

**PAX - WITH THE GOSPEL FOR OUR GUIDE  
ADVENT/CHRISTMASTIDE (2023-2024) and  
ORDINARY TIME THROUGH TO ASH WEDNESDAY, 22 February 2024.**

PAX - With the Gospel for our Guide is sent out to Oblates and to those who are enrolled in the oblate formation program, **five** times each year. This edition is always number one, being sent out at the beginning of the Church's liturgical year. please take your direction from each edition of PAX - With the Gospel for our Guide. This booklet is also on our website and is sent personally to oblates who prefer to receive it by email.

Ash Wednesday, 14<sup>th</sup> February 2024, begins the Lenten edition of "Pax, With the Gospel for Your Guide".

**SECTION ONE: Reading and Reflection and Prayer.**

When you stop to talk to a friend, or watch the news today, someone will say: "Our world is in a terrible state! And it's only getting worse."

And these words are true words.

Israel/Palestine/Gaza/Lebanon/America/Ukraine/Russia.

People want to kill one another.

Even week-old babies are being killed.

Premature babies in their little cots, on life-support will most likely die because of cuts to electricity in Gaza.

On the news, I see a man carrying his wife. She is bleeding from more shelling. A Paramedic carries a child who is bleeding from shelling.

The news!!!

And we ask: What can we Monastics do about it?

The answer comes weakly, "I suppose we can pray."

There is no need to be weak! We are strong because we understand the prayer of intercession.

INTERCESSORY PRAYER IS THE ANSWER TO ALL OUR DESPAIR AT THIS TIME IN THE HISTORY OF THE WORLD.

Malcolm Muggeridge would say: "earthly cities in flames and social orders collapsing."

INTERCESSORY PRAYER COSTS US OUR LIVES. WHEN WE PRAY IN THIS WAY, WE LAY DOWN OUR LIVES FOR ANOTHER WHO IS SUFFERING, IN PRISON, ON THE FRINGES OF THE CHURCH OR SOCIETY, A VICTIM OF RACIAL PREJUDICE, A VICTIM OF RELIGIOUS PREJUDICE.

What are the ways of Intercessory Prayer?

1. The Psalms. When we pray the psalms and come across the lines we can't relate to, we pray those lines for someone who can relate to them: the paramedic carrying a bleeding child from a burning building in Gaza, a grandmother in Gaza crying out for justice. "This is not our war, let us go." Then there are the cries of the hundreds of people in the refugee camp in Gaza – they are crying, and many lines of our psalms cry with them: "Let them be put to shame and destroyed, all those who seek my life. Let them be covered with shame and confusion, all those who seek to harm me." (Psalm 70, verse 13). No, it's not my prayer, but I am praying it

on behalf of one who needs to say these words. I imagine that the grandmother who cried out, "It's not our war", did not have warm feelings towards those doing the shelling. There is a Psalm which we all love – Psalm 62. It is described in the Grail Psalter as "perhaps the warmest and most intimate of the expressions of love for God in the entire Psalter." But the last verse is only prayed on Good Friday, at Vigils: "Those who seek to destroy my life shall go down to the depths of the earth. They shall be put into the power of the sword and left as the prey of the jackals...The mouths of liars shall be silenced." Powerful words!! Good Friday material. These words would have been known to Jesus, who prayed on the Cross: "My God, my God, why have you abandoned me? You are far from my plea and the cry of my distress. O my God, I call by day and you give no reply; I call by night and I find no peace." Intercessory prayer with the Psalms is fruitful if you have a journal especially for this, and mark in the Psalm the words which you are gifting to the persecuted other person, a description of that person (man, woman or child), and what caused you to pray in this way for another! Was it the news, or someone you visited as part of your ministry as a Benedictine Monastic.

2. Another way to intercede with Christ on behalf of other is to take on fasting from "whatever". I may choose to miss one meal on one day a week or choose to go without something I like. To fast from negativity as a prayer for peace is most worthy.
3. Another way of Intercessory Prayer is to take on extra work if you are physically able. Do work that is hard and takes time. Offer to mow a neighbour's lawn. Offer to help a neighbor who can no longer manage the pruning of her hedge. Do it for the persecuted people of the Ukraine. Do it for the people of Africa who can't get grain because the Ukraine can't send it. Do it for Israel, Palestine and Gaza – there are no winners in this war. Everyone is a loser, and they all need our intercession.
4. Another way of Intercession is the Divine Mercy Chaplet: "For the sake of His sorrowful passion, have mercy on us and on **the whole world.**" I pray the Chaplet every day, and the Rosary when I can. Even sitting and fingering the Rosary Beads is stilling and means I can focus my mind on "earthly cities in flames and the social orders collapsing."

