

AUGUST 2020

**"I must
proclaim the
good news
of the
kingdom
of God"**

**Catholic Charismatic Renewal
serving the Church**

Good News



**The newsletter of the
Catholic Charismatic Renewal.
Melbourne, Australia.
www.ccr.org.au**

JESUS FLYING HIGH

**"I did a Benediction over the border...
and interceded for Victoria and NSW...
I had to be the priest/pilot/sacristan/
server/videographer at the same time."**

Fr Joel

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For enquiries about Catholic Charismatic Renewal, its events or prayer groups visit the:

CCR CENTRE
101 Holden Street
North Fitzroy
VIC 3068
(Car park entry in Dean Street)
Telephone: (03) 9486 6544
Fax: (03) 9486 6566
Email: centre@ccr.org.au

The Centre is open 10.00am - 4.00pm,
Monday - Friday, except Public Holidays.

Good News

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Editor: Lenyce Willason
Email: goodnews@ccr.org.au

Assistant Editor: Andrea Baxter

Editorial Assistant: Mary Crawford

Distribution: CCR Centre Team

Articles, news items and other contributions should
be sent to the editor at the above address.

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Lencyce Willason (Executive Director),
Miriam Markis (Centre Manager),
Joshua Angriansano (Youth Co-ordinator),
Ban Wee, Christine Grech, Gunawan Goh
and Vera Gelo.

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VIC 3068.
Ph: (03) 9486 6544

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The deadline for the next issue of Good News is
Sunday 25 October 2020.



The challenges of Covid-19 has shaken much around us and within us. It recalls the words of *Hebrews: 26-27: At that time his voice shook the earth, but now he has promised, "Once more I will shake not only the earth but also the heavens." The words "once more" indicate the removing of what can be shaken – that is, created things – so that what cannot be shaken may remain.*

A question that Pope Francis has posed many times during this Pandemic is *how to reshape the world that will arise after the pandemic has passed.* It is a question that requires some deep thinking and much prayer. We will have learned nothing if all that we do is to **resume** what we have done before rather than to **renew** and bring about the "new thing" that God is doing.

From the beginning of our first lockdown, during early April, my own sense that God was asking us to allow him to make us into new wineskins, that we were to allow the 'new wine' to bring the transformation that would equip us for the 'new' to come. For new wine to flow we need to be prepared to allow our hearts to be circumcised of all that would block a fresh flow of the Holy Spirit.

That sense in my spirit of being made into new wineskins was confirmed for me when I read the words from a well-respected young prophetess who wrote about what God was saying in 2020. She writes:

It started when I experienced a glorious glimpse into what I believe was the heart of God. In this encounter, I felt a deep sense of the Lord grieving over His body. I saw that labels had been wrongly created and placed on entire people groups, individual people, and even ourselves. These labels were constricting the flow of "blood" to the whole body of Christ and cut-off empathy which gave way for apathy to set in. Then I saw the Lord begin to strip these labels off. One by one, He pulled them off mindsets, belief systems, and even removed labels that had been placed on our eyes, blinding us.

With each label he pulled away, he declared a new name over us, and that is when I experienced a profound sense that in this season God would be ushering his people into a time of awakening and when we open our eyes, we will begin to see as He see. As Jesus works to remove the preconceived ideas (or labels) that we've picked up from culture and as we surrender to Him, we will begin to see the world through the eyes and compassion of Jesus once again. We will know His value for each person in His body. And as this happens, God's connecting force will revive His body awake; the "blood" will begin to flow to places that had been "cut off" and as circulation in the Body begins working again, we will experience that "pins and needles" feeling.. it can almost be unbearable, but know this is not a sign of something negative happening. This uncomfortable feeling is a sign that life coming back to us! The dams of disconnection and disagreement are being torn down in the spirit and the release of the lifeblood of Jesus flowing through every extremity is being felt.

New wineskins!!

Let our prayer be – Lord do it in me first! I give you permission to awaken me and transform me into the new wine skin filled with your new wine. Remove the limitations and labels from my mind and remove the impossibilities from my heart. Make me an instrument of your peace and reconciliation; attune my ears to your voice. Raise up a generation who love you and love like you. Teach us your ways Lord so we can walk in the truth. Holy Spirit unite us as a body and bring alignment to our thoughts and the conviction of our hearts. Amen.

PILGRIMAGE AND PRAYER

By MAREE SOBOLEWSKI



Defeat and Protection – Covid-19

Inspired by the Holy Spirit and an article I had read resulted in a Pilgrimage and Prayer walk for Albury's Nail Can Hill. The purpose was to intercede for Melbourne and their precarious situation with regards to Covid-19. The graces would then also be prayed for other places too.

With the immediate, prayerful support and encouraging words from members of the lay organisation, 'Mary of the Angelus Association', the walk was organised and carried out just one week later, on Saturday 18th July. Fr Joel Wallace, St Patrick's Parish Priest, supported and joined the walk. We also received enthusiastic support of Angelus members from Ireland and America.

The article I had read referred to the miraculous saving of the town Oran, in Algeria, from a Cholera epidemic in 1849. The article said:

Cholera has struck our poor city like a vulture spreading out its black wings. It is almost impossible to leave one's home or to open one's window... The hospitals were overwhelmed,... Nothing could stop the deadly bacterium...

General Pélissier, in charge of the medical emergency response, admitted his powerlessness, and decided to turn to God and the Blessed Virgin... "I am no priest but let me tell you this: ORGANIZE PROCESSIONS! Put Our Lady up on top of that darn mountain! She'll chuck the disease into the sea."

So, chanting hymns, the faithful gathered in the Navy district by the sea and set out to climb the slopes of Aidour... (taking) a statue of Mary with them.

The intensified prayer had an immediate effect. Sheets of rain came pouring down on Oran, washing the streets, roofs, and walls. The rush of water forced the putrid matter out of the sewers and pushed to the sea the foul liquid that had accumulated...' (the town was saved).



