



Every year during Lent I'm asked why Catholics fast and abstain. How can I explain our Lenten practice? Explain that Lent is the 40 days before Easter in which Catholics pray, fast, contemplate, and engage in acts of spiritual self-discipline. Catholics do these things because Easter, which celebrates the Resurrection of Christ, is the greatest holy

day of the Christian year (even above Christmas) and Catholics have recognized that it is appropriate to prepare for such a holy day by engaging in such disciplines. The reason Lent lasts 40 days is that 40 is the traditional number of judgment and spiritual testing in the Bible (Gn 7:4, Ex 24:18, 34:28, Nm 13:25, 14:33, Jon 3:4). Lent bears particular relationship to the 40 days Christ spent fasting in the desert before entering into his public ministry (Mt 4:1-11). Catholics imitate Christ by spending 40 days in spiritual discipline before the celebration of Christ's triumph over sin and death. Fasting is a biblical discipline that can be defended from both the Old and the New Testament. Christ expected his disciples to fast (Mt 9:14-15) and issued instructions for how they should do so (Mt 6:16-18). Catholics follow this pattern by holding a partial fast on Ash Wednesday and Good Friday. Abstinence from certain foods is also a biblical discipline. In Daniel 10:2-3 we read, "In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks." Catholics use a practice similar to Daniel's when, as a way of commemorating Christ's Crucifixion on a Friday, they abstain from eating meat on that day of the week during Lent. The only kind of flesh they eat on Friday is fish, which is a symbol of Christ. Even the Ash Wednesday practice of having one's forehead signed with ashes has a biblical parallel. Putting ashes on one's head was a common biblical expression of mourning (1 Sm 13:19, Est 4:1, Is 61:3; see also Est 4:3, Jer 6:26, Ez 27:30, Dn 9:3, Mt 11:21, Lk 10:13). By having the sign of the cross made with ashes on their foreheads, Catholics mourn Christ's suffering on the cross and their own sins, which made that suffering necessary.

### Lenten Groups:

1. in the Presbytery every Sunday at 3.30pm
2. Young Adults Lenten Group in the church after evening Sunday Mass 6.00pm



The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

## St Michael's Catholic Church

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 Foley Gardens Manager, Joe de Andrade  
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 School Principal, Mrs. Allana Vedder,  
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 Assisting Retired Priests:  
 Fr. Anthony Simari & Fr. Peter Lynch



**22<sup>nd</sup> Feb. 2015 (B)**

**1<sup>st</sup> Sunday of Lent**

**1<sup>ST</sup> READING:** Genesis 9:8-15

**RESPONSORIAL PSALM:**

Your ways, O Lord, are love and truth, to those who keep your covenant.

**2<sup>ND</sup> READING:** 1 Peter 3:18-22

**GOSPEL ACCLAMATION:**

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:** St Mark 1:12-15

**Internet resources:**

"Zenit News"; "Catholic on Line";  
 "Liturgical Year Calendar"  
 Children's web: Google, EWTNKIDS  
 Deepen your faith-find answers on  
 "Tim Staples; Catholic Sacraments" videos;  
[www.vocationcentre.org.au](http://www.vocationcentre.org.au)

**WEEKEND MASS TIMES:**

Sat. Vigil: 5pm

Sunday: 8am, 9:30am & 5pm

**WEEKDAY MASS TIMES:**

Mon, Tues & Thurs: 7:30am

Wed: 6pm

Fri: 9:15am

Sat: 9:15am (Sthn Cross Hostel)

**HOLY HOUR:** Wed: 5pm

**RECONCILIATION:**

Wed: 5:15 – 5:45pm

Sat: 4:15 – 4:45pm

**BAPTISMS:**

Sundays 9:30am Mass

**BAPTISMAL PROGRAMME &**

**WEDDINGS:** By appointment

**ANOINTING MASS:**

Quarterly: 1<sup>st</sup> weekend

**1<sup>ST</sup> SAT OF EACH MONTH:**

11am Mass in honour of Our Lady.

**PLANNED GIVING PROGRAMME:**

**100%** tax deductible. Please join by contacting parish office.

**FAITH FORMATION:**

Sundays 3:30pm (in presbytery)

**OFFICE HOURS:**

Mon, Wed & Fri 9am to 2:30pm

**MASS INTENTIONS:**

**Sat Vigil:** †Yolanda & Giuseppe Pappalettera **Sun 5pm:** †Edward Azzarello  
**Sun 8am:** †Sumitomo **Mon:** Special Intention  
**Sun 9:30am:** Pro Populo **Tue:** †Isabella Rees

**OUR SICK:** Marie and Edgar Busuttill, Pat Raby, Mollie Burgess, Patricia Flannery, Josephine Helback, Moira Butler, Alan Sargeant, Henry Morris and Minerva Alimario...

