



PARISH TEAM: Fr Leonard Caldera, Fr Vinco Muriyadan, Fr Jonas Donasco MLCC
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OFFICE HOURS: 10.00AM - 3.00PM WEEKDAYS; CLOSED ON TUESDAYS

The Exaltation of the Holy Cross —Year C - 14 September 2025

Dear Brothers and Sisters,

Science tells us that the limbic system, a part of our brain, is hardwired to avoid pain and seek pleasure. This instinct serves survival but it also explains why suffering may become a stumbling block in our faith journey. In my early years as a priest, I often wondered. What goes through the mind of someone who sees Christians worship a God who died a shameful and painful death on a Cross? To the unbeliever, it seems absurd like a symbol of weakness. But for us, Christians, this very Person on the Cross becomes the cause of our healing, redemption and true joy. Why?

St. John Vianney, patron of parish priests, once tried to flee the heavy demands of his parish in Ars. But he soon realised that escaping the cross only multiplies the suffering. He wisely said, "Whatever we do, the cross holds us tight and we cannot escape it." Real peace comes when we embrace our cross instead of running away from it. This is echoed in today's Feast of the Exaltation of the Holy Cross. Just as the Israelites looked up at the bronze serpent for healing, we too must look up at Christ crucified who is the source of true peace and healing.

Two young saints of our time, St. Pier Giorgio Frassati and St. Carlo Acutis, canonised just last Sunday, teach us how to carry our cross joyfully. St. Pier Giorgio's adventurous motto was "To the heights!", not to settle for the lower pleasures of mediocrity but cheerfully aim for heaven, the summit of holiness and eternity, painful it may be. St. Carlo Acutis claimed, "Sadness is looking at yourself but happiness is looking at God." He reminds us that true conversion is a change in direction from downward, earthly gazes to upward, divine ones. His Eucharistic centred life shows us that holiness is not about escaping suffering but transforming sacrifice into a more meaningful way.

I recall Bishop Fulton Sheen's warning, "Too often, we want a Cross-less Christ or a Christ-less Cross." But the Gospel offers neither. The Cross without Christ is despair. Christ without the Cross is illusion. The Catechism of the Catholic Church teaches that suffering, united with the sacrifice of Christ, becomes redemptive (CCC 1521). We do not suffer alone. Every pain and every burden can become not a stumbling block, but a stepping stone on the path of prayer and the holy ground of grace, when embraced and united with the Cross of Christ. May we, like Mary at the foot of the Cross, remain faithful in sorrow and in joy, with the strength and hope that come from Christ crucified, yet risen from the dead.

O Mary, Our Lady of Sorrows, pray for us.

Fr Jonas

Dear Parishioners, this weekend we celebrate the **Triumph of the Cross**. Thus, I thought of presenting for your reading; **Why do Catholics use crucifixes that show Jesus on the cross?** A simple explanation page 3.

Jubilee Year Saints – Pier Giorgio Frassati, get to know this young saint, limited copies available at the back of the church, inform parish office if you need more copies.

This month of September I would like to invite you to a talk on - **25th September (Thursday) - Marriage as a pilgrimage and partnership, from conflict to healing**. Open to all Married, single, in new relationships or want to know about how to deal with relationships in a Christian perspective. **See inside for details.**

Fr Leonard

WEEKEND MASS TIMES

Saturday 5pm Sacred Heart Church, Newstead
Sunday 7.30am Carmelite Monastery
9am St Patrick's Chapel, Prospect
9am St Finn Barr's Church, Invermay
10.30am Church of the Apostles, Launceston
5.30pm Church of the Apostles, Launceston

RECONCILIATION

Saturday 9.30am-10.30am Apostles
4.15pm- 4.45pm Newstead

WEEKDAY MASSES 15-20 September

Monday-Saturday **7.30am**
Carmelite Monastery

Tuesday 12noon Newstead
Wednesday 12noon Apostles
Thursday 12noon Mass Invermay
Friday 12noon Mass Apostles

MASS LIVE-STREAMED

Every Sunday at 9am

Facebook @catholicparishlaunceston or:

[https://www.facebook.com/pg/](https://www.facebook.com/pg/CatholicParishLaunceston/videos/)

[CatholicParishLaunceston/videos/](https://www.facebook.com/pg/CatholicParishLaunceston/videos/)

Sunday Mass is also televised every Sunday

SACRAMENTAL BOOKINGS

Baptisms, Wedding and Funeral Enquiries
Please contact the Parish Office

Interested in becoming Catholic

(RCIA Programme)

