us in this challenging time of pandemic, using the central image of the Good Shepherd. The familiar psalm 23 reminds us with the Lord as our Shepherd, there is nothing we lack or want. The second reading from 1 Peter reflects how as Christ suffered an unjust crucifixion, endured this treatment and did not retaliate against those who caused him pain, so too we can find some comfort in trying to endure our collective pain, not retaliating against who is to blame, but instead facing our challenges while working for the common good. Christ is the Good Shepherd who suffers and sacrifices his life for his flock and in doing so welcomes back the straying sheep. This is reinforced in the Gospel. Jesus compares his followers to sheep and himself to a gate that protects them and opens the way for them to salvation and eternal life. He promises us: *"I have come so that they may have life and have it to the full."* Part of this weekend's celebration of Mass will involve a couple of people sharing their testimonies of how they relate to Jesus as the Good Shepherd in their lives. May their stories encourage us in these times!

Previously I had thought churches would only open in 2-3 months' time, but discussions are already underway to ease restrictions in stages in every sector of society, the church included. Leaders are figuring out how to protect worshippers while offering Catholics access to the sacraments and a return to their parish community. While there is a desire for the Eucharist and community, the health of vulnerable people must also be carefully considered. Re-opening the parish will come with social distancing requirements, and this can be a potential logistical challenge. We will probably open in stages: first for weekday Masses and personal prayer. The weekend Masses will need some thinking through because of the much greater numbers. Measures in place will likely include pre-screening,

restriction in numbers who gather, the need to be seated apart on alternate pews, the habit of hand sanitising, and the work of wiping down after each Mass. There needs to be a strategy and team to ensure a smooth transition. It is also unclear how willing people will be to attend such gatherings before a vaccine or treatment is available. Currently, we have 36 pews in the parish and if 3 people are seated on every second pew with social distancing observed, we could have a limit of fifty people in the church at each Mass. This will give rise to difficulties of how we will situate people and regulate traffic. On the other hand, gatherings of up to 50 may not happen for a while longer. Watch this space.

Everybody wants our lives to re-open, especially those whose livelihoods have been put on hold and those who have struggled in this time of isolation. Resources are available out there that can help us manage our mental health and some recommendations from Lifeline are offered in the bulletin. I suspect a lot of us would wish for life to go back to normal. It is more probable that life will be different than we think, more unstable than we think, and perhaps involve reversals more often than anyone wants. Shopping centres and restaurants will not quite function in the same way for a while. Neither will work and international travel. Even when public Masses resume, parish life will not feel normal for a while, simply because we cannot let our guard down. We will not quite pick up where we left off. This pandemic has much to teach us individually and as a family, as a church, as a country and certainly as how we are radically interconnected in our world. We will re-open to a new normal. The gathered church is here to stay, but so too is the online church, not as an add-on but a regular mode of parish outreach. We have missed gathering physically and being present for Mass and we know this presence is not the same as when we watch Masses online, but this could well be a default option for many to stay connected from afar going into the future.

The month of May presents us the opportunity to be on pilgrimage to Pentecost (the feast of the Holy Spirit) on the last day of the month, and to dedicate this journey to our Lady. I commend to you the online course (<https://www.pentecostpilgrimage.com/>) that has just started. There are a wide range of speakers and testimonies you can listen to and I have been impressed with the quality of sharing. In May, we also celebrate the 5th anniversary of Pope Francis' second encyclical *Laudato Si* (Praise be to you) on the environment. We will mark this milestone around the world with a week of prayer and online events (16-24 May). Now presents us with a unique opportunity to rethink how we inhabit our common home. The pandemic has shown that if we fail to protect biodiversity, respect wild-life habitats in nature, and challenge capitalism that has exploited the environment to no end, diseases transmitted across the animal-human barrier can easily happen. At the same time, the pandemic has brought out the best of us when we choose to be in solidarity with one another and take collective responsibility to isolate and protect the vulnerable. In this spirit, I will share some insights from the encyclical during this month of May for our continued learning. I welcome any contributions to the bulletin at this time and may Jesus the good shepherd direct and guide us in this time of uncertainty.

*An Indian guide, who displayed uncanny skills in navigating the rugged regions of the Southwest, was asked how he did it. 'What's your secret of being an expert tracker and trail blazer?' a visitor asked him. The guide answered, 'There's no secret. One must only possess **the far vision and the near look**. The first step is to determine where you want to go; then you must be sure that each step you take is a step in that direction.*

(Source unknown)

One of our own spotted in the neighbourhood on Anzac Day 2020! Good on ya Brian!



In the heart of Christ,
Krish.

NOTICES

OFFERTORY GIVING

Thank you to those parishioners who are keeping up with their Offertory Giving contribution. There are a number of options available for you to consider for your Offertory Giving:

1. Direct debit can be made through the Commonwealth Bank quoting the information below:
BSB 067-000
Account Number 1031 5759
Account Name CDF – Moonah/Lutana Parish
Reference Surname/Envelope number
2. Cash donations or Offertory Giving envelopes can be received at the Parish Office between the hours of 9:30am to 4:30pm on Monday, Tuesday and Friday.
3. Cash donations or Offertory Giving envelopes can be placed into the mail slot on the left hand side of the front door of the presbytery.

