

Holy Cross Retreat

Letter 100

13th January, 2022



Sunday Mass

Sunday Mass each week at Holy Cross now is at 10.00am.

Holy Cross Office

The Office re-opened on January 11th. We have welcomed back Mayrose, Rose and Ann. The 'A' Team will return next Friday. The recent outbreak of Omicron has led groups to postpone their bookings, so for the Holy Cross Centre at this stage, it is a repeat of 2021. Take a booking – accept a postponement and rebook – then take another cancellation etc etc.

The bread shop

The shop that provides us with bread each Thursday was robbed a week ago. This shop has helped us provide bread for groups who use the Centre and we have made some available after Mass on Sundays. Fortunately, they have reopened.

Car park

There have been a few requests that people avoid parking in a way that blocks the exit on to Smiths Road. This has inconvenienced a number of people. Please park in the designated areas. Thank you

Around the grounds

[Jerome](#) has been unwell for most of the past week with a repeat of UTI. [John](#) returned yesterday from two weeks holiday in Sydney where he had a most enjoyable time. He is impressively tanned. [Karen](#) went to Brisbane yesterday to conduct a retreat for the Passionist Youth Team. [Pastor](#) painted the front entrance driveway in the colour you see to the left. He had to be careful not to trap himself in a corner. He has also mulched the gardens around the chapel.

Shredder/mulcher

We have purchased a shredder/mulcher so that we can better manage the constant pruning (both that done by Jerome and that done by nature). This will allow the property to avoid being overrun by garden waste. Instead it can be use on the gardens.

Creation 19: Life on earth 4: Humans (continued)

Science has helped us learn that there have been significant climatic changes, including ice covering and then retreating across the globe through several eras. It is suggested that skin colour changed because pigment was required in the colder European climates, whereas it was not needed in the hotter climates. In the same

way, it is possible that facial adaptations occurred such as the smaller chubby Asian nose and heavy eyelids, responded to breathing and eyesight needs in times of glaciation.

The Northern Hemisphere suffered an extensive ice age beginning about one hundred and twenty thousand years ago. It began to recede eighteen thousand years ago, and while glaciation ended just twelve thousand five hundred years ago, we are technically still living at the end of this ice age.

Early European humans moved into what is today known as France, around thirty-five thousand years ago, living in small groups, primarily in caves or rock shelters. Over the next twenty thousand years they used paints composed from manganese and iron oxides to paint the walls and ceilings of their caves.



In their art, these people are sometimes depicted as clean-shaven, wearing shoes and sewn clothes, tailored with collars and sleeves, pants with legs, bracelets and necklaces, trousers, coats, and even hats. They made ornaments and implements such as fine needles and spears from bone and ivory. They created harpoons, cooking utensils and used animal fat to light lamps. They were not naked savages!



Referred to previously as Cro-Magnon, research has led scholars to believe that their physical dimensions are not sufficiently different enough from modern humans to warrant a separate designation so they are now referred to as 'Early Modern Humans'. They disappeared around eleven thousand years ago, (9000 BCE) twenty thousand years after Neanderthals, as the ice age retreated, leaving just one species, Homo sapiens. This marked the beginning of the Neolithic (New Stone) Age.

In the immediate future, the human story was focused on Southwest Asia and Northeast Africa, where Homo Sapiens began to be less nomadic and to settle more in one place. Still recovering from the devastation of the Mt Toba eruption at this time, one estimate is that prior to the development of agriculture, there were one million humans within three hundred thousand tribes. Examples of traditional hunter-gatherers that continue this lifestyle today are the Bushmen of southern Africa, some of the Pygmies of central Africa, and the Pila Nguru (Spinifex) people of Western Australia.



Village life first consisted of a few hundred, and then sometimes, a few thousand people. By 3000 BCE the majority of people had been drawn into permanent village life, supported by horticulture and inter-village trade. Plants and animals had begun to be domesticated, pottery and weaving were common and the first shrines appeared. Ritual and oral literature had begun to articulate relationships with one another, the environment

and the universe. Neolithic developments occurred from the Persian Gulf through modern day Iraq, Syria, and Turkey, and across to the Greek peninsula into south-eastern Europe where wheat and barley were harvested. Rice, pigs and chickens were common in Southeast Asia during this period.

