



Year of Mercy Pilgrimage

St Mary's Cathedral

Date: 10 July 2016 (Sunday)

Time: 2pm - 4pm



Chinese Catholic Pastoral Community



Schedule	Program
2:00pm	Gather at the forecourt of the Cathedral
	Opening Prayer Gather at Crypt and introduction Experience the 6 Mercy Station Sacrament of Reconciliation Closing Prayer
4:00pm	Depart from the Cathedral



Welcome to the Pilgrimage of Mercy

Mercy: a wellspring of joy, serenity, and peace.
Our salvation depends on it.

Mercy: the word reveals the very mystery of the
Most Holy Trinity.

Mercy: the ultimate and supreme act by which
God comes to meet us.

Mercy: the fundamental law that dwells in the heart
of every person who looks sincerely into the eyes
of his brothers and sisters on the path of life.

Mercy: the bridge that connects God and man,
opening our hearts to the hope of being loved
forever despite our sinfulness.

Pope Francis (MV 2)



What is Holy Year?

A Holy Year or Jubilee is a special year proclaimed by the Church for remission of sins and universal pardon. According to Jewish tradition, Jubilees were celebrated every 50 years and in recent centuries the Church has declared them every 25 years to offer the many graces attached to every generation.

Popes can call Extraordinary Jubilees for important reasons or to mark significant milestones, for example the extraordinary Jubilee of the Holy Year of Redemption, called by Pope John Paul II in 1983 to mark 1,950 years since the death and resurrection of Christ.

“I have decided to announce an extraordinary Jubilee which has at its centre the mercy of God. It will be a Holy Year of Mercy. We want to live in the light of the word of the Lord: “Be merciful, even as your Father is merciful” (cf Lk 6:36).” Pope Francis



The Jubilee of Mercy

Pope Francis has declared an extraordinary Jubilee of Mercy beginning on 8 December 2015, the Solemnity of the Immaculate Conception and ending 20 November 2016, the Solemnity of Christ the King.

“The Jubilee of Mercy is a special time for the Church, at time when the witness of believers might grow stronger and more effective.” Pope Francis (MV 3)

“I am confident that the whole Church, which is in such need of Mercy for we are sinners, will be able to find in this Jubilee the joy of rediscovery and rendering fruitful God’s mercy, with which we are all called to give comfort to every man and every woman of our time.” Pope Francis, Homily, Vatican Basilica 13 March 2015.

A Jubilee or Holy Year is a year of forgiveness of sins, reconciliation, conversion and a renewed fervour of the faith, pointing ultimately to Christ who brings life and grace to humanity. In this extraordinary Year of Mercy, Pope Francis wishes to bring God’s gift of Mercy to the world in a new and dynamic way.



The Door of Mercy

On 8 December 2015 the Holy Door at St Peter's Basilica in Rome was opened, followed by other Doors of Mercy at designated Catholic Churches around the world, such as St Mary's Cathedral.

“The Holy Door will become a Door of Mercy through which anyone who enters will experience the love of God who consoles, pardons, and instils hope.” Pope Francis (MV 14)

“No one can be excluded from the mercy of God; everyone knows the way to access it and the Church is the house where everyone is welcomed and no one is rejected. Her doors remain wide open, so that those who are touched by grace may find the assurance of forgiveness. The greater the sin, the greater the love that must be shown by the church to those who repent. With how much love Jesus looks at us!” Pope Francis, Homily, Vatican Basilica 13 March 2015.



A plenary Indulgence

From the Catechism of the Catholic Church: "An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian

who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints." (CCC 1417)

In other words, sins have an impact or effect on us which tends to linger, even when the sins have been completely forgiven by God. Part of that effect is what we call the "temporal punishment due to sins" – but God's great Mercy makes it possible, through His Church, for the holiness of Christ and the Saints to even cancel out that "temporal punishment".

The Jubilee Indulgence is a plenary indulgence, which removes all of the temporal punishment due to sin.



A plenary Indulgence

How to receive the Jubilee Indulgence

1. Make a pilgrimage through the Door of Mercy in St Mary's Cathedral and:
2. Link your walking through this Holy Door with:
 - a. The Sacrament of Reconciliation (received within several days before or after the pilgrimage).
 - b. Celebration of the Holy Eucharist – attend Holy Mass and receive Our Lord in the Eucharist.
 - c. Reflect on God's Mercy, and:
3. Make a Profession of Faith (Creed) and Pray for Pope Francis and his intentions.



