

Holy Cross Retreat

<https://holycrosscentre.com/community/>



Letter 280

20th June, 2025

Trí



Trí's parents arrived from Vietnam and we are enjoying having them here. Trí will be ordained deacon here at Holy Cross at 11.00am. The link for the live stream recording is:

<https://youtube.com/live/gkfpDgonUBk?feature=share>.

The following day, Phi will celebrate 10.00am Mass at Holy Cross for the first time, and Trí will serve as deacon for the first time.

The ordination on Saturday 21st and the Mass on Sunday will be followed by refreshments in the dining room.

Come Away Day June 25th

The theme of our next 'Come Away' is [Encountering the Spirit of Winter as a season of growth](#). Our day begins with a cuppa at 9.30am with the formal part of the day beginning at 10.00am. Please bring your own lunch. Tea and Coffee will be available. You are invited to contribute \$30 to support this ministry at Holy Cross. The day will end with Eucharist and departure at 2.30pm. It is helpful to know the expected numbers so that we can have handouts ready so please E-Mail Sr Brigid on bridget.m64@gmail.com

All are welcome

Finding contemplative moments

I shared the reflection below with Trí during his retreat last week and thought some readers might appreciate it.

It is vital for any of us to decide what we are doing with our life. This is not a focus on what you have done, or what you might do.....but what are you doing **now**?



Eckhart Tolle, the author of 'The Power of Now' says we need to **balance** our interior, with the exterior.

"Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place". ('The Power of Now'...)

We need to attend to our 'inside' (that's the real me, not the false ego). This echoes Jesus' caution... *"What does it profit a person if she/he gains the whole world but loses her/himself"* (Mark 8:36). Many people spend their lives either living in the past or the future. Tolle says, *"To be identified with your mind is to be trapped in time: it becomes a compulsion to live almost exclusively through memory (the past) and anticipation (the future)"*



Jesus advises, *"Do not worry about tomorrow. Tomorrow will look after itself; each day has enough problems of its own"* (Matthew 6:34). To do this, we need to pay attention to what is happening **now** and to do that, we need to focus on what is around us and what it tells us of the kinship of all life, and community. This enables us to take a full perspective of life. Note the difference in the words Illness and Wellness! When I am ill, I am not well – and likely I won't be living fully in the present moment – the 'now'.

Focusing on the present helps us be mindful. Mindfulness is different from meditation which seeks to still the mind. This doesn't 'work' for many active people. Mindfulness helps a person to become attentive to, and a witness to, their own consciousness. In this process it is not important to stop thoughts. What is important is to observe and appreciate those thoughts, because this is how you

Don't ask God to
guide your footsteps
if you aren't willing
to move your feet.

are. In this way, we are able to observe the voices going on within. Paul of the Cross echoed the advice of Benedict of Canfield... *"Pray as you are, not as you aren't"*. An energetic and busy person will pray differently from an introverted and not easily motivated person.

Focusing on God's presence is easier said than done, because everyday life is at the forefront of our thinking, planning and reviewing, and we are living in an age of continual stimulation, activity and noise. These external things can completely absorb us. We can find ourselves wasting a lot of energy reliving things that have already happened, or becoming anxious over what might happen.



*"Unease, anxiety, tension, stress, worry — all forms of fear — are caused by **too much future**, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by **too much past**, and not enough presence"* (Tolle) Remember Jesus' advice: "Let tomorrow take care of itself; each day has enough troubles of its own!" (Matt 6: 34)

Modern media including social media, invades every nook and cranny of our lives. Advertisers get our attention and put images and tunes in our minds that won't go away. This happens via the car radio, home TV, mobile phones, listening with headsets when out walking), mobile or seeking internet access at all hours of the day and night -wherever we are.



Then a different feeling can be created, unless we choose to keep this circuitry running. We have a choice. We do not have to think thoughts that bring pain, negativity or past memories.

If we go over and over a past experience it changes nothing, and closes us off, so she recommends that we distract ourselves. We might do this by thinking of something pleasant, wonderful etc. Then if we relax, breathe slowly and be still, we can think of being 'right' in our brain, which is where we find peace (anxiety is in the left brain). So pausing to pay attention, to become aware, can bring us peace or it can help us focus in a new direction.