## **SECTION TWO: Further Reading and Reflection.**

What is the Psalter?

A small book, 150 poems,

150 steps between death and life.

150 mirrors of our rebellions and our loyalties, of our agonies and our resurrections.

More than a book, it is a living being who speaks, who suffers, groans and dies..." (Joseph Gelineau).

As the prayer of the Church, prayed in and through Christ, the words and images of the Psalms have played a determining role in the formation of the prayer which helps Christians express their faith, [and enter into the lives of others, as a way of Intercessory prayer].

## **SECTION THREE: About The Rule of St. Benedict**

The Rule of Benedict guides us in the prayer of intercession. We read: "The Divine Presence is everywhere and in every place the eyes of the Lord are upon us (Proverbs 15:3). But beyond

the least doubt, we should believe this to be especially true when we celebrate the Divine Office. Our minds are to be in harmony with our voices.

May we try to pray Morning Prayer, Evening Prayer and Night Prayer during this Advent/Christmas season and on towards Lent 2024. Hopefully we can make time to do this unless commitments to family dictate otherwise.

May we do this with the faces of the persecuted always before us.

The Psalms bring the beat of God's heart into every moment of human activity. (Carroll Stuhlmüller CP)

#### **SECTION FOUR: Community History**

When our nuns moved from "Subiaco" Rydalmere to Franklin Road, West Pennant Hills, they had vegetable gardens, orchards, and flower gardens and orchids. The Prioress, Mother Mildred Potts was a first-class gardener, remembered for her orchids.

In 1959, it is written in our Chronicles that over 400 blooms of gladioli and carnations were sent to the Mater Hospital in Sydney. Sr. Annette, RSM, would send the Mater car to collect the flowers.

#### **SECTION FIVE: Liturgy**

Advent begins a new liturgical year: The Sunday Liturgy readings take Year B, and Weekdays take Year 2.

THE 'O' Antiphons (Greater Advent Ferias) begin on December 17.

Christmas Midnight Mass at Jamberoo Abbey is preceded by the traditional monastic vigil at 10.45 p.m. You are invited to this traditional vigil and then to the singing of carols preceding midnight mass. The vigil takes an hour, the carols just fifteen minutes before midnight.

#### **Feasts and Solemnities:**

03: First Sunday of Advent.

08: The Immaculate Conception of the Blessed Virgin Mary (Solemnity).

10: Second Sunday of Advent

13: St. Lucy (Memorial)

14: S. John of the Cross (Memorial)

17: Third Sunday of Advent.

24: Fourth Sunday of Advent.

25: The Nativity of the Lord (Solemnity with Octave).

26: St. Stephen

27: St. John the Evangelist

28: The Holy Innocents As we remember the male children slaughtered by Herod, let us remember the children being slaughtered in Gaza, and in the Ukraine.

31: The Holy Family of Jesus, Mary and Joseph

01: Solemnity of Mary, Mother of God. World Day of Prayer for Peace.

02: Sts. Basil and Gregory Nazianzen

07: Epiphany

08: Baptism of the Lord.

#### **ORDINARY TIME**

26: Australia Day

28: St. Thomas Aquinas

31: St. John Bosco

02 February: The Presentation of the Lord in the Temple. The Solemnity of Jamberoo Abbey. This is also the World Day of Prayer for Consecrated Life.

11: World Day of Prayer for the Sick.

14: February Ash Wednesday

29: 4<sup>th</sup> Sunday in Ordinary Time.

10: St. Scholastica

12: 6<sup>th</sup> Sunday in Ordinary Time. In New Zealand, it is "World Marriage Day".

14: Ash Wednesday

Beginning of Lent. Ash Wednesday is a day of fast and abstinence.