About the Pilgrimage of Mercy in the Cathedral

On your pilgrimage here in the Cathedral, you may journey to six different Mercy stations where you are rest, reflect and pray.

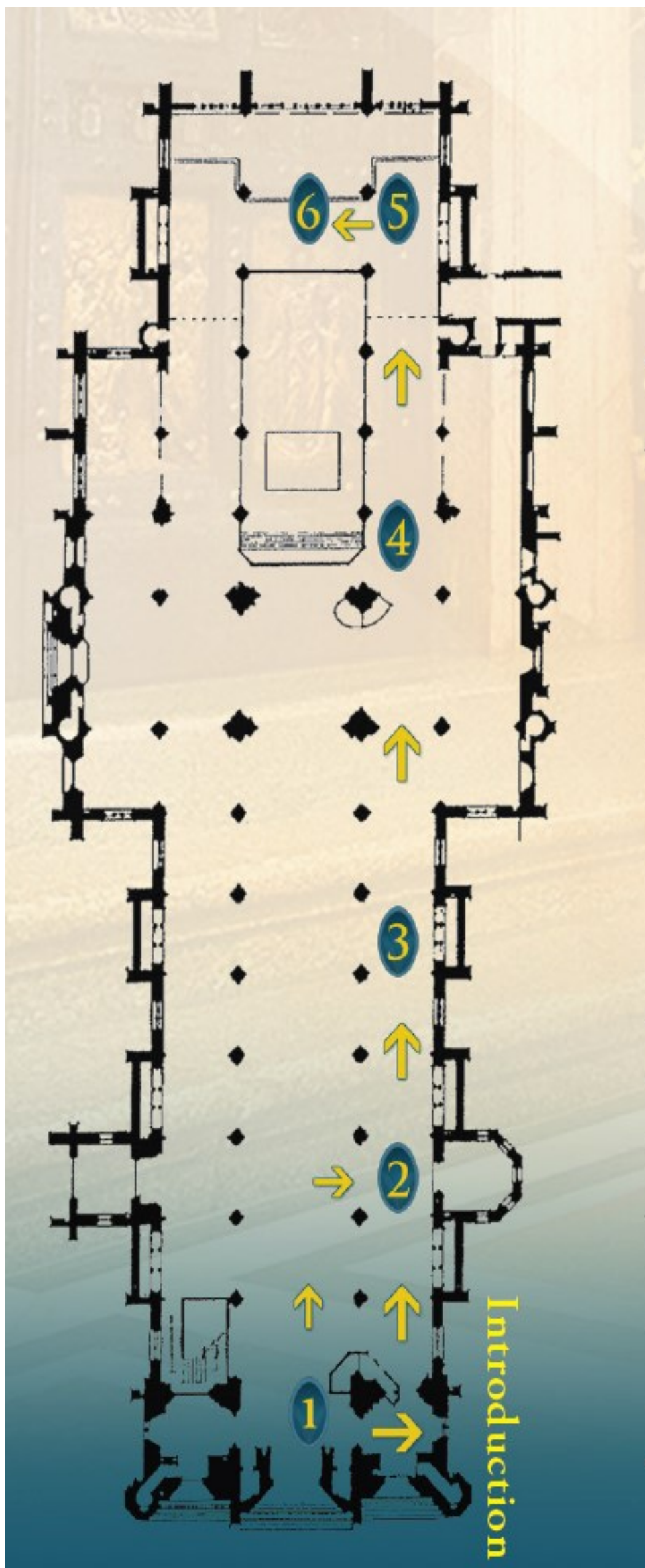
As you do so, in the depths of your heart you will hear the voice of the Father speak to you. Receive this time, it is His gift to you.

“The practice of pilgrimage has a special place in the Holy Year, because it represents the journey each of us makes in this life”.

Pope Francis (MV 14) Homily, Vatican Basilica 13 March 2015.

“My fervent Prayer is for all Sydney’s Catholics to experience the loving mercy of God through the graces and initiatives of this Jubilee Year.”

The Most Rev. Anthony Fisher OP; Archbishop of Sydney



The Way of Mercy

1. Inside the Door of Mercy
2. The Baptistry
3. The Confessionals
4. The Blessed Sacrament of the Eucharist
5. The Altar of Saint Peter
6. Our Lady's Chapel

Station 1 – Inside the Door of Mercy

“I am the door; if any one enters by me, he will be saved and will go in and out and find pasture.”

