The Cathedral Coronavirus Chronicle

St Mary's Cathedral, Sydney — 23 July 2021 — Eighteenth edition

"for the mind, body and soul!"

ear Cathedral
Parishioners and friends all,

To everyone's disappointment the Covid outbreak in Sydney continues to grow and the lockdown restrictions are really beginning to bruise.

To remain relatively calm and healthy during the likely several weeks of restricted movement some routines will be healthy.

One of these is daily exercise, and I am very fortunate that my exercisewithin saunter 10 kilometers of Cathedral House takes me into the most beautiful parts of the beautiful most city Australia.

Another important routine is prayer. With that in mind, to help you on your daily

journey though the lockdown. we will be livestreaming **Evening** Prayer from the cathedral at 5pm every day. Insofar as possible this will be sung with the assistance members of our cathedral choir as permitted by the public health orders. I'm grateful to our Director of Music, Thomas Wilson, for

making this possible.

I'm putting up a few short videos talking about the Prayer of the Church, Vespers, and our personal prayer life, on the cathedral Facebook page over the next few days, which you might find helpful in working out how Vespers might fit in to your spiritual journey, and your Covid lockdown days.

Daily Mass will of course continue to be livestreamed as well. Please continue to keep an eye out for your neighbours' wellbeing, especially those who might be alone. Little things can really help the days to pass more happily.

God bless.

Fr Don Richardson, **Dean,**

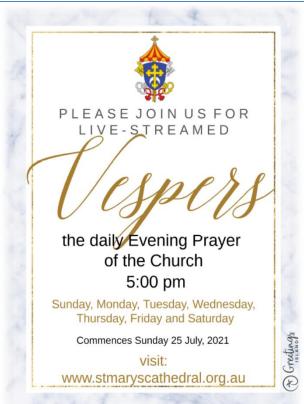
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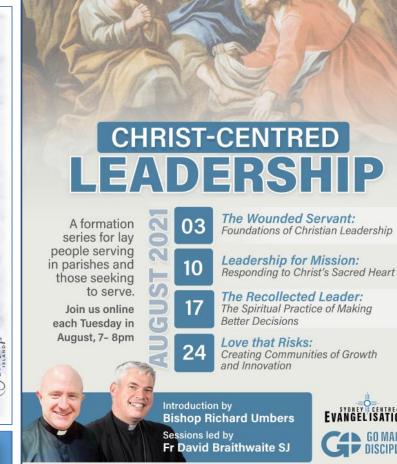
St Mary's Cathedral Parish, Sydney. Administrator St Philip Howard Parish, Norfolk Island, South Pacific. Administrator of Sacred Heart Parish, Darlinghurst.

Liturgy Office Director, Archdiocese of Sydney.



Chronicle Potices





Registrations essential: www.gomakedisciples.org.au/cas-events/ For more information contact Tania Rimac at tania.rimac@sydneycatholic.org or on 0416 436 245





Are you struggling in this time of crisis?

You are not alone.

CCareline 13 18 19 is a free and confidential helpline that can connect you with a local volunteer from your community.