### **Social Justice Calendar:**

9 December: International Anti-Corruption Day.

10 December: Human Rights Day

20: International Human Solidarity Day

1 January: World Day of Prayer for Peace.

New Zealand: 13 January is the anniversary of the first Mass in New Zealand by Bishop Pompallier

## **SECTION SIX: Your Community**

Three Death Notices:

1. Sr. Clare Gamble, September 5, 2023. Sr. Clare is buried at the Abbey.
  2. Sarah Jones, daughter of Oblate Judith Pickering – 23<sup>rd</sup> October 2023.
  3. Tom Hall, father of Oblate Laynie (Rita) Pullen – 26<sup>th</sup> October 2023
- We celebrated Sr. Elizabeth's 97<sup>th</sup> birthday at Elanora Nursing Home. It was the perfect day.

### **HAPPY FEAST DAY TO:**

Robert Arsenius Daly, for December 6.

Sr. Maureen Therese Woodhouse, and Oblate Wanda (Immaculata) Kwan, for December 8.

Oblate Catherine (Thomas) Corban, for December 10.

Elizabeth (Adele) Quinn for December 24.

Oblate Ethel (Emmanuel) Parriwa-Murray, for December 25.

Obl. Robert (Stephen) Basham, and Graham (Stephen) McCall for December 26

Sarah Louise (Emanuelle) Kirsop for CHRISTMAS DAY.

Sr. Joanna Bagot, Therese Veronica (Johanna) Nilsson, and Neville (John) Feeney, for December 27.

Fr. Nigel Thomas Wright, for December 29

Marie (Basel) McGuckin, for January 2.

Fr. Dixon Seraphim Kenny, Helen Seraphim Shorter & Sandra Seraphim Temple for January 2.

Oblate Rob (Aelred) Johnstone for January 11.

Oblate John (Placid) Limbourn and Ralph (Placid) Kershler for January 15.

Oblate John (Anthony) Dunne, for January 17.

Sr. Agnes, for January 21.

Brian (Robert) Brennan for January 26

Gabrielle Brigid Nicholson, for February 1.

Lynne Scholastica Middleton, Rhonda Scholastica Kinsela, Jacqueline Scholastica Collins and Cathy Scholastica Ransom, for February 10.

John Gregory Wynen for February 13.

Peter Damien McElhone, Ira Peter Wilson, for February 22.

**Anniversaries of Oblation:**

03 December: Patrick Martin (Hildegard) O'Connor, and Beppi (Lioba) O'Connor.

05 December: Sandra (Julian) Cooper

06 December: Robert (Arsenius) Daly

10 December: Catherine Mary (Thomas) Corban

11 December: Irene (Gertrud) Bajda, David Alan (Brendan) Mumford.

15 December: Kathryn (Mary) Proctor

16 December: Rev. Kevin (Bede) Walsh

18 December: Deborah (Martha) Pike

28 December: Maria Teresa (Elisabetta) Gambino.

**Epiphany:** Graham (Stephen) and Mary (Hildegard) McCall

09 January: Elaine (Mechtild) Alinta

11 January: Rob (Aelred Johnstone) and Elizabeth (Aelred) Sheppard.

15 January: Ralph (Placid) Kershler, Donna Sturgeon, and John (Placid) Limbourn

18 January: Joan (Augustine) Lorente, Carmen (Teresa) Lorente, Georgette (Sharbel) Najjar, and Peter (Bernard) Sheehan.

21 January: Robyn (Hildegard) Wein

30 January: Catherine (Thomas More) Lindsay

03 February: Ingrid (Ruah) Cheng

03 February: Therese (Anthony) Harding.

04 February: Rev. Ann (Clare) Dittmar-McCollim

08 February: Shirley (Clare) Basham and Robert (Stephen) Basham.

10 February: Ellen (Benedicta) Woods

11 February: Patricia (Julian) Morgan, Garry (Benedict) Gleeson, Marie (Catherine) Gleeson, Frances (Mildred) Cormack, Ken (Ambrose) Halliday, Elizabeth (Adele) Quinn, Maureen (Frances) Williamson, Margherita (Hilda) Cappetta, Russell (Benedict Collins), Jacqueline (Scholastica) Collins.

12 February: Sylvia (Dymphna) Honeysett.

13 February: John (Gregory) Wynen and Robyn (Teresa) Wynen

14 February: Bendetta (Marina) Di Mattia.

17 February: Edward Dowsey, Vincenzo (Gerardo) Cappetta, Elaine (Brigid) Guy, Wendy (Lucy) Browning, Barbara (Elizabeth) Jamieson.