If you are unsure please call the Parish Office on 9412 8471.

KEEPING IN CONTACT

The Parish wishes to keep in contact with all parishioners. If you are **not** receiving our bulletin via email, please let us know and we can add your email address to our database

of parishioners. If you would like to just have a chat please let us know. Please contact the Parish Office on 9412 8471.

MASSES ON-LINE

The parish will be providing a recording of Sunday Mass which will be available each Sunday Morning on the Parish Website <http://cdtas.org.au/moonah> or our Parish FaceBook Page [StTherese OfLisieux](#) or the Parish YouTube Channel <https://www.youtube.com/channel/UCOVWp5dkjeawjkxg4FaUZtA>. If you don't have access to the internet but have a computer we can provide you with a USB version of the Mass. To arrange for this please contact the Parish Office on 9412 8471.

The Sunday principal Mass at St Mary's Cathedral (10:30am) will be live-streamed. It will be available through the Archdiocese of Hobart's YouTube channel <https://www.youtube.com/channel/UCBzten6uVS-Ymf-7KVUEepQ/featured>.

Channel Ten airs "Mass for you at home" at 6:00am on Sundays and then online via TenPlay. Mass on Demand can be streamed at <https://cathnews.com/>.

**NEW ONLINE VERBUM DOMINI
INSTITUTE BIBLICAL & CATECHETICAL
COURSES**

**Philosophy 101: Key Thinkers in Western
Culture**



We'll study some of the thoughts of the ancient Greeks, like Socrates, Plato, and Aristotle, before turning to the Christian philosophy of St Augustine and Thomas Aquinas, and take a look at the significant modern

philosophers like Descartes and Kant, and others. The aim is to see how these philosophies influence Western culture.

When: Six sessions on Tuesdays, (fortnightly), 2-3.30pm, starting on Tuesday, 12th May. **Register:** Dr. Christine Wood on (03)6208 6236 or

christine.wood@aohtas.org.au **Cost:** free.

Meeting via Microsoft Teams or Zoom, depending on class size.

God, Man, and the Universe



We'll take a look at the Christian belief in God, what and who He is, then turn to interpreting the biblical narrative of creation. We will have a special focus on the human person, including our origin, our place in the universe, and what went wrong in the beginning. We'll also take a look at the Christian belief in angels, who they are and what they do. **When:** Six sessions on Thursdays, (fortnightly), 10.30am-12pm, starting on Thursday, 7th May. **Register:** Dr. Christine Wood on (03)6208 6236 or

christine.wood@aohtas.org.au **Cost:** free.

Meeting via Microsoft Teams or Zoom, depending on class size.

The Gospel of St. Mark:



We'll discover the central message of the evangelist is the identity of Jesus Christ, the Son of God, and Suffering Servant. We will see how Jesus reveals Himself to be the Messiah through the

fulfilment of the Jewish expectations for the Kingdom of God and the New Exodus from sin, death, and the power of darkness..

When: Six sessions on Thursdays, (fortnightly), 7-8.30pm on Zoom.

Commencing from Thursday, 30th April, then every fortnight. **Cost:** free. **Register:**

Dr. Christine Wood on (03)6208 6236 or christine.wood@aohtas.org.au

PENTECOST PILGRIMAGE

The following is a great online event starting this week and leading up to Pentecost:

**PENTECOST
PILGRIMAGE**

APRIL 26 - MAY 31

DR MARY HEALY DR RALPH MARTIN ALEX JONES ARCHBISHOP JULIAN PORTEOUS ROBERT FALZON

Register for 20+ FREE talks
featuring international & acclaimed Catholic speakers

register FREE at pentecostpilgrimage.com

Every Wednesday and Sunday leading up to Pentecost (Commencing from Sunday, 26th April) a number of formation videos will be released by prominent Catholic speakers from around Australia and the world. It will also include the opportunity for discussions in virtual chat rooms, a study guide, podcasts and plenty more. Join thousands of Australians and people from around the world on this virtual pilgrimage leading up to the awesome feast of Pentecost Sunday!

KAPAUN'S MEN VIRTUE SERIES

PROGRAMME

The Office of Life, Marriage & Family will be hosting (using the Zoom platform) a 7-week



Kapaun's Men Virtue Series programme. Each Thursday night session (8-9pm) will involve prayer, an inspirational video and a time for group discussion. The Kapuan's Men Virtue Programme is based on the teaching and witness of Servant of God, Father Emil Kapaun. He was an heroic Catholic priest and Army chaplain who spent his life in service to his fellow men on the battlefields and in the prison camps of Korea. All men of the Archdiocese of Hobart are invited to be part of this programme to be inspired by each other and by the life of a future saint. In 2013, he was awarded a posthumous Medal of Honor that was presented by President Obama in recognition of his heroic example and authentic masculinity. Contact Ben Smith on ben.smith@aohtas.org.au to register or for more information. To find out more about Kapuan's Men check out: <https://www.kapaunsmen.com>. The trailer for the series can be viewed at this [link](#). The dates for the sessions will be May 7th, 14th, 21st, 28th & June 4th, 11th & 18th. The sessions will go for 1 hour from 8:00-9:00pm.