(John 10:9)

Key Points

St Mary's Cathedral is the “Mother Church” of the Catholic religion in Sydney.

The Cathedral is a special place for Catholic people to gather for prayer and worship.

The worship “in spirit and truth” (John 4:24) of the New Covenant is not tied exclusively to any place because Christ is the true temple of God. Through him Christians and the whole Church become temples of the living God by the action of the Holy Spirit. Nonetheless, the people of God in their earthly condition need places in which the community can gather to celebrate the liturgy. (CCCC 244)

A sacred building such as this Cathedral is a house of God, symbolic of the Church that worships together here as well as in the heavenly Jerusalem. Above all they are places of prayer in which the Church celebrated the Eucharist and worships Christ who is truly present in the tabernacle.

Station 1 – Inside the Door of Mercy

From Pope Francis

“The practice of *pilgrimage* has a special place in the Holy Year because it represents the journey each of us makes in this life.

Life itself is a pilgrimage, and the human being is a pilgrim travelling along the road, making his way to the desired destination. Similarly, to reach the Holy Door in Rome or in any other place in the world, everyone, each according to his or her ability, will have to make a pilgrimage. This is a sign that mercy is also a goal to reach that requires dedication and sacrifice.

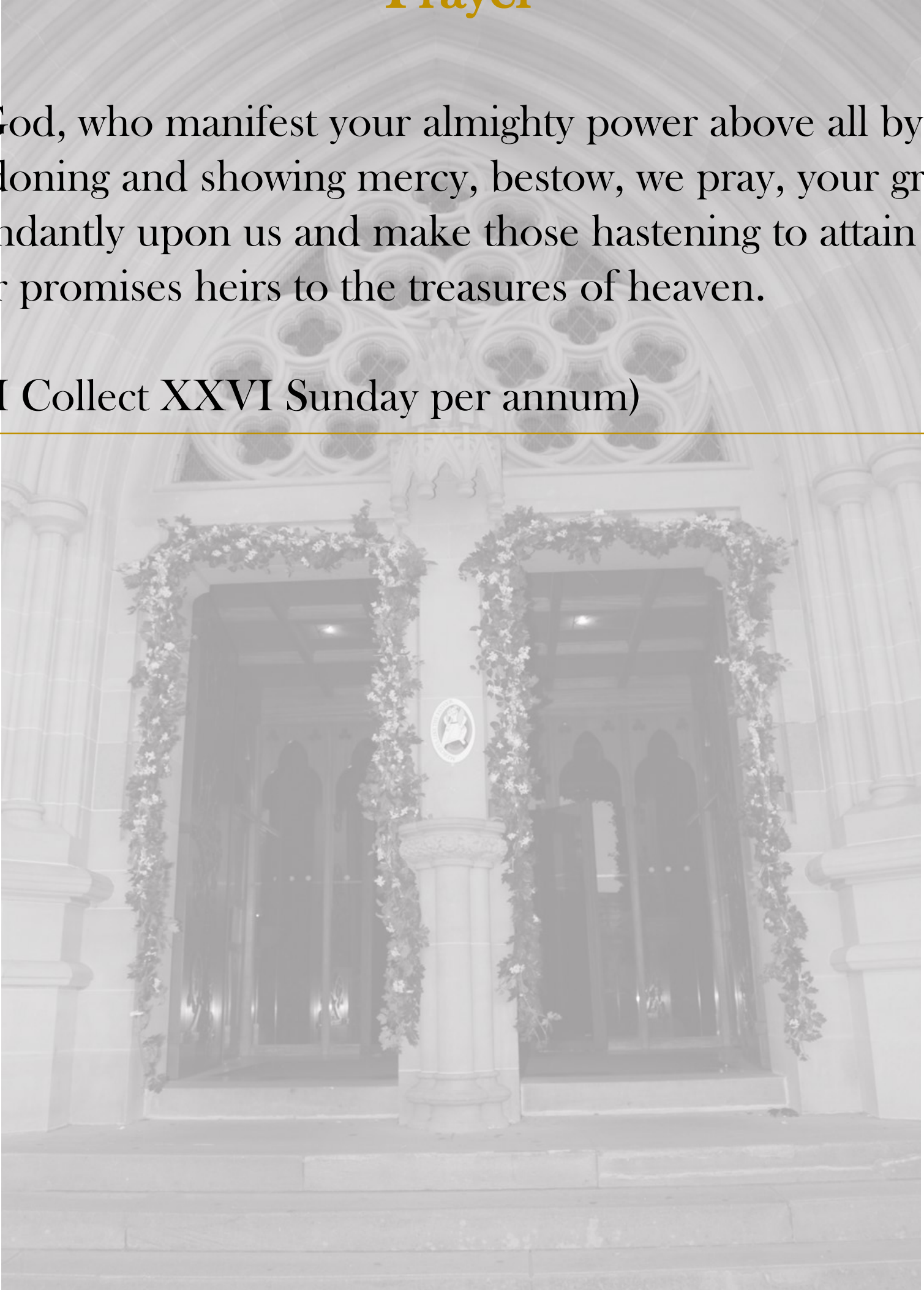
May pilgrimage be an impetus to conversion: by crossing the threshold of the Holy Door, we will find the strength to embrace God’s mercy and dedicate ourselves to being merciful with others as the Father has been with us” Pope Francis (MV 14)

