

The Tidings

29TH AUGUST 2021



PARISH PRIEST: Fr. Michael Moody

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PARISH SECRETARY: Margaret Cassar

PARISH OFFICE – 10 Unitt St Melton

(if using Google Maps—20-22 Unitt St, Melton)

Office Hours – Tuesday - Friday 9am-3pm

POSTAL ADDRESS – PO BOX 96, Melton, 3337

CHILD SAFETY OFFICER: Liz Coustley

Child Safety Officer Phone— 0490 885 515

Child Safety Officer Email— cso.melton@gmail.com

The Parish Office is not open Weekends or Public Holidays

**PARISH OF MELTON
SERVING THE AREAS OF:**

Melton, Melton West, Aintree, Boonie Brook,
Harkness, Grangefields, Kurunjang, Plumpton,
Rockbank, & Toolern Vale

MASS TIMES

St Catherine of Siena Church

108 Bulmans Road, Melton West

**No Mass during COVID-19
Lockdown**

SACRAMENT OF PENANCE:

Please contact the Parish Office.

St Dominic's Church

**Church Street, Melton
No Mass during COVID-19
Lockdown**



MESSAGE FROM FR MICHAEL—

We are once again in the season where the trees outside St Catherine of Siena Church are bursting with blossoms. I love to see this scene each year, just in time for the Confirmation season!

I thought I would share with you a few things that are happening. Firstly, the Archdiocese is undergoing a major review of its Parish structures. The Archdiocese has asked me to share this information with the people of God in Melton. I will be sharing the details of this new plan in the next few weeks. So please keep an eye out for our discernment session.

Secondly, I have spoken to a number of people about the affect of the lockdowns have had on them. I too have been feeling like I have 'lockdown fatigue'. This week I found an article online that may help with managing lockdown fatigue. It is packed full of great advice and ideas to remotivate and create a routine that nurtures your mental health. Please take the time to read.

Lastly I would like to thank all those that have continued to give to Thanksgiving. As you are probably aware our thanksgiving is down by 25% which is to be expected during this time. One way of continuing to give is through direct debit. If you would like to give to thanksgiving through direct debit, the forms can be found on our website or they can be emailed to you. Once again, thank you for your support. It is very much appreciated.

Please keep safe and join us for online Mass on Sunday at 11am—Fr Michael

RECENTLY DECEASED:

John Vella

ANNIVERSARIES:

28th August – 3rd September

Edith Jausz, Brinelle Lewis, Rita Miranda, Stephen Reed, Willie Corera, Deb Hester, Danny Kennedy, Sylvia Peters, Emmanuel de Battista, Sr Patricia Harken LCM, Joe Dalli, Kathleen Morrissey, William Fitzgerald, John Asta, Mary Attard, Catherine Jacuta, Anne Mencl, Anne O'Sullivan, Bobby Abraham, Laura Spiteri, Joseph Attard, Sr Mary Coburn, Bill Tomlinson, Br Paul Ubinger, Carmen Zerafa, Salvatore Bartolo, Pat Fenlon, Ellen Dickie, Victoria Jacuta, Laurance Micallef, Anthony Knight, Christy Gomez, Frank McKinley, John Spiteri.

The Parish of Melton is committed to the safety, wellbeing and dignity of all children and vulnerable adults



First Aid is located in the Lay-Sacristy. The Defibrillator is located in the foyer of St Catherine of Siena Catholic Primary School.

REMEMBER YOU ARE ABLE TO GIVE ONLINE

<https://melbourne.cdfpay.org.au/details/?id=192>

This portal allows you to make one-off or regular payments to either the **Presbytery** (this is the first collection at Mass which goes towards the running & maintenance of the Presbytery, the priest and Archdiocese of Melbourne) or the **Parish Stewardship** (this is the second collection at Mass when you place your envelopes. This offering goes towards activities within the parish, the parish staff, maintenance and the expenses for the Churches in our Parish).

When giving to the **Parish** we ask that you place your **Envelope Number & Surname in the notes field** [*example - SG123SMITH*]. This assists us to match your contribution to your account. **To give - simply click the quick link on the CDFPay for Parishes logo below!**

CATHOLIC REGIONAL COLLEGE MELTON YEAR 7, 2023

Applications for enrolment in Year 7, 2023 at both the CRC Melton West Melton campus and new Cobblebank campus are now open. Applications can be completed online by following the link on the school website and should be submitted by Friday 20 August 2021. Families who belong to the Parish of Melton are also required to contact the Parish office to make an appointment with Father Michael by Friday 17 September 2021.



Join us for online Mass this Sunday at 11am on the Parish YouTube channel—Melton Parish.

PLEASE NOTE THERE WILL BE NO IN-PERSON MASSES OR BAPTISMS DURING THE 'CIRCUIT-BREAKER LOCKDOWN'.

WE WILL BE LIVESTREAMING MASS ON SUNDAY AT 11AM

THE PARISH OFFICE IS CLOSED

MELTON PARISH

Stay Connected

Facebook | YouTube | Website

www.pol.org.au/melton

Facebook.com/catholicparishmelton

YouTube - Parish Melton

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10 Tips to Manage Lockdown Fatigue



BRENDAN BYRNE

Brendan is a Majellan staff member and a Melbourne based writer

Many people are missing their old way of life and are frustrated with restrictions and the unpredictability of lockdown. It's common to feel tired and unmotivated when your usual schedule is disrupted, so it's important to create a routine that nurtures your mental health. Here are 10 tips to improve your daily life!

