

Holy Cross Retreat



Letter 314

20th February, 2026

Solemn Commemoration of the Passion 2026

Below is the format for our community prayer last Friday to celebrate this feast specially appointed to the Passionists



St Paul of the Cross suggested that Father Candido Donato, a novice, might begin work on an Office for the Solemn Commemoration of the Passion. It would be presented to the Holy See for approval at the same time the Rules were solemnly approved. Father Candido did not judge himself able to undertake this task, so Paul turned it

over to Father Thomas Struzziari.

On Jan 10 1773 Paul of the Cross wrote to Pope Clement XIV

“Furthermore, so that the sons of the Passion may grow more in holy devotion, we would like to ask for the concession by indult to be able to recite: The Office of the Blessed Sacrament with a commemoration of the Passion:”

The Office was approved in 1776. Today it is observed by Passionists on the Friday preceding Ash Wednesday.

Paul of the Cross: Office of Readings Solemn Commemoration of the Passion

“One who wants to be a saint loves to remain hidden to the eyes of the world, takes the sweet with the bitter and the bitter with the sweet. His food is to do the most holy will of God in everything.

Just as this is done more in suffering than in joy, since one’s own will is always united with it in joy, so the true servant of God loves suffering, and accepts it directly from the purest will of the Lord. I am omitting much that I could say, and I say only that these are the characteristics of one who wants to be holy.

Happy is that person who, clothed with Jesus Christ and totally penetrated by his holy wounds, is entirely immersed, and hidden in the immense sea of divine charity and there, detached from every created thing, rests in the bosom of the beloved Good!
[...]

I beg you, insofar as I know and can, to profit by that divine knowledge which the sovereign teacher Jesus Christ teaches you in the school of his holy passion while you meditate on it with faith and charity.

In this divine school you must learn to be humble of heart, a lover of self-contempt and of suffering in silence and hope, and to be gentle, meek, docile and obedient."

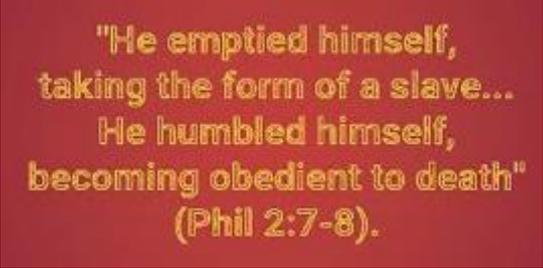
Vincent Strambi

"Happy the person who reflects on the life-giving passion of our Lord. He will be humble, trustful, thankful and loving towards Jesus who is our justice, our sanctification and our redemption."

Philippians Hymn

Phil 2:1-12

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore, God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.



**"He emptied himself,
taking the form of a slave...
He humbled himself,
becoming obedient to death"
(Phil 2:7-8).**

Concluding Prayer

All powerful and ever living God, in obedience to your will, Jesus became one like us and died on the cross and so became for us the great example of humility. On this solemnity and in honour of his passion, help us to be united with him in his suffering, so that we may be one with him in the glory of his resurrection. We ask you this through our Lord Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Passionist retreat with our Companions



Last Saturday we had 35 people present for a retreat day focusing on four aspects of Vulnerability – Hope, Peace, Joy and Love. The above shows our presenters (Erick, Gerard Daly, Sr Brigid, Jen Canty, Karen and Tri) Gerard is Coordinator of Passionist Companions in the Province.

Tri began the day and ended his session with a reminder that hope is not passive, it calls for us to take action. Erick shared some reflections of Richard Rohr; Brigid led the group to ponder on vulnerable joy, inviting them to conclude with an Emmaus walk in pairs. Karen shared from her story, touching on Māori kids story to emphasis the vulnerability and deps of Love. She closed by inventing Jen Canty who led the group in a meditation.



The retreat day finished with Mass and an outdoor BBQ outside the La Velle room in beautiful weather



The group at the retreat from Holy Cross and Endeavour Hills

St Gabriel celebration

A reminder that next Sunday we celebrate the feast of St Gabriel beginning with Rosary and Mass at 10.30am.