RESOURCES FOR CHILDREN

Spiritual Comfort for Troubled Times

<https://www.emmausproductions.com/special-feature/spiritual-comfort-for-troubled-times-holy-week-2020/>

How to help Children

G - Get Quiet;

R - Read God's Word;

O - Open Your Heart (What did I learn about God? What does He want me to do? And talk to him about it);

W - Worship God.

RESOURCES FOR YOUNG ADULTS

The Archdiocesan Office are very excited to announce the details for an online young adult group which will be starting next week! It's not too late to join so if you're keen, please email youth@aohtas.org.au. For further information click on the links below.

Illuminate

This will be a group discussion and reflection on the coming Sunday Gospel. We'll read through one of the readings, hear a short reflection, and then have

the opportunity to share our own insights on the passage. **Day:** Wednesdays (starting 5 May); **Time:** 12-12:30pm; **Frequency:** Weekly; **Age:** 16-35; **Medium:** Zoom

<https://www.facebook.com/events/317885575846343/>



The Meet-Up

These sessions will be an opportunity to check in with each other, hear a talk from a guest speaker, discuss the topic in small groups and pray together. **Day:**

Fridays (starting 8 May); **Time:** 7-8:30pm; **Frequency:** Weekly; **Age:** 16-35; **Medium:** Zoom <https://www.facebook.com/events/799849847205695/>



RESOURCES FOR ADULTS AND FAMILIES

Resources

<https://steubenvilleconferences.com/theupperroom/>

Divine Renovation

A number of resources are available at <https://divinerenovation.org/>

Formed (*please use Chrome browser*).

IF YOU JOIN NOW THIS SERVICE IS FREE.

Now might be a good time to join **formed** visit www.formed.org. If you have any issues please contact Deacon Michael.

LiturgyHelp

LiturgyHelp.com is providing for free resources for personal and family prayer. Go to liturgyhelp.com/aus/hobart/pray, and follow the prompts under "Register for LiturgyHelp Personal and Family Prayer".

Shalom World:

<https://shalomworld.org/watchon>

Archdiocese of Hobart

The following website:

www.hobart.catholic.org.au/faith/page/lent-and-holy-week provides online content for you and your family.

Liturgy Brisbane

Liturgy Brisbane has developed a number of resource Sunday Readings: Read at Home and Family Prayer: Week by Week. Go to <https://www.liturgybrisbane.net.au/prepare/sunday-readings-and-family-prayer/>

L'ARCHE POSITION VACANT COMMUNITY LIFE CO-ORDINATOR

L'Arche Benni-Abbes is seeking a part time role of Community Life Co-ordinator. For further details contact L'Arche on 6228 3920.

ST VINCENT DE PAUL CEO SLEEPOUT 2020

Whilst an actual CEO Sleepout cannot occur, St Vincent de Paul Society will be holding a virtual CEO Sleepout 2020. Participants will be asked to sleep in cars, backyards or couches. Additionally participants will join an interactive, live-streamed broadcast. The event will be hosted by Dr Andrew Rochford and will be conducted on 18th June 2020. If you would like to donate, go to www.ceosleepout.org.au.

PARISHIONERS' CORNER

To allow us to keep in contact with each other, we are offering this corner to you, to say a few words or offer hello's to your fellow parishioners. If you would like to add something to this part of the bulletin please provide these to the Parish Office before 9:00am Friday morning. These can either be emailed, phoned through or dropped at the Parish Office.

That Useful Beard

There was an old cleric I know,
on his furlough from Corono ... so
he grew a long beard
then said, 'Just as I feared,
it extends from the chin to the toe.'
But his wife said, 'What fun!
It's our life fresh begun ...'

'We are back at the start,
don't you see ... !
It could polish the floor,
clean the bath and lots more ...
It could buff up our colour TV!'

Kate McQuaid

John and Renata Adamus

During this time of the Coronavirus pandemic, the lockdown has meant that the parish community has not been able to come together physically on Sunday. However, the initiative to record the weekend Masses on-line has given us the opportunity to take part in our Sunday worship in our homes. The Easter Tridium

celebrations were a highlight and were beautifully recorded encouraging us participate. Our thanks also to Eva and Izak, Sisters Elzbieta and Anna and a few others whose names we must regretfully omit for their contribution to the Easter celebrations. The pre-recorded bilingual Masses are truly inspired and reflect the fact that the English and Polish speaking communities are one in worshipping the one true God. We owe a great deal of thanks to the superbly organised and co-ordinated Parish Team for the leadership you have shown and the inspirational way you have guided us during this difficult time. To everyone who has contributed, we extend our deepest appreciation and sincere thanks. God bless.