The most useful domesticated animal was the dog. Its superior sense of smell and hearing was useful for protective guarding and for hunting. Sometimes dogs were used for food as they still are, in some cultures. Sheep were herded for meat and wool, and along with goats, pigs and cattle, they were domesticated for food. Horses, camels and oxen were used for cultivation of land. Together with the cultivation of rice, wheat and barley, corn, beans, potato and other foods, this enabled the quick



development of clustered village life. Baskets and water pots were developed. Increased populations led to seasonal reaping and sowing and to migrations, and this has remained an

ongoing challenge for the human species since those times. The rapid technological development of humans in very recent years and its effect on the planet in contrast to the previous millions of years, is truly amazing.

A shrine erected to a mother goddess in the Middle East, around 9000 BCE led to the establishment of a village in the region now known as Jericho near the Jordan River. Along with Damascus, it is claimed to be the oldest continually inhabited city. By 8000 BCE it is estimated to have had three thousand inhabitants who had developed classic requirements such as adequate shelter, a water supply, an understanding and appreciation of nature's seasonal cycles and what was required for soil nourishment, as well as the planting and harvesting of food supplies.



Other early settlements were made around this same region. The ancient village of Jarmo in northern

Iraq has been excavated, revealing a village of around one hundred and fifty people in an area of approximately twelve hundred square metres. Other ancient sites throughout modern day Iraq include, Hassuna, Susa, Ur and Nineveh. Excavations of Catal Huyuk in modern Turkey, reveal much about the life of the times, including depictions of sailing vessels, decorated pottery and the fashioning of copper and gold into ornaments. These early villages contributed to later civilizations.

Changing conditions led to a recognition that humans could no longer survive as nomads. By learning to cultivate crops and domesticate animals they did not need to be continually on the move. They could remain in the same place, storing foodstuffs in stone or baked clay pots. This led to agriculture. People had accumulated knowledge about plant life over many generations by living off wild vegetation. Land was cleared and the planting and harvesting of seeds was undertaken, using a primitive digging stick, stone axes and later, a hoe.

In his book, 'A People's History of the World' British writer Chris Harman proposed that these developments created radical changes in patterns of working and living together. "People had to tend the crops between planting and harvesting so they could not wander off for months at a time. They also had to work out ways of cooperating with each other to clear, weed and water the land, to store harvests, and they had to be willing to share supplies with one another. Whole new patterns of social life developed and new ways of viewing the world were expressed in various myths, ceremonies and rituals"

Living village life based on agriculture, meant children could remain in the village rather than be carried around. This led to an increase in the number of children who survived and who could contribute to the cultivating of land. People's lifestyle improved as a result of exchanging products such as fish, animal skins, grain, woven clothing or ornaments. Some people began to specialize by paying attention to one aspect of either farming or agriculture, for example the breeding and herding of animals, knowing that others were cultivating crops.

The fact that food could be stored and that people had various artefacts, provided a new challenge because of the motive for attacks by others to steal goods. Obviously, norms for social behaviour and elaborate religious rituals and myths developed. Warfare, virtually unknown among hunter-gatherers, seems to have been almost non-existent until around 3500 BCE. Most small villages retained a strong sense of kinship and equality as is evidenced by village cultures that exist today.



Middle Eastern culture spread across Eurasia. While agricultural villages were establishing some kind of economy around 3000 BCE, Egypt and Mesopotamia were already highly developed in mathematical knowledge, engineering,

architecture, writing and record keeping. They had temples, shrines and organisational 'government'. A wide variety of languages provided humans with the ability to exchange ideas, to establish traditions and pass on learning. It was in the Ancient Middle East that farming first arose, the earliest cities appeared, writing first developed (and later the alphabet), the wheel, the sail, bronze metallurgy, iron metallurgy, the first empires, the first law codes – all were first seen here.

The earliest rituals developed by humans carried a unique and growing sense of their relationship with the divine. Story, art, music and dance combined to express the deepest language and beliefs. Tombs such as at Newgrange in Ireland and others in the nearby valley, were built about 3200 BCE. They were richly decorated with spirals, concentric circles, triangles, zigzags and images which have been interpreted as the sun, moon and the human face.

The nineteen-metre-long inner passage at Newgrange leads to a simple chamber. Both passage and chamber are illuminated by the winter solstice sunrise, when a shaft of sunlight shines through the lintel over the entrance and penetrates the passage to light up the chamber on December 19th-23rd each year. Newgrange and other temples or tombs of the ancestors were places of astrological, spiritual, religious and ceremonial importance.

