# The Catholic Parish of Stjon Perfection Ave cor Bentwood Tce, Stanhope Gardens

### Second Sunday of Lent 28 February - 1 March 2015

### Our Parish Mission

The parish of St John XXIII is a faith community with the Eucharist as its heart. Inspired by John XXIII's prophetic opening of the windows of the Church, we welcome the fresh air of the Holy Spirit, inviting every person to share in the responsibility of enriching the life and faith of our community by sharing their gifts and talents."



FrJohn@john23rd.org.au

FrRobert@john23rd.org.au

#### Parish Priest: Fr John McSweeney Assistant Priest: Fr Robert William

### Mass Times

Monday to Friday 9:00am Also Wednesday 9:00am Holy Cross Primary during school term Saturday 9:00am, 6:00pm (Vigil) Sunday 7:30am, 9:00am, 10:30am 6:00pm (Youth) Baptism 12:00pm Sunday by appointment Reconciliation (First Rite) Saturday 5:00 - 5:45pm And after any weekday masses

# Parish Office Hours

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*Tuesday to Friday* 8.30 - 4.00pm

### Devotions & Prayers

### Novena Masses

Tuesday7:30pm<br/>Our Lady of Perpetual HelpFirst Friday7:30pm<br/>Sacred Heart of JesusExpositionof the Blessed SacramentTuesday6:30 - 7:30pmFirst Friday6:30pm followed by<br/>7:15pm BenedictionSaturday8:00 - 9:00am (Vocations)

### Sacrament of the Sick

First Saturday 9:00am Mass or upon request

### **Divine Office**

Friday 12:00pm with Adoration Sunday 8:15am
Praise & Worship
3rd Saturday 7:30pm
led by SJ23rd Prayer Group
2nd & 4th Saturday 7:30pm
led by CRL (Community of the Risen Lord)
Friday Prayer Group
Friday 7:00pm at the Church kitchen
led by Pauline Camilleri
2 0407 417039



### Evangelicum

# MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2015 "Make your hearts firm" (Jas 5:8)

Dear Brothers and Sisters,

Lent is a time of renewal for the whole Church, for each communities and every believer. Above all it is a "time of grace" (2 Cor 6:2). God does not ask of us anything that he himself has not first given us. "We love because he first has loved us" (1 Jn 4:19). He is not aloof from us. Each one of us has a place in his heart. He knows us by name, he cares for us and he seeks us out whenever we turn away from him. He is interested in each of us; his love does not allow him to be indifferent to what happens to us. Usually, when we are healthy and comfortable, we forget about others (something God the Father never does): we are unconcerned with their problems, their sufferings and the injustices they endure... Our heart grows cold. As long as I am relatively healthy and comfortable, I don't think about those less well off. Today, this selfish attitude of indifference has taken on global proportions, to the extent that we can speak of a globalization of indifference. It is a problem which we, as Christians, need to confront.

When the people of God are converted to his love, they find answers to the questions that history continually raises. One of the most urgent challenges which I would like to address in this Message is precisely the globalization of indifference.

Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience.

God is not indifferent to our world; he so loves it that he gave his Son for our salvation. In the Incarnation, in the earthly life, death, and resurrection of the Son of God, the gate between God and man, between heaven and earth, opens once for all. The Church is like the hand holding open this gate, thanks to her proclamation of God's word, her celebration of the sacraments and her witness of the faith which works through love (cf. Gal 5:6). But the world tends to withdraw into itself and shut that door through which God comes into the world and the world comes to him. Hence the hand, which is the Church, must never be surprised if it is rejected, crushed and wounded.

God's people, then, need this interior renewal, lest we become indifferent and withdraw into ourselves. To further this renewal, I would like to propose for our reflection three biblical texts.

**1.** *"If one member suffers, all suffer together" (1 Cor 12:26)* – The Church

The love of God breaks through that fatal withdrawal into ourselves which is indifference. The Church offers us this love of God by her teaching and especially by her witness. But we can only bear witness to what we ourselves have experienced. Christians are those who let God clothe them with goodness and mercy, with Christ, so as to become, like Christ, servants of God and others.