Joke

Q. What was the most useless present that I gave last Christmas?

A. A 2020 Year Planner.

ST. THERESE'S SCHOOL NEWS

Farewell and Thank you Mrs Ryan



After many years at St. Therese's Catholic School, April 3rd marked the final day for our wonderful Finance Officer, Michelle Ryan. Michelle has had 21 years association with the school in addition to the 18 years she has

been employed here. Michelle is a dedicated, hard-working and approachable member of our Administration team. Her professionalism, caring approach, attention to detail, love of all things pink and endless knowledge of all things finance, will be very sadly missed. At this time, we are unable to have a community farewell for Michelle so we will plan this for later in the year when we are able. Thank you Michelle for all you have done at STCS, you will be missed.

We welcome Danielle O'Connor to the team at STCS as our new Finance Officer.

Raising funds for Project Compassion



Although we couldn't fundraise in our usual way this year we still managed to support Project Compassion, the Lenten fundraising appeal for Caritas. Thank you to all families who were able to contribute.

DRODZY PARAFIANIE!

W ostatnim czasie wiele osób doświadcza trudu niemożności pójścia do kościoła i uczestniczenia w Eucharystii. Kapłani zachęcają wiernych do uczestnictwa w Mszach św. transmitowanych przez środki masowego przekazu i duchowej komunii. Dlatego też poniżej kilka słów wyjaśnienia czym jest komunie duchowa i jak ją stosować.

Co to jest komunie duchowa?

Zasadniczo komunie duchowa polega na wzbudzeniu w sercu gorącego pragnienia zjednoczenia z Jezusem tak, jak to się dzieje wtedy, gdy przyjmujemy Eucharystię. Praktyka ta zakłada miłość do Jezusa i pragnienie bycia w jedności z Jezusem oraz wiarę w Jego realną obecność w Eucharystii. Przyjmowanie komunii duchowej może być bardzo prostym aktem i mieć formę krótkiej modlitwy czy wręcz aktu strzelistego.

"Wierzę, Jezu, że jesteś rzeczywiście obecny w Eucharystii. Kocham Cię! Żałuję za grzechy, którymi Cię obraziłem. Przyjdź do mojego serca, oddaję Ci się cały! Nie pozwól

mi nigdy odłączyć się od Ciebie!”

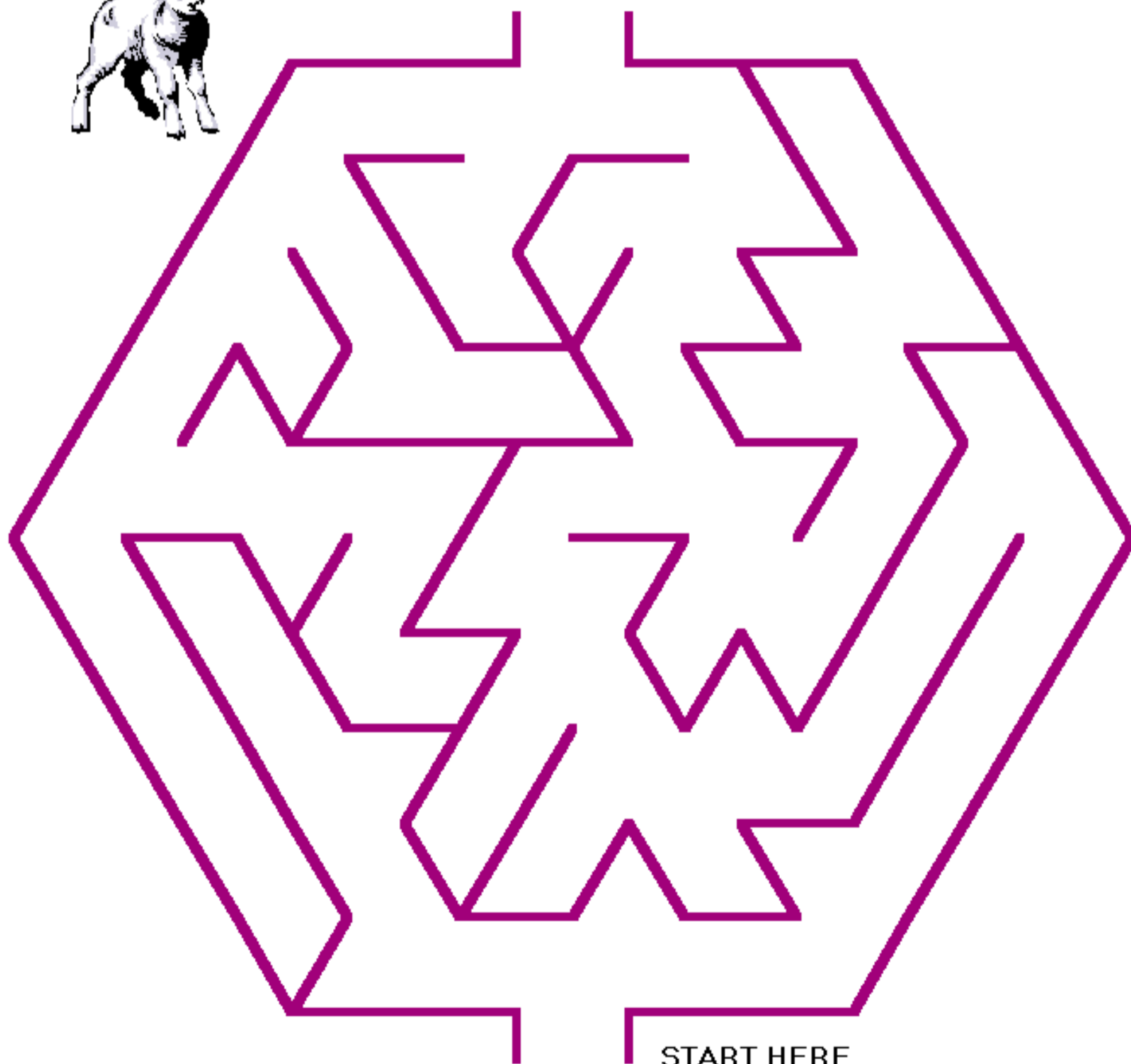
Papież Franciszek zalecił odmawianie poniższej modlitwy wszystkim, którzy uczestniczą ze swego domu we Mszy św. transmitowanej przez internet lub telewizję. Nazwał ją “Aktem Komunii św. duchowej”.

