

MCCV SOCIAL SUPPORT NEWSLETTER

The MCCV are working hard to maintain contact with you all and develop some wonderful activities which will keep you busy and connect you with your friends.

This edition contains some very important information about our path out of lockdown. It provides us with some hope for the future and gives us something to look forward to. Our staff will be visiting you all again soon so please let them know if you would like a home visit when they make their regular calls to you.

We also have some lovely words from Fr Lonnie Borg MSSP and a beautiful poem from a member of the Maltese Literature Group.

A big thank you to all who sent photographs and artwork back. You will see them displayed in this issue. Another activity pack is on its way to you.

I would like to pay a special tribute to Frank Abela. He has been kind enough to take photographs for the MCCV for a number of years. Most of the photographs you see in our newsletters are from Frank. Through the contribution of his time and efforts, almost every outing, celebration and activity has been recorded through photos. So, thank you so much for your kind efforts and going above and beyond in so many ways.



From 11.59pm 13 September 2020, some restrictions will be eased across Victoria, subject to 'trigger points' being met and public health advice.

Metropolitan Melbourne has a specific reopening roadmap, relating to how many active coronavirus (COVID-19) cases are in the community and public health advice.

What does this mean for me?

. There remain only four reasons to leave your home:

- shopping for food or other essential items
- outdoor exercise and recreation
- permitted work and
- caregiving, compassionate reasons or to seek medical treatment

There are limitations on these activities, including travel and time limits. From 11:59pm on Sunday 13 September some changes are being made to restrictions for those in metropolitan Melbourne.

Social

- Two people or a household can meet outdoors for a maximum of two hours for social interaction, exercise or recreation within 5km of their home.
- People living alone or single parents can nominate one person with whom they can form a 'single social bubble'. The 'single social bubble' allows you to visit each other for social connection. Single parents with dependents (including young children) who cannot be left alone will be allowed to include the dependents in the bubble. If you live in metropolitan Melbourne you can only form a bubble with someone in metropolitan Melbourne, not regional Victoria.
- If the person you nominate to be in your bubble lives with other people, you can only visit if they are at home alone. Alternatively, they can visit you at home.
- Professional respite care for people with complex needs is allowed.

HOW DOES A SOCIAL BUBBLE WORK?

If you live on your own, your bubble friend or family member can visit you at your place.

If you live alone but choose someone for your bubble who lives with other people (for example, in a share house), you're able to visit them as long as no other adult is at home.

If you live alone but you have a partner, you're not eligible for your own bubble – but a single friend living alone might ask you to be their bubble buddy.

The same two people must remain in the bubble – you can't switch and change.

WHAT IS A SOCIAL BUBBLE?

A single person, living alone or alone with dependants, can create a social 'bubble' with one other person.

The model is similar to the existing intimate partner arrangements, and will start from 11.59pm on 13 September.



Mill-11.59pm tat 13 ta 'Settembru 2020, xi restrizzjonijiet fil-Victoria ser jimbidlu wara li jintlahqu xi miri mahsuba u parir mill-Awtoritajiet tas -sahha .
Ghal Melbourne Metropolitana hemm pjan marbut ma kemm ikun hemm kazi attivi ta Coronavirus (Covid-19) fil-Komunita u x'pariri jghatu 1-Awtoritajiet tas-sahha . publika.

Dan xi jfisser ghalija?

- Hemm erba 'ragunijiet hiss biex tista tohrog minn darek:
- Ghal xiri ta 1-ikel jew oggetti essenzjali ohra
- Biex tghamel ezercizzju barra jew bhala rikreazzjoni
- ghal xoghol permess
- kura, jew biex tfittex trattament mediku u ragunijiet specifici.

Hemm limitazzjonijiet fuq dawn 1-attività jiet, inkluzi fuq 1-ivvjaggaru fuq il-hin.

Minn nhar il-Hadd 13 ta 'Settembru ,mill-11.59 pm qed isiru xi tibdiliet fir-restrizzjonijiet ghal dawk li jghixu gewwa Melbourne Met ropo litana .