It makes sense when we can, to try to create some silence. We need to make interior and exterior space for quiet uninterrupted reflection. Paul of the Cross advised, "Physical solitude is a good thing, provided that it is backed up by prayer and a holy life, but far better than this, is solitude of the heart which is the interior desert in which your spirit can become totally immersed in God, and can hear and savour the words of eternal life"

It is obvious that some practical tips can help us to be contemplative. The first is to turn off our screens; to limit what we watch and to recognise some social or ordinary media content, will not assist us to find peacefulness. We can observe people everywhere, walking and looking at their phone. What are they missing? The excellent video 'Look Up' addressed this issue

<https://www.youtube.com/watch?v=Z7dLU6fk9QY>

We cannot 'consider the lilies', if we are not looking! It is easy to pass them by, and never notice the interplay of insect and plant that sustains life. If we are over-active or over-stimulated, will people experience us as people of peace? If we seem



impatient with the current conversation and keen to check phone messages, all our words about the importance and dignity of each person, will become empty words, and in fact this may leave some people feeling empty – of little worth. So we need to limit the number of activities you are engaged in and

be able to fully focus on the now.

Remember the Sabbath was important in ancient times; now we need it more than ever, because life is hurrying up. Stores are open at all hours, news is retold even more often than every hour. Text messages and emails are sent 24/7.

Holy Cross is a retreat, so we should remember, appreciate and practice the value of 'retreating'. Slow down.....just 'be'. We are human beings not human doings. *"Being free of time is to be free of the psychological need of the past for your identity and the future for your fulfillment"* (Eckhart Tolle)



John Lennon, a member of the famous musical group, 'The Beatles' took a five year sabbatical from writing and performing and captured something of his experience and observations in a song called 'Watching the wheels'. The lyrics are telling.

People say I'm crazy, doing what I'm doing. Well, they give me all kinds of warnings To save me from ruin. When I say that I'm okay, well they look at me kinda strange. "Surely, you're not happy now, you no longer play the game"

People say I'm lazy, dreaming my life away. Well they give me all kinds of advice designed to enlighten me When I tell them that I'm doing fine watching shadows on the wall, "Don't you miss the big time boy, you're no longer on the ball?" I'm just sitting here watching the wheels go round and round. I really love to watch them roll. No longer riding on the merry-go-round I just had to let it go. Ah, people asking questions, lost in confusion. Well, I tell them there's no problem, only solutions. Well, they shake their heads and they look at me, as if I've lost my mind. I tell them there's no hurry, I'm just sitting here doing time. I'm just sitting here watching the wheels go round and round. I just had to let it go



Famed Trappist monk, Thomas Merton said "Contemplation is life itself, fully awake, fully active and fully aware that it is alive. "It is taking delight in God's creation, a creation that is inter-connected, unfolding,

self-emerging and increasingly complex This invites us to be people of awe because creation, is a manifestation of the divine. We have to stop, look, listen and appreciate. Contemplation is losing yourself in the wonder, awe and the magnificence of life



Paul of the Cross would remind us that physical surroundings are a great starting point for contemplation. At Holy Cross, we have such a place, but perhaps it is more appreciated by those who come to visit us than we who are surrounded by it every day? Finding a special place, even our own home garden, where we can contemplate, is essential for our spiritual well-being. If

someone praises us for 'being busy', we might appreciate their recognition of our hard work, but would it not be nicer if they said, "you are very contemplative?"

Corpus Christi



Over many years when today's feast was celebrated, the focus was on the species – the bread and wine, becoming the body of Christ. Since Vatican 2 the focus has changed - to the people of God (us) being and becoming the Body of Christ. The expression used by St Augustine in the 5th century has helped: “At Eucharist **we become what we eat**”.

We see it now not so much as receiving communion but communion expresses our commitment to be in communion with one another. If we become what we eat - the body of Christ, we can't do that alone: we become what we eat - **in community**.