Kładę się u Twych stóp, o mój Jezu, i ofiarowuję Ci moje skruszone serce, uniżone w swojej nicości i Twojej świętej obecności.

Adoruję Cię w sakramencie Twojej miłości, niewysłowionej Eucharystii.

Pragnę przyjąć Ciebie w tym ubogim przybytku, jaki oferuje Ci mój umysł. Czekać na radość z sakramentalnej komunii, pragnę przyjąć Cię w duchu.

Przyjdź do mnie, o mój Jezu, kiedy ja, ze swojej strony, przychodzę do Ciebie! Niech Twoja miłość ogarnie moje całe jestestwo w życiu i śmierci. Wierzę w Ciebie, Tobie ufam, Ciebie miłuję.
Sr Elżbieta Czernicka MChR



Catholic Churches

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 X M Y L V S U C N V I K R
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 V C A E C Z N G I F E L R Y M D P
 P G M N R N E H S A R T C R S A G R M
 J K K K W N D J S P D Q A A A A N B O X E
 V M E S I R X A E C Z I R W N T N E N Y I U X
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 R P S Q G L L Q N T K R T L U L E A T Q W X I O C Q E
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 T Q L B C G X P C A H E C H A N A E P V U A Z
 L Q G J I G I A E E T P N T D R J C H R B
 A U D G L H P N E D C I E E Y J C L C
 P A E B C C J C E I S P K G K E S
 R X N G A Q U W C S Q O K P E
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 J P T M L I Z C M
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Altar