Fr Joel Mass at top of Nail Can Hill



View from top Nail Can Hill looking over Wodonga

On the day of the Albury prayer walk, we had our socially distanced group of 23 walkers (numbers restriction compliant), and another much larger gathering with us via zoom, with many others praying offline. Some of these from other denominations.

As the laptop was carried up the steep hill, the online National and International zoom group, including Ireland and America, joined us in prayer and song. Members from CCR Melbourne joined us.

At the top of Nail Can Hill, with grand views of Wodonga, Fr Joel celebrated a Mass watched by those online. There was such a presence of God and peace during that Mass, and joy as we walked back down that hill. Accompanied by the Holy Spirit, we failed to notice our tired bodies.

On the Sunday, Fr Joel flew along the border of Victoria and NSW, interceding further with Benediction and Prayer with the Blessed Sacrament on the front deck of the plane. Father made the sign of the cross as he flew across the borders of both States.

Prayer will be our victory over this Covid-19. I hope you will be inspired by the Algerian story too. Let us all continue to pray as a team for God's deliverance from the Corona virus, for Melbourne and the whole world. Whether God chooses direct miraculous intervention or indirect measures, such as a vaccine or the cooperation with rightful authorities, He will deliver us.



Zoom shot going up hill



Social distancing

Comments of support for this wonderful initiative!

Thank you dear Maree, Mass was wonderful ♥ We were involved whilst many praying friends also prayed with us all. I rang around my Angelus and Protestant friends who were thrilled to participate. May God bless you and all our work. Thank God for The Angelus. Thank God for Valerie and Fr. Doyle - for with God they are our Foundation. Praise the Lord.
Judy H

It certainly was a very special day... with a big warm thank you to Maree for organising it all... watching Fr Joel say the Mass in the Aust landscape with the sun setting in the distance was truly beautiful!!! Thanks again for capturing it on video Maureen. So beautiful to reflect upon. Blessings and peace to all.
L

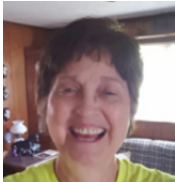
Thanks Maree for organising this it was excellent thank you for letting us all participate.
Katherine



Thank you Maree inc. It was wonderful to be allowed to take part. I loved the choice of hymns. I've no doubt that God has heard the Cry of the poor and will respond. Great to see the support of Fr. Joel. Take care. Lots of love ♥ from Ireland.
Maeliosa

Thanks Maree and John the logistics were formidable not to mention the steep climb.
Peter

It was just beautiful dear wonderful Maree. We were very blest and so happy you were able to do it all. Don't be sorry for anything but joyful that it worked so well. The songs were perfect and yes all the prayers were done somewhere in the thanks so much.
Maureen, QLD



Hi to all. Sorry you "carried" me sleeping, up the hill. I joined you at Mass when I awoke. Beautiful. I had been to Adoration last night praying for the world and this endeavor! God has a Plan! And He Smiles upon us as we sing on!
Kathy, America

I quickly rode my horse home in the Hinterland to be ready for the beautiful Australian bush high country Mass arranged by Maree... God certainly is good!!
L

R.I.P. Michael Van Ommen 1938 – 2020

Michael served the Catholic Charismatic Renewal for over 30 years as a member of the NSW State Service Team and as the chairman of the Team for many years, and when he finally retired from the SST he remained as the Manager of the CCR Centre for several years.

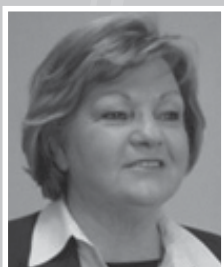
Michael, with the Team, organised many overseas speakers to come to Australia and often travelled with them to the country towns throughout the State to ensure that the message of the grace and power of the Holy Spirit could be shared throughout the State. He also participated in the School of Evangelisation and assisted in the production of "the Voice of the Spirit" with Sr Margaret Scully, and still found time to visit Renewal Groups to share teachings, help with RE teaching in schools, and to be in fellowship with the people of CCR both in Sydney and the surrounding region. Sr Margaret mentions that he also would spend long periods praying with people on the Phone at 'the Centre' when people rang in with their prayer requests. Since suffering from cancer Michael moved to Wollongong in the last 3 to 4 years to be under the care of his son Mark and wife Tina and family, and immediately got involved in the life of the local Church serving as Acolyte and Reader in St Francis Xavier Cathedral while also attending the local West Wollongong Charismatic Renewal Prayer Group on a weekly basis, up until both Covid-19 restrictions and his health deterioration prevented him from doing so.

Michael's faith forever grew on his journey of Life in the Spirit, and in his final weeks and days when he had visitors, he was often moved to tears as he spoke about the presence of Jesus and the privilege of receiving Him in the Eucharist. He was convinced of God's love and mercy for each one of us.

Staying Spiritually Strong

By LENYCE WILLASON

*“...we do
not fight
for victory;
we fight
from
victory...”*



Lenyce Willason

“We are hard pressed on every side but not crushed, perplexed but not in despair...” 2 Cor 4: 8

Generally speaking, our age has lost its sense of God, and all life feels the shattering effect of this loss. No where is this more evident than during the ‘lockdowns’ of the Covid-19 pandemic.

Where do we find the inner strength to face the challenges of these unprecedented times? Can we realise God within us in such a way that no matter what occurs on the outside, we will remain strong and secure on the inside?

“How did you like your first plane trip?” said a passenger to the person seated next to him. *“It was all right, but I never did put my whole weight down”* was the response.

How many of us have learned to put our whole spiritual weight down? Putting our whole spiritual weight down means to totally trust in God.

During my lockdown I have been re-reading a great book by Watchman Nee called *‘Sit, Walk, Stand’* that I read when I was first baptised in the Spirit. It is a study of the letter of St Paul to the Ephesians.

