

Blessed Sacrament Congregation Newsletter

St Francis' Church
Melbourne



St Peter Julian's Church
Sydney

April 2024

Volume 3

Forgive each other

by Jo Dirks, SSS

To err is human, to forgive is divine, wrote memorably 17th century English poet, Alexander Pope. Mention of erring may make us mindful in the first place of occasions when we have offended our neighbour. Then we might reflect further on our mistakes and errors of judgment. What do they tell us about ourselves? How have we dealt with them?

Now graced with the new life of Easter, we see ourselves in light of all that the Lord Jesus has done for us. Our churches have traditionally been places of welcome, acceptance, forgiveness and reconciliation. When troubled, crushed and broken, we drag ourselves into the church pews and pour out our enfeebled spirits to the Lord. We free ourselves of those heavy burdens we have been carrying.

The scene beside the Sea of Galilee is a masterclass of forgiveness. After the disciples have had breakfast on the beach with the risen Lord, Jesus asks Simon Peter: *'Do you love me?'* [Jn 21: 18]. Three times Peter is asked this question, recalling his triple denial of Jesus during the Passion. After his confession of love, Peter is forgiven his betrayal. Peter is reaffirmed in his leadership of the faith community.

We may think that is easy for a very devout person to say. But what then do we make of Daniel and Leila Abdallah, who lost their three children when a drug and alcohol fuelled driver mounted the kerb on 1 February 2020 in Oatlands in western Sydney with his vehicle and killed their son, Antony 13, and two daughters, Sienna 11 and Angelina 7 and their cousin Veronique, 11?

The Abdallahs have reached out and forgiven the killer, even visiting the man in gaol. Maronite Christians from Parramatta, they have given a powerful witness of forgiveness inspired by their faith. They could have hardened their hearts, stored up bitterness, hatred and revenge. They did not walk away from their faith. Instead they offered us all – the Church, the Australian people, and the wider world – a magnificent example of an heroic, inspiring and authentically lived Christian faith. The couple have just had another child, their personal affirmation of life over death.

The Abdallahs have found a way of transforming their pain into helping others by setting up the *'i4give.com'* foundation, which informs people about the benefits of forgiveness while providing them with tools to learn how to forgive.

"Our world is yearning for forgiveness," Daniel Abdallah said. *"And when we talk about it, people are just so hungry and so thirsty to understand what tools do I need to be equipped with about forgiveness."*

The 1st of February each year is now observed as a National Day of Forgiveness in Australia for all those who have suffered tragedy. *"The i4give Foundation exists to increase community awareness of the power of forgiveness to transform human relationships and to provide resilience toward human flourishing. Forgiveness is at the root of human flourishing and provides a powerful source of resilience to overcome the impact of a wide range of trauma brought on through chronic unforgiveness."*

The eight steps to help people forgive are listed on the i4give foundation web site, <https://www.i4give.com> or the email – info@i4give.com

Below is an outline of the basic steps involved in following a path of forgiveness, adapted from the book, 8 Keys to Forgiveness. As you read through these steps, think about how you might adapt them to your own life.

1. Know what forgiveness is and why it matters
2. Become "forgivingly fit"
3. Address your inner pain
4. Develop a forgiving mind through empathy
5. Find meaning in your suffering
6. When forgiveness is hard, call upon other strengths
7. Forgive yourself
8. Develop a forgiving heart

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

[Ephesians 4:32]



(Photo from SBSArabic24)

ST. PETER JULIAN'S CHURCH

Monday to Friday 7.30am, 12.10pm, & 5.30pm
(Public Holidays 12.10pm only)
Saturday 12.10pm, & 5.30pm (Vigil)
1st Saturday of each month
 12.10pm (Anointing Mass)
Sunday 9.30am, 12.30pm, & 3.30pm (English)
 Chinese Mass 11.00am
 Korean Mass 5.00pm
 Filipino Mass 1st Sunday of each month 1.30pm
 Indonesian Mass 1st & 3rd Saturdays of each month 3.30pm

NOVENA & BENEDICTION

Wednesday 12.45pm (St Peter Julian) after the 12.10 Mass
Friday 12.45pm (Our Lady of Perpetual Help) after the 12.10 Mass

EXPOSITION OF THE BLESSED SACRAMENT

Monday to Friday 8.00am to 12.00pm
 12.45pm to 2.00pm
Saturday 10.30am to 12.00pm
 12.45pm to 2.00pm
Sunday 1.30pm to 3.00pm
(except on the 1st Sunday of each month)

RECONCILIATION

Thursday, Friday & Saturday 11.00am to 12.00pm

CHURCH OPENING TIMES

Monday to Friday 7.00am to 6.15pm
Saturday 10.30am to 6.45pm
Sunday 9.00am to 6.15pm

For updates, please see our website:

www.stpeterjuliansydney.com

and our Facebook page,

or call (02) 9270 6940 (24 hour information line)

ST PETER JULIAN'S BOOK STORE

New stocks of books, piety items and gifts for sacramental occasions all available. A wide selection of special occasion cards, Mass Cards and Holy Cards at very reasonable prices. Come and visit us or orders can be taken by phone and posted to you.

