

Welcome to the community of the Catholic Parish of St John 23rd Glenwood-Stanhope Gardens where the love of Christ is shining in so many ways.

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."

Gospel Reflection

The First Sunday in Lent each year presents Jesus in the wilderness confronting the reality of sin and evil. We hear of him fasting for forty days, and our season of Lent is our own forty-day journey into the wilderness, into the desert, into the outback of our own lives in imitation of his, just as his forty days was in imitation of the forty-year wandering of the people of Israel after their exodus from Egypt before reaching the Promised Land.

Commentators have debated how we are to understand the Greek peirazo: is Jesus tempted into sin, or is his understanding of what it is to be the Son of God (remembering that the story of the baptism of Jesus is the one immediately before this one in all three Synoptic Gospels) being put to the test? Some have speculated about whether these three episodes are some kind of umbrella covering every form of sin. We seem to have gluttony (stone into bread), pride or hubris (jumping from the top of the temple), and greed or avarice (selling his soul to the devil for the kingdoms of the world). In terms of the seven deadly sins, catalogued by Evagrius Ponticus and John Cassian, this covers only three out of seven.

What had been proclaimed at the Jordan with the baptism of Jesus was that he was in a relationship with God, he was the beloved of God. Everyone who is baptised is proclaimed as the beloved of God also. An openness to the other, a concern for the wellbeing of others, is life, while being closed off from the other, being concerned only for the self, is death and sin. In the desert for forty days Jesus explored just what being in a relationship with God was all about. In the desert time of this Lent we are to explore what our being in a relationship with God is all about for us.

The tree in the middle of the garden, from which the serpent hung, brought death. In this story from Genesis we are given religious truth rather than literal truth, and the truth is that selfishness is sin. The tree on Calvary, from which Jesus hung, brought life. Writing to the Christians in Rome Paul understood this contrast between Adam and Christ. Sin came into the world through the first man, and righteousness came into the world through the last man. The first man brought death and condemnation, the last man brought life and justification.

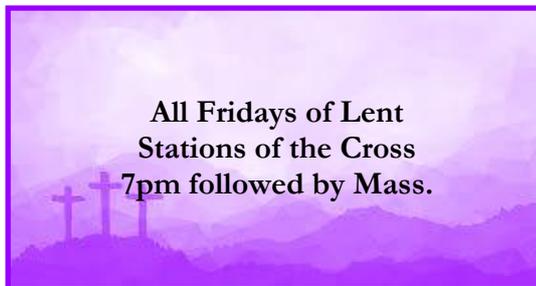
The way through the temptations of our lives is to find strength and nourishment in the Word of God. St Augustine of Hippo said:

Do you think that the word of God is bread? If the Word of God, through whom all things have been made, were not bread, he would not say: 'I am the living bread that has come down from heaven.' You have learned, then, how to answer the tempter when you are in a bad way from hunger.

[Footnote: Enarrationes in Psalmos 90/2. The excerpts from the translations of Augustine's homilies on the Psalms come from Augustine, Expositions of the Psalms, trans. Maria Boulding, in The Works of Saint Augustine: A Translation for the 21st Century, part III/15-20 (New York: New City Press, and Augustinian Heritage Institute, 2000-2004).]

Let us thank God that Jesus was sent to bring us life. Let us thank God that Jesus is the Word who nourishes us in our hunger. Let us thank God that the Spirit gives us strength to guide us through life's temptations. Let us thank God that the Spirit calls new members to our Christian family and pray that they soon join us in this eucharistic meal we share.

Geoffrey D Dunn



Mass Times

- Mon** 8:30am
- Tues-Fri** 9:15am
- Sat** 9:00am, 6pm Vigil
- Sun** 7:30am 9am 10:30am 6pm
- Holy Cross Primary School**
- Wed** 9:15am *during school days*
- 2nd Sat** 7:30pm Indonesian Mass

Masses of Devotion

- 1st Tues** 7.30pm Novena Mass *Our Lady of Perpetual Help*
- 1st Fri** 7:30pm Novena Mass *Sacred Heart of Jesus*

Exposition + Benediction

- 1st Fri** after 9.15am, 7.30pm
- Wed** 8:00pm Holy Hour

Reconciliation

- After the weekday masses**
- Sat** after the 9am mass *until 10.30am*
5:15 - 5:45pm *before the Vigil Mass or upon request*

Sacraments

- Sun** 12pm Baptism *by appointment*

Prayers

- Tue** 7:00pm Rosary and novena prayers *(Church Tabernacle)*
- Thurs** 7:00pm Lectio Divina *(church)*
- Fri** 6.30pm Christ Catholic Community Prayer Group *(office)*
Pauline Camilleri 0407 417039

Special Blessings

- Blessing during masses**
- 1st Sun** Birthday celebrants
- 3rd Sun** Wedding anniversaries

Homebound?