In other places, huge single upright stones called menhirs, appeared around 2000 BCE. Often these menhirs stood in isolation. At other times, they formed part of a structure. The famed Stonehenge is an example of this expression of relationship with the wider cosmological realities. Either as a result of an as yet unknown connection, or through psychic similarities, Central and South American Neolithic culture developed in a remarkably similar way, with varying types of agriculture particular to the different regions. Pyramids, mega stones and shrines all featured along coastal towns there, at the same time as they appear in Eurasia and North Africa.



Humans first appeared in the previous (Palaeolithic) age, but they awakened to an entirely new way of life during the Neolithic

village life when language, religion, cosmology, arts, music and dance all began their development. Much of the richness this life has to offer is lamented, in the huge impersonal megacities of today, in an era when another giant leap in human development is occurring. In 1800 only 3% of the world's population lived in cities. It

is now close to 55%. While there are different ways of measuring megacities, at the present time the top ten Megacities (metropolitan areas with more than 20 million people) are Guanzhou-Foshan (46), Tokyo-Yokihama (40), Shanghai (36), Jakarta (31), Delhi (30), Manila (25) Mumbai (25.7), Seoul-Incheon (24.7), Mexico City (23) New York (22.5) Sao Paulo (22.5). It is estimated that by 2025, Asia will have 25 megacities

To be continued



Bike hike

Chris and Frank Van den Boom are getting close to half way through their East Gippsland Rail Trail ride. Having started at Bairnsdale and biking on to Orbost, heavy rain on Monday afternoon forced them to backtrack a little and get on to another trail via Bruthen back to Bairnsdale.

The ride along the disused rail line from Bairnsdale, to Orbost is mostly on a hard-packed gravel surface with gentle gradients, but the last section of the road back to Bairnsdale was loose gravel and not as easy cycling. The scenery includes green rolling farmland, forests and historic railway bridges some of which are not in use



(such as Stoney Creek as shown in the photo).



Chris was struck by how many butterflies there were over the first three days. The tourist authority recommends the 'quirky little towns' on the stretch of road they had biked and Chris and Frank expected to have the occasional pub meal, but on the first three nights, the pubs were closed, apparently owing to young people having caught COVID and being unable to work. I have it on good authority that so far they have not starved!

COVID in 2022

COVID numbers continue to climb and by now we all know several people who have been or are infected. Our patience can grow thin, but we must live with hope.

Hope

Hope is the thing with feathers that perches in the soul And sings the tune without the words And never stops at all. --Emily Dickinson

We often hum and sing to ourselves because it makes us feel content. It is the melody itself that makes us feel good--words and thoughts do not matter.

Having hope for ourselves and for our universe is like having a melody always moving inside us. The melody may be calm or exciting, but most of all it brings with it beauty and a sense of peace.

Hope can overcome the need for words and thoughts and promises.
Hope is the melody that keeps us going, the hum that continues even when there are no words to the song.

Hope is not a melody we think about--it must come when we believe in the goodness of our world. If we have faith, and an eye on Jesus, we will be able to find the melody of hope inside us at all times.

Batteries

Tesla described batteries as Energy Storage Systems. Batteries do not make electricity – they store electricity produced elsewhere, primarily by coal, uranium, natural gas-powered plants, or diesel-fuelled generators. Einstein's formula, $E=MC^2$, tells us it takes the same amount of energy to move a 2000 kilo petrol-driven vehicle for a kilometre as it does an electric one. The question is 'what produces the power?' The answer is not a battery because batteries are storage devices in the same way a petrol tank operates in a car.



There are two orders of batteries, rechargeable, and single-use. The most common single-use batteries are A, AA, AAA, C, D, 9V, and lantern types. They use zinc, manganese, lithium, silver oxide, or zinc and carbon to store electricity chemically. They all contain toxic, heavy metals. Rechargeable batteries usually their internal materials, usually lithium-ion, nickel-metal oxide, and nickel-cadmium. Australians use 350,000,000 single-use batteries each year and most are not recycled; they end up in landfills.

All batteries are self-discharging. That means even when not in use, they leak tiny amounts of energy. Most of us have seen a torch ruined from by an old ruptured battery. When a battery runs down and can no longer power a toy or light, you think of it as dead; but, it is not. It continues to leak small amounts of electricity. As the chemicals inside it run out, pressure builds inside the battery's metal casing, and eventually, it cracks. The metals left inside ooze out. This ooze is toxic, and so is the ooze that will inevitably leak from every battery in landfill.

