

## **The Domestic Church**

The Catholic Church has a long and strong tradition of what we call the Domestic Church – the Church at home. Now is a time for each of us to revisit how the life of the Domestic Church is faring in our own home and daily lives. The Domestic Church is nourished most of all by daily family prayer, and now in the current circumstances Sunday family prayer especially. A regular daily meal together around the table also helps, as too does steering our conversation at times to good and holy topics.

And we must never forget the example of love in action which Pope Francis reminds us gets a very good start by regularly using three simple phrases: “Please; Thank you; I’m Sorry.”

While you are at home fanning the flames of the Domestic Church, remember that your priests and I continue to celebrate the Holy Mass every day in our parish churches. The Sacrament of the Eucharist does not only encompass the reception of Holy Communion; it also refers to the entire celebration of the Mass. The priests and I offer the Mass every day for you and for the world. In your daily prayer, and particularly on Sunday, I encourage you to unite yourself spiritually to this awesome mystery which continues each day. In the absence of being able to receive Holy Communion I encourage you to make a regular Spiritual Holy Communion, and to nurture the growth of a Eucharistic hunger in your heart and soul.

Please visit the website of the Diocese [www.armidale.catholic.org.au](http://www.armidale.catholic.org.au) where you will find ideas and resources for prayer; a link to join virtually in my Mass each Sunday and links to other Sunday and daily Masses; and links to much more. We hope to continually update the site each week. Some parishes have their own website and social media which I encourage you to visit and engage.

## **A Time of Grace**

Many of us are frightened, worried or anxious as a result of this pandemic. Many of us are understandably saddened at not being able to come to Sunday Mass or pray in our churches. This is natural. But let us remember that we can also react according to God's Grace. By this I mean that God has poured into our hearts the Spiritual Gifts of faith, hope, and love. These are three gifts Saint Paul tells us endure forever (1 Corinthians 13:13). So, in these trying times, let us ask the Lord to increase our faith, strengthen our hope, and deepen our love.

The Mother of God, under her title “Our Lady of the Rosary”, is the patroness of our Diocese. In this time of great need we implore her intercession for God's protection upon us.

May God bless you all.

Most Rev Michael Kennedy  
Bishop of Armidale