



# Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

## SUNDAY 29TH NOVEMBER 2020 FIRST SUNDAY OF ADVENT, YEAR B

*Sacred Heart Cathedral is the Cathedral Church of the Diocese of Maitland-Newcastle, a church of St Benedict's Parish, Inner Newcastle, and part of the City Pastoral Region.*

### Our People

Fr Andrew Doohan VG (*Rector of the Cathedral*)  
Email: [rector@sacredhearthamilton.org.au](mailto:rector@sacredhearthamilton.org.au)  
Dr Anne Millard (*Director of Music*)

### Our Social Media

Website: [www.sacredhearthamilton.org.au](http://www.sacredhearthamilton.org.au)  
Facebook: @SHCHamilton  
Twitter: @HeartHamilton  
YouTube: SacredHeartCathedralHamilton

**Our Bulletin** Our Bulletin is published weekly, and is also posted on our website each Saturday. Please submit any prayer requests or items for inclusion in the Bulletin via the Office by Noon on Wednesdays.

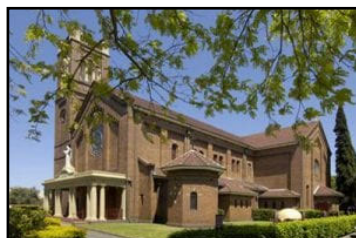
### Our Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
Phone: (02) 4979 1101 Fax: (02) 4962 4644  
Email: [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

### Office Staff

Margaret Cox (*Reception & Administration*)  
Debbie Ryan (*Reception & Administration*)  
Anne Warren (*Business Manager—Interim*)

*Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.*



*We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.*

Advent...a time of watching and waiting



Fr Matthew has had this plant for over 15 years. Last week, for the first time in those 15 years, it flowered. The flower lived one day, and was gone. Advent calls us to be watchful. It would be a shame to miss something wonderful!

## CATHEDRAL DIARY...(for the week ahead)

*First Week of Advent*

Monday—30th November

*Feast of St Andrew, apostle*

8:15am Mass

Tuesday—1st December

8:15am Mass

Wednesday—2nd December

8:15am Mass

Thursday—3rd December

*Memorial of St Francis Xavier, priest*

8:15am Mass

6pm Choir Practice @ The Cathedral

Friday—4th December

8:15am Mass

11am Exposition (until 12pm)

11am Reconciliation

12:05pm Mass

Saturday—5th December

10am Reconciliation

Sunday—6th December

*Second Sunday of Advent*

9:30am Mass

*Live streamed via the Cathedral's YouTube channel*

11:30am Polish Mass

5pm Mass

## LIVE-STREAMING NOTICE

The 9.30am Mass from Sacred Heart Cathedral is live-streamed (and recorded) each week. The camera is located under the choir loft and faces towards the sanctuary, though it can be directed to various parts of the Cathedral if needed.

Parishioners should be aware that they may be filmed during the celebration of the 9.30am Mass. This filming will mostly capture their image from behind. We cannot guarantee, however, that their faces will not be featured on the live-stream or recording, particularly the case during the Communion Procession. The live-stream will make use of multiple camera angles to minimise the identification of individuals as much as possible, but this will not eliminate the possibility of being filmed.

Parishioners with concerns about being filmed or recorded should speak with the Cathedral's Rector in the first instance.

## PARISH NOTICES

**PRAYING THE GOSPELS THROUGH ADVENT:** Parishioners in the City Pastoral Region and across the Diocese are invited to connect and pray with each other from your own home. God speaks to us through the words of the Gospel and through artist's images of the Gospel message. Each Wednesday 5—5.45pm. You and your friends are welcome to join via the internet:

<https://mncatholic.zoom.us/j/92777151360>

Password: Prayer

**BOOK CLUB** meets at 6pm on Sunday 6 December to share our thoughts on the book, *The Survivors*, by Jane Harper.

If you would like to participate in book club meetings, please send an email to the Regional Office, [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

**MISSION TO SEAFARERS:** Christmas is fast approaching! Over the next few weeks, we'll be asking for donations of specific items to include in Christmas packs for seafarers.