Homebound and would like to receive Holy Communion please contact the parish office or send text message to Rose Franco on 0401 387427

COELIACS

Those who are gluten intolerant may receive communion with a gluten low host. Please inform the acolyte before Mass.

Join & be part of our community.

Welcome pack at the church foyer or scan the QR code



If you want to be part of our mailing list please email

✉ Communications@john23rd.org.au



Office for Safeguarding

Parramatta Way is to:

Act with Justice, and state that we have a zero tolerance for any form of abuse or harm to children or any person Act with justice and ensure that laws and obligations are upheld, and safety is paramount <https://safeguarding.org.au/>

Caring for our parish together

We are very grateful to all our parishioners who always generously support our Parish.

FIRST COLLECTION supports the priests and deacons of the Diocese.

SECOND COLLECTION provides for the running costs of our church, ministry expenses.

We have a Planned Giving Program. We encourage parishioners to register for direct debit or credit card deductions as alternative to an envelope system. Support can be provided via the registration forms available at the church foyer or from the website or scan the QR Code



TapnGo machines available by the entrances.

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, we acknowledge the traditional custodians of the lands in which the Catholic Parish of St John XXIII and the Diocese of Parramatta sits, the land of the Darug and Gundungurra people. We would like to pay our respects to the Aboriginal Elders past, present and future for they hold the traditions, memories and wisdom of Mother Earth on which we place our feet upon today.

Entrance Antiphon

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

First Reading

Genesis 2:7-9, 3:1-7

Creation of our first parents, and sin.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.

Thanks be to God

Responsorial Psalm

Ps 50:3-6, 12-14, 17

R. Be merciful, O Lord, for we have sinned.

Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. **R.**

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **R.**

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. **R.**

Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. **R.**

Second Reading

Romans 5:12, 17-19

Where sin increased, there grace abounded all the more.

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord.

Thanks be to God

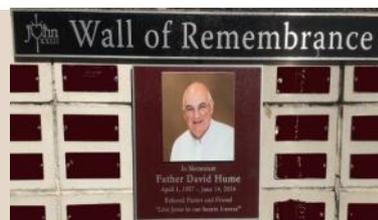


COLUMBARIUM

If you are considering purchasing a niche, we still have spaces available. These are open to parishioners, families, friends and our neighbouring parishes. For more information, please contact the Parish Office.

MEMORIAL WALL

The wall in front of the church is devoted to the memory of our deceased family and friends, especially if they are buried overseas. For any enquiries please email columbarium@john23rd.org.au
The plaques cost \$600.00



Special Intentions

Names published with permission

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they, through the mercy of God, rest in peace. Amen

Born to eternal life

Aurora Estoque Montaos, Ernesto Aaron, Nina Mangion

Remembrances:

Eric Fernando

Death Anniversary

Gertrude Fernando, Hemamali Fernando, Merita Fernando, Basil Cherry, Pillar Felix Sebastiao De Piedade Mendes

Sick

Lord Jesus, heal me. Heal in me whatever You see needs healing. Heal me of whatever might separate me from You. Heal my memory, heal my heart, heal my emotions, heal my spirit, heal my body, heal my soul. Lay Your hands now gently upon me and heal me through Your love for me. Amen.