Enquiries: Parish Office

CHILDREN'S LITURGY

1st and 3rd Sundays –9am Invermay
2nd and 4th Sundays –10.30am Apostles

FOR YOUNG PEOPLE

Teens Group: Gr 6-12

2nd and 4th Sundays, Pastoral Centre
4.30pm-5.30pm

YAS (age 18-35) 2nd and 4th Sundays in
the Pastoral Centre 4.30pm-5.30pm

Enquiries: Parish Office

We are located on the country of the Tyerenotepanner, the Panninher and the Litarimirina people of the Stoney Creek Nation. We acknowledge and pay respect to the Traditional Owners, who have cared for land, sea, waterways and sky, as the ongoing custodians, for thousands of years. We honour Elders, past and present. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this country and commit ourselves to the ongoing journey of reconciliation.

PARISH ACTIVITIES, INFORMATION AND NEWS

CHRISTIAN MEDITATION will be held in the Nano Nagle Room on Wednesdays at 11am and at 5pm. Christian Meditation is a method of prayer to help us set our eyes on God, in silence and grow closer to Him with Gratitude and Love. All are welcome. Enquires: Tina: 0417305546

LECTIO DIVINA Every Friday morning 10.30 am for 1 hour, at the Pastoral Centre, Lectio Divina - Contemplating and praying the scriptures for the upcoming weekend Mass readings. A time to slow down, to listen with the ears of your heart. Everyone is welcome.

FRIDAY HOLY HOUR Adoration and Exposition of the Blessed Sacrament takes place for one hour every Friday when the 12noon Mass is held at the Church of the Apostles.

HEALING MASS for all the sick and aged in our parish for all those who are in need of Our Good Lord's anointing and mercy. **Every First Friday at Church of the Apostles at 12 noon.**

THE CARMEL SHOP: The Carmel Shop, 7 Cambridge St, West Launceston is open between 11am—4pm on Wednesdays. Enquiries: carmelshop@yahoo.com

Safe community request Launceston Catholic Parish - Can I please request parents to not leave your children unaccompanied during Masses as leaving your children to wander in the church grounds with doors open to the parking areas and the main streets could cause harm without proper supervision. Children must be accompanied if visiting toilets as these are sometimes able to be accessed by the public.

Parking in church premises- May I request that 1st priority for parking slots in the church compounds be given to the elderly and disabled members of our parish community, so that they may have easy access to the churches.

Thank you, Fr Leonard

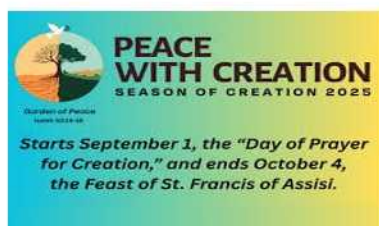
We continue to celebrate the Season of Creation through September.

This week we focus on two more of the goals from Pope Francis's Laudato Si' numbers:

#3 Ecological Economics, sustainability of industries, ethical investments treating workers justly, to reduce fossil fuels.

#4 Sustainable Lifestyles. The 5 R's; Refuse what you don't need, Reduce what you do need, Recycle, Reuse, Rot (Compost), Buy locally grown and made products.

Let's each try to do something from one of these goals this week.



Launceston Catholic Parish presents

JUBILEE PILGRIM TALK SERIES

Join us for our first informal talk on Marriage as a Pilgrimage and Partnership- from Conflict to Healing.

Fellowship, Food and Fabulous speakers

Peter and Sue McKenzie, Tony and Heidi Portugal

Peter and Sue are responsible for the preparation and formation of young couples through the Parish Marriage Preparation Program.

Tony and Heidi come to us from Ulverstone as active members of our Tasmanian Couples for Christ.

25th September, 2025, From 6.00pm – 8.00pm

Pastoral Centre @ Church of the Apostles

This is a FREE event

YOU ARE ASKED TO PRAY

FOR OUR NEWLY BAPTISED especially **William Candy** (Patrick and Mechelle) who will celebrate the Sacrament of Baptism within our parish this weekend.