To start with, we're collecting: 1,000 packs of razors, 1,000 bottles of shampoo, 1,000 bottles of conditioners.

Christmas is usually a difficult time for seafarers and this year seafarers are going to feel the separation from their families even more acutely.

Last year, with your help, we managed to supply 850 packs to seafarers far from home. However, this year, we hope to reach 1,000 seafarers.

**ADVENT GROUPS:** In the day-to-day reality of our lives, especially during the busyness of end-of-year activities, it is easy for us to lose sight of what we are truly preparing for during Advent and celebrating at Christmas—the Incarnation. The magnitude of this event was not lost on the shepherds and the Magi who came to adore the Child who is truly Emmanuel: God-with-us.

If you would like to be part of an Advent Group please contact the Regional Office on 49791101 and we will arrange for you to be allocated to a group.

**FIRST FRIDAY FISH & CHIPS: 4 December** from 5pm at Bar Beach Pavilion. BYO everything. All welcome! Enquiries: Chris 0419 265 194

## COVID-19-RELATED INFORMATION

### Maximum Number of Persons in Cathedral

Under the current Public Health Order, the limit on the number of persons who can be present in a church is now calculated as the lesser of allowing 4 square metres per person within the building, or 300 persons.

In the Cathedral, that limit is **110 persons**.

The limit applies to all Masses and other liturgical celebrations, except funerals (limit is 100 persons).

### Provision of Contact Details

The Public Health Order requires the collection of contact details for those who attend any liturgical celebration in a church (e.g. Mass, weddings, funerals, Baptisms, etc.).

If a 'discrete' group attends, e.g. a family, a husband and wife, people from the same household etc., only one (adult) member of the group is required to provide their contact details.

The contact details that are required are defined as a) name, b) phone number or email address, and c) the time of arrival.

A Contact Details Form will be provided at the door to permit the collection of these details. It is also possible to use your mobile phone with either the Service NSW QR Code or the third-party QR Code which are accessible via the posters at the doors.

### General Requirements

The requirements regarding cleaning, observing physical distancing, refraining from communal singing, etc. remain in place for the time being, as does the requirement to refrain from physical acts of devotion that involve touching or kissing icons or statues.

We ask those who are particularly at risk – the elderly, those with compromised health, those who are sick – to refrain from returning to Mass for the sake of their own health. The dispensation from the obligation to attend Sunday Mass given by the Bishop remains in place in these circumstances.

### Requirements for Attending Mass

There is presently no need to register in advance to attend Mass. If you wish to attend Mass, you are at liberty to do so, though capacity limits will need to be observed at all Masses.

### Entrances to the Cathedral

We will now revert to using the main doors of the Cathedral for both weekend and weekday Masses.

## REACHING BEYOND 2020



People of all trades and professions are being requested by communities abroad seeking to build the capacity of their organisations and the skills of their people. Restrictions this year have made communities' needs acute, but your assistance will help to develop self-reliance and sustainable solutions to poverty. Palms Australia will provide you with thorough preparation to ensure your readiness as travel resumes, and support on assignment.

See [www.palms.org.au](http://www.palms.org.au), email [palms@palms.org.au](mailto:palms@palms.org.au), or talk to Roger on 0431 995 058



The Vinnies Christmas Appeal launches this weekend and you are asked to be as generous as possible to assist those who will struggle this Christmas.

The Society also starts collecting goods for Christmas Hampers, over three Sundays—29 November, 6 December, and 13 December. While any contribution on any Sunday will be very much appreciated, we focus on tinned goods and packet foods such as pasta and rice, followed by breakfast foods and finally sweets, treats and toiletries.