Brian McCunnie, John Tipton, Valeria Laureta, Bev Osborn, Lucas Colleta, Dr Bronwyn Andrews Dudley Francis, Marilyn Nalapo, Christina Properzi, Raymond Lanzona, Elizabeth Langley, Gerald Simbulan, Brendan Prideaux Marcelino Matteazi, Carlo Bueno, Helen West, Victor Pons, Ksenija Bosnic, Zena Samar, Charlie Busuttill, Elsie Knapp, Perla Magculang, Fausto Bayot, Isagani Ocampo, Myrna Manalili, Lenka Olivier Talija, Florentina Elisura, Cathie Christie, Rosanna John Pellissery, Peter McArdle, Jerwin McCarron, Emma Matoza, Margaret Harrison, Elizabeth Candame, Joshua McCarrroll, Melissa Nava, Imelda Vinluan, Cindy Dadivas, Louise Smith, Lily Camilleri, Hilary Regan, Mary Phillips, Jude Newnes, Manuel Sarris, Rosie Carbonel, Maria Romeo, Zoey Illic, Mary Bormate, Carrie Conolly, Jonathan Gemin, Babies with Blister disease, Bev Lewis, Renado Naldo, Ryan Dixon, Noah, Natasha Leitao, Troy James, Nicollo Benesa, Mr Thomas, Carlo Dominic, Barbara Thompson

Thanksgiving

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

Gospel Acclamation

Matthew 4:4

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

Matthew 4:1-11

Jesus fasted for forty days and nights.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God, and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord

Praise to you, Lord Jesus Christ

Communion Antiphon

One does not live by bread alone, but by every word that comes forth from the mouth of God.

CONTACTS

PARISH OFFICE

Office Hours

Tue - Fri 8.30 - 4.00pm

Office Contacts

☎ (02) 8883 5981

160 Perfection Avenue,
Stanhope Gardens NSW 2768

MAILING

PO Box 23, Stanhope Gardens,
NSW 2768

CLERGY

Parish Priest:

Fr Jolly Chacko

✉ jolly@john23rd.org.au

☎ 0417 541 637 (emergency only)

Assistant Priest:

Fr Bartholomew Chukwu

✉ chukwu@john23rd.org.au

STAFF

Secretary:

Tanya Gatt

✉ secretary@john23rd.org.au

Finance:

Renuka Soosaipillai

✉ accounts@john23rd.org.au

Sacramental Coordinator:

Helen Zammit

✉ sacramental@john23rd.org.au

OTHER CONTACTS

Parish Council:

John McCabe

✉ johnmccabe5@gmail.com

Maintenance issues:

David Gorkic

✉ maintenance@john23rd.org.au

Columbarium queries:

✉ columbarium@john23rd.org.au

John McCabe

Mei Velasco

Julian Martin

Suni Fernando

Helen Festejo

Ajith Lobo

Rebecca Reynolds



OUR PARISH SCHOOLS

Ambrose Early Learning

160 Perfection Ave Stanhope Gardens

☎ (02) 9852 0585

✉ celstanhope@parra.catholic.edu.au

🌐 www.celstanhope.catholic.edu.au

Holy Cross Primary

49 Meurants Lane, Glenwood

Principal: Attila Lendvai

☎ (02) 8664 7100

✉ holycross@parra.catholic.edu.au

🌐 www.hcglenwood.catholic.edu.au

St John XXIII Catholic College

160 Perfection Ave Stanhope Gardens

Principal: Frank Chiment

☎ (02) 9852 0500

✉ stjohn23stanhope@parra.catholic.edu.au

🌐 www.stjohn23stanhope.catholic.edu.au

Praying together

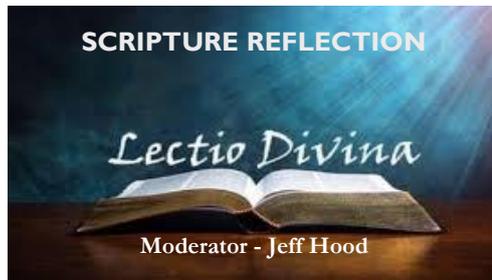
When we pray together, our faith is strengthened and our community is drawn closer. Join us to deepen your faith and open your heart to the presence of the Holy Spirit.

Rosary Statue Family Roster

	3	10	17	24	
Feb	Erasmus	Ring	Jacob	Ruggiero	
Mar	3	10	17	24	31
	Paguinto	Hala	Available	Available	Available
Apr	7	14	21	28	
	Available	Available	Available	Available	
May	7	14	21	28	
	Available	Available	Available	Available	

"A family that prays together, stays together - Fr Patrick Peyton"

Rosary statue contacts Techie Sarlabus techie.sarlabus@gmail.com or Melva Paguinto mcipi85@yahoo.com.au



Pastoral Ministries

The best way to find yourself is to lose yourself in the service of others. Mahatma Gandhi
We are in need of volunteers to assist in the different pastoral ministries in our Parish.