18 February: M. del Carmen (Teresa) Boharull-Vita, and Robert (Anselm) van OOrt.

20 February: Christine (Frances) Angus, and Patricia (Hildegard) Benedict

27 February: Colleen (Augustine) Cashman

**ANNIVERSARIES OF SOLEMN PROFESSION:**

Sr. Maria Frances Slade, Sr. Hildegard Ryan, for February 2.

Sr. Joanna Bagot: February 10.

**Let us pray for those whose anniversary of death occurs during this season.****DECEMBER:**

03.12.2015 Oblate Maxine Francis Pickering

05.12.1913 Dame Mary Teresa Parkinson

06.12.1961 Dame Mary Winifred Price

07.12.1923 Dame Mary Romanus McKee

07.12.2013 Oblate David (Aelred) Russell

10.12.1911 Dame Mary Philomena Hay

11.12.1985 Oblate Carmel Condon

14.12.1998 Oblate Richard Damian Lequaietermaine

14.12.2014 Oblate Valerie Mary Cecilia Proverbs  
18.12.1855 Sr. Mary Gertrude Nagle  
19.12.1969 Sr. Mary Benedict Walsh  
21.12.1985 Sr. Teresa Gillin  
22.12.1950 Sr. Mary Anthony O'Connor  
23.12.2012 Sr. Immaculata Briglia  
26.12.2018 Oblate Bill (Benedict) Price  
29.12.1908 Sr. Mary Martha Comyn  
30.12.1949 Mother Mary Joseph Brady, third elected Prioress of the Community.

#### **JANUARY**

02. 1.2004 Oblate Elizabeth (of the Trinity) Corcoran  
07. 1. 1882 Mother Mary Bernard Hawthorn (the title "mother" is a title of honour).  
10. 1.1985 Sr. Moira Bradshaw  
12. 1.1923 Sr. Mary Catherine Connolly  
17. 1.1923 Sr. Mary Baptist Schahill  
20. 1.1913 Sr. Mary Placid de Castella  
20. 1. 2008 Oblate Dr. Carney (Bede) Fisher.  
26. 1. 2022 Oblate Elizabeth (Lioba) Anderson.  
29. 1. 2018 Oblate Irene (Patricia) McAllister

The title "Dame" was adopted when a set of Constitutions was given to us from the Abbey of Beuron in Germany.

Dame for women; Dom for men. Dame and Dom distinguished Choir nuns and monks from Lay Sisters and Lay Brothers. After the Second Vatican Council, the title Dame was 'dropped' in our community, and 'Sister' was used. Lay Sisters were phased out.

#### **FEBRUARY**

02. 2.1899 Mother M. Benedict Lett,  
02. 2. 2015 Obl. Fr. Ronald Bede Harden.  
08. 2.1973 Sr. Mary Bernadette Hughes.  
26.02.1931 Sr. Mary Mildred Smythe

#### **SECTION SEVEN: Saints**

The Psalms are living prayer. When a poor person calls for help, when an innocent person demands justice, when one who is persecuted and condemned to death, cries out to be saved, and when that person returns thanks to God, the full truth of all this is realized most profoundly in the paschal mystery of Jesus Christ." (St. Augustine).

#### **SECTION EIGHT: For Reflection**

Christ lives always to make intercession for His people (Hebrews). I unite with Christ who is praying, at this moment, for all people.

"In praying the Psalms, I make of my life an act of loving prayer, a commitment to pray from the heart of this land, Australia, and its people; from the heart of the whole world, the voiced and unvoiced prayer from the depths of humanity. I give expression to the praying heart of my country and my world. I am the living prayer of my people, through Christ, with Christ and in Christ." (Mother Benedicta Philips)

**Please give the gift of Intercession to others this Christmas.**

#### **OBLATE RETREATS FOR 2024:**

8 & 9 March

8 & 9 November

**We received this message last week from Oblate Anne Morris-Bannerman (Oblate name: Hildegard)**

“You have been praying for Sarah for three and a half years. She has had metastatic breast cancer. Sarah died on 23 October. The ending was harsh in ICU. Her children Mo (15) and Skip (13) were able to say goodbye to her. I stayed with her to her last breath. A terrible privilege.”