### Fr John's corner

### Dear Sisters and Brothers in Christ

We are into our second week of Lenten preparation for Easter. Let's not squander this opportunity to renew our commitment to the Lord and to His Community, our brothers and sisters in the Church. Although I'll bring this to your attention again towards the end of Lent, our Deanery will be hosting **TWO RECONCILIATION EVENINGS** in Holy Week this year: on **Monday 30th March in Richmond, and Tuesday 31st March in Quakers Hill.** Let's add one of those dates to our personal diaries, so that we will experience the healing power of the Lord in Reconciliation before our Easter Ceremonies.

### Some things to note:

- We welcome Fr. Robert back from Annual Leave at Home in India, his time of Annual Retreat, and also his Pilgrimage to the Holy Land. Weekday mass times return to normal this week.
- From this week St. John XXIII Primary and St. Mark's College students will be joining in weekday masses on Mondays and Thursdays during school terms. Also, the 9am Mass at Holy Cross recommences this week. Please note: when there is only one priest available, the Holy Cross mass will be a 10am – but we'll let you know of any change on the weekend prior.
- Don't forget to help sell some tickets for our major fundraising raffle. We really need everyone to get behind this, so that we can raise some much-needed capital to help pay off the debt on our magnificent Church.
- All Ministers of the Altar or of the Word please try to attend next Sunday's Lenten Retreat. At the end of our time of reflection, I hope to offer some new liturgical approaches to the way we celebrate the Eucharist, which I hope we will begin the following weekend.

God bless you all, Fr. John



### EVANGELICUM cont'd.....

This is clearly seen in the liturgy of Holy Thursday, with its rite of the washing of feet. Peter did not want Jesus to wash his feet, but he came to realize that Jesus does not wish to be just an example of how we should wash one another's feet. Only those who have first allowed Jesus to wash their own feet can then offer this service to others. Only they have "a part" with him (*Jn 13:8*) and thus can serve others.

Lent is a favourable time for letting Christ serve us so that we in turn may become more like him. This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist. There we become what we receive: the Body of Christ. In this body there is no room for the indifference which so often seems to possess our hearts. For whoever is of Christ, belongs to one body, and in him we cannot be indifferent to one another. "If one part suffers, all the parts suffer with it; if one part is honoured, all the parts share its joy" (*1 Cor 12:26*).

The Church is the communio sanctorum not only because of her saints, but also because she is a communion in holy things: the love of God revealed to us in Christ and all his gifts. Among these gifts there is also the response of those who let themselves be touched by this love. In this communion of saints, in this sharing in holy things, no one possesses anything alone, but shares everything with others. And since we are united in God, we can do something for those who are far distant, those whom we could never reach on our own, because with them and for them, we ask God that all of us may be open to his plan of salvation.

2. "Where is your brother?" (Gen 4:9) - Parishes and Communities

All that we have been saying about the universal Church must now be applied to the life of our parishes and communities. Do these ecclesial structures enable us to experience being part of one body? A body which receives and shares what God wishes to give? A body which acknowledges and cares for its weakest, poorest and most insignificant members? Or do we take refuge in a universal love that would embrace the whole world, while failing to see the Lazarus sitting before our closed doors (*Lk* 16:19-31)?

In order to receive what God gives us and to make it bear abundant fruit, we need to press beyond the boundaries of the visible Church in two ways.

In the first place, by uniting ourselves in prayer with the Church in heaven. The prayers of the Church on earth establish a communion of mutual service and goodness which reaches up into the sight of God. Together with the saints who have found their fulfilment in God, we form part of that communion in which indifference is conquered by love. The Church in heaven is not triumphant because she has turned her back on the sufferings of the world and rejoices in splendid isolation. Rather, the saints already joyfully contemplate the fact that, through Jesus' death and resurrection, they have triumphed once and for all over indifference, hardness of heart and hatred. Until this victory of love penetrates the

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whole world, the saints continue to accompany us on our pilgrim way. Saint Therese of Lisieux, a Doctor of the Church, expressed her conviction that the joy in heaven for the victory of crucified love remains incomplete as long as there is still a single man or woman on earth who suffers and cries out in pain: "I trust fully that I shall not remain idle in heaven; my desire is to continue to work for the Church and for souls" (*Letter 254, July 14, 1897*).