Altar Rail

Baroque

Bells

Candles

Cathedral

Chapel

Church

Confessional

Crucifix

Gothic

Holy Water

Images

Kneeler

Monstrance

Pew

Pipe Organ

Relics

Romanesque

Sacristy

Sanctuary

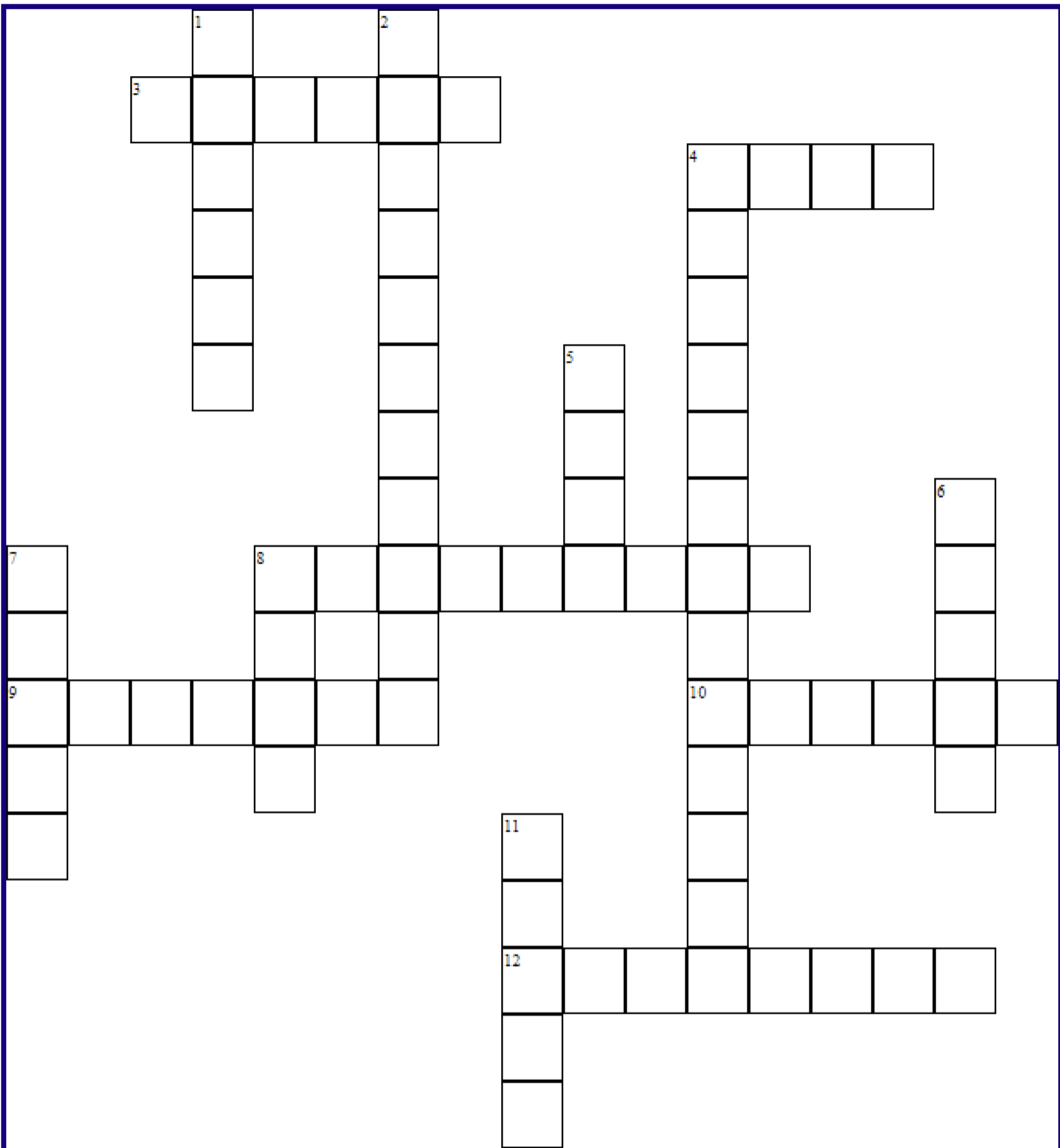
Side Altar

Stained Glass

Stations

Statues

Tabernacle



Across

- 3. "The Twin"
- 4. "what happened that you will reveal yourself to us and not to the world?" (Jn 14)
- 8. Son of Alphaeus (Alphaeus): ... the ...
- 9. Former tax-collector
- 10. Brother of First Pope
- 12. Replaced Judas

Down

- 1. "Master, show us the Father, and that will be enough for us"
- 2. Nathanael
- 4. Betrayer
- 5. Apostle of the Gentiles
- 6. First Pope
- 7. Zealot
- 8. Guardian of Jesus' Mother
- 11. Brother of Apostle John

FAMILY PRAYER

WEEK BY WEEK



Fourth Sunday of Easter - Year A

2 May 2020

"I am the gate of the sheepfold."

Something to Think About

You probably don't know any shepherds, but there were lots of shepherds in Jesus' time. All the people understood that a shepherd's job was to feed his sheep, protect them from harm and patiently guide them on the right path.

Jesus is like a shepherd to all of us. He knows each of us very well, he loves us and looks after us. We listen to Jesus' voice and we follow him, just as sheep follow their shepherd.

The Story

In the time of Jesus, shepherds led a very difficult life, being constantly on duty. The sheep required constant surveillance and needed to be protected against danger and wild animals. The shepherd knew his sheep - often calling them by name. The shepherd led the way and the sheep followed wherever he went. The sheep knew the voice of the shepherd and would not answer to the voice of a stranger. Jesus calls himself the Good Shepherd and leads us as a shepherd leads his flock.

The Scriptures

A Reading from the Holy Gospel according to John

10:2-5, 7-10

Jesus said to his disciples:

"The gatekeeper opens the gate for the shepherd, and he goes in through it.

The sheep know their shepherd's voice. He calls each of them by name and leads them out. When he has led out all of his sheep, he walks in front of them, and they follow, because they know his voice. The sheep will not follow strangers. They don't recognise a stranger's voice, and they run away."

Then Jesus said: "I tell you for certain that I am the gate for the sheep.

Everyone who came before me was a thief or a robber, and the sheep did not listen to any of them. I am the gate. All who come in through me will be saved. Through me they will come and go and find pasture. I came so that everyone would have life, and have it in its fullest."

The Gospel of the Lord. Praise to you, Lord Jesus Christ.



THINGS TO DO THIS WEEK

Mealtime Prayer



Family Discussion

Have you ever heard someone's voice and recognised that it belongs to someone you know?

Take turns to talk about the 'shepherds' in your lives – the people who care for, nurture, and love you. What qualities do these people have that make you think of them as 'shepherds'? What can you do to become 'shepherds' to people in your lives?