Coffee Cart



The Coffee Cart will be here next Sunday after our normal 10.00am Mass.

Joseph Liaia



We are delighted to announced that Joseph Liaia is returning to Holy Cross on February 24th. Joseph has been part of the parish team in St Joseph's Hobart. He will focus on deepening his spirituality so he can offer retreats and available for general ministry of the community. Welcome Joseph.

Come Away Day

The next 'Come Away' Day will be on Wednesday February 25th.

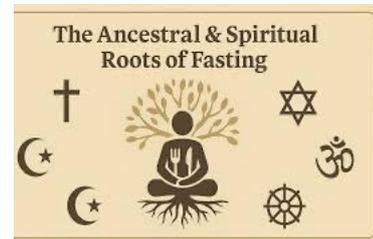
Lenten message (EWTN News)



In his message for Lent, Pope Leo XIV has urged Catholics to listen more closely to God and others – and to “disarm” their language by fasting from words that wound. Source:

In the message, released on Friday, the Pope offers a simple definition of Lent as a time when the Church “invites us to place the mystery of God back in the centre of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life”.

He encourages Catholics to allow the word of God to touch their hearts with docility so that Lent may become “a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ”. Turning to the traditional Lenten practice of fasting, the Pope describes abstaining from food as “an ancient ascetic practice that is essential on the path of conversion. “Precisely because it involves the body, fasting makes it easier to recognise what we ‘hunger’ for and what we deem necessary for our sustenance,” he writes.



It helps believers to “identify and order our ‘appetites’, keeping our hunger and thirst for justice alive and freeing us from complacency.” Quoting St Augustine, he notes that the human heart expands through desire for God. “Understood in this way, fasting not only permits us to govern our desire, purifying it and making it freer, but also to expand it, so that it is directed towards God and doing good.” However, he stresses that fasting must be lived “in faith and humility” and grounded in communion with the Lord.

In this context, the Pope has proposed a specific Lenten resolution: “A very practical and frequently unappreciated form of abstinence – that of refraining from words



that offend and hurt our neighbour. Let us begin by disarming our language, avoiding harsh words and rash judgment, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social

media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.”

The fascinating science of pain – and why everyone feels it differently

By Celina Ribeiro (14th Jul 2025)

Instalment 1

Do you scream when you stub your toe? Could you play a grand final with a shattered jaw, or work all day as your belly fills with blood? When it comes to suffering, perspective is everything

Some say it was John Sattler's own fault. The lead-up to the 1970 rugby league grand final had been tense; the team he led, the South Sydney Rabbitohs had lost the 1969 final. Here was an opportunity for redemption. The Rabbitohs were not about to let glory slip through their fingers again. Soon after the starting whistle, Sattler went in



for a tackle. As he untangled – in a move not uncommon in the sport at the time – he gave the Manly Sea Eagles' John Bucknall a clip on the ear. Seconds later – just three minutes into the game – the towering second rower returned favour with force: Bucknall's mighty right arm bore down on Sattler, breaking his jaw in three places and tearing his skin; he would later need eight stitches.

When his teammate Bob McCarthy turned to check on him, he saw his captain spurting blood, his jaw hanging low. Forty years later Sattler would recall that one thought raged in his shattered head: "I have never felt pain like this in my life." But he played on. Tackling heaving muscular players as they advanced. Being tackled in turn, around the head, as he pushed forward. All the while he could feel his jaw in pieces. At half-time the Rabbitohs were leading. In the locker room, Sattler warned his teammates, "Don't play me out of this grand final." McCarthy told him, "Mate, you've got to go off." He refused. "I'm staying."

Sattler played the whole game. The remaining 77 minutes. At the end, he gave a speech and ran a lap of honour. The Rabbitohs had won. The back page of the next day's Sunday Mirror screamed "BROKEN JAW HERO".