FOR THOSE WHO ARE SICK: Liliana Anderson, Marcus Hughes, Jenny Bowe, Christina Waiss, Kath Aldred, Christopher Chauvet, Elsie Saltmarsh, Ruth Adams, Joanne Foley, Margaret Grossmith, Therese Brennan, Irene La Palombara, Kees Moolenschot, Egidio Tosello, Brigitte, Pat McCarthy, Shirley O'Byrne, Cheryl Dawtrey, Will Smith, Merrill Thompson, Tina La Palombara, Noelene Bye, Peter Brumby, Maria Holton, Louisa Buttazzoni, Alida Moolenschot, Sharon Manzone, Suzy Fenton, Elizabeth Nettlefold, Shirley Ambrose, Bev Callahan, Alfred Weeding, Maureen Saunders, Scott Bailey, Ralf Roston, Jennifer Dowell, Andrew Campbell, Bill Lewis, Eduardo Bilanes, Brian Beardwood, Jane Gillard, Joel Wilkinson, Jesse Moore, Elaine Blake, John Walsh, Clare Maddox, William Siegrist, Anne Harris, Jane Savaro, Amelia Eckert, Allison Thambugala, Ava Woolley, David Lewis, Christian Barrett, Xavier Banks, George Donovan, and we remember all those anniversaries which occur at this time.

FOR THOSE WHO HAVE DIED Dominic Piang Sut Sang and Anna Armillei, who have died recently, Sr Trish Dance, Gillian Tweehuysen, Brian Harley, Denis Palmer, John Freeman, Mary Siejka, Stan Siejka, Shirley Ranson, Henk Kortekaas, Margaret Niekamp, Quing Wang, Nancy Peck, Mick Lee, Esma Welch, Karolina Ringswandl, Marjorie Ransley, Dorothy Cox, Trevor Loone, Mary Kelleher, Winsome Bell, Dane Sutton, Norma Tripp, Rick Gesler, Joy and Wayne Dunn, Norah Durrant, Paul Langford, John Thynne, Catherine Moss, and we remember all those anniversaries which occur at this time.

Catechesis

Why a crucifix instead of a cross? while the empty cross is a common Christian symbol shared by all Christian churches, Catholics stand out for their frequent use of the crucifix, a cross that shows the tortured body of Jesus Christ.

Why is that? The Catholic Church has honored the supreme sacrifice of Jesus Christ on the cross from the earliest days of Christianity. Initially this was done in a veiled way, using symbolic figures to represent Jesus on the cross. Initially the Greek letters tau (T) and rho (P) were interposed, and created an abstract image that looks like someone on the cross. Also, the early Christians were known to use a dolphin twisted around a trident, symbols borrowed from Greek mythology that were applied to Jesus' sacrifice on the cross.

However, once Christianity was legalized, artists were able to be more realistic and open, and Christians freely depicted Jesus on the cross. One of the inspirations behind this artistic expression comes from St. Paul's letter to the Corinthians, where he writes, "We proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles" (1 Corinthians 1:23).

Crucifix or Cross: What Is the Answer? the purpose of the crucifix has always been to display the immense love Christ has for all humanity and to remind us of the hope of the Resurrection won by that victory of Jesus' Passion. St. Augustine in the 4th century offered a perfect summary of why Catholics use a crucifix. 'The death of the Lord our God should not be a cause of shame for us; rather, it should be our greatest hope, our greatest glory. In taking upon himself the death that he found in us, he has most faithfully promised to give us life in him, such as we cannot have of ourselves. He loved us so much that, sinless himself, he suffered for us sinners the punishment we deserved for our sins. How then can he fail to give us the reward we deserve for our righteousness, for he is the source of righteousness? How can he, whose promises are true, fail to reward the saints when he bore the punishment of sinners, though without sin himself? Brethren, let us then fearlessly acknowledge, and even openly proclaim, that Christ was crucified for us; let us confess it, not in fear but in joy, not in shame but in glory.'

In the end, the crucifix reminds us that there is no resurrection without the cross, and that we are called to pick up our own crosses and follow after Jesus. He has shown us the example of true Christian living and we are to imitate him and his great love for all humanity, willing to do anything, even if that means giving up our lives for another person.

Children's Corner



Fill in the missing words and pictures.



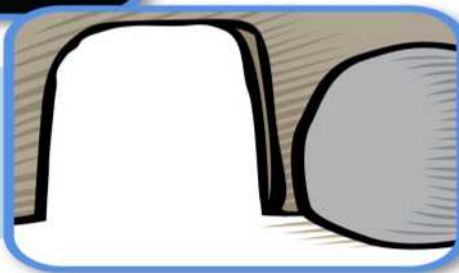
God sent his
only _ _ _
to save us.

Jesus taught
many people
about God.
(draw Jesus)



Jesus was
sentenced to
death and nailed
to a _ _ _ _ _.

Jesus died
but rose again
(draw the
risen Jesus)



Nationwide Public Rosary Rally to Our Lady of Fatima to be held in the grounds of Church of Apostles on **Saturday, 11th October, 2025, at 11.00am.** Come along to pray for Peace in the World. Limited seating available, so please bring a chair if needed.