WE NEED YOU

⇒ SRE Teachers

If you could spare an hour during weekdays to spread God's word teaching the scriptures to children, **WE NEED YOU**. We currently have 4 public primary schools and a high school in our parish where we hold scripture classes during school hours for 30 minutes during Mondays, Tuesdays, Wednesdays, Thursdays and Fridays. For more information please call Asoki 0430 020265 or Renuka 0414 795814. Training and resources will be provided.

⇒ CLEANERS AND GARDENERS

As we give our heartfelt thanks to the wonderful volunteers who faithfully keep our church clean, our gardens green, and our surroundings welcoming, we also invite others to join this valued ministry. A few more helping hands would make a great difference in caring for our shared spiritual home. If you are able to assist, please contact Tanya at the parish office.

⇒ CAKE ANGELS

If anyone is interested to be involved and take leadership of this fun loving dynamic group please contact Tanya at the parish office or Techie at 0438 201436.



A Friendly Reminder to Our Parish Community

We kindly ask all parishioners to help care for our church by cleaning up after themselves after masses. Small actions—such as returning items to their place and disposing of rubbish properly. Help keep our church clean, welcoming, and ready for everyone. Thank you for your care and consideration in looking after our shared spiritual home.

February Calendar

Mon	23	8:30am - Mass
Tues	24	9:15am - Mass 7:00pm - Rosary & Novena prayer <i>Our Lady of Perpetual Help</i>
Wed	25	9:15am - Mass 7:00pm - Mass 8:00pm - Holy Hour
Thurs	26	9:15am - Mass
Fri	27	9:15am - Mass
Sat	28	9:00am - Mass 6:00pm - Mass
March		
Sun	1	7.30am, 9:00am, 10:30am Mass 6:00pm - Mass



Young at Heart Seniors Group

Contact either of the following:
Frank Coleiro - 0459 504625
Trevor Coutinho - 0407 150399



Vinnies

join the good works
Message Rose Franco 0401 387427

YOUTH/YOUNG ADULT GROUPS

BLAZE YOUTH Year 7 to 12

WHEN: 7:00 - 9:00pm

WHERE: St John XXIII College (C Block Bell space)

For any queries, please email blaze@john23rd.org.au or

DM [@blazeyouthsj23](https://www.instagram.com/blazeyouthsj23) on Insta | FB

Contact Ellena - 0478 685 191

BLAZE TERM 1

6th & 20th March



IGNITE YOUNG ADULTS 18 - 35 years of age

WHEN: First Sundays each month 7:00 - 9:30pm

WHERE: St John XXIII Staffroom

For any queries please either email gnite.stjohn23@gmail.com or DM on [@ignite_sj23](https://www.instagram.com/@ignite_sj23)

CRL (Community of the Risen Lord)

Rojith de Silva 0405 9563210

Nimeshi Fernando 0417 101009

YFC (Youth for Christ)

Dominic Lim 0468 826253 *Australia*

Ronan Limguangco 0478 629629 *International*

Diocesan News



Parish Hall/Office Project Plan

We are very grateful to all our parishioners who always generously support our Parish.

FIRST COLLECTION supports the priests and deacons of the Diocese.

SECOND COLLECTION provides for the running costs of our church, ministry expenses. We have a Planned Giving Program. We encourage parishioners to register for direct debit or credit card deductions as alternative to an envelope system. Support can be provided via the registration forms available at the church foyer or from the website or scan the QR Code

TapGo machines available by the entrances.

HALL PROJECT

Prayer

Almighty God, we thank you for your many blessings to our parish and to each of us.

We pray for your guidance and wisdom as we prepare ourselves to begin the construction. May your Holy spirit be with all our Engineers, architects, builders and all involved in this project. Protect them from harm and grant them skill and diligence. May this hall be a place of unity, fellowship and faith formation for our community, a space where we can grow in faith and serve others. Bless all our sponsors, donors and each of us who contribute in our own humble ways and means. Whatever we do, may we do it for your glory.