Sotjali

- *iewg* persuni jew familja li jghixu f dar wahda jistghu jiltaqghu socjalment barra fil- berah ghal massimu ta 'saghtejn kemm ghal ezercizzju jew rikreazzjoni fmhux izjed minn 5 kilometri boghod mid-dar
- Nies li jghixu wahedhom jew genituri wahedhom jistghu jinnominaw persuna wahda li maghha jistghu jiffurmaw "Hbiberija Socja li" biex izuru lil xulxin socjalment.
- Din il-"Hbiberija Socjali" jippermettilek izzur lil xulxin ghal visti socjali. Genituri wahedhom b'dipendenti (inkluzi tfal zghar) li ma jistghux jithallew wahe dhom jistghu jink ludu d-dipendenti fil-"Hbiberija Socjali". Jekk tgnix fMelbourne metropolitana tista 'tiffurma "Hbiberija Socjali" biss ma' xi hadd f Melbourne metropolitana, mhux Victoria regionali.
- Jekk il-pers una li tinnomina biex tkun fill" Hbiberija Socjali" tieghek tghix ma nies ohra, tista' zzur biss jekk tkun id-dar wahedha. Inkella, tista izuruk id-dar tieghek biss.
- Kura professjonali ghal persuni bi bzonnijiet kumplessi hija permessa .



THE NATIVITY OF THE BLESSED VIRGIN MARY

September 8th

The Catholic Church celebrates today the birth of the Blessed Virgin Mary on its traditional fixed date of September 8, nine months after the

December 8 celebration of her Immaculate Conception as the child of Saints Joachim and Anne. This feast is very popular in Malta and Gozo. It is known as il-Festa tal-Bambina. It's is celebrated in Senglea, Naxxar, Mellieha and Xaghra Gozo. We also celebrate it in Melbourne and in NSW.

The circumstances of the Virgin Mary's infancy and early life are not directly recorded in the Bible, but other documents and traditions describing the circumstances of her birth are cited by some of the earliest Christian writers from the first centuries of the Church.

These accounts, although not considered authoritative in the same manner as the Bible, outline some of the Church's traditional beliefs about the birth of Mary.

The "Protoevangelium of James," which was probably put into its final written form in the early second century, describes Mary's father Joachim as a wealthy member of one of the Twelve Tribes of Israel. Joachim was deeply grieved, along with his wife Anne, by their childlessness. "He called to mind Abraham," the early Christian writing says, "that in the last day God gave him a son Isaac."

Joachim and Anne began to devote themselves extensively and rigorously to prayer and fasting, initially wondering whether their inability to conceive a child might signify God's displeasure with them.

As it turned out, however, the couple were to be blessed even more abundantly than Abraham and Sarah, as an angel revealed to Anne when he appeared to her and prophesied that all generations would honour their future child: "The Lord has heard your prayer, and you shall conceive, and shall bring forth, and your seed shall be spoken of in all the world."

After Mary's birth, according to the writings of James, Anne "made a sanctuary" in the infant girl's room, and "allowed nothing common or unclean" on account of the special holiness of the child. The same writing records that when she was one year old, her father "made a great feast, and invited the priests, and the scribes, and the elders, and all the people of Israel."

"And Joachim brought the child to the priests," the account continues, "and they blessed her, saying: 'O God of our fathers, bless this child, and give her an everlasting name to be named in all generations' . . . And he brought her to the chief priests, and they blessed her, saying: 'O God most high, look upon this child, and bless her with the utmost blessing, which shall be for ever.'"

The Apostle James goes on to describe how Mary's parents, along with the temple priests, subsequently decided that she would be offered to God as a consecrated Virgin for the rest of her life, and enter a chaste marriage with the carpenter Joseph.

Saint Augustine described the birth of the Blessed Virgin Mary as an event of cosmic and historic significance, and an appropriate prelude to the birth of Jesus Christ. "She is the flower of the field from whom bloomed the precious lily of the valley," he said.

