

Welcome to the Season of Lent



LENTEN PROGRAM: Commencing this Friday, 16 February, 5pm at SHC, then throughout Lent every Tuesday after 5pm Mass. Lenten Program Booklets will be available for purchase.

TUROSS LENTEN PROGRAM: Starting on Monday, 19 February at 2:30pm, 249 Hector McWilliam Drive. All welcome. Please give your name to Leslie Willmouth.

ST MARY'S: This Saturday, 17 February Staff Commissioning Mass, Sacred Heart Church 5pm.
Saturday, 24 February, Year 3 First Reconciliation Commitment Mass, Sacred Heart Church 5pm.

CAR FOR SALE: Nissan Maxima 350Ti, 2010 Model. 3.5 engine, V6. Top of the range luxury sedan, silver, BOSE 6CD, Dolby 5.1 surround sound system, DVD player. Keyless entry, push button start, sunroof, leather seats, power front seats with memory and more. 187,000km. Pleasant interior and in perfect running condition. One owner. No accidents or repairs. Best for long trips with good engine power and mileage 10km/litre. If you are interested, please call Fr George 0431 603 666.

SACRED HEART PARISH MORUYA



36 Queen Street (PO Box 23) Moruya NSW 2537
Phone: 4474 2024 Email: moruya@cg.org.au

Web: <http://cg.org.au/Moruya>

Priest: Fr George Azhakath

Secretary: Mrs Vickie Moore

Parish Office hours: Wed and Fri 9:00am—2:00pm

Mass Times:

Moruya: Sat: Vigil 5:00pm Sun: 10:00am

Tue: 5:00pm, Wed, Thu & Fri: 9:15am/1st Saturday of the month 9:15am

Tuross: Sun: 8:00am **Bodalla:** 4th Sunday of the month 3:00pm/2nd Thursday of the month 9:00am

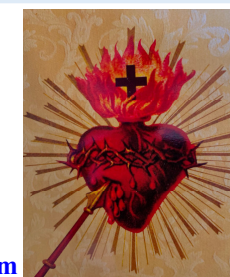
Reconciliation: Every Saturday @ Moruya 4:15pm-4:45pm before Vigil Mass

1st Saturday of the month @ Moruya 8:15am-9:00am

Devotions: Daily Rosary and Saturdays 9:30am **Adoration:** All Fridays after Mass

Schools: St Mary's Moruya: 4474 2817 Carroll College Broulee: 4471 5600

Caring Groups: Tuross Head: 0497 315 534 Moruya: 0431 354 993



First Sunday of Lent

- YEAR B -

17 & 18 February 2024

Jesus was tempted by Satan, and the Angels looked after Him

“... it is written “one does not live by bread alone, but every word that comes from the mouth of God”

The primary purpose of **Lent** is spiritual preparation for the celebration of Jesus' death on Good Friday and his resurrection on Easter Sunday. The Church tries to achieve this goal by leading her children to “repentance”, a type of conversion. Repentance leads us to reorder our priorities and change our values, ideals and ambitions, with the help of fasting, prayer and mortification. Hence, the Church ordains fasting and abstaining on assigned days of Lent. All Lenten observances are also intended to lead us to our annual solemn renewal of baptismal vows on Holy Saturday. Through Baptism we are called to live justly, to love God with all our being, to love our neighbour as ourselves and to build the kingdom of God by our acts of charity. That is why the **three readings** chosen for today refer to Baptism directly or indirectly.



The **first reading** describes how Noah's family was saved from the waters of the deluge by God's special providence and how God made His first ‘friendship covenant’ with mankind. Noah's rescue from the flood symbolises how we are saved through the water of Baptism which cleanses us of sin and makes us one with Christ. Today's **Psalm** is an exquisite penitential prayer humbly acknowledging human insufficiency and our radical dependence upon God and His mercy and forgiveness. The Psalmist lists some of the characteristics of the life resulting from his repentance: truth, compassion, love, kindness, goodness, unrighteousness, humility and justice. In the **second reading** Peter shows us how Noah's episode prefigured Baptism. In the **Gospel**, we are told how Jesus, immediately after His baptism, faced and defeated the tempter, prepared by His forty days of prayer and penance in the desert.

Prayer after Communion: Lord, we thank you for coming into our hearts in Communion. We believe you are truly present in the Blessed Sacrament. You are our life and our hope. Draw us more deeply to yourself and transform our hearts through your abiding love. May we come to know Sunday as a special day of faith, the day of our Risen Lord. May our celebration of the Eucharist on Sunday consecrate this day to you.

O Sacrament Most Holy, O Sacrament Divine, All Praise and All Thanksgiving be every moment Thine.



First Sunday of Lent
17 & 18 February



This year, Project Compassion brings you the stories of three resilient women from three different corners of the world. They are facing vastly different challenges, but are all united by one dream: to create a better tomorrow *for all future generations*.