For more information and details about the importance of the survey, go to Liturgy Matters  
To complete the survey go to: [surveymonkey.com/r/mn-liturgy](https://www.surveymonkey.com/r/mn-liturgy)  
If you do not have access to a computer or the internet, phone Sharon Murphy on 4979 1134 for a hard copy.

What liturgical growth needs fostering?  
What suggestions do you have for our liturgical response in future crises?  
What were the liturgical challenges and opportunities you experienced during COVID-19?  
What liturgical insights and questions do you have as a result of your experience?  
What did you find helpful? Unhelpful?  
What could we let go of?

The Diocese of Maitland-Newcastle  
**COVID-19 Liturgy Reflections Survey is now live**



[www.mn.catholic.org.au](https://www.mn.catholic.org.au)

### DOMN COVID-19 LITURGY REFLECTIONS SURVEY

Let your voice be heard! The DoMN COVID-19 Liturgy Reflections Survey is now live! This is an important opportunity to voice your liturgical insights and experiences during COVID-19.

If you do not have access to a computer, phone Sharon Murphy on 4979 1134 for a hard copy. Take the survey here: <https://www.surveymonkey.com/r/mn-liturgy>

## TIMELY LIVING AND THE END OF HISTORY

by Fr Michael Tate

From your own experience, waiting for exam results, the birth of a child, the dying of someone you love, isn't it extremely rare for time to pass in the measured way that our clocks and watches suggest?

Isn't time a very mysterious, elastic dimension in which we live?

And have you found that often the anticipation of a *future* event affects our sense of *present* time. It can dictate what we do in the meantime.

Sometimes that future event never materializes, which can leave us feeling somewhat foolish, sometimes disappointed, sometimes relieved.

But what if we knew with certainty that some major life determining event would most definitely occur, even in the remote future? Wouldn't that create within us a certain attitude, a certain way of life, in anticipation?

That is what this Gospel story is really about.

Our Lord portrays himself as the Master who goes away on a journey. It is certain that he will return, even if no-one in his household knows exactly when.

Jesus of Nazareth, who has journeyed through the gateway of death to Heavenly glory will definitely return and be revealed clearly to be:

the Lord of all history, the Sovereign of all time.

What do we do in anticipation? How do we spend our time, meantime?

Our Lord, the Master, indicates we have a choice.

We can close our eyes and enter into the world of dreams where we create our own fantasy futures, *or* we can stay awake and alert to do what our Lord wants us to do in anticipation of his return. As the Gospel story tells us: 'He left his *servants* in charge, giving to each his *work*.'

We are his servants. He has left you and me – his servants – to do a particular work, to fulfil a particular role in this phase of human history.

Each of us has a unique task, an irreplaceable role in the history of humankind.

Be alert, be on the watch for the promptings of the Holy Spirit Who will tell you with a deep sense of certainty what that role is.

For most, it will be when you love someone dearly, real love, the willingness-to-die-for-the-other love of a spouse or partner or child. No-one else could do it.

For others, it will come in work or some expertise when you know that this task was for your talent alone. No-one else could do it.

For others, it can come in a moment of sporting endeavour or artistic exhilaration. No-one else could do it.

Or it can come when one takes a stand for something believed to be right, persevering against the odds for the sake of justice. No-one else could do it.

At that moment, you know why you were 'put on the planet' at this time and no other – why you were loved into existence for 'now' rather than a hundred years previously or in the future.

You must be true to that one task or role given to you by the Master, Jesus Christ.

Then, when he comes in all his Glory at the end of history, he will find that you had anticipated His advent with the timely living of every moment of your existence.

Then you will hear the marvellous words:

'Come, good and faithful servant,  
come, inherit the Kingdom prepared for you  
since the foundation of the world.'