We share in the merits and joy of the saints, even as they share in our struggles and our longing for peace and reconciliation. Their joy in the victory of the Risen Christ gives us strength as we strive to overcome our indifference and hardness of heart.

In the second place, every Christian community is called to go out of itself and to be engaged in the life of the greater society of which it is a part, especially with the poor and those who are far away. The Church is missionary by her very nature; she is not self-enclosed but sent out to every nation and people.

Her mission is to bear patient witness to the One who desires to draw all creation and every man and woman to the Father. Her mission is to bring to all a love which cannot remain silent. The Church follows Jesus Christ along the paths that lead to every man and woman, to the very ends of the earth (cf. Acts 1:8). In each of our neighbours, then, we must see a brother or sister for whom Christ died and rose again. What we ourselves have received, we have received for them as well. Similarly, all that our brothers and sisters possess is a gift for the Church and for all humanity.

Dear brothers and sisters, how greatly I desire that all those places where the Church is present, especially our parishes and our communities, may become islands of mercy in the midst of the sea of indifference!

3. "Make your hearts firm!" (James 5:8) - Individual Christians

As individuals too, we have are tempted by indifference. Flooded with news reports and troubling images of human suffering, we often feel our complete inability to help. What can we do to avoid being caught up in this spiral of distress and powerlessness?

First, we can pray in communion with the Church on earth and in heaven. Let us not underestimate the power of so many voices united in prayer! The 24 Hours for the Lord initiative, which I hope will be observed on 13-14 March throughout the Church, also at the diocesan level, is meant to be a sign of this need for prayer. Second, we can help by acts of charity, reaching out to both those near and far through the Church's many charitable organizations. Lent is a favourable time for showing this concern for others by small yet concrete signs of our belonging to the one human family.

Third, the suffering of others is a call to conversion, since their need reminds me of the uncertainty of my own life and my dependence on God and my brothers and sisters. If we humbly implore God's grace and accept our own limitations, we will trust in the infinite possibilities which God's love holds out to us. We will

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### Parish Pastoral Council Corner

This and nothing else is the reality: there can be no human person without discipline and there can be no Christian without penance – St. John XXIII, 15 February 1959

We ask you to pray for our parishioners who have enrolled in the **IFM Liturgical Ministers'** courses that commenced last Monday. We look forward to their commissioning and their service to our parish.

We are looking for host families to welcome the Rosary Statue of our Lady into their homes and pray together during this season of Lent. Please contact me for March and April bookings.

We also enjoin you to join our traditional Friday night **Stations of the Cross**, every Friday night at 7:30 pm. The Youth groups are currently organizing the Good Friday Stations of the Cross at Holy Cross School in Glenwood, so if you would like to participate actively in the reenactment scenes, please keep an eye out for announcements regarding this event, or drop me a line via email.

There will be a "rehearsal" for all rostered lay ministers participating in the Holy Week (from Palm Sunday to Easter Sunday) liturgical activities on Saturday, 28 March from 10 am to 1 pm at the Church. We strongly encourage attendance of this important liturgical practice event.

There will also be a **Lenten Retreat** and **Refresher Course** for all SJ23 Liturgical Ministers on Sunday, 8 March from 1 pm at St. Mark's College. The **SJ23 Prayer Group** resumes its Praise and Worship Night on Saturday, 21 March. Watch out for more details on this prayerful event.

Lastly, aside from the traditional Lenten acts of almsgiving, prayer and fasting, we ask that you be generous with supporting Project Compassion, the Diocesan Works Fund and of course, our Grand Raffle Draw. After three weekends, we are happy to report cash sales of \$3.5k and ticket allocations of \$16k, so we are making good progress! We pray for your continuing support for another successful fundraiser! *Have a great week! Bart* 

# 2015 Parish Council Meeting Schedule

Executive (Council leaders) 18 Mar 20 May 22 Jul 16 Sep 18 Nov General (all Parish Council members) 8 Apr 7:30pm - 9:00pm St Marks College Staff room During the General Meeting, our School Executives and Finance committee are also invited to provide updates. Parishioners are invited to come and be part of this meeting.