Station 1 – Inside the Door of Mercy

Prayer

O God, who manifest your almighty power above all by pardoning and showing mercy, bestow, we pray, your grace abundantly upon us and make those hastening to attain your promises heirs to the treasures of heaven.

(RM Collect XXVI Sunday per annum)



Station 1 – Inside the Door of Mercy

My Response

This door is a very special door that is open to everyone. When you walk through this door, God and the Church embraces you with a welcome hug. You can come here for healing, forgiveness and peace.

When was the last time you welcomed someone at the door of your house? How did you make them feel welcome?

Think of the time when you were made welcome at someone's door. How did you feel?

In this restful and silent place, take your time to visit each pilgrim station and let God show you his love and mercy.

Station 2 – The Baptistry

“It was for no reason except his own compassion that he saved us, by means of the cleansing water of rebirth and by renewing us with the Holy Spirit which he has so generously poured over us through Jesus Christ our saviour.” (*Titus 3:5-6*)

Key Points

At the beginning of his public life Jesus had himself baptised by John the Baptist in the Jordan. (CCCC 254)

On the cross, blood and water, signs of Baptism and the Eucharist, flowed from his pierced side. (CCCC254)

After his Resurrection he gave to his apostles this mission: “Go forth and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28: 19). (CCCC254)

Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit, and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission. (CCC 1213)

Station 2 – The Baptistry

From Pope Francis

“This Christian identity, as the baptismal embrace which the Father gave when we were little ones, makes us desire, as prodigal children... yet another embrace, that of the merciful Father who awaits us in glory.”

(Evangelium Gaudium 144)

Prayer

O God, who have united the many nations in confessing your name, grant that those reborn in the font of Baptism may be one in the faith of their hearts and the homage of their deeds.

(RM Collect Thursday within the Octave of Easter)

Station 2 – The Baptistry

My Response

At this Baptistry the priest baptises people by pouring water over their head and saying “I baptise you in the name of the Father, the Son and the Holy Spirit.”

Imagine your face is dirty and hot on a sticky summer's day. Now imagine the feeling of fresh, cool water on your face as you wash it.

Through the water of our Baptism God renews us and we become a child of God; a member of God's family. We are given the gift of the Holy Spirit so that we can become more like Jesus during our life.

Why don't you stop for a moment and say thank you to God for this special gift?

Station 3 – The Confessionals

“The disciples were filled with joy when they saw the Lord, and he said to them again, “Peace be with you. As the Father sent me, so am I sending you.” After saying this he breathed on them and said: “Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.” (*John 20:21-23*)

Key Points

This is the place where the Sacrament of Reconciliation, also called “Penance” or “Confession” is conducted.

Since the new life of grace received in Baptism does not abolish the weakness of human nature nor the inclination to sin, Christ instituted this sacrament for the conversion of the baptized who have been separated from him by sin. (CCCC297)

The acceptance of God’s mercy requires from us that we admit our faults and repent of our sins. God himself by his Word and his Spirits lays bare our sins and gives us the truth of conscience and the hope of forgiveness. (CCCC391)

The essential elements of the sacrament of Penance are two: the avts of the penitent who comes to repentance through the action of the Holy Spirit, and the absolution of the priest who in the name of Christ grants forgiveness and determines the ways of making satisfaction. (CCCC302)

Station 3 – The Confessionals

From Pope Francis

The Sacrament of Reconciliation “will enable people to touch the grandeur of God’s mercy with their own hand. For every penitent, it will be a source of true interior peace.