© Fr Michael Tate. <http://www.liturgyhelp.com.au>



### IN YOUR CHARITY, PLEASE PRAY FOR:

**RECENTLY DECEASED:** Sr Marie Therese Matthews rsm, Carmel Matthews, Beryl Wafer.

**ANNIVERSARIES:** Kate Hudson, Michael Round, Bradley Sharpe, Frank & Carrie Williams, Chris Williams, Alfredo Peverimi, Kevin Gardiner, Eric Joseph O'Beirne, Anthony O'Beirne, Delores Hamilton, Ernest (Ernie) Jones.

**SICK:** Baby Oliver Robens, Beth Wooden, Kate Newsome.

*Names may be placed here by contacting the Office. For more information, please refer to the Policy Document on the Cathedral website—visit [www.sacredhearthatilton.org.au/resources](http://www.sacredhearthatilton.org.au/resources)*

## CHRISTMAS @ SACRED HEART

The Celebration of the Nativity of the Lord (Christmas) is one of the highlights of the Christian year, and for very good reason.

Our celebrations in 2020, however, will look significantly different to what they have in the past because of the continuing presence of COVID-19 in our community. This presence requires the observing of a number of restrictions in the way we celebrate Christmas in the Cathedral, largely concerning the number of persons who will be able to attend, and the regrettable absence of the singing together of well known carols (at least according to the rules in place when this edition goes to print).

The schedule of Christmas Masses in the Cathedral for 2020 will be:

Christmas Eve	5pm * (Currently full)
	7pm
	10pm (Polish)
Christmas Day	Midnight *
	7.30am
	9.30am *
	11.30am (Polish)

The Masses marked with an \* will be live-streamed so that those unable to attend can join the worshipping assembly in a virtual fashion.

And now, the bad news.

Because of the restrictions on the number of persons who can be in the Cathedral, each of the Christmas Masses (apart from the two Polish language Masses) will need to be 'ticketed', i.e. you will need to register in advance in order to attend.

We regret the need to do this, but believe it is the only way to manage the situation efficiently and with some equity.

Registration will be via the Eventbrite website as this permits both the addition of extra spaces if public health orders change, and will also permit the easier collection of contact details of those attending.

Registration for Christmas Masses is available via the Eventbrite website ([www.eventbrite.com.au](http://www.eventbrite.com.au)) and entering the event number 127681140729 into the search function. For those without internet access, please contact Fr Andrew or the Regional Office (49791101) who will assist you.

We are giving our regular parishioners first option on registering. The event will not be placed on the Cathedral website, or our various social media outlets until the beginning of December.

In terms of registration, there are a few requests that I would make.

1. Please do not register to attend more than one Mass, as this will take up spaces that others might access. Please be considerate of your brothers and sisters.
2. Please do not register for more people than have confirmed will be attending as this too will take up spaces that others might access.
3. If you register, and subsequently determine that you are unable to attend, please let Fr Andrew know so that the space can be offered to another person.
4. Please do not assume that you can simply turn up on the evening and be admitted—only those with valid registrations will be permitted to enter the Cathedral. To do otherwise is simply unjust to those who have registered in advance.

One of the advantages of using the Eventbrite website to manage registrations for our Christmas Masses is that it is easier to increase the number of spaces available should public health orders change to permit this.

The other advantage is that the Eventbrite website allows for the creation of a 'waitlist' for each of the Masses so that if a space becomes available those seeking to attend a particular Mass can be contacted automatically.

I realise that the additional requirements necessary to attend Christmas Masses this year are burdensome, and I truly wish we had another option. We don't, however, and so I ask for your patience and cooperation as we seek to celebrate the Incarnation of Jesus Christ.

Fr Andrew

# AdVent flection

Visit the Cathedral ([www.sacredhearthamilton.org.au](http://www.sacredhearthamilton.org.au)) or Parish ([www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)) and sign up at the bottom of the homepage to receive a daily 'Advent Vflection' straight to your email Inbox.

Every morning of Advent, Fr Andrew will post a fresh video reflection as part of the journey through Advent towards the celebration of Christmas.