The amended Sacramental Calendar for 2015 is now available.

If you know of families interested to enrol their children for any of the sacraments, calendar is posted on the notice board at the church foyer or can be viewed on our parish website, www.john23rd.org.au.



# LENTEN DISCUSSION GROUPS

Following are the Discussion Groups still open for anyone interested in participating:

### WEDNESDAY 7:30pm

- Venue: 4 Clapham St., Stanhope Gardens Leader: Priscilla Houghton
- Tel. 0412 865047

## FRIDAY after the 9:00am MASS

*Venue:* Church kitchen *Leader:* Renuka Soosaipillai

*Tel.* 0414 795814

# FRIDAY 7:00pm

Venue: Church kitchen Leader: Pauline Camilleri

*Tel.* 0407 417 039

Please contact the group leaders for instructions regarding your first meeting!

# Novena Mass to Our Lady of Perpetual Help

Tuesday nights beginning with Exposition of the Blessed Sacrament at 6.30pm, Evening Prayer of the Church at 7.00pm, Rosary at 7.15pm, sung Benediction Mass 7.30pm and Novena prayers at 7:40pm.

If you want the opportunity of having the statue visit you in your home contact Bart Sarlabus. Pick up the statue during the novena and return before the novena.

# Rosary Statue Family Roster

- 03 Mar Houghton Family
- 10 Mar Paguinto Family
- 17 Mar Ramiscal Family
- 24 Mar Lusica Family
- 31 Mar Gorkic Family
- 07 Apr still open

# Bake sale

What for: 'Reckless love – a walk with the Son of God' Easter program organized by CRL youth Australia (details about the event can be obtained at the bake sale)

**When:** 1st March after the 10.30am mass. So have a cupcake, a slice of cake and help support a very worthy cause!

Our Parish Council						
President	Bart Sarlabus					
🖂 bart.sarlabus@gmail.com						
Council Team Leaders						
Community Bldg	Techie Sarlabus					
Comms 🕉 Media	John McCartney					
Evangelicum	tba					
Faith Formation	Rose Franco					
Fundraising	Rodi Orantia					
Liturgy	Ray Samonte					
Pastoral Care	tba					
Social Justice	Qwayne Guevarra					

The Filipino Chaplaincy invites you to **St. Joseph Feast Day Mass on** Sunday, 22 March 2015 at 10:45am **at** St. Michael's School Ground.

58-62 Orwell Street, Blacktown.

**Main celebrant** is Fr. John Boyle, Episcopal Vicar for Migrant Chaplaincies, Missions and Hospitals.



# **First Reading** Genesis 22:1-2, 9-13, 15-18

The sacrifice of Abraham, our father in faith.

God put Abraham to the test. 'Abraham, Abraham' he called. 'Here I am' he replied. 'Take your son,' God said 'your only child Isaac, whom you love, and go to the land of Moriah. There you shall offer him as a burnt offering, on a mountain I will point out to you.'

When they arrived at the place God had pointed out to him, Abraham built an altar there and arranged the wood. Then he stretched out his hand and seized the knife to kill his son. But the angel of the Lord called to him from heaven, 'Abraham, Abraham' he said. 'I am here' he replied. 'Do not raise your hand against the boy' the angel said. 'Do not harm him, for now I know you fear God. You have not refused me your son, your only son.' Then looking up, Abraham saw a ram caught by its horns in a bush. Abraham took the ram and offered it as a burnt-offering in place of his son.

The angel of the Lord called Abraham a second time from heaven. 'I swear by my own self - it is the Lord who speaks - because you have done this, because you have not refused me your son, your only son, I will shower blessings on you, I will make your descendants as many as the stars of heaven and the grains of sand on the seashore. Your descendants shall gain possession of the gates of their enemies. All the nations of the earth shall bless themselves by your descendants, as a reward for your obedience.'

The word of the Lord.