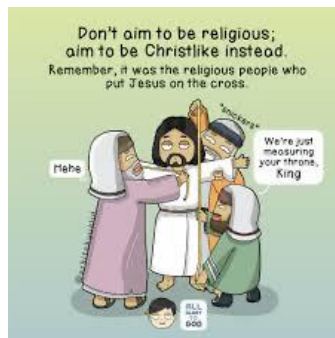
Wherever we see or feel the true signs of love – forgiving, caring, helping, laughing and so much more, we see a community – a family.



Here at Holy Cross we are a family. Like any family, we are not perfect, but we belong - this is home and here are our sisters and brothers. The more connected we become, the more support we can give and receive. In any family, some people prefer to be independent; some don't ask for help; some don't want help. But others want to belong, they want and need support. Once these people form a small network, they can find people willing to help.

Whatever it is that people want, we hope they can find it here among us. We want to be welcoming and inclusive, sharing and growing together through the joys, struggles and sorrows of everyday life. We come from different cultures and family backgrounds, so it is natural that we will have different opinions and different ideas, but that is what makes true community – the appreciation of difference. In the body of Christ, everyone belongs.





True community allows strangers to become friends and those friends to become family. In is the gospel in action. Some people looking from the outside don't see this because to them, family, fun and fellowship are not 'religious', yet the entire gospel story is about Jesus bringing people into family fellowship.

Unfortunately, the emphasis on the kingdom that Jesus spoke of, became something to happen in this next life, but Jesus said "the kingdom has arrived and is here now among you" and he pointed out - "wherever two or three gather in my name, I am with them".

We can be grateful to all those who have heard that call to create a family at Holy Cross and for all those who have helped it happen.



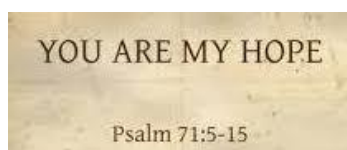
We cannot live true Christian life outside of a community – we are called to be the body of Christ. Jesus for our world – seeing with his eyes, hearing with his ears, reaching out with his embrace, healing with his compassion and loving with his heart.



The feast of Corpus Christi, is truly the feast of community that acts in Jesus name. We gather here on Sundays to celebrate that we are "becoming more and more, what we eat". Welcome to the feast at which all are welcome.

World Day of the PoorPope Leo 1V

Christian hope must move beyond comforting words to real responsibility and structural change to uplift the poor, Pope Leo XIV said in his message for the 2025 World Day of the Poor. Source: OSV News. *"We must never forget that we were*



saved in this hope, and need to remain firmly rooted therein," the Pope wrote in the message, released on Friday and titled after Psalm 71: "You are my hope."

Pope Leo said that true hope is forged in hardship and strengthened by God's fidelity. *"Amid life's trials, our hope is inspired by the firm and reassuring certainty of God's love, poured into our hearts by the Holy Spirit."*

The Pope warned against relying on wealth or power and said that *“the poor can be witnesses to a strong and steadfast hope, precisely because they embody it in the midst of uncertainty, poverty, instability and marginalisation.”* Calling spiritual neglect, the gravest poverty, Pope Leo cited Pope Francis’s apostolic exhortation *Evangelii Gaudium* (The Joy of the Gospel): “The worst discrimination which the poor suffer is the lack of spiritual care,” stressing the need to share with the poor God’s “friendship, his blessing, his word, the celebration of the sacraments and a journey of growth and maturity in the faith.”



The Pope urged all the faithful to embody the Gospel through service and solidarity. The city of God, he said, *“impels us to improve the cities of men and women,”* and Christian hope is not passive optimism but a mandate to create “new signs of hope” through charity and justice. He urged the Church and society to recognise and support structures that support and uplift the poor. Hospitals and schools, he said, were established “to reach out to the most vulnerable and marginalised” and should be included in “every country’s public policy, yet wars and inequalities often prevent this from happening”.



We mentioned that four of our brothers spent last week at Holy Cross engaged in a workshop on Church governance and administration. It was lovely having them here. In the photo below they are (from left to right).