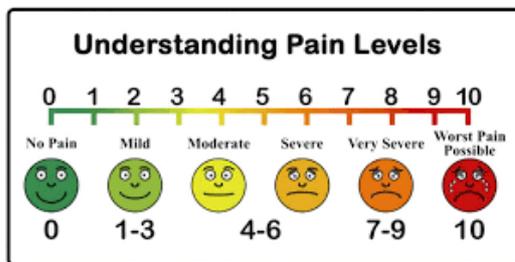
A photograph of Sattler his heavy green and red jersey rolled up to the elbows, the neck grubby with blood, his mangled swollen jaw, carried on the shoulders of teammates, has become one of Australian sport's most well-known images. His grand final performance has been hailed as "the most famous show of playing through pain in Australian sporting history". Sattler, inextricably linked to the jaw he ultimately had to have wired back together, for decades hence was lauded for his courage, celebrated as one of the toughest men to have played the game. Because John Sattler could withstand the pain.





How can a person bitten by a shark calmly paddle their surfboard to safety, then later liken the sensation of the predator clamping down on their limb to the feeling of someone giving their arm “a shake”? How is it that a woman can have a cyst on her ovary burst, her abdomen steadily fill with blood, but continue working at her desk for six hours? Or that a soldier can have his legs blown off then direct his own emergency treatment?

Each one of us feels pain. We all stub our toes, burn our fingers, knock our knees. And worse. The problem with living in just one mind and body is that we can never know whether our six out of 10 on the pain scale is the same as the patient in the chair next to us. About one in five adults experience chronic pain; it can be debilitating and patients have been historically dismissed, disrespected and under-



treated. Acute pain is different; it’s short periods of pain usually associated with an injury, illness or tissue damage. Because all humans experience acute injury or illness, we each have a sense of our pain response. Many of us wonder, “Do I have a high pain threshold?” And we have each at some point been asked – by a doctor, by a nurse, by a

teammate – “What’s your pain on a scale of one to 10?”

What is chronic pain and how does it work?

<https://www.youtube.com/watch?v=yhwEw6nXnOk>

The ability of some people to experience serious injury without appearing to feel serious pain has been fodder for legend and research for centuries. Withstanding pain has been heralded as heroism or a freakish anomaly. But what is happening in the body and mind of a person who does not seem to feel the pain they “should” be feeling. Do we all have the capacity to be one of these heroic freaks? And how did John Sattler play those 77 minutes?

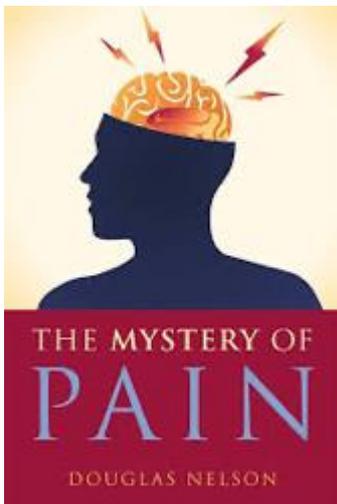
Questions like these rattled around the mind of Lorimer Moseley when he showed up at Sydney’s Royal North Shore hospital years ago as an undergraduate



physiotherapy student. He wanted to interrogate a quip made by a neurology professor as he left the lecture theatre one day, that the worst injuries are often the least painful. So Moseley sat in the emergency room and watched people come in, recording their injuries and asking them how much they hurt.

“And this guy came in with a hammer stuck in his neck – the curly bit had got in the back and was coming out the front and blood was pouring all down,” Moseley recalls. “But he was relaxed. He just walked in holding the hammer, relaxed. Totally fine.” Then the man turned around, hit his knee on a low table and began jumping up and down at the pain of the small knock. “And I think, ‘Whoa, what is happening there?’” The curious student ruled out drugs, alcohol, shock. He realised that the reason the man did not feel pain from his hammer injury was due to the very point of pain itself. “Pain is a feeling that motivates us to protect ourselves,” says Moseley, now the chair in physiotherapy and a professor of clinical neurosciences at the University of South Australia. “One of the beautiful things about pain is that it will motivate us to protect the body part that’s in danger, really anatomically specific – it can narrow it right down to a tiny little spot.”