In brief, Nee says that the Christian life starts as we ‘sit’ with Jesus in the ‘heavenlies’, meaning that our Christian journey starts from a place of rest in Jesus, trusting in the salvation he has won for us. We are then challenged to live out or ‘walk’ the Christian life in the world and finally we have to hold our place of victory and ‘stand’ against the enemy.

Nee explains that *“...we do not fight for victory; we fight from victory...”* (p.55). He goes on to explain the central role of praise in our stand against the enemy:

“If we believe the Lord, we shall not pray so much but rather we shall praise him more. The simpler and clearer our faith in him, the less we shall pray in such situations and the more we shall praise. Let me say again: In Christ we are already conquerors. Is it not obvious then that, since this is so, for us merely to pray for victory – unless that prayer is shot through with praise – must be to court defeat by throwing away our fundamental position?” (p.57)

One could argue that it is harder to enter praise without the support of our prayer group. Yet this is the very time we need it most. It is when circumstances are darkest that the light of the resurrection shines so much brighter, offering hope and life to a broken world.

Have you learned to settle down into God – to rest in him; to trust him so completely that no matter what happens on the surface of life the depths remain tranquil?

Over the ages men and women have devised all kinds of theories in an attempt to find inner strength. The Greeks quest for inner strength was expressed in Stoicism – the cultivation of attitudes that produce hardness of spirit. The problem with Stoicism is that not only does it shut out feelings of anxiety; it shuts out positive feelings also. Stoicism tries to gain inner strength by shutting out all feelings – even love and pity.



No one had greater inner strength and spiritual poise than our Lord, Jesus Christ.

As a youth he was unperturbed when his parents chastised him for getting lost. He asked them “Didn’t you know I had to be in my Father’s house?” (*Luke 4:14*).

After his time of temptation he went into the synagogue and announced his mission – *Luke 4:18* – He told the worshippers that he was to preach good news to the poor... He told the worshippers that God cares for widows, lepers and for the Gentiles. He cut across their spiritual snobbery and their feelings changed from admiration to anger, and they wanted to throw him off the hill. But the Scripture tells us that “*seeing his amazing poise, the people fell back and let him pass.*” Here was poise and power.

Jesus had inner strength not only when his life was being threatened but in times of adulation also. We read how the crowd wanted to make him King – but Jesus withdrew to the mountain to pray and be alone with God. He would not allow himself to be swept off his feet by people’s adulation. Opposition could not break him – nor success unsteady him.

As I reflected on the elements that contribute to my own inner strength – an astonishing calmness that sometimes surprises me - I discovered there are some principals that have held me intact.

1. Recognising that we belong to an unshakable kingdom.

“I saw the Lord always before me. Because he is at my right hand, I will not be shaken.” (*Heb 12: 14 – 29*)

The right hand is usually equated with strength – for the Lord to be at my right hand is for him to be at my strongest point. We are inclined to think that the Lord comes to our weak point to strengthen us, and although that is true it is true also that He is at our strong point to save it from turning into weakness. Our weakness gets us into trouble, but our strength gets us into trouble even more.

There are many examples in the Bible of people who failed also at the point of their strength. E.g. Peter. What was his strength? Loyalty and commitment. *“Even if all fall away, I will not”.* (*Mark 14:29*)

His strength – his faith and commitment – became his weakness because he lacked humility. His enthusiasm for the quality of loyalty was such a driving force in his life that it drove him past humility into spiritual pride. Peter’s pride went before his fall – the denial we read about in *Luke 22: 54- 62*.

2. Making, and keeping, a daily appointment with the Lord.

The daily prayer and quiet time is that tender and reverent listening at the feet of Wisdom. It is an idleness that results in renewed activity. My morning appointment has not waived in over 30 years. This lockdown time has added to it because I now have more time to walk around my garden praising in tongues.

3. Devour the Word of God.

The Scriptures are the tools we are given to live the life God has for us, to grow in trust and peace. Like many tools they only produce results when put to use. If we are not regularly reading the Word of God we quickly lose our appetite for the ‘things’ of God. As we bathe our thoughts in God’s thoughts it washes the dust of world from our eyes, focuses our prayers on the needs of others and discovering that Jesus will show you what you need to bring to him. When you converse with your heavenly Father you will always know that you are significant to him.

There are three major elements that will steal your inner peace and diminish your spiritual strength.

1. Lingering resentment.

I use the word lingering because resentment can arise in our hearts almost without us realizing it. Once we become aware of it we must not allow it to remain. Of all the things that poison our souls, resentment, whether justified or unjustified, probably has the most devastating effect. Doctors will confirm that 5 out of 10 patients they see are suffering from a condition triggered by resentment.

Resentment gives birth to things like envy and jealousy, anger etc as it diminishes us.

2. Fear.

It’s an enemy of the soul that dissipates our inner spiritual strength. *“The fear of the Lord is the beginning of wisdom”* (*Psa. 111:10*). Another Scripture says: *“I was afraid and went out and hid your talent”* (*Matt. 25:25*).

Both are profoundly true: there is fear that brings wisdom, and a fear that makes one bury the talents that have been given by God. It is the unhealthy fear that must be rooted out at all costs, because inner strength cannot coexist with such a negative emotion.

Firstly, we need to admit the fear with open-eyed honesty. Do not pretend it is not there. *Matt 24:6* – “see to it that you are not alarmed... Remember every fear you feel has been defeated by Christ. Address the fear by saying, *“I am not afraid of you. You have been defeated by my Lord”*. Then surrender your fear into the hands of God.

Fear results from keeping things in your own hands; faith is placing them in the hands of God, and leaving them there.

3. Unresolved guilt.

We need to distinguish between real and false guilt. Real guilt must not be discarded but dissolved through repentance and prayer and be washed in the blood of Jesus Christ. A sense of real guilt is a heavy load to carry and weighs down the soul, but it is a mercy. It is God’s way of letting you know you have violated one of his principles – so then you can ask forgiveness and be forgiven.