The fourth-century bishop, whose theology profoundly shaped the Western Church's understanding of sin and human nature, affirmed that "through her birth, the nature inherited from our first parents is changed."

Wish you all Happy Feast. Viva Marija Bambina.



Fr. Lonnie MSSP

**HAPPY
BIRTHDAY**

**1
September**

**Connie
Galea**

**6
September**

**Carmelo
Briffa**

**21
September**
Mark Gatt

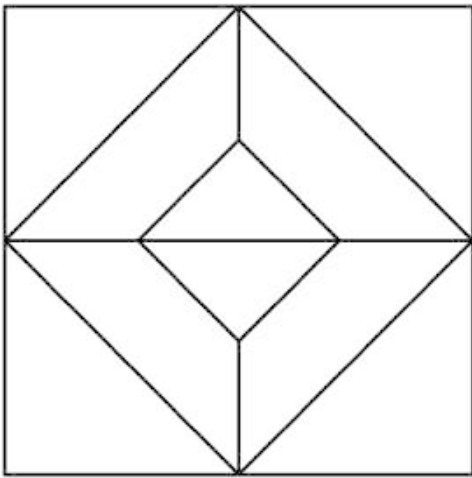
**2
September**

**Bill
Bajada**

September

WE ARE IN THIS TOGETHER COMMUNITY QUILT

1. PLEASE DECORATE YOUR SCRAPBOOKING SHEET BY COLOURING IT IN, ADDING STICKERS OR STICKING COLOURED PAPER ON IT.
2. ONCE YOU HAVE COMPLETED IT, POST IT BACK IN THE ENVELOPE PROVIDED
3. LOOK OUT FOR OUR COMMUNITY QUILT IN THE NEXT NEWSLETTER.



WE WILL ATTACH ALL OF THESE TOGETHER AND ONCE WE ARE BACK AT THE CENTRE, WE CAN ALL ENJOY THE PAPER QUILT WE MADE TOGETHER.



DON'T FORGET TO ASK SOMEONE TAKE A PHOTO OF YOU HOLDING UP YOUR BEAUTIFUL ARTWORK AND WE WILL PUBLISH IT IN THE NEXT EDITION OF OUR NEWSLETTER.

TEXT YOUR PHOTOS TO 0408 134 133
OR EMAIL TO maree.rizzo@mccv.org.au

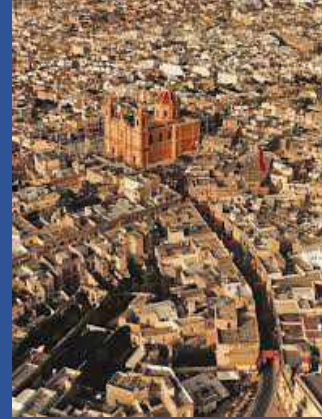
FIVE MINUTES WITH: Tony & Doris Carabot

Towns you have Lived in

Zejtun

Footscray

Maidstone



Occupations

Bus conductor in Malta

Labourer in a sheepskin factory

Meat factory

Hobbies

Going to the movies

Achievements

Moving to Australia

Having children

Favourite TV Shows

Cowboy movies

Favourite Foods?

Baked Rice Ros il Forn

Seafood



What would you do if you won Tattsлото?

Return to Malta

What is your advice for the youth of today?

Young couples starting out in marriage, always try and resolve problems between each before seeking help from others

What is your favourite meal to cook

What is your favourite meal to cook?

Doris loves to cook Stuffed eggplant and Tony says he loves to eat it

I went to a restaurant
on the Moon.
The food was good, but
there was no atmosphere

**Just
OKING!** 😊

A man made a belt out
of wrist watches.
It was a "waist of time".

Where does a King keep
his Armies?
Inside his Sleevies.



By Neil Illsley

What do you call a broken
Can Opener?
A Can't Opener.

How do you make Holy
Water?
You Boil the Hell out of it.

I lost my job at the
bank on my first day.
A woman asked me to
"check her balance".
So I pushed her over.