In addition to dry cell batteries, there are also wet cell ones used in cars, boats, and motorcycles. The good thing is that 90% of them are recycled. Unfortunately, we do not yet know how to recycle single-use batteries. For everyone excited about electric cars, windmills and solar panels it is worth taking a closer look because these three technologies share environmentally destructive embedded costs. Everything manufactured has two costs associated with it, embedded costs and operating costs. Electric cars use thousands of lithium ion cells to power the vehicle. A single electric car contains more cobalt than 1,000 smartphone batteries. The blades on a single wind turbine have more plastic than 5 million smartphones; and a solar array that can power one data centre, uses more glass than 50 million phones.

Let's compare embedded costs to a can of baked beans. Let's imagine the baked beans are on sale, so you jump in your car and head for the supermarket. They are selling for \$1.75 a can. As you head to the checkout, you begin to think about the embedded costs in the can of beans; the diesel fuel the farmer used to plough the field, till the ground, harvest the beans, and transport them to the food processor. There is also the embedded cost to build the tractors, combines, and trucks and the farmer might use a nitrogen fertilizer made from natural gas.



Next is the energy costs of cooking the beans, heating the building, transporting the workers, and paying for the vast amounts of electricity used to run the plant. The steel can holding the beans is also an embedded cost. Making the steel can requires mining taconite, shipping it by boat, extracting the iron, placing it in a coal-fired blast furnace, and adding carbon. Then it's back on another truck to take the beans to the grocery store. Finally, add in the cost of the petrol for your car – and the depreciation on the \$15,000 car you used to transport one kilo of canned beans!

Then there are the embedded costs of the battery (energy use; environmental destruction, pollution, disease, child labour, and the inability to be recycled. If a car weighs 450 kilos, it will contain 10 kilos of lithium, 25 kilos of nickel, 20 kilos of manganese, 12 kilos pounds cobalt, 80 kilos pounds of copper, and 160 kilos of aluminum steel, and plastic. To manufacture one typical car battery it is necessary to dig up brine, ore, cobalt, copper etc involving over 200,000 kilos of the earth's crust.

Zero emissions? This is what we desire, but we have a lot to learn before we understand why lies beneath the talk. In the meantime, we can at least be mindful of how we discard used batteries.



Summarised from:

<https://www.24hourcampfire.com/ubbthreads/ubbthreads.php/topics/16693637/batteries>

Humour

Q What do sheep wear to the beach?

A A baakini.

Q What do kids play when they can't play with their phone?

A Bored games.

Q What is a tornado's favourite game to play?

A Twister.

Q Why aren't koalas actual bears?

A They don't have the koalafications.

Q What's a Penguin's favourite relative?

A Aunt Arctica

Q What is an astronaut's favourite part on a computer?

A The space bar.

Q Why did the turtle cross the road?

A To get to the shell station.

- I want to grow my own food, but I can't find bacon seeds.

- Warning to the person who stole my glasses, I will find you.... I have contacts.

The Dentist: <https://www.godtube.com/watch/?v=1M2E0JNU>

The **Mass link** for the **2nd Sunday of the Year** is: <https://vimeo.com/663556803>

Elizabeth Prout – Foundress of the sisters of the Cross and Passion (Passionists)

Elizabeth was born in Shrewsbury in 1820, UK and died on January 11th 1864. She is titled 'Venerable' and her feast day is January 11th. Sr Brigid offered the video link below which profiles the Sisters and their charism.

<https://youtu.be/U3fq9f6Nrbl>

We remember and pray for Barry Hanrahan, a long-time associate of Holy Cross who died on Thursday. May his daughters and son be comforted and Barry rest in peace. Barry's funeral will be from Holy Cross on January 24th. Please also remember **Grace Ko's** mother who has been very ill in hospital in Malaysia. Grace is hoping to secure a visa to see her mother.

We also remember Thomas Dart-Stone, Jacki Tomm, Maree Bartoli, Peter Owen, Barry Wong, Errol Lovett, Brenda Rodrigues, Bronwyn Burke, Mary Coburn, Patricia Keeghan, Mary Hackett, Peter McNamara, Graham Hille, Michael & Mardi Doyle, Margaret Titteringcom, Pam Gartland, Sr Gen Walsh RSC, Angelo Vigilante, Maeve and John Reardon, Jim Monaghan. Pam Stretch, (NZ) Mary Corcoran, Anne Jenkins, Pam Grehan, Carmel King, Kate and Mary Dunn, Ray Sanchez CP and all who seek or need our prayers.



I thank my God
every time I
remember you.
In all of my prayers
for all of you,
I always pray with joy.

Philippians 1:3-4

Have a good weekend

Brian