
The Cathedral Coronavirus Chronicle



St Mary's Cathedral, Sydney — 30 July 2020 — Twelfth edition

“Room for a View!”

Dear Cathedral Parishioners and friends all,

Getting tired of this COVID pandemic yet? I sure am, but it looks like it will be with us for a while yet.

So please be careful and do all you can to avoid contracting or spreading this virus. And while we love to see people at the cathedral, please don't come if you are unwell, or if you've been anywhere near someone who has or may have COVID-19.

We have seen lately how the virus can spread when infected people go to church and unintentionally contaminate others.

The permitted number in the congregation in the cathedral is now reduced to 100, and you need to pre-book with us online a place at the Saturday evening and Sunday Masses.

Click here:

<https://sydneycatholic.eventsair.com/smcmass/signup/Site/Register>

Even so, life goes on and it is really important that we do things to keep our spirits up and avoid these troubles weighing us down.

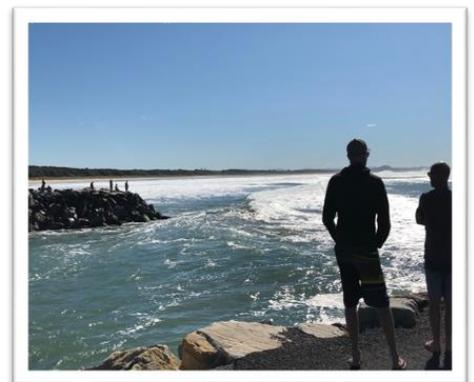
I hope we've learned some lessons from earlier in the year when the pandemic first took hold and we “locked down.”

I've been discussing this a bit with family and friends – how to stay happy and well and not get depressed. One thing we agreed on was that watching the news and reading about the pandemic all day is harmful. If you let it, the constant TV and online news will grind you down with an unrelenting stream of gloomy voices, spooky graphics, and dire warnings about unfolding crises.

So, while I need to be up-to-date about the situation here in New South Wales, once I've caught up with the important daily facts I don't need to tune in or check up every half an hour!

I don't need to get annoyed about what some fool is doing in a shop in another city or another country, and then feed the annoyance by watching more loonies elsewhere.

Look out the window instead: it's a fantastic world! Even the recent wild weather was marvelous. A drive to the coast to watch those big waves was wonderfully awe-inspiring in the best sense – although I guess if I owned a house teetering on an eroding dune I might have been a bit less appreciative.



I find turning off the news feed and listening to music is immensely helpful in breaking the cycle of gloom and restoring balance and serenity. And music in the liturgy is such a blessing in lifting one up from the troubles of life! So while congregational singing must be discouraged for COVID-safe reasons, our choral music at Mass and Vespers, sung by our especially-distanced choir, is a real blessing, helping us to elevate our spiritual lives psychological health too!

And... there are some important celebrations coming up:

St Dominic's Day on Monday (a very special day for our Dominican Archbishop);
St John Vianney's Day on Tuesday (patron saint of parish priests like me, Fr Brendan, Fr Gerard and Fr Lewi, so please ask the saint to pray for us); the **Feast of the Transfiguration of the Lord** on Thursday, and **St Mary MacKillop's Day** on Saturday.

And later in August, the 15th, is the wonderful holy day of the **Assumption of the Blessed Virgin Mary**. Especially in troubled times, it is healthy to look forward to these special days and commemorate them. Winter is more than half over, before too long it will be spring!



Fr Don Richardson, Dean,
Administrator of St Mary's Cathedral Parish, Sydney.
Administrator St Philip Howard Parish, Norfolk Island, South Pacific.
Administrator of Sacred Heart Parish, Darlinghurst.
Liturgy Office Director, Archdiocese of Sydney.

Chronicle Notices

Frequently Asked Questions on COVID-19

To help parishioners with any questions they may have around COVID-19 and its impact on sacraments such as weddings, baptisms and funerals, you may find the FAQs page on the Archdiocese of Sydney website helpful at this time by clicking -
<https://www.sydneycatholic.org/coronavirus-frequently-asked-questions/>

Archdiocese of Sydney 'Of Life & Love' Marriage Preparation Course

Session dates for final 2020 course: October 17, 22, 29 and November 5
To Book Online Visit:
www.trybooking.com/BGRCR
Cost: \$310 per couple. Please note this course consists of 4 sessions and engaged couples must attend all sessions to gain completion certificate. For further information, please contact: The Life, Family and Outreach team on (02) 9307 8480 or e-mail:
steven.buhagiar@sydneycatholic.org

Please keep sending us your
Prayer Intentions and
Petition to Our Lady

PRAYER INTENTION
prayerintentions@stmaryscathedral.org.au

PETITION TO OUR LADY
petitiontoourlady@stmaryscathedral.org.au

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Maximus Podcast with Catholic Weekly Editor, Peter Rosengren

This week we interview Peter Rosengren about the influence of Catholic Media in the Church and secular society. In these uncertain times what difference does Catholic journalism make?

Why does the broader journalistic profession seem to lack integrity? Should we all become citizen journalists? We will answer these questions and more on the Maximus - Men Striving for Greatness Facebook page this Friday the 7th of August at 4 pm.

Live-streaming of Mass:

St Mary's Cathedral is live-streaming daily Mass via its website:
<https://www.stmaryscathedral.org.au/>