### **Responsorial Psalm** *Ps 115-10, 15-19*

**R.** I will walk in the presence of the Lord, in the land of the living.

I trusted, even when I said: 'I am sorely afflicted.' O precious in the eyes of the Lord is the death of his faithful. *R.* 

Your servant, Lord, your servant am I; you have loosened my bonds. A thanksgiving sacrifice I make: I will call on the Lord's name. *R.* 

My vows to the Lord I will fulfil before all his people, in the courts of the house of the Lord, in your midst, O Jerusalem. **R**. *Response* Thanks be to God.

Gospel Acclamation Matthew 17:5

Glory and praise to you, Lord Jesus Christ! From the shining cloud, the Father's voice is heard: this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!





Second Reading Romans 8:31-34

### God did not spare his own Son.

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us - he rose from the dead, and there at God's right hand he stands and pleads for us.

The word of the Lord.

*Response* Thanks be to God.

# Apostle's Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including 'the Virgin Mary', all bow.

who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

# **Gospel** *Mark*: *9:2-10*

This is my Son, the beloved; listen to him.

Jesus took with him Peter and James and John and led them up a high mountain where they could be alone by themselves. There in their presence he was transfigured: his clothes became dazzlingly white, whiter than any earthly bleacher could make them. Elijah appeared to them with Moses; and they were talking with Jesus. Then Peter spoke to Jesus. 'Rabbi,' he said 'it is wonderful for us to be here: so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what to say; they were so frightened. And a cloud came, covering them in shadow; and there came a voice from the cloud. 'This is my Son, the Beloved. Listen to him.' Then suddenly, when they looked round, they saw no one with them any more but only Jesus.

As they came down the mountain he warned them to tell no one what they had seen, until after the Son of Man had risen from the dead. They observed the warning faithfully, though among themselves they discussed what 'rising from the dead' could mean.

The Gospel of the Lord

**Response** Praise to you, Lord Jesus Christ.



# Readings for March

# 02 Mon First week of Lent 1st Reading Daniel 9:4-10 Psalm Ps 78:8-9. 11. 13

Gospel Luke 6:36-38 03 Tues First week of Lent

# 1st Reading Isaiah 1:10, 16-20 Psalm Ps 49:8-9. 16-17. 21. 23 Gospel Matthew 23:1-12 Matthew

*04 Wed First week of Lent* 1st Reading Jeremiah 18:18-20 Psalm Ps 30:5-6. 14-16 Gospel Matthew 20:17-28

# 05 Thurs First week of Lent

1st Reading Jeremiah 17:5-10 Psalm Ps 104:16-21

# Gospel Luke 16:19-31

# 06 Fri First week of Lent

1st Reading Genesis 37:3-4, 12-13, 17-28

Psalm Ps 104:16-2

Gospel Matthew 21:33-43, 45-46

### 07 Sat First week of Lent

1st Readings Micah 7:14-15, 18-20 Psalm Ps 102:1-4. 9-12 Gospel Luke 15:1-3, 11-32

### Paying our debt together

# Weekly donation

**1st Collection: \$ 2,345.85** *Funds go to Priest Remuneration Fund, to support the priests of our Diocese.* 

2nd Collection:	\$ 6,433.05
Loose	\$ 2,351.05
PG Envelopes	\$ 1,831.40
PG by EFT	\$ 2,041.00

Pays parish debt and on going running costs, including wages of staff. (If you can, please put a little extra on the Second Collection.)

If you would like to be a part of the church's plan giving program, a green form is available at the church foyer or contact the church's parish secretary, Tanya Gatt *secretary@john23rd.org.au* 

Mass Cards are now available for purchase at the parish office

### Special intentions

Born to eternal life: Jose Agbulos, Resurreccion D. Quianzon, Anniversaries: Corazon Parcon, Maryanne and Joseph Bugaya, Sammy Formosa, Najjorene Sultana, Reno Camilleri, Candelaria Zozobrado, Maglaya Apolinario



For the sick: Felomina Docena, Shona Modrich, Lourdes Subijano, Anthony Subijano, Cynthia Villafuerte Cano, Concepcion Quiranee,