Pope Francis (MV 17)

Prayer

Graciously hear the prayers of those who call upon you, we ask, O Lord, and forgive the sins of those who confess to you, granting us in our kindness both pardon and peace.

(RM Collect, Mass for the Forgiveness of Sins)

Station 3 – The Confessionals

My Response

This is the place where people come when they have done something they know is wrong. They have committed a sin. They feel sorry and want to tell God and ask Him for forgiveness.

When was the last time that you said ‘sorry’ and really meant it? Why did you feel so sorry?

How do you feel when you are forgiven even though you do not think that you deserve it?

That is experience of mercy. God is always wanting to welcome us and forgive us. He wants us to ask for mercy, so that he can give it generously to us.

Let’s stop and ask God for more mercy in ourselves and our world.

Station 4 – The Blessed Sacrament of the Eucharist

I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world. (*John 6:51*)

Key Points

Here is where the Eucharist is celebrated and the Blessed Sacrament is kept in the tabernacle so that Communion can be taken to the sick and we may visit and adore Christ who is truly present.

The Eucharist is the very sacrifice of the Body and Blood of the Lord Jesus which he instituted to perpetuate the sacrifice of the cross throughout the ages until his return in glory. ... It is the sign of unity, a bond of charity, a paschal banquet, in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us. (CCCC 271)

After he had gathered with his apostles in the Upper Room, Jesus took bread in his hands. He broke it and gave it to them saying, “Take this and eat it, all of you; this is my Body which will be given up for you”. Then, he took the cup of wine in his hands and said, “Take this and drink of this, all of you. This is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in memory of me” (cf CCCC 273)

From Pope Francis

“While he was instituting the Eucharist as an everlasting memorial of himself and his paschal sacrifice, he symbolically placed this supreme act of revelation in the light of his mercy. Within the very same context of mercy, Jesus entered upon his passion and death, conscious of the great mystery of love that he would consummate on the Cross.”

Pope Francis (MV 7)

Prayer

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption.

My Response

At the Last Supper, just before he died, Jesus blessed (consecrated) bread and wine so that they became his body and blood. Jesus knew that we needed his help to follow him. In his mercy he gave us this food to help us grow closer to him. It gives us strength to bring love and hope to all we meet.

What is your favourite healthy food and drink? Why is it important for our bodies to have healthy food and drink?

The Eucharist is healthy food for our heart, mind and soul. I wonder what might happen if we didn't give our heart, mind and soul healthy food?

What is your heart, mind and soul hungry for? Tell God what you need.

Station 5 - The Altar of Saint Peter

“So I now say to you: you are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be bound in heaven; whatever you loose on earth shall be loosed in heaven.”

(Matthew 16:18-20)

Key Points

This chapel honours the Apostle Peter, chosen by Christ to lead and strengthen the faith of the church. The Pope is the successor of St Peter and carries on Peter's ministry.

Pope Francis has established this Year of Mercy. The Pope has decreed the granting of a special Indulgence for the Year of Mercy. Indulgences are the remission before God of the temporal punishment due to sins whose guilt has already been forgiven.

Station 5 - The Altar of Saint Peter

From Pope Francis

“In the Sacrament of Reconciliation, God forgives our sins, which he truly blots out; and yet sin leaves a negative effect on the way we think and act. But the mercy of God is stronger even than this.

It becomes indulgence on the part of the Father who, through the Bride of Christ, his Church, reaches the pardoned sinner and frees him from every residue left by the consequences of sin, enabling him to act with charity, to grow in love rather than to fall back into sin.”

Pope Francis (MV 22)

To experience and obtain a Jubilee Indulgence:

- 1. Make a pilgrimage through the Holy Door in St Mary Cathedral*
- 2. Go to the Sacrament of Reconciliation (within several days before or after the Pilgrimage), attend Holy Mass and receive the Eucharist, and reflect on God's mercy.*
- 3. Make a Profession of Faith (Creed) and pray for Pope Francis and his intentions.*

Station 5 - The Altar of Saint Peter

Prayer

O God, who in your providential design willed that your Church be built upon blessed Peter, whom you set over the other Apostles, look with favour, we pray, on Francis our Pope and grant that he, whom you have made Peter's successor, may be for your people a visible source and foundation of unity in faith and of communion.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



Station 5 - The Altar of Saint Peter

My Response

On the altar you can see Jesus giving St Peter the keys of the kingdom. This is when Jesus made St Peter the first pope; the spiritual leader of the entire Church.