**Foley Gardens Self-care Retirement Village – accommodation is available now! For further details please call Joe de Andrade (Manager-Property) on 0438 696 396 or Patricia Low (Manager-Admin) Parish Office on 9349 1292**

**Happy Birthdays to: Melissa Yong (25<sup>th</sup>)**

**THE NEXT ANOINTING MASSES will be held on the weekend of 28<sup>th</sup> Feb / 1<sup>st</sup> March.**

**PROJECT COMPASSION BOXES** are now available in the church foyer for your Lenten donations.

**PARISH SCHOOL NEWS:** 1) **Class Mass:** Fri 27<sup>th</sup> Feb: Year 2; Fri 6<sup>th</sup> Mar: Year 4.  
 2) **Family Mass:** Sat 21<sup>st</sup> Feb: Kindy & Buddy; Sat 28<sup>th</sup> Feb: Kindy & Buddy.

**Catholicism,** The Journey with Fr. Robert E. Barron. 4<sup>th</sup> Sun. at 3:30 pm presbytery. First session: 22<sup>nd</sup> Feb.

**The Great Adventure:** Bible Study, 3rd Sundays of the month, 3:30pm presbytery. Second session: 15<sup>th</sup> March.

**CATECHIST NEWS:** 1) CCD Accreditation Course: a) Basic ONE – Wed 18<sup>th</sup> March from 10am to 2pm at Polding Centre, Sydney. B) Basic TWO – Fri 27<sup>th</sup> Feb, 6 & 13<sup>th</sup> March from 10am to 2pm at Polding Centre, Sydney. *Please contact Gennie Hage if you would like to attend.*

**Reminder: PARISH MINISTRY ROSTERS:** The new roster is due at the beginning of April. Parishioners wishing to apply for any of the Parish Ministries should contact Patricia (Parish office) before **6<sup>th</sup> March**. Anyone wanting to alter or to resign their current ministry should also contact her before that date. Thank you to all ministers for your continued support and commitment.

**This weekend: Vigil:** J Haggart (A) L Paquin, J Spora (R) G Hage, S Tjen (C) Thomas W (M)  
**8:00am:** G Diab (A) V Meyer, R Wijaya (R) O Sarmiento, V Meyer (C) P Low (M)  
**9:30am:** A Varghese (A) I Lie, J Lie (R) N Jenner, L Jenner (C) T Chin (M)  
**5.00pm:** R Yang (A) Volunteers (R) Volunteers (C) **Counters:** B Dunn, H Morris

**Next weekend: Vigil:** J Haggart (A) Volunteer, R Williams (R) M Wong, P Tjugito (C) Thomas W (M)  
**8:00am:** G Diab (A) G Guerrero, F De Andrade (R) Sr Betty, J Yong (C) P Low (M)  
**9:30am:** A Varghese (A) I Tjahjadi, Darlene T (R) J Lie, I Lie (C) T Chin (M)  
**5.00pm:** R Yang (A) Volunteers (R), Volunteers (C) **Counter:** J De Andrade

*Please pray for Peter A Comensoli, Bishop of Broken Bay and his family. His father, Mick Comensoli, passed away recently. Eternal rest grant unto him, O Lord, and may perpetual light shine upon him. May he rest in peace. Amen.*

Commonly called "Aunty", born 89 years ago, three years ago born again in the waters of Baptism, Julia Kho thanks God for a gift of Life. Congratulations Aunty Julia on your 89<sup>th</sup> Birthday.



*"In our globalized and often confused world, a common Christian witness is a necessary requisite for the effectiveness of our efforts to evangelize."*

Thanks to Kevin Foong for the electronic drums and to Thomas and Alexandria for assembling it.

Happy 83<sup>rd</sup> Birthday to Barry Dunn.



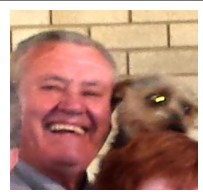
**Archbishop Adolfo Tito Yllana** born 6 February 1948, Naga City, Cebu.



His Holiness Pope Francis has appointed as Apostolic Nuncio to Australia, His Excellency Most Reverend Adolfo Tito Yllana, Titular Archbishop of Montecorvino and until now Apostolic Nuncio to the Democratic Republic of Congo. May God bless his ministry.



"Thank you" to Helen from Krazy Chix, Malabar for providing food for our 2014 Christmas lunch.



Simon and Same welcome to our Foley Gardens Self-Care Retirement Village.

"Men are using God as "one justification... for their higher standing over women, basing their views on their interpretation of holy books.( Islamic) groups have used this rationale to horrific ends, claiming women are inferior and effectively property under their strict interpretation of Sharia law."( Jimmy Carter, 18.02.15)

**Stations of the Cross Friday at 7pm in Church.. Please join the Lenten Program by forming groups for only 6 weeks. The lenten reflections are based on the resources from Brisbane Archdiocese. Please form your groups .**

The true transformation we long for is freedom from all that holds us back, oppresses us, freedom for all we desire to be and to do, freedom to be in active, loving relation with God and others. Ashes are a sign of our deepest desire: transformation. They are a sign of our awareness of reality, that we want to live in the freedom of Jesus Christ, that we choose to be transformed. Ashes signal that we want to get out of our prisons: the thoughts and habits and modes of being that block our awareness of love. (Ash Wed.)