Anthony Joseph, Nikhil Parvathaneni, Marlon Marcelo, Athan G Alvarez,

Jovie Disterhoft, Angelica Nepomuceno, Florencia Melgar

Thanksgiving: Rajendra Dasi & Family, Vedaria Family

Intentions for weekday Masses this week

Tues 03/3 - Corazon Parcon, Anthony Crasto

Wed 04/3 - Sammy Formosa

Thurs 05/3 - Melena B Lopes, Manuel Pinto

Fri 06/3 - Cynthia Villafuerte Cano Sat 07/3 - Lydia D Hapin



# Parish Notices

### Free morning tea

Every 4th Sunday after the 9am mass courtesy of SJ23rd Prayer Group

### SRE Teachers needed

Special Religious Education Teachers or Catechists to teach in our State Schools. Training will be provided. If you are interested, please contact the Parish Office

### **GARDENERS NEEDED**

Thank you to the people that take care of the Church gardens, we need more volunteers to help if interested please call Parish Office on 9852 0580. If you know of anyone who needs help from our **Community Outreach** group please contact the parish office

### **Project Compassion commences**

Please take a box or set of envelopes to generously help the poor and those in need during this year's Lenten season.

The church Choir area platform need to be carpeted and we are seeking the help of a carpet layer or anyone with the right skills to help complete this project. Please contact Father John or the Parish office if you can assist.

If you or a family member is homebound and would want to receive communion in your home please contact the parish office.

### Our School Communities

Families seeking enrolment into Kindergarten 2016 at John XXIII Catholic Primary and Year 7 2016 at St Mark's Catholic College, to submit an Expression of Interest for Enrolment (*available at the office or on the College mebsite*) to the College office as soon as possible

### Our Learning Community Holy Cross Primary

49 Meurants Lane, Glenwood Principal: Marina Hardy

**a** (02) 9629 8742

holycross@parra.catholic.edu.au

John XXIII and St Mark's College 160 Perfection Ave, Stanhope Gardens Principal: Peter Wells

**a** (02) 9852 0500

Stmarks@parra.catholic.edu.au

**Catholic Learning Centre** 

160 Perfection Ave, Stanhope Gardens

(02) 9852 0585

elcstanhope@parra.catholic.edu.au www.celcstanhope.catholic.edu.au



### Diocese News

### Positions Vacant Parish Coordinator Position

St Andrew the Apostle Parish, Marayong, is inviting applications for the role of Parish Coordinator. This full-time role is accountable to the Parish Priest and responsible for the day-to-day operation of the Parish Office.

### **Parish Advisor Position**

The Parish Coordinator's role also includes responsibility for being a personal assistant to the Parish Priest, office administration, liturgical preparations, accounts, banking and records management. For further details about the role and the application process visit the Employment section of the Diocese of Parramatta's website:

www.parra.catholic.org.au Applications close Friday 6 March 2015

### Called by Name – Discernment Weekend Retreat

The Sisters of the Holy Family of Nazareth offer weekend retreats for women aged 18-35 who want to discern their vocation to religious life. This retreat is a one-to-one encounter. It includes prayer times, talks and accompaniment. It is a great opportunity to have a lived experience with the sisters. "Is God calling me to religious life?" If this is a real question for you, this retreat is for you.

**Date:** last weekend of every month. RVSP a week before the retreat.

Cost: donation

Venue: Sisters of the Holy Family of Nazareth, 116 Quakers Rd, Marayong. Details: Sr Margaret

Telephone: 02 9626 9200

0420 754727

margaretcsfn@gmail.com

### Evangelicum cont'd.....

also be able to resist the diabolical temptation of thinking that by our own efforts we can save the world and ourselves.

As a way of overcoming indifference and our pretensions to self-sufficiency, I would invite everyone to live this Lent as an opportunity for engaging in what Benedict XVI called a formation of the heart (*cf. Deus Caritas Est, 31*). A merciful heart does not mean a weak heart. Anyone who wishes to be merciful must have a strong and steadfast heart, closed to the tempter but open to God. A heart which lets itself be pierced by the Spirit so as to bring love along the roads that lead to our brothers and sisters. And, ultimately, a poor heart, one which realizes its own poverty and gives itself freely for others.