Justin Durai Raj: leader and parish priest in St Joseph’s Hobart city

John Auram: Provincial Council member and pastoral assistant in St Joseph’s, Port Moresby

Paul Nguyễn Bá Kiện: Pastoral leader of the Vietnamese Catholic Community of Pooraka, in Adelaide.

Hồ Sỹ Đoàn, Province secretary and pastoral assist in St Brigid’s, Marrickville



Blessed Peter To Rot



Blessed Peter To Rot

Papua New Guinea's first saint, Blessed Peter To Rot, will be canonised on Mission Sunday, October 19, which is also the feast of St Paul of the Cross. He was born in Rakanui, New Britain, PNG, in 1912 and served as a married lay catechist. He campaigned against the promotion of polygamy, and confronted men in positions of power wanting to have access to women who were already married. This, and his ongoing work as a catechist with full parish duties, in his Japanese occupied village during WW2, led to his arrest and detention. He was arrested in 1945 and killed by lethal injection, while in prison.

There will be six others canonised on October 19th, including men and women from five countries, among them martyrs, founders of religious congregations and laypeople recognised for their heroic virtue and service. Among them, will be fifteen British born teenager Carlo Acutis of Italian ancestry, and twenty-four year old Italian, Pier Giorgio Frassati.

Puzzle

To keep your brain cells active!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. An employee at the butcher shop, is 175 cms tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the world's highest mountain?
4. How much dirt is there in a hole... that is two feet by three feet by four feet?
5. What word in the English Language... is always spelled incorrectly?
6. In Tasmania, why can't you take a picture of a man with a wooden leg?
7. What was the Prime Minister's Name...in 1975?
8. If you passed the person in 2nd place, what place would you be in now?
9. Which is correct: "The yolk of the egg are white" or "The yolk of the egg is white"?
10. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in another field?

More idiom

Fit as a fiddle	In good health
Fortune favours the bold	Take a risk can bring a reward
Get a second wind	Find more energy after having been tired
Get wind of something	Hear news or rumour of something secret
Go down in flames	Fail spectacularly
Waste not, want not	Don't waste things and you'll have what you need
Straight the horse's mouth	Hear something from the person involved
Have your head in the clouds	Not be concentrating
He's off his rocker	He's crazy
She's sitting on the fence	She can't make up her mind
It takes two to tango	It's not just one person who is involved
Jump on the bandwagon	Do what everyone else is doing
Leave no stone unturned	Look everywhere
Let sleeping dogs lie	Don't continue bringing up the subject
Like riding a bicycle	Something you never forget how to do
Like two peas in a pod	They're always together
He who laughs last laughs loudest	
Whoever controls the situation wins in the end	

It is a poor workman who blames his tools
If you can't do the job, don't blame it on others

Humour

Marriage is like a deck of cards. In the beginning you need two hearts and a diamond. By the end, you wish you had a club and a spade.

Q What is a flea's favourite way to travel?	A. Itch hiking.
Q What do dentists call X-rays?	A. Tooth pics.
Q Which bird has the worst manners?	A. Mocking birds.
Q What do you get from a pampered cow?	A. Spoiled milk.
Q What's a monster's favourite game?	A. Swallow the leader.
Q How does a bullet lose its job?	A. It gets fired!

A cement mixer and a prison bus crashed on the highway. Police advise citizens to be on the lookout for a group of hardened criminals.

When the ark landed on dry ground, Noah told the animals, "Go increase and multiply". Soon afterwards, Noah noticed the two snakes were crying. He asked what was wrong. One of them said, "You told us to increase and multiply, but we are only little adders".

An elderly priest, speaking to the younger priest, said. "Your idea to replace the first four pews with plush bucket theatre seats worked brilliantly. Now, the front seats are always full. As well as that, the Rock 'n Roll Gospel Choir has brought a lot of young people back to church, and the church is packed. These have been great ideas, but the drive-through Confessional is taking things too far".