4. Self-centeredness.

“He died for all, that who live should no longer live for themselves.” Sometimes we become too immersed with

ourselves, instead of being immersed in Jesus. There is a fundamental law of life written into the constitution of things, and more people get broken by this law than by any other single thing in life. What is this law? *"Whoever wants to save his life will lose it" (Matt 16: 25).*

Concentrate on yourself and you will lose yourself. Concentrate on what you can do for others and how you can give yourself to them and you will find yourself.

While talking to a small group of women a competent public speaker broke down and wept. Subsequently she wrote to each one who had witnessed this event and asked them not to mention her tears. In time however, she came to see that the breakdown of herself was the best thing that could have happened to her. It led her to offer herself in a new way to God. Instead of concentrating on herself and her reputation she placed herself in God's hands. Tears did it!! Paul, when testifying before King Agrippa said. *"I pray God that all who are listening to me today may become what I am, except for these chains.." (Acts 26:29)*

The inner strength that Jesus displayed was shared by Paul and by all his disciples. The early Church was filled with men and women who had "something inside so strong". It is there for use as well. As Charismatic Christians we know how to praise God through song and that great gift of tongues. The secret to staying spiritually strong is praise, then praise some more, (praying without ceasing) yielding everything to God. Life holds no shipwreck that need leave us a wreck.

The best remedy when you are feeling discouraged or unloved is to read *Ephesians 1* – it reminds you of who you are.



Marks of imitation Charismatics

It should be illegal to claim to be a Charismatic Catholic without bearing the marks of Pentecost. Here are 8 marks of imitation Charismatics:

They Do Not Embrace Speaking in Tongues

If you do not actively pray in tongues or are ashamed of the baptism of the Holy Spirit and fire, you should not claim to be Charismatic. Charismatic worship services invite the Holy Spirit, not quench and grieve Him.

They Do Not Pray For Divine Healing

If you do not actively seek divine healing or resist signs, wonders, and miracles, you should not claim to be Charismatic. Charismatic Prayer Groups cultivate the miraculous on a daily basis.

There Isn't Any Anointed Preaching

If you are not sitting under the preaching of God's word that is full of unction and the power of God, you should not say you attend a Charismatic Prayer Group.

Worship That Entertains Rules

If you are sitting under worship that is routine and can never leave the words on a screen, you are not listening to Charismatic worship. If you attend a prayer group where the worship is predictable and timed every week that prayer group is not Charismatic.

Evangelism and Missions is Ignored

If you are attending a prayer group where fiery soul winning and massive evangelism is not being preached, you are not attending a Charismatic Prayer Group. The power that Charismatics walk in is so that they can WITNESS. Saying you speak in tongues, yet you do not carry power and boldness to witness is an oxymoron.

The Gifts of the Holy Spirit are Dead

If the only time the gifts of the Holy Spirit can operate is when the leader takes the microphone, you are not attending a Charismatic prayer group. Charismatics flow in the gifts of the Spirit in power and authority.

The Call For Holiness is Absent

If you are attending a prayer group where there is no teaching on hell, judgment, or sin, that is not a Charismatic Prayer Group. Charismatics walk in holy and righteous living and make the joy of the Lord their strength.

Enough with the form of godliness but denying the power of God. No more traditions of men and more of the Holy Spirit and fire!

FAITH AND RACISM: WHERE IS THE LOVE?

By ALLEGRA MUTANDA



After George Floyd's death, and the worldwide response against racism, Allegra Mutanda highlights the sin of racism and Jesus' call to love unconditionally.

'The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light.' (Ephesians 5: 12-14)

On 25 May 2020, the world shook in horror as George Floyd, a black man, was brutally held down by a white police officer pressing his knee into the man's neck. Eight minutes and forty-six seconds of agony passed, during which George repeatedly pleaded "I can't breathe", to no avail. Later that day, George died and one of the many faces of evil was uncovered for the whole world to see. Its name? Racism.

Was this an isolated hateful crime? I wish it was. As a black African woman living in the West, and for countless other black people, this sight was, sadly, too familiar. How much more suffering can a nation endure because of the colour of their skin? When is enough enough?

Racism a deep-rooted evil

Racism is a deep-rooted evil which has been ingrained in society for 400 years, despite the abolition of slavery in the 1800s and the Civil Rights movement in the 1950s and 1960s.

Over the years, and perhaps more worryingly, we see it 'camouflaged' under the appearance of prejudice and discrimination (i.e. treating black people as a subservient class of society, despite hard work, success or achievements), derogatory attitudes and behaviour, injustice and even bullying or fun. Racism affects all sectors of society, including the Church ('monkey' slurs at a black Parish Priest, with human faeces left at his front door by some parishioners).

It would be absolutely untrue, inaccurate and offensive to say that every white person is racist. What has been encouraging to see these past weeks is all ethnic groups standing united in this fight against racism. Yet, when such evil and sin is so deeply ingrained in the norms of a society, it would also be very naïve and foolish of us to assume that everyone has escaped its grip or influence.

So what do we do?

All are created in God's image and likeness

The Church teaches us that life is sacred and that every human life matters, irrespective of its ethnicity. We receive life from God and are created in His image and likeness:

'Created in the image of the one God and equally endowed with rational souls, all men have the same nature and the same origin. Redeemed by the sacrifice of Christ, all are called to participate in the same divine beatitude: all therefore enjoy an equal dignity.' (Catechism of the Catholic Church, 1934)

Racism defiles this image of God, and strips another human being of their dignity as a redeemed and beloved child of God. The only way to eradicate this evil is to acknowledge its existence and challenge it. A friend who has suffered racial abuse, shared her struggles with me and that she was praying not to hate back. I have also been subject to racial discrimination and bullying, yet I was deeply aggrieved by her feelings.

Jesus commands us to love unconditionally

Whatever we might endure, we must never allow ourselves to hate back. Violence and retaliation are not the solution and can only engender more hate.

Jesus' command to love applies to all of us, irrespective of race – otherwise we fall in the same trap i.e. denying another person their dignity as a beloved child of God, made in His image.