During this Lent, then, brothers and sisters, let us all ask the Lord: "Fac cor nostrum secundum cor tuum": Make our hearts like yours (Litany of the Sacred Heart of Jesus). In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalization of indifference. It is my prayerful hope that this Lent will prove spiritually fruitful for each believer and every ecclesial community. I ask all of you to pray for me. May the Lord bless you and Our Lady keep you. From the Vatican, 4 October 2014



### Why we do what we do.....

### Lent and fasting.....

Lent and fasting seem to go together naturally in some Christian churches, while others consider this form of self-denial a personal, private matter.

It's easy to find examples of fasting in both the Old and New Testaments. In Old Testament times, fasting was observed to express grief. Starting in the New Testament, fasting took on a different meaning, as a way to focus on God and prayer.

Such a focus was Jesus Christ's intent during his 40-day fast in the wilderness (Matthew 4:1-2). In preparation for his public ministry, Jesus intensified his prayer with the addition of fasting.

Today, many Christian churches associate Lent with Moses' 40 days on the mountain with God, the 40-year journey of the Israelites in the desert, and Christ's 40-day period of fasting and temptation. Lent is a period of somber self-examination and penitence in preparation for Easter.

### Lent and Fasting in the Catholic Church

The Roman Catholic Church has a long tradition of fasting and Lent. Unlike most other Christian churches, the Catholic Church has specific regulations for its members covering Lenten fasting.

Not only do Catholics fast on Ash Wednesday and Good Friday, but they also abstain from meat on those days and all the Fridays during Lent. Fasting does not mean complete denial of food, however.

On fast days, Catholics are allowed to eat one full meal and two smaller meals which, together, do not constitute a full meal. Young children, the elderly, and persons whose health would be affected are exempt from fasting regulations.

Fasting is associated with prayer and alms giving as spiritual disciplines to take a person's attachment away from the world and focus it on God and Christ's sacrifice on the cross. *About religion.com* 





### Youth Corner

### **GTK YOUTH GROUP**

(*Getting to Know - God, yourself and other*) Age group - School Years 4-9 When: 2nd and 4th Sundays Where: St Mark's Staff Room Time: 4.30pm drop off 5.00pm Break open the word 5.30pm Welcomers at mass 6.00pm Youth Mass 7.30pm leave from Church Contacts:

### **RJ** Samonte

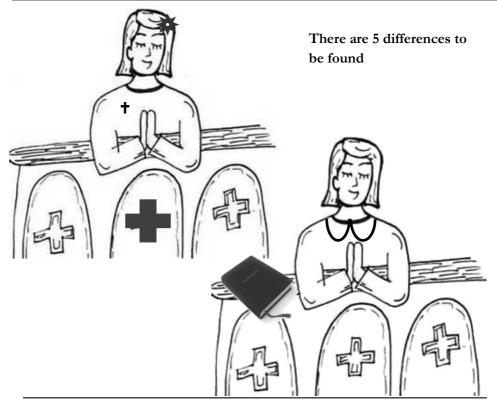
raf.samonte@hotmail.com

- Ceejay Sarlabus cjsarlabus@gmail.com
- www.gtkyouth.com

### CRL

(Community of the Risen Lord) Praise & worship When: 2nd & 4th Saturdays Where: Church Time: after 6:00pm vigil mass YFC (Youth for Christ) When: Meets every 3rd Sunday Where: St Mark's Staff Room Time: 1:00pm for Break open the word 6.00pm Youth Mass

# Spot the difference



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This is my Son and I love him																
	Y	I	т	Ε	А	С	н	Е	R	S	0	Ν	В	Т	Ρ	
	С	G	W	С	Α	L	S	К	Ζ	U	0	L	Α	Ν	Е	
	Κ	J	Μ	Н	U	н	S	н	Е	L	т	Е	R	S	Т	
	Т	S	F	I	L	Α	W	С	L	0	U	D	F	Y	Е	
	Y	0	S	G	J	L	Α	н	Α	L	Ζ	G	В	I	R	
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Alone	clothes	cloud	frightened	high	Moses
mountair	n Peter	shelters	Son	teacher	three

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