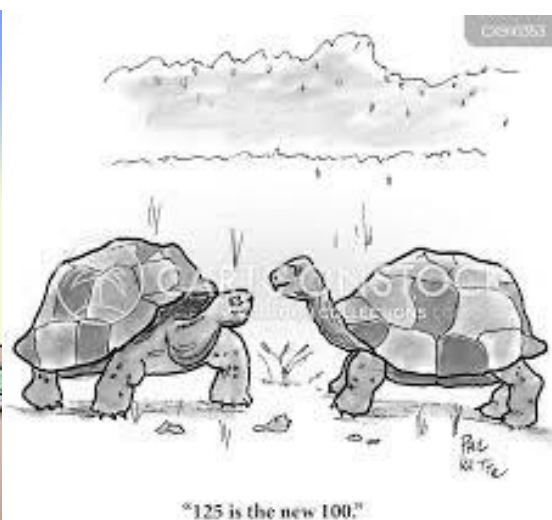
"But Father" the young interrupted. "Confessions and donations have nearly doubled since that began!"

"Yes." Replied the elderly priest. "I appreciate that. But the flashing neon sign, 'Toot 'n Tell' or 'Go to Hell' cannot stay on the church roof!"

A man went to the doctor and complained that his wife could not hear him. "How bad is it?" The doctor asked. "I have no idea." the husband said. "Well, please test her. Stand ten metres away and say something. If she doesn't hear you, get closer and say the same thing. Keep moving closer and closer and repeating the comment until she does hear you. That way we'll have an idea of her hearing loss".

So the man went home and saw his wife in the kitchen chopping up vegetables for dinner. From ten metres away the husband asked "What are we having for dinner?" There was no answer. From five metres away, it was the same. Then from two metres away. Nothing Finally, he was standing right behind her and he asked, What's for dinner?

She turned around, looked at him and said. For the FOURTH time, BEEF STEW!



Answers to the puzzles on Pg 7 & 8

1. Johnny 2. Meat 3. Mt Everest. 4. None (it's a hole) 5. Incorrectly
6. You need a camera, not a wooden leg, to take a photo 7. Anthony Albanese
8. Second 9. Neither (the yoke is yellow) 10. One

Prayers

We pray for all who have died recently, especially **John Booth** who was buried from Holy Cross on Wednesday, and for Lolita and her daughters who survive John and grieve for him. **Please see at the bottom of this page, the link to the recording of the Requiem Mass.** We also remember those whose anniversaries occur at this time, especially: **Barry Mernagh, John Coates, Carlo De Prato** and **Joan Goold** that they have found joy in God's eternal presence.



We also pray for all of our Holy Cross family who are coping with illness and all who care for them, especially:

Gerry Bond, Pam Storey, Noel Smyth, Peter Addicoat CP, Denise Egan, Caroline Hagedorn, Nancy Reynolds, Kata Lenic, Patrick Connell (Brendan's father), Treenah Wadham, Lesley Yang, Jenny Wullings, Jeanelle Bergin, Stephanie Snow, Rex Cambry, Fr Brendan Lane, Graham Burke, Marilyn Cilimi,

Maureen Barns, Carol Battistella, Peter Barry, Bronwyn Burke, Alexander Lim, Bernadette Owen, Zoe Chung and her daughter Sophia, Pam Gartland, Doris Castro, Peter Owen, Patricia Keeghan, Julia Cantone, Rod Gorfine, Greg Agosta, Phil Drew, Luke Norden, Helen McLean, Bro Jerome, Caroline Meade, Rod Smith, Anne Jenkins and Errol Lovett.

John Booth Funeral Livestream/Recording

Streaming Link: <https://www.vividstream.com.au/live/john-booth>

The link is also accessible on the La Pine website ([vividstream.com.au](https://www.vividstream.com.au)) under "Live Streams" in the "Upcoming Services" section.



Viewing & Access Instructions:

To avoid technical issues, we recommend viewers enter the link into their **browser's address bar** (not the Google Search Bar). The link can also be shared on Facebook. No login is required to access the stream.



PS Tri's parents are farmers, and they are accustomed to seasonal changes in the weather.

However right now back home, it is hot, and they have come to Melbourne where on a few days this week it has been bitterly cold.

This photo was taken at the beach!

Mass on line

Chris will send the link for Sunday Mass, on Saturday afternoon.

God bless

Brian