Family Activity

In the gospel, Jesus said the shepherd calls each of the sheep by name. Jesus is the Good Shepherd and knows each of us by name. Find out the story of each person's name – why their parents chose their name. Pray for each member of the family by name.



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Contemporary English Version of Scripture extracts provided under licence from ICEL to Liturgy Brisbane.

READINGS

3rd May, 2020

Fourth Sunday of Easter

ENTRANCE ANTIPHON:

(Cf. Psalm 32:5-6)

The merciful love of the Lord fills the earth;
by the word of the Lord the heavens were
made, alleluia.

FIRST READING: (Acts 2:14, 36-41)

God has made Jesus both Lord and Christ.

PSALM: (Psalm 22:1-6)

The Lord is my shepherd:
there is nothing I shall want.

SECOND READING: (1 Peter 2:20-25)

You had gone astray but now you have
come back to the shepherd and guardian of
your souls.

GOSPEL ACCLAMATION: (John 10:14)

Alleluia, alleluia!

I am the good shepherd, says the Lord;
I know my sheep, and mine know me.
Alleluia!

GOSPEL: (John 10:1-10)

I am the gate of the sheepfold.

READINGS

10th May, 2020

Fifth Sunday of Easter

(Mother's Day)

ENTRANCE ANTIPHON:

(Cf. Psalm 97:1-2)

O sing a new song to the Lord,
for he has worked wonders;
in the sight of the nations he has shown his
deliverance, alleluia.

FIRST READING: (Acts 6:1-7)

They elected seven men filled with the
Spirit and wisdom.

PSALM: (Psalm 32:1-2, 4-5, 18-19)

Lord, let your mercy be on us, as we place
our trust in you.

SECOND READING: (1 Peter 2:4-9)

You are a chosen race, a royal priesthood.

GOSPEL ACCLAMATION: (John 14:6)

Alleluia, alleluia!

I am the way, the truth, and the life, says
the Lord;

no one comes to the Father, except through
me..

Alleluia!

GOSPEL: (John 14:1-12)

I am the way, the truth, and the life.

STEWARDSHIP

“And Peter said to them, ‘Repent, and be baptised, every one of you, in the name of Jesus Christ...’ (Acts 2:38)

The word “repent” means to turn from sin, to change our actions. Change that is permanent comes from within. It requires prayer, discipline, and perseverance. Change is also hard. We have to recognise that we are broken and need help. The good news - we are not alone in our journey. Ask Jesus daily for guidance and patiently listen for his response.

TOOL KIT Working from home – how to maintain our mental health wellbeing

The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times such as this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

If you are asked to work from home either in a full-time or part-time capacity this may come with a mix of feelings and reactions, including:

- Excitement for this change in environment and routine
- Fear and worry about lack of connection and interaction with others and impact this may have on your own mental health and wellbeing
- Loneliness
- Fear for your own health and safety, and that of family or loved ones
- Feelings of helplessness and hopelessness
- Loss of power and control – *I didn't choose this*
- Lack of certainty – *How long will this situation last? When will we return to work/normal life?*

In order to look after ourselves and our colleagues during this strange and unprecedented time the following are some tips and guidelines.

Working from home tips:

- Start and finish times – like you would if you were coming into the office, ensure you are working your regular hours per day
- Wake up more than 5 minutes before your workday starts – this will give you time to prepare for the day, both mentally and physically
- Get changed out of your pyjamas every morning – it will help get you in the right headspace for work and you won't be caught off guard in a video meeting (the 'newsreader' dress code is always a winner – work attire on top, casual bottoms)
- Shut down computer and pack it away (if possible) at end of each day – this will help with having clear work/life divide
- Separate work space from other day-to-day 'home' tasks and try to avoid working from the bedroom if possible – it is important to have a clear work/life divide
- Create a routine including ways to unwind/decompress at the end of the day – for some of us the commute home is an important way to end our work days or to prepare us to enter our next job which may be as a parent, partner, carer etc. Try to find ways to ensure you are still getting that critical time, for example go for a walk outside after you shut down your computer, or work on your balcony or back yard. If you don't have a lot of time, doing a 10 minute relaxation/meditation before leaving your work space can help you get ready for your next role
- Regular breaks – schedule in regular breaks as it can be tempting when working from home to not take time out. It is important to step away from your desk during your breaks and don't look at anything work related. Try enjoying a cup of tea in the garden, call a friend for a quick chat or do some stretches
- Physical activity – go for a walk down to your local park or down to the local shops. Whatever works for you but move your body regularly
- Stay connected – call rather than email, utilise platforms to stay connected with your colleagues and use your videos not just audio.



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we're here for you.