St. Joseph, the patron of families and workers, **Pray for us**
 St. John XXIII, Patron of our parish, **Pray for us**
 St. Vincent Ferrer, Patron of all builders, **Pray for us**

Church building project - Ways to donate

- ★ Dedicated "Tap & go" machines
 - ★ Bank transfer
Account name - Glenwood Stanhope Gardens St John 23rd Parish
BSB - 067 950 **A/C** - 100002469
Reference - BD (your name)
 - ★ BPOINT – For credit card donation visit
<https://www.bpoint.com.au/pay/StJohnXXIIIIPGSG>
 - ★ scan QRCode
- Thank you for your support!

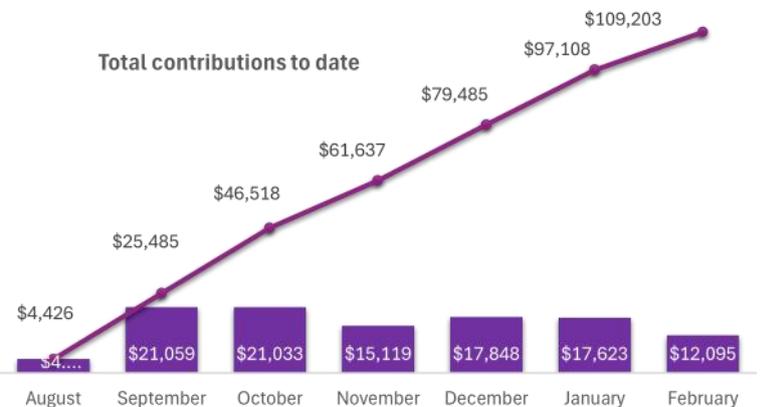


We are fast approaching the stage of inviting tenders for our building project.

As of now, we have identified five to six potential builders. Two have been recommended based on previous projects with schools and other parishes, two have been suggested by the Diocesan Property Office, and another two have been recommended by the architects.

We are currently in the process of gathering their capability statements. Together with Tracy from the Diocesan Property Office, and Nicolas, the architects, we will then prepare the necessary documentation to formally invite them to submit their tenders. From there, we will proceed with the selection process. The Education Office in Parramatta is also assisting us.

I just wanted to keep you informed of our progress. And as we move closer into the final phase and begin the actual construction, let us continue to support this important project through our prayers and generous financial contributions.





Trust the sale of your home with your local Parishioner and award-winning licensed real estate agent, **John Irudayaraj.**

A member of your church who believes in the power of giving back, mention this advert and if John sells your home he will make a donation directly to the Church.

0433 969 731
johnirudayaraj@mcgrath.com.au
 McGrath Northwest

McGrath

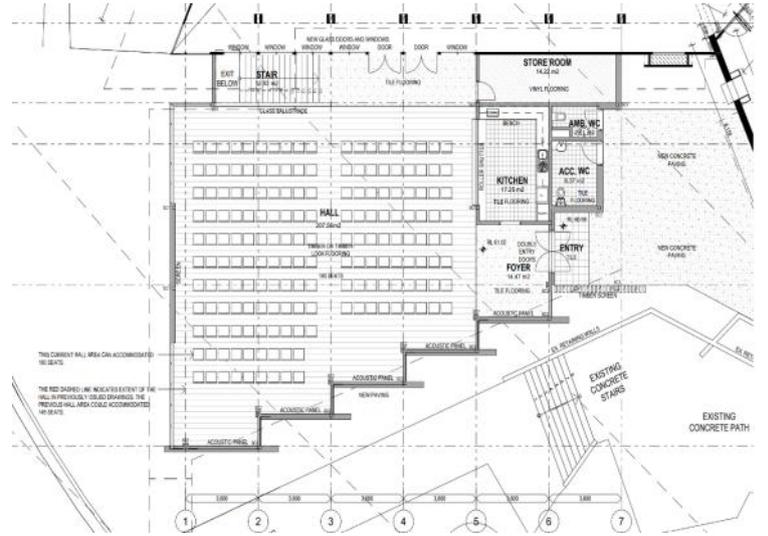


LG1/25 Regent Honeyeater Grove, North Kellyville NSW 2155
 ☎ 02 9629 4444 🌐 www.climbingladders.com.au