## TODAY'S LITURGY

### INTROIT:

Choir: Unto you have I lifted up my soul.  
O my God, I trust in you,  
let me not be put to shame;  
Do not allow my enemies to laugh at me;  
for none of those who are awaiting you  
will be disappointed.

**ALL: Make your ways known unto me, O Lord,  
and teach me your paths.**

**Glorify be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end, Amen**

## LITURGY OF THE WORD

### FIRST READING: Is 63:16-17, 64:1, 3-8

*Oh that you would tear the heavens apart and come down.*

*We pause for silent reflection.*

### RESPONSORIAL PSALM:

**SAVE US, O LORD**

Bob Dufford

*Lord make us turn to you, let us see your face and we shall be changed.*

O Shepherd of Israel, hear us.  
Return and we shall be saved  
Arise O Lord, hear our cries, O Lord  
Bring us back.

How long will You hide from your people?  
We long to see Your face  
Give ear to us. Draw near to us,  
Lord God of hosts!

Turn again; care for Your vine;  
protect what Your right hand has planted  
Your vineyards are trampled, uprooted, and burned,  
Come to us Father of might!

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### SECOND READING: 1 Cor 1:3-9

*The revelation we looked for, Christ Jesus*

*We pause for silent reflection.*

### GOSPEL ACCLAMATION:

**Alleluia, alleluia, alleluia, alleluia.**

Lord show us your mercy and your love,  
And grant us your salvation.

**Alleluia, alleluia, alleluia, alleluia.**

### GOSPEL: Mark 13:33-37

*Stay awake! You never know when the Lord will come.*

*We pause for silent reflection.*

### The Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.

For us men and for our salvation he came down  
from heaven, and by the Holy Spirit was incarnate of  
the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day in accordance with  
the Scriptures.

He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored and  
glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### Apostles' Creed

I believe in God,  
the Father Almighty,  
Creator of Heaven and earth;  
and in Jesus Christ, His only Son Our Lord,  
Who was conceived by the Holy Spirit, (*all bow*)  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended into Hell;  
on the third day He rose again from the dead;  
He ascended into Heaven,  
and is seated at the right hand of God, the Father  
almighty; from there He shall come to judge the living

and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.

## LITURGY OF THE EUCHARIST

### PREPARATION OF THE GIFTS:

**O COME O COME EMMANUEL** tr. Thomas Helmore

### MEMORIAL ACCLAMATION

When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.

### COMMUNION HYMNS:

**COME, EMMANUEL** Deanna Light and Paul Tate

**CREATOR OF THE STARS OF NIGHT** Gerard Furrell

### RECESSIONAL: Instrumental Music



*Last Sunday evening, Fr Matthew told a story about his family's sheep farm. Here is Fr Matthew feeding the lambs!*

## ADVENT

It is the start of the new Church Year of Mark - Year B. Advent can be a busy time. It can be a time of frenzy preparing for Christmas - food, presents, end-of-year parties and family reunions. In the midst of sending cards, making the Christmas cake and pudding, looking for a good ham, buying presents for children and grandchildren, what about the spiritual aspects of prayer and reflection?

### Origins & Colours of Advent

The word 'Advent' comes from the Latin *Adventus* which means 'coming'. It is a time for quiet reflection, prayer and conversion in anticipation of the coming of Christ from two different perspectives. Purple or dark blue is a symbol of royalty that anticipates the coming birth of Jesus. It also reflects a spirit of penitence and the need to prepare our hearts. In Australia the colour that is often used is Jacaranda. Pink is a secondary Advent colour that symbolises the joy of the season. The evergreens in the Advent wreath signify eternal life that comes to us through Jesus.

**Reflect on Advent** as a time of waiting. The idea of waiting is not popular in our culture of instant gratification, but it creates in us a new kind of self-discipline that helps us to appreciate the present moment and look to the future with peaceful anticipation.

### Get More Out of Advent

Turn your breathing into a prayer: take a few deep breaths throughout the day and imagine that God's love is flowing through you to every part of your body. As you exhale let go of tension, worry and anything else that is not of God.