Did you know that Jesus called St Peter “the rock”? When St Peter died someone else was made pope. There have been many popes since then. Can you think of another pope’s name?

Pope Francis is our pope now. Catholics sometimes call the pope “Holy Father”. What are the most important things a father does for his children?

How is Pope Francis a father to us?

Pope Francis must need a lot of help from God to do his job, would you say a prayer for Pope Francis?

Station 6 - Our Lady's Chapel

“Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his mercy reaches from age to age for those who fear him.” *(Luke 1:48-50)*

Key Points

This Chapel honours the Blessed Virgin Mary.

The Virgin Mary conceived the eternal Son in her womb by the power of the Holy Spirit without the cooperation of a man. The angel told her at the Annunciation that “the Holy Spirit will come upon you” (Luke 1:35)

Mary is truly the Mother of God because she is the Mother of Jesus (John 2:1, John 19:25). The One who was conceived by the power of the Holy Spirit and became truly her son is actually the eternal Son of God the Father. He is God himself.

Mary had only one Son, Jesus, but in him her spiritual motherhood extends to all whom he came to save. Obediently standing at the side of the new Adam, Jesus Christ, the Virgin is the new Eve, the true mother of all the living, who with a mother's love cooperates in their birth and their formation in the order of grace. Virgin and Mother, Mary is the figure of the Church, its most perfect realization.

Station 6 - Our Lady's Chapel

From Pope Francis

“Chosen to be the Mother of the Son of God, Mary, from the outset, was prepared by the love of God to be the Ark of the Covenant between God and man. She treasured divine mercy in her heart in perfect harmony with her Son Jesus. Her hymn of praise, sung at the threshold of the home of Elizabeth, was dedicated to the mercy of God which extends from “generation to generation” (Lk 1:50). We too were included in those prophetic words of the Virgin Mary. This will be a source of comfort and strength to us as we cross the threshold of the Holy Year to experience the fruits of divine mercy.

Mary attest that the mercy of the Son of God knows no bounds and extends to everyone, without exception. Let us address her in the words of the Salve Regina, a prayer ever ancient and ever new, so that she may never tire of tuning her merciful eyes upon us, and make us worthy to contemplate the face of mercy, her son Jesus.”

Pope Francis (MV 24)

Station 6 - Our Lady's Chapel

Prayer

The Salve Regina

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness and our hope!

To thee do we cry, poor banished children of Eve.

To thee do we send up our sighs, mourning and weeping in this valley of tears!

Turn, then most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus.

O Clement, O loving,
O sweet Virgin Mary.



Station 6 - Our Lady's Chapel

My Response

Before Jesus was born, the angel Gabriel told Mary that God had chosen her for a special job. He wanted her to be the mother of Jesus. Mary said "Yes".

On the altar you can see some of the adventures that Mary had. You can see when Mary, Joseph and Jesus were refugees in Egypt and when Mary and Joseph found Jesus in the temple after he had been missing for three days. Mary always trusted in God and loved Jesus.

Before Jesus died he gave Mary a new job. He asked her to be everyone's spiritual mother.

What are some of the important things that mothers do for their children? What would you like to ask Mary to help you with?



Prayer for the Year of Mercy

by Pope Francis

Lord Jesus Christ, you have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved. Your loving gaze freed Zacchaeus and Matthew from being enslaved by money; the adulteress and Magdalene from seeking happiness only in created things; made Peter weep after his betrayal, and assured Paradise to the repentant thief. Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman: "If you knew the gift of God!"

You are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy: let the Church be your visible face in the world, its Lord risen and glorified. You willed that your ministers would also be clothed in weakness in order that they may feel compassion for those in ignorance and error: let everyone who approaches them feel sought after, loved, and forgiven by God.



Prayer for the Year of Mercy

by Pope Francis

Send your Spirit and consecrate every one of us with its anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this through the intercession of Mary, Mother of Mercy, you who live and reign with the Father and the Holy Spirit for ever and ever. Amen.