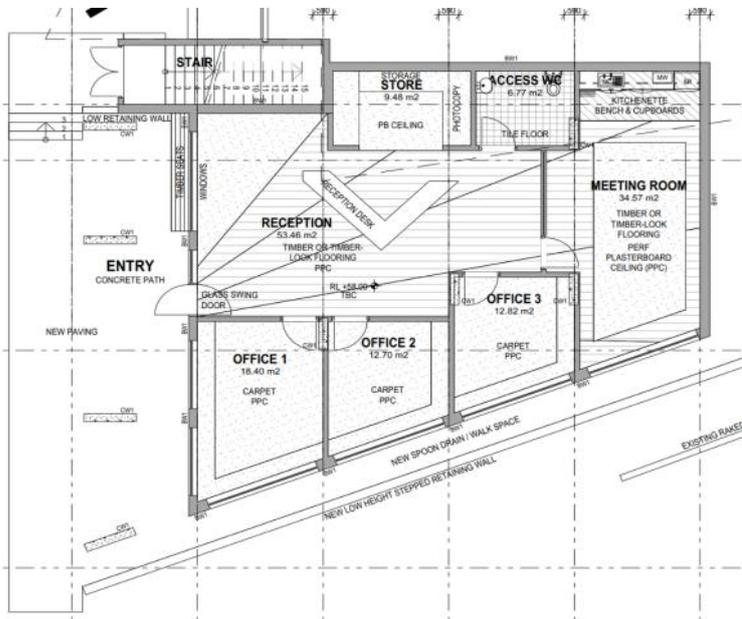
Parish Hall/Office Project Plan



Hall Floor Plan



Office Floor Plan



UPCOMING Community EVENTS

YAHS CALENDAR OF EVENTS

23 rd February, Monday, 6:30pm	Pizza & Pasta Night - The Fitzroy Lane Restaurant, 7 Hills RSL. RSVP 18th February
11 th March, Wednesday, after the 9:15am Mass	Psychology and spirituality of getting older, from the wisdom and insights by Jeff Hood RSVP 9 th March
The Young At Heart would like to invite all parishioners to a very informative presentation by Jeff Hood , the seminarian in our parish on Wednesday the 11th of March , after the morning mass and a brief coffee time. Jeff will be sharing his thoughts on the psychology and spirituality of ageing as well as insights into his own story and experiences. Booking is essential, please contact	
22 nd April, Wednesday	Picnic in the Park, TBC
15 th May, Friday, 11:30am	Mother's Day lunch - The Fiddler RSVP 8 th May
10 th July, Friday, after morning mass	Morning tea
For all inquiries/confirmation/RSPVs please call or text Frank 0459 504 625 or Trevor 0407 150 399	



Building our
Community

As a vibrant community of St John XXIII Parish, we invite our various cultural groups and ministries to take part in our parish life by hosting a Saturday Vigil or Sunday morning mini-event after our Mass celebrations. These gatherings are a wonderful way to share your culture, connect and strengthen our sense of family and belonging within the parish.

We encourage everyone to come along, participate and support these community-led activities. We also welcome suggestions for future events, fundraising ideas, or any offers of help — your creativity and support are always appreciated and play an important part in making our parish life joyful and thriving!

Please contact either
 Nanette - 0404 465600
 Techie - 0438 201436



INTERNATIONAL EUCHARIST CONGRESS

Our Holy Father Pope Leo has confirmed his visit to Australia for the International Eucharistic Congress that will take place in Sydney, 2028. As we prepare for this great event, it is a time for us to develop a deeper understanding and love of the Eucharist.

1st March is officially the start of preparations for the **International Eucharist Congress**.

Every parish in Australia is having an hour of Adoration of the Holy Eucharist. A time to praise and worship the Lord. Our parish will have an **hour of adoration on the same day at 5pm to 6pm followed by the Eucharist**. We ask every parishioner to be part of this worshipping community. We have also the **Holy Hour** in our parish **every Wednesday from 8 to 9pm** and encourage you to join.



THE FILIPINO CHAPLAINCY DIOCESE OF PARRAMATTA

FEAST OF ST JOSEPH

Saturday, 14 March 2026

St Patrick's Church

Mary Queen of the Family Parish

51-59 Allawah St, Blacktown 2148

Solemn High Mass @ 10:30 am

Followed by Lunch & Entertainment

Theme:

"St Joseph: Guardian of the Holy Family, United in the Mission of Christ"