Meet **Ronita** from the Philippines. Ronita is a mother of two young boys living in a slum in Quezon City. She went back to school to finish her education so that she could earn income to support her children.

Meet **Leaia** from Samoa. Not having access to a reliable source of clean water was very difficult for Leaia and her family. But, with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Meet **Memory** from Malawi. Memory, the eldest daughter from a rural Malawian family, trained to become a carpenter and is now a trailblazer for future generations of women in her village.

Throughout Project Compassion, you will get to know the stories of Ronita, Leaia and Memory. Journey with them as they forge a path to a brighter future for all generations.

Please donate to Project Compassion.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion or by calling 1800 024 413.

Photo: Richard Wainwright/Caritas Australia



Liturgy of the Word

First Reading Genesis 9:8-15

A reading from the book of Genesis

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.'

God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

The Word of the Lord

All: Thanks be to God

Responsorial Psalm Ps 24:4-9. R. see v.10

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

1. Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. **(R.)**
2. Remember your mercy, Lord,
and the love you have shown from of old.
In your love remember me,
because of your goodness, O Lord. **(R.)**
3. The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. **(R.)**

Second Reading 1 Peter 3:18-22

A reading from the first letter of St Peter

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a

small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects.

The Word of the Lord

All: Thanks be to God

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 Mark 1:12-15

P: The Lord be with you

All: And with your spirit

P: A reading from the holy Gospel according to Mark

All: Glory to you O Lord

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord

All: Praise to you Lord Jesus Christ



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.

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

THE WORD AND LIFE this week ...

1) Make Lent a time of renewal of life by penance and prayer: In the past, the six weeks of Lent meant a time of severe penance as a way of purifying ourselves from our sinful habits and getting ready to celebrate the Paschal mystery (the passion, death and resurrection of Jesus Christ) with a renewed commitment to follow Christ. Now the Church leaves the Lenten practice of penance to the good will and generosity of individual Christians. However, Lent should be a time for personal reflection on where we stand as Christians accepting the gospel challenges in thought, word and deed. It is also a time to assess our relationships with our family, friends, working colleagues and other people we come in contact with especially those in our Parish. We should examine whether we are able to give any positive contribution to other people's lives and to eradicate the abuses which are part of our society.

2) Convert Lent into a time for spiritual growth and Christian maturity: a) by participating in the Mass each day or at least a few days a week. b) by setting aside some part of my day for personal prayer. c) reading some Scripture alone, or better still, with others. d) setting aside some money that I might spend on myself for meals, entertainment or clothes and giving it to an organisation which takes care of the less fortunate in our society. e) abstaining from smoking or alcohol. f) receiving the sacrament of reconciliation in Lent and participating in the "Stations of the Cross" on Fridays. g) visiting the sick and those in nursing homes and doing some acts of charity, kindness and mercy every day in Lent.

3) Use Lent as a time to fight daily against the evil within us and around us: Repenting and fighting against temptations and evil is a lifetime's task. Jesus did not overcome Satan in the wilderness; he achieved that only in his death. Lent reminds us that we have to take up the fight each day against evil within us and around us, and never give up. Jesus has given the assurance that the Holy Spirit is with us empowering us so that final victory will be ours through Jesus Christ.

NOTICES FROM THE PARISH

We continue to extend our support to those at Banksia Village, IRT Moruya, the sick members of our Parish and those in need of our prayers: Kathleen Ebbelaar, Gerry Ebbelaar, Dianne Ebbelaar, Kylie Leplaw, Andy McCosker, Bala Stankovich, Clare Broekhuysse, Pat Morris, Barry Morris, Christopher Morris, John Kay, Lee Maat, Kirk Dowling, Rosemary Patyus, Kay Morton, Rod McDonald, Hans Brosch, Father Giles Setter OFM, Annette and John Nader, Robyn Barkley, Mark Wales, Therese Masserot, Jenny Hopkins, Tammy Whiteman, Clair Holmes, Patricia Murphy, Barbara Kirk, Miriam Turnbull, Natasha Morton, Janice Setter, Pauline de Grave, David McWilliams, Paul Ryan and Sue Holmes Murphy.

Parish Safeguarding Commitment: Sacred Heart Parish is committed to safeguarding and upholding the dignity and rights of all our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the centre of all of our thinking.

Communicating Concerns: Parishioners are encouraged to raise any concerns they may have by emailing Fr George Azhakath or the Parish Office. Alternatively, please phone the Parish Office to arrange a time to talk with Fr George. Specific safeguarding issues can also be emailed to the **Parish Safeguarding Officers:** **Pauline Parnell** ronandpauline@yahoo.com; **Louise Strahlendorf** loumm214@gmail.com; or **Peter Hoban** peter.hoban@peters.com.au. Parishioners are also welcome to contact Maria Hicks, Manager for the Archdiocese's Institute for Professional Standards and Safeguarding (IPSS) ipss@cg.org.au/6239 9806.