There are two types of pains, one that hurts you and the other that changes you
curtiano.com



It is an evolutionary self-protection response that meant the man with the hammer in his neck did not appear to feel pain. To feel pain would not have aided his survival in that moment, Moseley says. Instead, fear is probably what impelled him to race to the emergency ward. “So these people on the battlefield, their arm gets ripped off, they look for their arm, they pick it up, they walk to safety, no arm pain. Perfect. That is an extraordinarily bold and sophisticated protective system.”

Of course pain is in your head. It's in your brain. You know, it's the brain that is where you get that experience
(Lorimer Moseley)

Prof Michael Nicholas is used to stories like these. “You can see it in probably every hospital ward. If you stay around long enough you’ll hear comments like ‘this person has more pain than they should have’ or ‘you might be surprised that they’re not in pain’,” he says. “What that highlights to me is the general tendency for all of us to think there should be a close relationship between a stimulus like an injury or a noxious event and the degree of pain the person feels. “In fact, that’s generally wrong. But it doesn’t stop us believing it.”



The reason we get it wrong, Nicholas says, “is that we have a sort of mind-body problem”.

(To be continued)

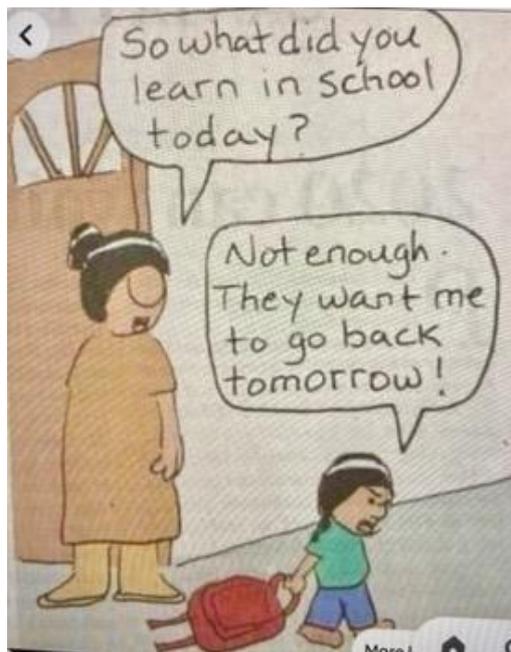
30 PECULIAR AND DELIGHTFUL COLLECTIVE NOUNS



- **A Murder of Crows:** Perhaps the most famous, evoking imagery of dark omens.
- **An Exaltation of Larks:** A beautiful and poetic term for a group of these songbirds as they ascend.
- **A Parliament of Owls:** A wise and fitting name for a group of these solemn-looking birds.
- **A Shrewdness of Apes:** A nod to the intelligence and cunning of our primate relatives.
- **A Business of Ferrets:** This term perfectly captures their busy and seemingly purposeful nature.
- **A Murmuration of Starlings:** Describes the breathtaking, coordinated aerial patterns they form.
- **A Conspiracy of Lemurs:** One can just imagine them plotting with their wide, intelligent eyes.
- **A Rhumba of Rattlesnakes:** Evokes the rhythmic, shuffling sound of their movement.
- **An Obstinacy of Buffalo:** A fitting descriptor for these powerful and stubborn herd animals.
- **A Bloat of Hippopotami:** A rather unflattering but accurate term for a group lolling in the water.
- **A Crash of Rhinoceroses:** Perfectly describes the immense power and force of a rhino charge.
- **A Tower of Giraffes:** Used for a stationary group, referencing their incredible height.
- **A Journey of Giraffes:** The term used when the group is on the move.
- **A Prickle of Porcupines:** A self-explanatory and wonderfully descriptive name.
- **A Quiver of Cobras:** A chilling term that suggests the nervous, ready-to-strike posture of these snakes.
- **A Pandemonium of Parrots:** Accurately captures the noisy chaos of a flock of parrots.
- **A Scourge of Mosquitoes:** Anyone who has been swarmed by them would agree with this term.
- **An Intrusion of Cockroaches:** Reflects how they invade our spaces uninvited.
- **An Implausibility of Gnus:** A whimsical term for the vast and seemingly unbelievable herds of wildebeest.
- **A Kaleidoscope of Butterflies:** A beautiful and fitting description for a group of these colorful insects.
- **A Gaggles of Geese:** Specifically used when the geese are on the ground. When in flight, they are a "skein."
- **A Scold of Jays:** Named for their harsh, scolding calls.
- **A Memory of Elephants:** A poignant term, likely linked to the famous saying, "an elephant never forgets."
- **A Clowder of Cats:** An old English term for a group of felines.
- **A Labor of Moles:** Acknowledges the hard work these small creatures do underground.
- **A Charm of Goldfinches:** A delightful name for a flock of these brightly colored birds.
- **A Gaze of Raccoons:** A perfect description for a group of masked bandits staring back at you.
- **An Unkindness of Ravens:** Like crows, ravens often carry dark and ominous associations.
- **A Loveliness of Ladybugs:** A sweet and fitting term for a cluster of these beneficial insects.
- **A Flamboyance of Flamingos:** No better word could describe a group of these stunningly pink birds.