### Reaching Out in Advent

As we lead into the Christmas season and especially now that there is easing of restrictions, it would be timely for each of us to consider making contact with someone we have not seen for a while. A phone call, a note in the letter box, an email if you know the address or even dropping in with a magazine or the parish Bulletin. Bake some biscuits for a homebound neighbour and spend a little extra time with them when you deliver the baking. Think about the special gifts and talents God has given you. How are you using these gifts? Of course, just your visit would be enough.

Many people have been isolated for months. Contact from someone from the Parish could make a big difference to their day.

Along with following the Advent liturgies we could put our prayer to practical use by reaching out in these coming weeks.

## NEXT WEEK'S READINGS

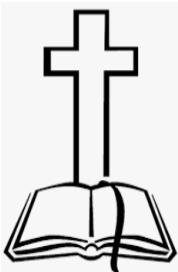
**Second Sunday of Advent**

**Isaiah 40:1-5, 9-11**

**2 Peter 3:8-14**

**Mark 1:1-8**

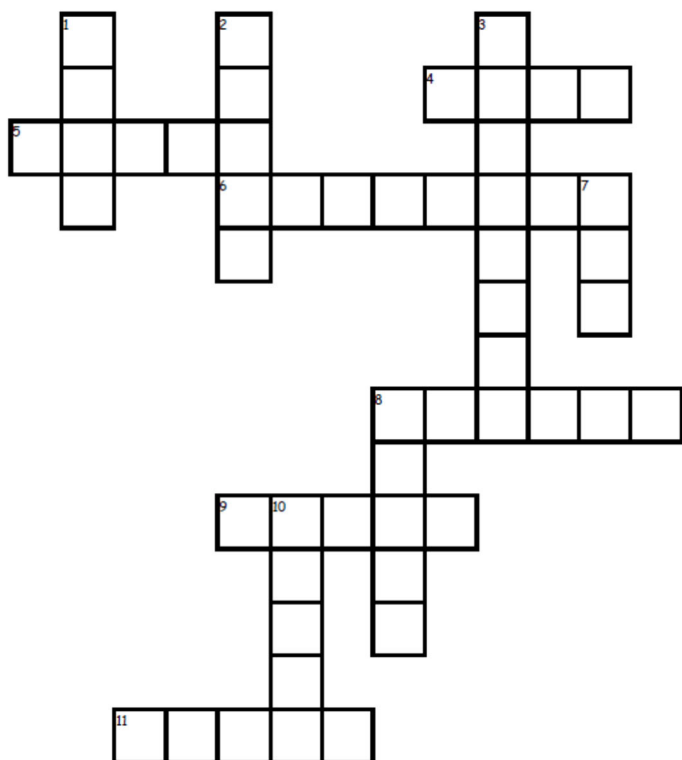
Weekday and Sunday readings can be found at [www.usccb.org](http://www.usccb.org)



CROSSWORD

We wait for Christ's return

1 Cor 1:3-9  
Ps 85:8, 9, 10, R. Sir 36:16  
Mk 13:33-37



Across

- 4: nice to others
- 5: a type of building people live in
- 6: when a man goes away he puts these people in charge
- 8: to go back from where you came
- 9: talk
- 11: you do this when you go to bed

Down

- 1: Jesus said to his disciples, 'You don't \_\_\_\_\_ when the time will come'
- 2: the Lord Jesus Christ will \_\_\_\_\_ you with peace
- 3: the middle of the night
- 7: the opposite of daughter
- 8: prepared
- 10: to have no war and fighting

We wait for Christ's return

1 Cor 1:3-9  
Ps 85:8, 9, 10, R. Sir 36:16  
Mk 13:33-37

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

Try to find these words:

- bless
- house
- kind
- know
- midnight
- peace
- ready
- return
- servants
- sleep
- son
- speak