So where is the love?

The love starts with me; the love starts with you because God first loved us. 'Love one another just as I [Jesus] have loved you' (John 13:34). This radical commandment of love will transform us and society, if we choose to obey it

Picture: Allegra Mutanda. Used with permission CCR UK.

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CATHOLIC CHARISMATIC RENEWAL - A GRACE FOR US ALL



By CHARLES WHITEHEAD

Catholic Charismatic Renewal is at the heart of the Church, enabling Catholics to be filled with the Spirit and live as effective disciples of Jesus, says Charles Whitehead.

Many people have heard about the Catholic Charismatic Renewal, without understanding its importance in the life of the Church.

A good way of expressing it is to say that the Charismatic Renewal is a current of grace, bringing a new experience of God's power into the lives of his children, because we need the graces of our water baptism to be fully released and new charisms given for our service and mission.

This is a sovereign work of the Spirit, through which we welcome God to BE God, and to equip us to live more effective Christian lives. It's called being "baptised in the Holy Spirit", and in 1968 Cardinal Suenens described this whole move of the Spirit across all the churches as "The Charismatic Renewal."

Charismatic

The adjective "charismatic" is used because a charism is a supernatural gift from the Holy Spirit to equip the recipient to undertake a particular service for the up-building of the Church.

Renewal

The Oxford Dictionary defines "renewal" as: "among charismatic Christians, the state or process of being renewed in the Holy Spirit." So this reminds us that Renewal, too, is a supernatural activity of the Holy Spirit. Pope Francis explains it in these words: *"You, the Charismatic Renewal, have received a great gift from the Lord. Your birth was willed by the Holy Spirit to be a 'current of grace in the Church and for the Church'. This is your identity."* (Rome, June 1st 2014)

A move of the Spirit

The CCR does not have a human founder and Cardinal Suenens explained it like this: *"To interpret Renewal as a movement among other movements is to misunderstand its nature; it is a movement of the Spirit offered to the entire Church, and destined to rejuvenate every facet of the Church's life. The soul of Renewal, Baptism in the Spirit, is a grace of Pentecostal refreshment offered to all Christians."*

Enormous variety

Everyone in the Charismatic Renewal shares the same experience of baptism in the Spirit, and the emphasis is on relationships and networks, rather than on structures. Many groups feel they are part of a big charismatic family within the Church, and their desire is that as many others as possible should also experience baptism in the Spirit. So the CCR is a current of grace, bringing the power of Pentecost into every part of the life and mission of the Church, thereby offering a fuller life in the Spirit to everyone.

CHARIS - A sign of God's blessing

At Pentecost 2019, CHARIS was officially launched by Pope Francis. His vision was to have one single organisation to serve, advise and promote the whole CCR rather than a number of different bodies with their own private statutes. So CHARIS (meaning Grace), was launched through the Pontifical Council for Laity, Family and Life, with a "public juridical personality." The Catholic Charismatic Renewal had become an official Church organisation with a much higher profile than in the past. CHARIS serves an estimated 130 million people, NOT dictating what they should say and do, but offering central support, encouragement and guidance when asked to do so.

This amazing decision by Pope Francis gives full Church recognition to the worldwide Catholic Charismatic Renewal, 52 years after it began among a small group of American students on retreat at Duquesne University. So a new phase has begun in the CCR, thanks to the vision of a Pope who recognises the need for every Catholic to receive a new outpouring of the Holy Spirit, to equip us all to live much more spiritually effective lives as disciples of Jesus Christ in today's world.

Used with permission CCR UK.

Please pray:

- That God will grace our scientists with the ability to find a vaccine for the Coronavirus.
- For the souls of all who have died from this virus, especially for those who have died alone and for the families that could not be with their loved ones as they died.
- For your grace to be poured upon all people to obey the restrictions imposed so that the spread of this disease may be contained.
- That we will not resume what we have always done but will renew our old ways.
- That the Lord will provide for the work of Catholic Charismatic Renewal.
- For unity among all Christians.

Thank you loving Father that the Son of righteous will rise with healing.
Amen.

WHO AM I BECOMING?

By JOHN DUIKER



I thought I was doing alright on my journey until I hit 50. I started to slow down a touch. I would swim 3-4 times per week yet I was noticing that I was getting that little bit slower in the water, I started having the odd nap on the couch when I came home from work and that extra weight I had put on, well it was becoming more difficult to get that off. All the methods that I used before just weren't working as effectively as they once were. What I was subconsciously doing however, was accepting this as the new normal. I mean, that's what happens when you get to the big 5-0 isn't it? Wrong! Through my son's soccer team I met a lady who was operating a health and nutrition business and she explained to me the system that she was on. It seemed feasible: increase your nutrition to the levels that your body needed and watch the results happen. And happen they did.

I have been on the same system for 12 months now and I can say that I have never felt this good since my 20s. I have so much more energy, better mental clarity and focus, better moods, I have decreased my visceral fat and increased my lean muscle. As almost a side issue to the system that I've been on, I have also released 12kg. I am fitter, stronger and more resilient now than I have been for such a long time. That is my new normal. Just because I am now 53 doesn't mean I have to settle for second best. But why do I do this you may ask? Good question.