NOVENA MASSES

04 March 2026	Wednesday	7:00 PM	MARY IMMACULATE CATHOLIC CHURCH 125 Barrier Drive, Quakers Hill 2763
05 March 2026	Thursday	7:00 PM	ST JOHN XXIII CHURCH 160 Perfection Avenue, Stanhope Gardens 2768
06 March 2026	Friday	7:00 PM	ST BERNADETTE'S CATHOLIC CHURCH 10 Gardenia Grove, Lalor Park 2147
07 March 2026	Saturday	7:00 PM	ST PAUL THE APOSTLE CHURCH 40 Buckleys Road, Winston Hill 2153
08 March 2026	Sunday	7:00 PM	ST PADRE PIO CHURCH 34-38 William Howell Drive, Glenmore Park 2745
09 March 2026	Monday	7:00 PM	ST NICHOLAS OF MYRA CHURCH 326 High Street, Penrith 2750
10 March 2026	Tuesday	7:00 PM	ST AIDAN'S CHURCH 9 Adelaide Street, Rooty Hill 2766
11 March 2026	Wednesday	7:00 PM	ST ANDREW'S CHURCH 36-40 Breakfast Road, Marayong 2148
12 March 2026	Thursday	7:00 PM	ST PATRICK'S CHURCH 51-59 Allawah St, Blacktown 2148



THANKS YOU



Last Sunday our new Blaze leaders were officially commissioned!

Congratulations to Brendan, Ellena, Sena, Dylan, Alisha, Daniel, Nicole, Elaina, Jerich, and Jared.

We are all so grateful for the call to serve and the opportunity to lead and walk alongside our young people in faith. Please keep us in your prayers as we step into this new role with open hearts.

Thank you to Amanda, Jonathan, Earl and Charlotte for the unwavering support and guidance - we really appreciate you all!

Lastly we appreciate the community for all the support with our BBQ Last Sunday. It was a great success!

Lenten Season 101: A Guide for Everything You Need to Know

Lent is the time of spiritual preparation prior to the Easter season, just as Advent is for Christmas. Jesus taught us clearly that there is no Resurrection without the Cross, and Lent is the Church's great spiritual journey as she, the Bride of Christ, joins her Divine Spouse in His great suffering on our behalf.

Basically, you don't get the joy of Easter without the self-sacrifice of Lent. If we are disciples of Jesus, we must follow in His footsteps...including the bloody ones. Here's a rundown of everything major you need to know about the Lenten season, the 40+ days of penance to prepare our hearts for Easter, the greatest of all Christian feasts.

LENT IN A NUTSHELL

Lent begins with Ash Wednesday (this year March 5, 2025) and ends on Holy Thursday (this year April 17, 2025). On the evening of Holy Thursday, Lent ends and the Sacred Triduum begins.

The 40 days of Lent correspond to the 40 days that Jesus spent in the wilderness to fast, pray, and endure the temptations of the devil, all in preparation for His public ministry, which would culminate in His death on the Cross.

"Each year, Lent offers us a providential opportunity to deepen the meaning and value of our Christian lives, and it stimulates us to rediscover the mercy of God so that we, in turn, become more merciful toward our brothers and sisters. In the Lenten period, the Church makes it her duty to propose some specific tasks that accompany the faithful concretely in this process of interior renewal: these are prayer, fasting and almsgiving."

—Pope Benedict XVI

HELPFUL DEFINITIONS

FAST: Eating less food than normal (does not necessarily mean no food).

† What you can eat: One normal, full-sized meal, and two smaller meals which if combined would not equal one full meal.

† Why: "Denying material food, which nourishes our body, nurtures an interior disposition to listen to Christ and be fed by His saving word. Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God." —Pope Benedict XVI

ABSTINENCE: Do not eat meat.

† What you can eat: fish and seafood

† Why: "Catholic peoples from time immemorial have set apart Friday for special penitential observance by which they gladly suffer with Christ that they may one day be glorified with Him. This is the heart of the tradition of abstinence from meat on Friday where that tradition has been observed in the holy Catholic Church." —USCCB

ALMSGIVING: Material generosity to the less fortunate.

† What you can give: money, goods, acts of charity

† Why: Almsgiving "represents a specific way to assist those in need and, at the same time, an exercise in self-denial to free us from attachment to worldly goods...Almsgiving helps us to overcome this constant temptation, teaching us to respond to our neighbor's needs and to share with others whatever we possess through divine goodness." —Pope Benedict XVI

IMPORTANT DAYS DURING LENT

Ash Wednesday: Marks the start of Lent and the time for penance. Obligatory day of fasting (ages 18 to 59) and abstinence (ages 14 & over).