1. Breathe deeply and exercise

Tiredness and a lack of motivation are two common feelings during lockdown. Exercise is often the last thing people feel like doing. The following strategies can help motivate you to become more active:

Focus on deep breathing – Shallow breathing can contribute to anxiety and lethargy. Breathing from the diaphragm improves mood, and our physical threshold, creating a solid foundation to build an exercise routine.

Make a plan – Start slowly and build up gradually; if you haven't been exercising, start with a 10-15 minute walk each morning, and gradually increase this to 30 minutes per day.

Exercise with friends – Reaching out to friends is a great way to stay connected and assist another person in improving their physical health.

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2. Get dressed – clean your space tidy your room

There is no getting around the fact that lockdowns are a struggle, and resilience is required to maintain the daily schedule. Cleaning your room and getting dressed unclutters the mind, maintains a sense of dignity in your space and appearance, and supports a routine that can sustain a healthy lifestyle in lockdown.

If these duties begin to feel too tedious, this could be a signal that you are feeling overwhelmed and should perhaps reach out for professional support.

3. Start a new project

Starting a new project can help us to remain positive while in lockdown. While you don't need to take on a major home renovation, start with a simple project. This could be a new puzzle, reading a book, enrolling in an online class, or cooking a few new recipes each week. Share your successes and failures with friends and family.

4. Consume less news

It's important to stay informed, especially when rapidly changing rules can dramatically affect our daily lives. However, prolonged exposure to negative stories can release stress hormones like adrenaline and cortisol. Physical symptoms like fatigue, anxiety, insomnia and depression can result from habitual overconsumption of news. So, how can we effectively manage our news consumption?

The first step is to observe how the news is affecting your mood. This can be done by taking note of your mental state before and after watching a program or reading articles on websites. If you are more agitated, make a few small changes.

Schedule a block of time to watch the news and don't watch other news outside this period.

After watching a news program, exercise! Raising your heart rate through fitness rather than worry is a great way to relieve the symptoms of anxiety and to lift your mood.

If you are feeling overwhelmed even during a scheduled news session, it is preferable to talk to a friend or family member and ask them for a summary of the news.



5. Add structure to video calls

Video calls have been a useful way of staying connected, but most will have experienced a call that has felt 'crowded', especially when there are numerous participants. It is difficult to know when to speak and we often end up talking over one another. It can be disheartening which can add to stress and isolation. Creating a set of questions in which every person is given time to share experiences can help. It might seem unnatural, but it is important to remember that unlike a dinner party, a video chat is not a natural setting, and shouldn't be treated as such. Topics for discussion can be as simple as the best and worst things that happened that day, and whether anyone felt God in their lives. If an individual's low moments seem to outweigh the good, it may be a sign that he/she needs support.

6. Pray and meditate

Researchers have found over a third of Australians are praying more during lockdown. For those who would like to pray more, some ways to enrich your prayer life include:

Reflect on the Readings from a Sunday Missal, your parish website and then use the Sunday Reflections from the [Majellan media website](#) – make it a short liturgy of the word. Make up your own prayers of the Faithful – conclude with the Our Father and maybe other favourite prayers.

Bread4today is a free app produced by the Redemptorists that offers a daily prayer or verse that can be downloaded on Apple, Android and Windows.

7. Travel (in spirit)

While we may not be able to get on a plane and hop around the globe, there is nothing stopping us from travelling (in spirit) within the confines of our own homes. Choose a country that you would like to visit and then dedicate an evening to cooking the cuisine, preparing drinks, and playing music from that country.

8. Create memories

During lockdown it is easy to fall into a dour mindset of endurance and survival. Why not focus on something more meaningful, like growing closer to your loved ones and creating long-term memories that can be cherished?

In 'Man's Search for Meaning', Viktor Frankl had a similar insight as a prisoner in a Nazi concentration camp. His outlook was tragically optimistic – no matter what terrible injustice was done to him. For Frankl, finding small moments of beauty, and being kind and generous to others preserved his sense of meaning and gratitude, even in the most despairing situation.



9. Explore support options

Many people are struggling with no regular income, but financial help is available: If you are stressed and in need of financial assistance, these links may be relevant!

[Services Australia](#): COVID-19 disaster payment

[Services Australia](#): Pandemic leave disaster payment

[Connecting communities](#): Local services that provide grants, accommodation, help with bills and food.

10. Seek professional advice

It's okay to ask for help. If you're feeling overwhelmed by anxiety, seek professional support. Psychological therapies can be done online, or remotely, via phone or videoconferencing. They are an excellent option if you're self-isolating, or worried about attending a clinic in person.

Importantly, be assured that for most people, the anxiety will be temporary, especially once this current virus crisis has been contained.

**The original article can be found here—
https://majellan.media/10-tips-to-manage-lockdown-fatigue/?utm_source=newsletter**