Let's look at it from a scriptural point of view, and I would like to give you my top 4 reasons:

1. To take care of this earthly tent that God has given me

Many of us pray for wisdom when it comes to our finances so that we can be good stewards, but what about our bodies? Are they not a gift as well? We need to be wise stewards over everything that God gives us and we honour him when we look after this earthly tent that has been given to us through exercise and the right nutrition: *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies."* (1 Cor 6:19-20)

2. So that I can better serve others

We, who are baptised in the Spirit, long to serve others as Jesus did. For me, I want to be here as long as I can and as strong and as fit as I can be for my wife and children, while still having something left in the tank for others. How much more effective will we be in this with a strong and healthy body. *"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship"* (Rom 12:1)

3. So that I can stay alert

If you are falling asleep on the couch, binge eating or constantly watching Netflix your capacity to pray and receive the word of God will be limited. In these days, in this time, we especially need to be alert to hear what the Spirit is saying to the Churches. A great way to do that is to exercise and eat properly: *"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming."* (1 Pet 1:13)

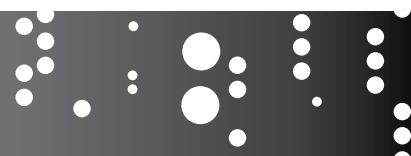
4. So that I can combat the stress of everyday life

Stress comes at us from all different angles. It's part of living in a broken world. Do you know that mental health can be helped through eating properly and exercising? I want that haze to disappear and so prayer is my first weapon against this; but coming in a close second is nutrition and exercise. My body, my gut and my brain and therefore my emotions are all linked. I need to make sure that I am fuelling my body correctly and getting enough exercise.



CARE FOR OUR COMMON HOME

By DINA MANANQUIL-DELFINO



"You alone are the LORD. You made the heavens, even the highest heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to everything, and the multitudes of heaven worship you." *Nehemiah 9:6*

I recently bought a new reusable water bottle. You may ask what is the big deal. Hopefully it is the beginning of a new life, with a more caring attitude towards our common home. For the last few months, with Covid-19 cabin fever, I have grown complacent, buying disposable water bottles just in case essential needs become unobtainable. I am aware these would add to the rubbish ravaging our earth.

Statistics reveal that each year we dump a massive 2.12 billion tons of waste. This stunning amount of waste is partly because 99 percent of the stuff we buy is trashed within 6 months. Wikipedia lists over 50 different types of waste. The heavy metals and chemicals are known to affect the central nervous system, the reproductive and endocrine system, the immune system, our blood, skeleton, digestive and respiratory systems... basically everything in the human body.

About 64 million people are directly affected by dumpsites created by the global waste trade. By the time this article is published there would probably be 6 million tons of plastic waste dumped in the oceans!

Australians produce 540kg of household waste per person, each year. In the year to June 2017, Australia generated 67 million tons of waste. An estimated 1.3 billion tons of food is wasted globally each year and the amount of food lost costs 2.6 trillion USD annually, enough to feed all the 815 million hungry people around the world, four times over. There are still over 1 billion people without access to clean water.

Do we really care?

Laudato si' is the second encyclical of Pope Francis, that has the subtitle "on care for our common home". The pope critiques consumerism and irresponsible development, laments environmental degradation and global warming, and calls all people of the world to take "swift and unified global action."

The pope asks us to reflect on how to reshape the world that will arise after the pandemic has passed. The present crisis is "an opportunity to start anew, and to make sure that the world that arises after this crisis has passed is sustainable and just. It tells us that 'everything is connected' and tragically, this health catastrophe has much in common with the ecological catastrophe. We cannot be healthy as humans if the planet is unhealthy. Around the world, we see that the human family is part of

the natural world, and that the way we treat nature, each other, and the Creator are all connected."

It is a mammoth task for those doing their best to conserve, preserve and protect Mother Earth. Now for the first time, sincerely, I want to heed to their call and do my part, consciously, if I were to leave a world worthy of life for my children, their children and the future generations.

There are many things we can do to help Mother Earth. Simple ways, such as – using reusable bags, printing as little as necessary, recycling, using reusable beverage containers, not throwing your notes away, saving electricity, saving water, avoiding taking cars or carpool when possible (walk, bike, take public transport), buying local, composting, unplugging unused electronics, and many more. The little things, they say, can make the big difference. The Pope remarks: "God has written a precious book whose letters are the multitude of created things present in the universe; no creature is excluded from this manifestation of God."

One of the "spiritual blessings" Covid-19 forced me to inspect is my lifestyle – how much waste I produce. I am guilty of over-shopping because of fear. Until now I am struggling to finish the boxes of laundry powder, the many bottles of spray and wipe, the food items nearing their expiry date, the bottles of water in the pantry.

I pray that I can begin again. I repent for contributing to the groaning of Mother Earth. I look at my new refillable water bottle with more respect. It is a very small gesture to help our common home - our earth that has housed us for about 4 billion years, nourished and protected us and continues to take our breath away by its grandeur. "From panoramic vistas to the tiniest living form, nature is a constant source of wonder and awe. It is also a continuing revelation of the divine", says Pope Francis.

I look out of my bedroom window. The Parkland Pillar Birch tree on council strip is shedding most of its golden leaves, ready to hibernate for winter. Soon it would stand as a lonely, dried up tree, seemingly lifeless. Along our front garden, we have three lemon trees – all in full bloom, jubilant of their prolific yellow fruit. I wonder which one I am at present. I bow, making a humble gesture of thanks for our common home, in full respect of its seasons.

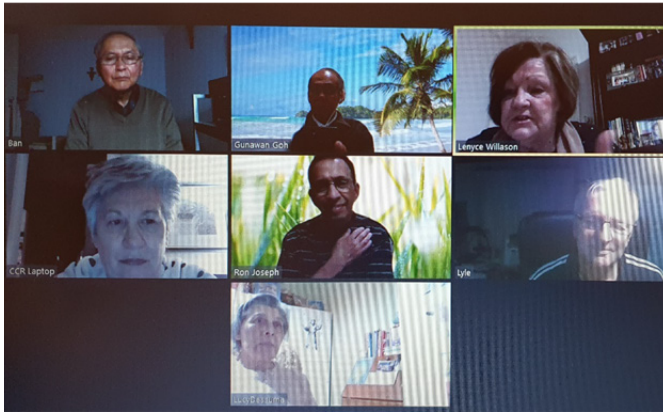
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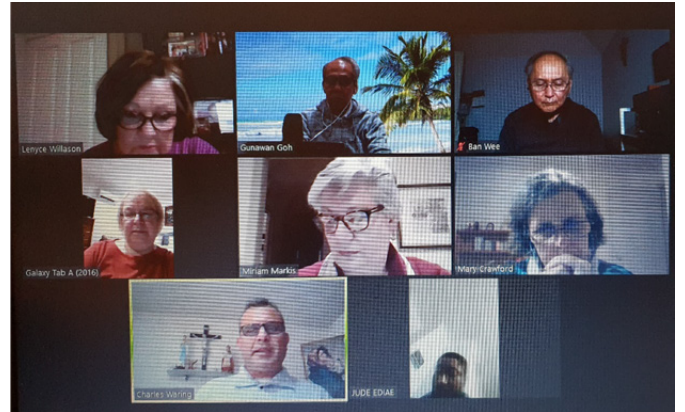
Important notice

Due to the current circumstances, the Raffle has been extended until January 2021. If you have tickets, please hold onto them until the circumstances improve for your selling of them. The Pilgrimage has been postponed until May 2021.