Fridays of Lent: Obligatory abstinence (ages 14 & over). All Fridays (even outside of Lent) are days of penance.

Holy Thursday: Lent ends and the Holy Triduum begins in the evening with the commemoration of the Institution of the Eucharist at the Last Supper.

Good Friday: The anniversary of the Crucifixion of Christ (no Mass). Obligatory day of fasting (ages 18 to 59) and abstinence (ages 14 & over).

Holy Saturday: Christ is in the grave conquering death and freeing the captives. Final day of Lenten fasting (no daily Mass, Easter Vigil begins at sundown).

Sacred Triduum: The period of 3 days (Holy Thursday + Good Friday + Holy Saturday) during which we remember Christ's Passion, ending at the Easter Vigil (Saturday evening).

Easter Sunday: Lent has ended and the joy begins, the day of Christ's Resurrection, the principal Christian feast of the entire liturgical year. This is the celebration of Christ's victory over sin and death merited for us by His Passion, death, and Resurrection from the dead on Easter Sunday.

OBLIGATORY DUTIES FOR CATHOLICS DURING LENT

Fasting & Abstinence: Our obligatory duty on Ash Wednesday and Good Friday.

Abstinence: Do not eat meat on the Fridays of Lent. Treat it as a day of penance.

Confession: Catholics are obligated to fulfill their Easter Duty by receiving Holy Communion at least once during the Easter season (from Easter Sunday to Pentecost), and therefore the Sacrament of Penance for any mortal sins is required prior to this. It is strongly recommended as a Lenten penitential practice for any venial sins prior to the Easter feast.

BEST LENTEN PRACTICES

- ◆ The entire season of Lent is a penitential season. The liturgical color for Lent is purple (just like Advent) to show that it is a special time of penance. Taking up additional practices, such as self-imposed fasting outside of the obligatory times, Lenten devotions and spiritual reading, Stations of the Cross, a daily rosary, serving the poor, etc., all enhance the penitential and spiritual aspect of Lent.
- ◆ Make the Sacrament of Reconciliation (Confession) an important part of your Lenten penitential practice. Many parishes have special times for Confession during Lent. One traditional devotion towards this sacrament is to make a general confession of your whole life using an examination of conscience.
- ◆ Attend Mass on Ash Wednesday. While it is not a Holy Day of Obligation, all are encouraged to attend to receive ashes on the forehead.
- ◆ Attend Mass on Holy Thursday to commemorate the institution of the Eucharist, called the "Mass of the Lord's Supper."
- ◆ At 3 o'clock on Good Friday, pause and make a special effort to keep this hour sacred. This is the hour of Christ's death on the Cross, after which redemption for mankind was completed. Praying the Divine Mercy Chaplet is ideal at this time (it just takes five minutes), or check your local parish schedules for a 3 o'clock Good Friday service (see below).
- ◆ If possible, try to clear your schedule in order to participate in the traditional Veneration of the Cross service on Good Friday.
- ◆ Continue your Good Friday fast up to the start of the Easter Vigil to correspond to the entire time from Christ's death on the Cross until His Resurrection on Easter Sunday.
- ◆ Attend the Easter Vigil at sundown on Holy Saturday to welcome the Easter Sunday feast. Pray for those being received into full communion with the Catholic Church at this Mass, that they will remain faithful to Christ and His Church, grow in holiness, and become saints.
- ◆ On Easter Sunday and throughout the Easter season, fully celebrate the joy of Christ's Resurrection and the conquering of sin and death He merited for us. Greet one another with the Paschal Greeting/Easter Acclamation, "Christ is risen!" and the response, "He is risen indeed!"

FINAL THOUGHT

"The observance of Lent is the very badge of the Christian warfare. By it we prove ourselves not to be enemies of Christ. By it we avert the scourges of divine justice. By it we gain strength against the princes of darkness, for it shields us with heavenly help. Should mankind grow remiss in their observance of Lent, it would be a detriment to God's glory, a disgrace to the Catholic religion, and a danger to Christian souls. Neither can it be doubted that such negligence would become the source of misery to the world, of public calamity, and of private woe."

—Pope Benedict XIV

Author: Gretchen Filz

<https://www.catholiccompany.com/blogs/magazine/lenten-season-101-5994>

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