

**Sacred Heart and Emmaus churches are  
open to a restricted number of only 50 participants  
in compliance with COVID-19 restrictions.  
- BOOKINGS ARE ESSENTIAL -**

Bookings for all Masses at Sacred Heart are made through Trybooking for a first-come-first-serve basis: <https://www.trybooking.com/BMKXC>

Bookings for Masses at Emmaus are made through Trybooking for a first-come-first-serve basis:  
<https://www.trybooking.com/BMLBL>

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**MASS is available through  
STREAMING and TV**

**Other Options/Alternatives to view Mass**

*Mass for You at Home, (MFYAH)*, is celebrated in St John Vianney Co-Cathedral, Wollongong. It shows at 6.00am Sundays on Channel Ten and is repeated multiple times a day on Foxtel's Aurora channel.

This Sunday Mass is also available on demand on Channel Ten's platform [www.tenplay.com.au/mfyah](http://www.tenplay.com.au/mfyah).

This Mass is also available on Wollongong's YouTube channel which can be accessed on [www.massforyou.com.au](http://www.massforyou.com.au) as well as the Diocesan website, [www.dow.org.au](http://www.dow.org.au). There are also links to it on their Diocesan Facebook page and the MFYA Facebook page.

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Channel 31 (usually found at '44' on digital TV's):  
Mass at 11.00am Sundays from St Patrick's Cathedral or **online at:**

**<https://melbournecatholic.org.au/Mass>** at 11.00am on  
Sundays and at 1.00pm on weekdays

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Mass continuous daily from Lavender Bay Parish, Sydney, **online at:**  
**<http://bit.ly/MassOnDemand>**

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