SETTEMBRU

Wiehed mill-isbah xhur tas-sena

Kemm go Malta u fl-Awstralja

Hu ix-xhar ta'Settembru,

F'Malta is-shana tibda tbatti

Bl-ewwel xita l-qiegħa is-saqqi

Jibdew ukoll il-maltembati

Bir-ragħad, beraq u s-sajjett il

ix-xita bl-ilma timla l-bjar

Juri sninu dan ix-xhar

Imma l-bidwi jagħtih ħajr

F'Settembru wkoll niftakru

F'Rebħa Kbira fuq il-Għadu

Niccelebraw Jum Il-Vitorja

'L-BAMBINA nagħtu gloriġja

Nafu l-Inti dħalt għalina

Anki hawn f'din l-art mbeġħda

Mill- gzejjer zġar tagħna l-Maltin

Ningħaqdu magħhom fit-tifkira,

Nroddu ħajr tar-Rebħa Kbira

U tall-Convoy li waslilna.

Cellebrazzjoni ta; kull sena

IL-knisja ta' ST Mary mmorru

LiLL Bambina nagħtu qima

Festa nagħmlu hemm bil-kbir

Dan f'Settembru kollu jsir



Marie-Louise Anastasi

P.M.L. 2018.



WORD SEARCH

Kapitlu 8

Ġ W A O G O E K J I U K M B W X N
N G E R P Ġ W N Ħ T I T W I L A Q
Ġ Ġ I Ġ Q L M L Ġ O A Ġ T Ġ N O T
W I P P J A N A T A I I M P J I B
T Ħ M G Ġ G R L K A M P I J I E T
O M T Ħ L T J J T A R R A X W Q Ġ
X E Ġ O E Ġ I D U N Q A D Ħ Ġ U I
T M I U W U D N R G T P O J T K M
Ġ O M Ħ T M D B N Ħ E B X B T P G
J R A N R A E Ħ A Q W R Ġ B I B Ħ
K J G Ġ A M J P J Ġ M I T O E B A
N A Ħ L B D Q N J K I L W L W W B
L P T L P E U T U N N L N D M Ħ Ħ
D Ġ E R U L W Q M G Ġ A T U B I T
B R J G D A R U D G X N Q Q X I G
E R N B T U A K K Ġ J T E T P G U
L J Ġ T I W O W P O Ġ I G L J X P

brillanti dar ippjanata jiddejqu jtarrax kampijiet memorja
tewmin titwila trab ġimagħtejn ġimġha

FIND THE HIDDEN OBJECTS

Can you find all 10?