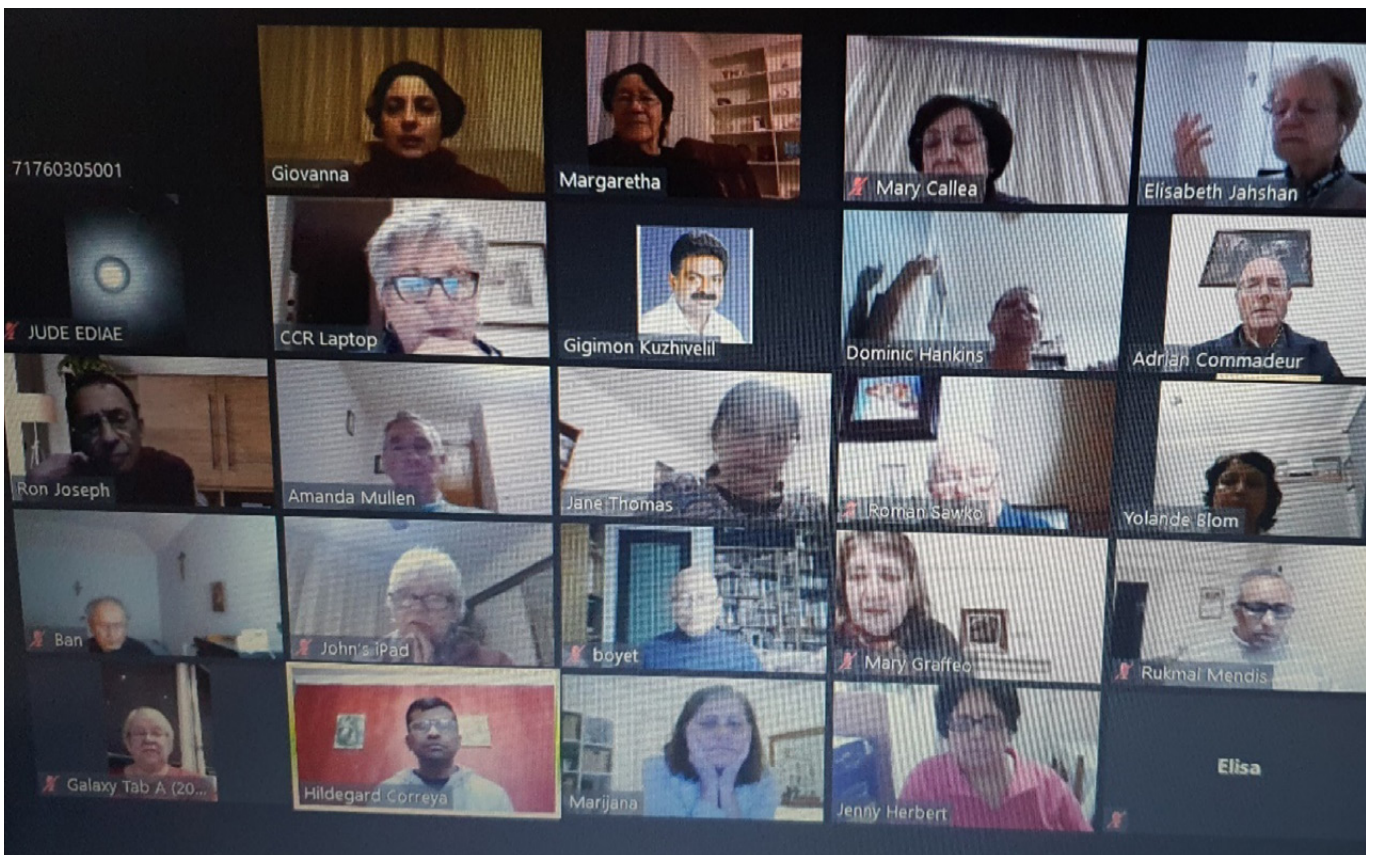
OUR FIRST ZOOM LEADERS MEETINGS



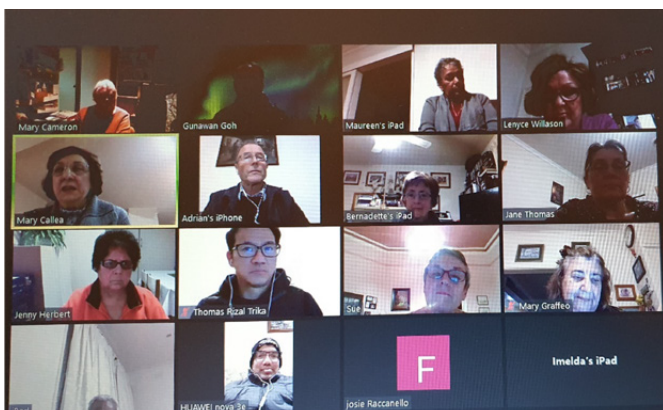
Eastern region



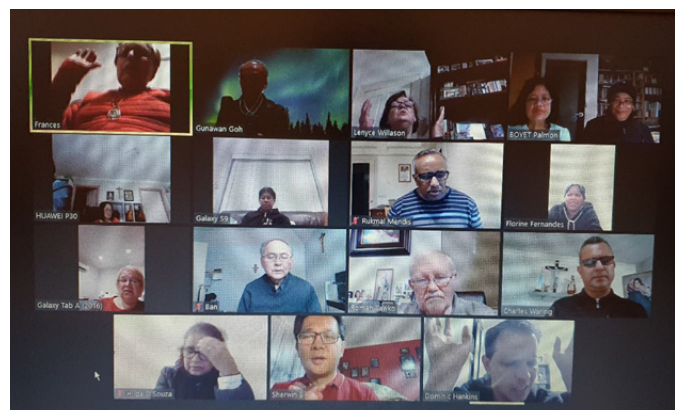
Northern region



All together for prayer



Southern Region



Western region



A harsher lockdown for Melbourne has just been invoked as I write this article. So in pondering the consequences I realised that for the last few weeks I had been following the guidelines anyway so there would be no change for me. Why am I saying this? Because what comes to mind are the words of an old song called 'What a friend I have in Jesus'. If it were not for focusing on Jesus, I would probably be a lot more troubled during this second wave of the Pandemic.

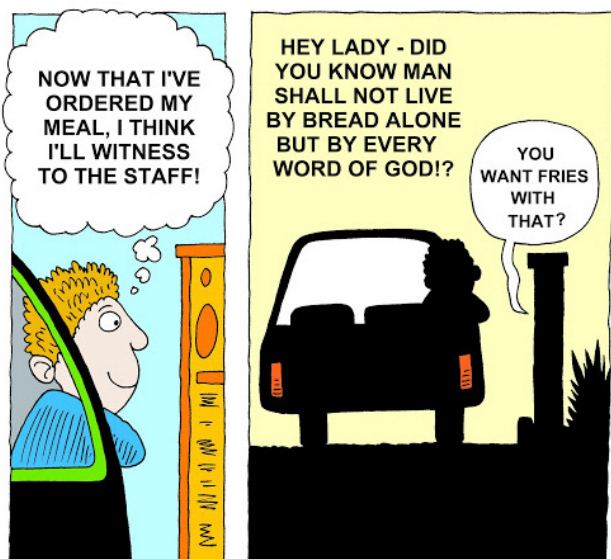
Does it mean that I am not concerned about the numbers or the deaths of those caught up in the Pandemic? No! It simply means that whatever happens I try and keep focused on Jesus and on the moment at hand to not let my thoughts get out of hand and take me to a dark and negative place. After all, Jesus himself said, *"Do not let your hearts be troubled. Trust in God and trust also in me"* (NLT JN 14:1). Some versions use the word 'believe' or 'faith'. It all boils down to knowing that everything is in God's hands.

In saying this, I do not want to undermine those who have real issues with mental health. Put simply, for us who believe in the power of Jesus and have that friendship with Him, we can become beacons of light and hope if we are grounded in Him. If our lights shine brightly so that our families can see that we are at peace always then it can have a calming effect on those around us.

The song goes on to say –

Can we find a friend so faithful
Who will all our sorrows share?
Jesus knows our every weakness,
Take it to the Lord in prayer.

Let's make a conscious effort in this great time of trial to 'take it to the Lord in prayer' so that He carries the burden. For the Lord tells us so clearly; "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls" (NIV Mt:11:29).



Birthday Celebration

By ROSE RENDINA