Humour



I saw an audiologist today, but I think I'll get a second opinion. Why on earth would I need a heron egg?

The fact that somebody looked straight at a purple onion and named it a red onion really bothers me.

When I'm behind a slow car I steer my car a little to the right so the people behind me can see it isn't my fault.

If you're feeling too good about yourself, go ask a 5 year old to guess your age. That should even things out.

You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

Old age is a thing... last night I was in bed for 20 minutes when I heard the pizza guy cough. Then I remembered I came to my room to get my wallet.

When I was a kid, there were no phones or tablets. We read cereal boxes at breakfast.

This can't be the same 90 degrees I used to run around outside in as a child.

Where do bad rainbows go? To prism. It's a light sentence, but it gives them time to reflect.

Books that were never written:

"Running to the Outhouse" by Willy Makit. Illustrated by Betty Wont.

I used to be able to do cartwheels.

Now I tip over putting on my underwear.

Remember when we were little and had underwear with the days of the week on them? Yah. Those would be helpful right now.

Welcome to adulthood, where you get irritated when they rearrange the grocery store

**"How much of an allowance did you get as a teenager per week?"
Me: I was allowed to live there.**

**My teacher told me not to worry about spelling because in the future there will be autocorrect
And for that I am eternally grapefruit.**

5 ants rented an apartment with another 5 ants. Now they're tenants.
ok bye.

Prayers



We remember those who have died recently especially as well as those whose anniversaries occur at this time, especially **Tony Di Blasio, Vatarina Di Giovine, Darcy Reidy, Amerigo Spinosa, Margaret Titterington, Stan Wells**. We pray that all who have died, have found joy in God's eternal presence.

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

Mary Cogle, Dennis Cogle, , Pam Storey, Kate Dunn (Bro Jerome's sister), Bronwyn Ure, David Chai, Lucia Isgro, Gladys Bardini, Marie Spowart, Nina Conti, Max McMahan, Maria Di Giantomasso, Fergus Ryan, Bob Hallam, , Lisa Iverach, Anne Woon, Kate Lenic, Cate Sweeney, Greg Agosta, Denise Egan, Carol Battistella, Dr Peter Heffernan, Anne Burke, Nancy Reynolds, Luke Norden, Jeanelle Bergin, Caroline Hagedorn, Doris Castro, Gerry Bond, Marilyn Cilmi, Maureen Barns, Bernadette Owen, Alexander Lim, Caroline Meade, Rex and Jan Cambry, Phil Drew, Patricia Keeghan, Graham Burke, Zoe & Sophia Chung, Rod Gorfine, Pam Gartland, Peter Barry, Julia Cantone, Helen McLean, Bro Jerome CP, Lesley Yang, Anne Jenkins, and Errol Lovett.



Chris will send the link for next Sunday's Mass, on Saturday

Brian