 Lifeline

www.lifeline.org.au

General mental health and wellbeing tips:

- Perspective – try to see this time as unique and different, not necessarily bad, even if it was something you didn't choose
- Connection – think of creative ways to stay connected with others including social media, email and phone
- Be generous to others - giving to others in times of need not only helps the recipient, it enhances your wellbeing too. Is there a way to help others around you?
- Stay connected with your values, don't let fear or anxiety drive your interactions with others, we are all in this situation together
- Daily routine – create a routine that prioritises things you enjoy. Maybe this means you get to sleep in a little, go for a swim in the ocean on your lunch break or even do things you have been meaning to do but haven't had enough time to in the past such as reading that book, or watching that show
- Regular exercise, eating well and getting enough sleep are also important in looking after ourselves during this time
- Try to see this as a new and unusual period, that might even have some benefits
- Limit your exposure to news and media. Perhaps choose specific times of the day when you will get updates, ensuring they are from reputable and reliable sources.

Where do I go for further help?

- Contact your GP or the Child and Adolescent Health Service in your area.
- For help finding an appropriate referral contact Lifeline on 13 11 14.
- Children and young people can phone Kids Help Line 1800 55 1800 or access web and email counselling www.kidshelp.com.au
- Parents can phone the Parentline in their State for support: <https://kidshelp.com.au/parents/issues/how-parentline-can-help-you>
- Government Assistance
<https://www.humanservices.gov.au/individuals/help-emergency>
www.health.gov.au
www.headtohealth.gov.au



For 24-hour telephone support call 13 11 14. For more information visit www.lifeline.org.au

This Tool Kit has been produced by the Lifeline Information Service as a public service. You are welcome to reproduce it without alteration and with acknowledgement of Lifeline.

Last revised March 2020

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LET US PRAY FOR

The Sick

Thanh Huynh, Shirley Lehner, Olga Woods, Susan Wilson, Lise Levaque, Mary Hughes, Drina Paradzik, Jay Jennings, Tony Dalton, Elsa Bazan, Bev Murray, Kayden Edwards, Lorna Brazendale, Leo Manning, Jan Grubb, Alicia Stroud, Aileen Jones, Garry Hay, Paddi McDonald, Peter van Loggerenberg, Joe Higgins, Gracie Manson, Patricia Hangan.

Anniversaries

Elvie Knights, Shaun Pullen, Mirko Franov, James P. Scanlon, Colin Higgins, Marcin Jablonski, Patrick Jacobs, Mollie A. Reid, Bridget Agnes Imlach, Alice Miller, Walenty Ejlak, Maria Bidejowski, Fr Paul Fleming MSC, Giovanni Lindo, Stefan Brzyski, Br Gordon Morgan MSC, Bortolo Luigi Gesiotto, Sr Mary Honorata Scanlon, Syd Riley, Darcy Cooper, Tony Andrikonis, Janine Smith, Eleonora Szczypior, Cedric Davey, Peter Wells, Michael Mika, Doris Kathleen Coad, Stanley Reynolds, Doris Aiken, Jozef Gawlik, Antioco Fonollera Abueva, Irena Krawczyk, Jadwiga E. Mianowski, Julia Maud Button, Noel Holloway, David Oliver, Sydney Higgins, Loreto Gabriel, Teodor Sianski, Alberts Knights, Ermanno Fidanza, Natalie Daley, Patricia Hills, Wasyl Petryk, Leon Krawczyk. Aldo Perri.

Recently Deceased

Wladyslaw Dmuchowski.

PARISH OFFICE AND PRESBYTERY

24 Hopkins Street, Moonah

PO Box 819, Moonah 7009

Phone: 03 9412 8471

Email: moonahlutana@aohtas.org.au

Web: <http://cdtas.org.au/moonah>

Facebook: [StTherese OfLisieux](#)

Office Hours:

Monday, Tuesday & Friday

9:30am - 4:30pm,

Parish Priest: Fr Krish Mathavan MSC

Phone: 03 9412 8472

Email: pastormoonahlutana@aohtas.org.au

Deacon: Deacon MSC Michael Hangan

Phone: 03 9412 8471

Mobile: 0438 243 533

Email: michael.hangan@aohtas.org.au

Polish Chaplain: Fr Jozef Migacz SChr

Phone: 03 9412 8429

Mobile: 0407 785 721

Email: polishchaplainmoonah@aohtas.org.au

ST THERESE'S SCHOOL

24 Hopkins Street, Moonah

Phone: 03 6272 1403

Principal: Mrs Fran Bearman

Email: sttherese@catholic.tas.edu.au

RECONCILIATION:

By appointment

BAPTISMS AND MARRIAGES:

By appointment

ARCHDIOCESAN WEBSITE:

www.hobart.catholic.org.au

SAFE COMMUNITIES:

<https://hobart.catholic.org.au/content/safe-communities>

TOWARDS HEALING HELPLINE:

Phone: 1800 356 613

SEXUAL ASSAULT SERVICE:

Phone: 03 6231 1811 (Day) (Hobart) or
1800 697 877 (24/7)

03 6334 2740 (Day) (Launceston)

PLENARY COUNCIL:

<http://www.plenarycouncil.catholic.org.au>