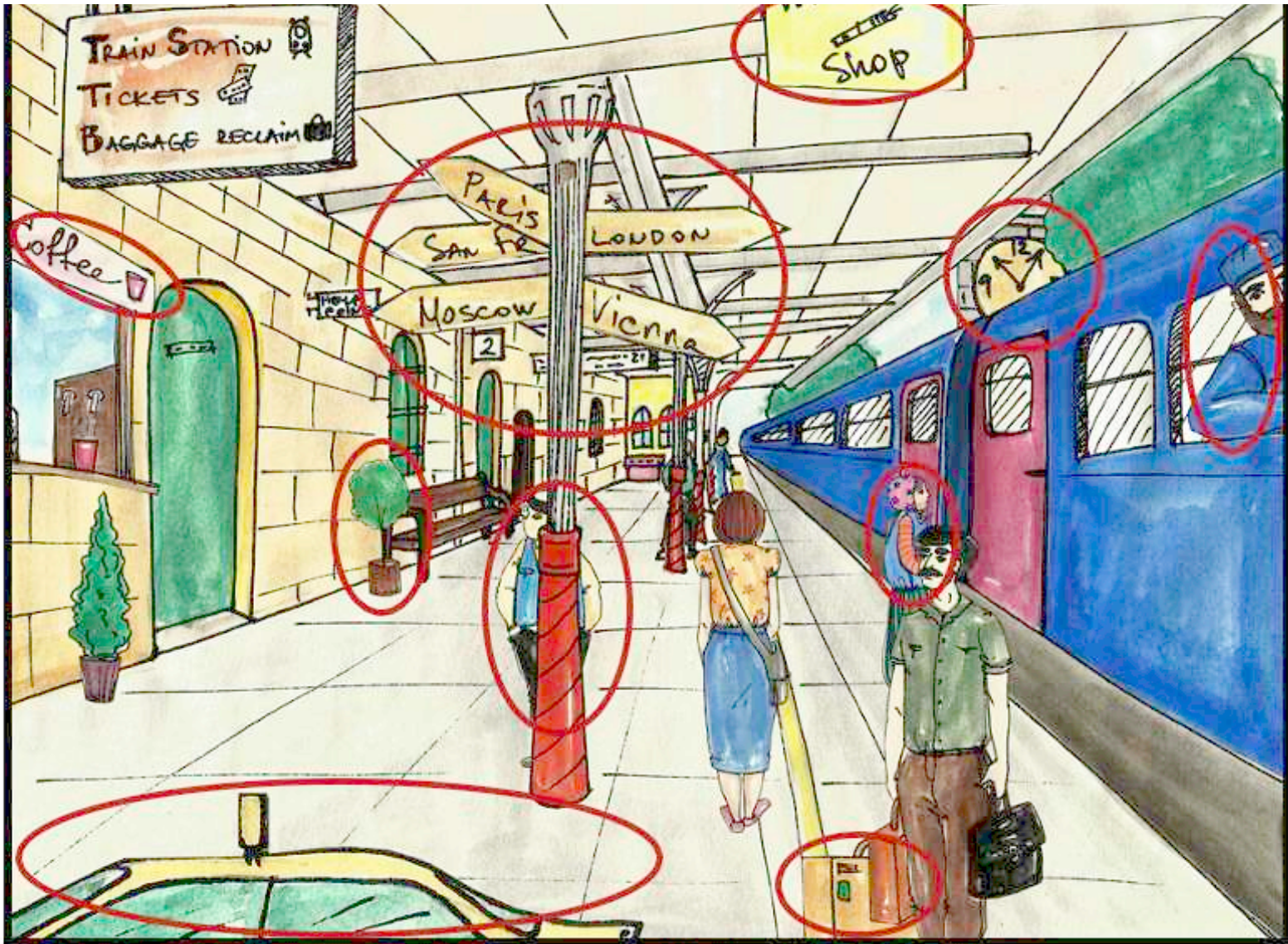
ANSWERS

Kapitlu 8

Ġ W A O G O E K J I U K M B W X N
N G E R P Ġ W N Ħ T I T W I L A Q
Ġ Ġ I Ġ Q L M L Ġ O A Ġ T Ġ N O T
W I P P J A N A T A I I M P J I B
T Ħ M G Ġ G R L K A M P I J I E T
O M T Ħ L T J J T A R R A X W Q Ġ
X E Ġ O E Ġ I D U N Q A D Ħ Ġ U I
T M I U W U D N R G T P O J T K M
Ġ O M Ħ T M D B N Ħ E B X B T P G
J R A N R A E Ħ A Q W R Ġ B I B Ħ
K J G Ġ A M J P J Ġ M I T O E B A
N A Ħ L B D Q N J K I L W L W W B
L P T L P E U T U N N L N D M Ħ Ħ
D Ġ E R U L W Q M G Ġ A T U B I T
B R J G D A R U D G X N Q Q X I G
E R N B T U A K K Ġ J T E T P G U
L J Ġ T I W O W P O Ġ I G L J X P

brillanti dar ippjanata jiddejqu jtarrax kampijiet memorja
tewmin titwila trab ġimagħtejn ġimgħa

ANSWERS



We would love to hear from you!!!

If you have any

PHOTOS

LETTERS

RECIPIES

POEMS

ARTICLES

**Or anything else you want to see in our
newsletter:**

- **Let our staff know when they call you
or**

- **Ask a family member to:**

➤ **text it to 0408 134 133**

➤ **email it to**

maree.rizzo@mccv.org.au