During lockdown, 'THE WAY' Prayer Group celebrated their 30th birthday and via Zoom of the history of this Group was shared with many. On behalf of, 'THE WAY' Prayer Group, we send a heartfelt thanks to you all for the many prayers and well wishes received. Also, which goes without saying, to our Great and Wonderful God who despite all what is happening with this Covid-19 which is still upon us, has made this special 30th birthday Mass possible, which included all Covid-19 restrictions, observed and respected.

A special thank you, to our Archbishop Peter Comensoli for coming out of isolation to celebrate our birthday Mass and to Fr. Steve, Fr. Tao and Fr. Lenin for their hospitality in allowing us to go ahead with it, also to Fr. Len Thomas for concelebrating as well. Come Holy Spirit of our Living God you are always welcome amongst us.



MARK YOUR DIARIES...

Renewal Day

An opportunity for fellowship with others and growth through teachings.

Dates for 2020: Saturdays 15 August and 21 November.

Our Lady Help of Christians Hall, 49 Nicholson Street, East Brunswick.

NO PARKING IN SCHOOL GROUNDS. Public transport: train to Parliament station, then tram no.96 along Nicholson St to stop no.22.

Ladies Day

2 July 2020

Save the date. Ladies Day is an opportunity to grow as women of God, strong in trust and faith.

More details later.

Can't make it to a Healing Prayer Centre during...

You are invited to...

**ALL PAUSED UNTIL COVID-19
RESTRICTIONS ARE LIFTED**

	6.00pm Mass, followed by Prayer Ministry	St Marks, Fawkner
First Monday	7.00pm Praise, 7.30pm Mass	St Joseph's, Springvale
First Friday	8.00pm	St Anthony's Glenhuntly, Cnr Neerim Road & Grange Road, Glenhuntly
	8.15pm	St Peter's, Clayton
Third Wednesday	7.30pm	St Mary's, Castlemaine
Third Thursday	7.30pm	St Thomas the Apostle, 251 Diamond Creek Rd, Greensborough North
Third Friday	7.00pm	707 Holy Cross Parish, Caulfield South. Mass, Adoration and Devotions to the Holy Cross
Third Sunday	5.30pm	St Francis Xavier, Frankston
	5.30pm Praise, 6.00pm Mass	Good Samaritan Chapel, 1-29 Southern Cross Drive, Roxburgh Park
Fourth Tuesday	10.00am	St Joseph's, Chelsea
St Peter's, East Bentleigh - Healing Mass: Monday 23 November at 8pm. Celebrant will be Fr. Wahid		