

Dear Parish Members,

We are complying with the health requirements for public safety during this heightened time of awareness.

As you know, there are no public weekend and weekday Masses until further notice.

We are collating an [online prayer folder](#) which will be updated periodically over these weeks and months. It will provide a variety of prayers and ways of prayer. The first prayer listed is [our parish mission prayer](#) which has been so **essential** to our community identity for many years.

I keep you in prayer at my daily Mass.

The daily prayer of the church is traditionally called the [Divine Office](#). I pray it three times a day, at [Lauds](#), [Vespers](#) and [Compline](#). Your intentions and yourselves are included in the three prayer times. Over the weeks ahead I shall explain this form of prayer.

In the evening for a sacred period, I spend time in the stillness of God's love. No need for words. Letting go of distractions. Not fighting any distractions but just letting them go. Just being with God.

Another prayer is the daily [Examen](#), introduced today in the prayer folder. Some pray the Examen at the beginning or near the end of their day, or both.

The last section of our prayer folder has prayers provided on the Australian Catholic Bishops website for this time.

Already some parish members have explored online ways of connecting us in prayer. And have already prepared video clips and photos to be shown online in the future. We are aware that there will be greater pressure on the already heavy online usage in Australia.

Our relationship with God is essential.

We pray for each other, for our nation and our world.

God Bless.

Fr Gerry

24th March 2020

[\[Audio of Fr Gerry's Pastoral update\]](#)