Refreshments to follow in the Pastoral Centre. All Welcome.

INTERNATIONAL COMMUNITY DAY

SUNDAY, 12th OF OCTOBER 2025

A CALL TO CELEBRATE OUR UNITY WITHIN THE COMMUNITY

We invite you to join us for 9AM Mass at St. Finn Barr's Church, followed by morning tea at the SFB School Hall from 10-11:30AM.

There will be presentations from our international communities showcasing their traditional songs and dances.

We encourage everyone to wear their national costumes at Mass and during the celebrations.

Please bring a plate to share if you can.

Christina (0400183341) or Sr Elizabeth (0407215702)

"My Son Carlo" Biography of St Carlo Acutis

Written by his mother, Antonia Salzano Acutis

Notre Dame Monastery Tasmania has secured the

Australian rights to the book which is now available at

The Carmel Shop, West Launceston for \$30

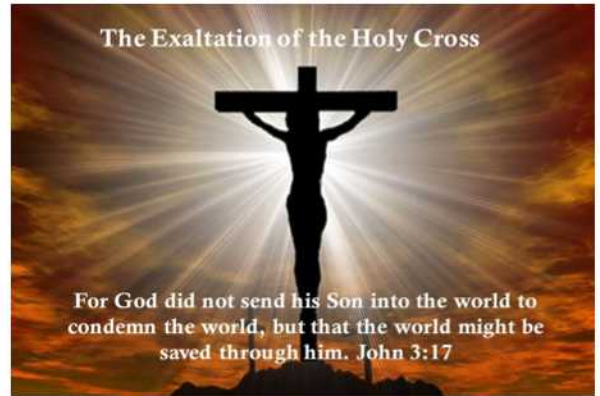
E: carmelshop@yahoo.com

The Exaltation of the Lord

FIRST READING

Numbers 21:4-9

On the way through the wilderness, the Israelites lost patience. They spoke against God and against Moses, 'Why did you bring us out of Egypt to die in this wilderness? For there is neither bread nor water here; we are sick of this unsatisfying food.' At this God sent fiery serpents among the people; their bite brought death to many in Israel. The people came and said to Moses, 'We have sinned by speaking against the Lord and against you. Intercede for us with the Lord to save us from these serpents.' Moses interceded for the people, and the Lord answered him, 'Make a fiery serpent and put it on a standard. If anyone is bitten and looks at it, he shall live.' So Moses fashioned a bronze serpent which he put on a standard, and if anyone was bitten by a serpent, he looked at the bronze serpent and lived.



RESPONSORIAL PSALM Ps 77:1-2. 34-38. R. v.7

(R.) Do not forget the works of the Lord!

1. Give heed, my people, to my teaching;
turn your ear to the words of my mouth.
I will open my mouth in a parable
and reveal hidden lessons of the past. (R.)
2. When he slew them then they would seek him,
return and seek him in earnest.
They would remember that God was their rock,
God the Most High their redeemer. (R.)
3. But the words they spoke were mere flattery;
they lied to him with their lips.
For their hearts were not truly with him;
they were not faithful to his covenant. (R.)
4. Yet he who is full of compassion
forgave their sin and spared them.
So often he held back his anger
when he might have stirred up his rage. (R.)

A VOCATION VIEW

Just as Moses lifted up the serpent, so was Jesus lifted up on the cross for our redemption and salvation.

SECOND READING

Philippians 2:6-11

The state of Jesus was divine, yet he did not cling to his equality with God but emptied himself to assume the condition of a slave, and became as men are; and being as all men are, he was humbler yet, even to accepting death, death on a cross. But God raised him high and gave him the name which is above all other names so that all beings in the heavens, on earth and in the underworld, should bend the knee at the name of Jesus and that every tongue should acclaim Jesus Christ as Lord, to the glory of God the Father.

GOSPEL ACCLAMATION

Alleluia, alleluia!

We adore you, O Christ, and we praise you, because by your cross you have redeemed the world.
Alleluia!

GOSPEL

John 3:13-17

Jesus said to Nicodemus: 'No one has gone up to heaven except the one who came down from heaven, the Son of Man who is in heaven; and the Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved.'

Next Sunday's readings- 25th Sunday in Ordinary Time

Amos 8:4-7
Psalm 112:1-2,4-8
1 Timothy 2:1-8
Luke 16:1-13

Ponder and pray the living Word of God



Bank details for direct debit donations to support the financial needs of your Parish:

Account Name: Launceston Catholic Parish
BSB: 067 000; **Account No:** 1031 6153.
Reference: "your surname"

PRAYER FOR SPIRITUAL COMMUNION



My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.