Please note a postage charge will apply.

Monday to Friday 9.30am to 4.30pm

Sunday 9.00am to 5.00pm

Ph: (02) 9270 6900 E: haymarket@blessedsacrament.com.au

Gaza Crisis Appeal The sudden escalation of hostilities in Israel and Gaza since 7 October 2023 has seen unimaginable impacts, with the devastating human toll of almost 30,000 deaths. Over 28,000 Palestinians have been killed so far, more than 70% were children and women. The continuous war in Gaza has forced around 1.9 million people, almost 85% of the population, to flee their homes with immediate food, shelter, health, and psychosocial needs. More than 90% of Gaza's population is facing high levels of acute food insecurity. The alarming scale of violence in Gaza is leaving people in urgent need of humanitarian assistance. With your help, we can support our partners on the ground to respond to immediate needs. Please visit:

www.caritas.org.au/donate/emergency-appeals/gaza-crisis/

St Peter Julian's Church

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PO Box K334, Haymarket NSW 1240

Phone:

(02) 9270 6900

(02) 9270 6940 (24-hour church information line)

Fax:

(02) 9270 6933

Email:

haymarket@blessedsacrament.com.au

Website:

www.stpeterjuliansydney.com

Sydney Catholic Schools :

Annual Years 9 to 12 High School : Purpose Camp 22-24 April, Benedict XVI Retreat Centre

This camp is an excellent follow up for any students that attended the Purpose Conference in December last year or those who are open and seeking an encounter with the love that Christ offers us! The camp really has something for everyone and includes:

Powerful talks, discussions and Q&A
 Awesome games and community building activities
 Beautiful prayer experiences, liturgies and opportunities to receive the sacraments
 Great accommodation and food
 Plenty of time for leisure, relaxation and socialising.

Book here!



Open Support is a Sydney-based charity committed to acting and caring for the most vulnerable members of

our community. We are looking to expand our volunteer family, and currently have the following vacancies which require only a few hours commitment per week:

Gift Shop Volunteer: Lend a hand in our gorgeous little gift shop in Darlinghurst! All proceeds go directly to Open Support's Domestic Violence and Social Isolation programs.

Shop and Workroom Volunteer: Are you a retail all-rounder with a big heart? Support our Darlinghurst Gift Shop operations and pop-up gift shop events in central Sydney.

Country Care Link Driver: Ease the worry of people coming into Sydney for medical care from rural and remote NSW! Transport a client to their medical appointment or accommodation in Sydney.

For more information please contact:

Amanda Perkins (Volunteer Coordinator), telephone 0434 697 621 or email: volunteer@opensupport.org.au or visit our website at opensupport.org.au

Volunteers Needed : Cana Communities

Some 225 people in Sydney sleep rough every night, and **Cana Communities** operates homeless shelters in Sydney, with St Francis Shelter the latest to open its doors in Redfern. Run entirely by volunteers, Cana needs volunteers for Tuesday (women's only night), Friday and Saturday shifts (6pm-9:30pm or 9:30pm-7:30am) to welcome and assist guests and prepare meals. All volunteers will receive training. The impact on guests at these shelters cannot be overestimated, considering the alternatives. Be part of a caring community passionate about helping others and making a change. Find out more about becoming a volunteer by emailing carmel.shaw@cana.org.au.

MAGI PILGRIMAGES Fr. Maria Raju would like to invite you for an 18-day pilgrimage, departing on 23rd September 2024. This pilgrimage features Fatima, Lourdes, Turin, Milan, Padua, Venice, Florence, Assisi, Rotondo and Rome for an all-inclusive price of \$8,790. The fare includes Return Economy Airfares + Local Transfers in deluxe coaches + Stay in Premium Hotels + All Breakfasts & Dinners + Catholic Priest + English speaking professional guides. For enquiries and bookings call (03) 8839 6615 or 1300 721 561 or email us at pilgrimage@magiholidays.com.au.

Order in Chaos : Love & Truth Weekend

The joys of marriage and parenthood can sometimes be eclipsed by the challenges of raising children, especially in a secular environment. The Emmanuel Community invites married and engaged couples to a weekend retreat, to focus on your relationship with the Lord, life as a couple, and raising children today.

DATE AND TIME: Saturday 27th April 10:00am to

Sunday 28th April 3:30pm **VENUE:** Mount Carmel Retreat Centre

ADDRESS: 247 St Andrews Road, Varroville NSW 2566

COST: \$200 per couple

For more information, and to register: www.trybooking.com/CPPUE

