

SEASON OF LENT PASTORAL NOTES:

- Lent is a penitential season of prayer, self-denial and helping others. In this way, the whole Church prepares for Easter with those who are to be baptised.
- Lent lasts from Ash Wednesday (2 March) to the Mass of the Lord's Supper exclusive (14 April).
- Abstinence from eating meat maybe observed on all Fridays.

There will be Stations of the Cross on all Wednesdays after 9:15am mass during Lent.

LENTEN REFLECTION GROUP: Gathering on all Tuesdays of Lent immediately after 5:30pm mass in the Church or at the garden table setting. You may give your name and phone number on the sheet provided in the Church foyer.

LENTEN REFLECTION GROUP, TUROSS: Deacon Paul Rummery will lead the Lenten discussion group in Tuross this Lenten season. The Group will meet at 29 Beach Street at 2pm on Tuesdays during Lent.



First Sunday of Lent

5 & 6 March



Anatercia 12, was struggling to cope with adult responsibilities after her father died. Then she participated in Caritas Australia-supported training and gained access to psychosocial supports. Now, her quality of life has improved and she can focus on school. Please donate to Project Compassion 2022 to help young people succeed in the future and bring stability to vulnerable youth like Anatercia.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow. For All Future Generations. You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting len.caritas.org.au or by calling 1800 024 413.

Project Compassion envelopes and boxes are available in the foyer to take home.

PANCAKE TUESDAY & BBQ: Thank you to all who attended and shared in a lovely BBQ dinner and get together. Special thanks to Susie McCosker and Fr George who arranged the evening and Anthony Moore for cooking the BBQ, and all the Parishioners who brought a plate to share and came along to the gathering.



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 msfs

Secretary: Mrs Vickie Moore

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

Mass Times:

Moruya: Sat: Vigil 6.00 pm Sun: 10.00am

Tue: 5.30pm, Wed, Thu & Fri: 9.15am

Sat: Reconciliation: 10—10.30am. Healing mass 9:15am—First Saturday of the month

Tuross Mass: Sun: 8am **Bodalla Mass:** 2nd Thursday of the month 9.15am and Fourth Sunday of the month 3pm

Schools: St Mary's Moruya: 4474 2817

Carroll College Broulee: 4471 5600

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

Devotions: Daily Rosary before/after Mass. Adoration & Benediction Fridays: 9.45—10.45am



1ST SUNDAY OF LENT

- YEAR C -

March 5 & 6 2022

The Temptation of Jesus

“Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted”

The temptations to turn stones into bread, to worship Satan and to leap from the pinnacle of the Temple demonstrate three aspects of self-control; material, civil and spiritual. Likewise, they correspond with three levels of human blessings: 1) those who have material goods; 2) those who have political power; and 3) those who have spiritual powers. These, in turn, correspond to three human seductions: 1) If you will worship me, I will make you rich; 2) If you will worship me, I will give you political power; 3) If you will worship me, I will endow you with magical power. Jesus dismisses the temptations by references to Deuteronomy. **“One does not live by bread alone”** (8:3); **“Worship the Lord your God”** (6:13), and **“Do not put the Lord your God to the test”** (6:16). Jesus used two weapons against the temptations: the Holy Spirit and the Holy Scripture.



Jesus prepared himself for his ministry by a period of fasting, praying, and strengthening himself against temptation. How will we use the time of Lent for our spiritual training camp? Lent is a time to practice the use of God's word as our defensive weapon against temptation. What spiritual training plans will we put into practice during Lent? Prayer, fasting, and almsgiving are traditional. Today's passage from the Gospel might suggest that we spend a few minutes each day in reading Scripture. Are we trying to live by “bread alone?”

We might write a plan for each week of Lent. Here are some suggestions to get us started:

First week I will ... spend time reading the gospels or psalms/attend a weekday Mass. Second week I will ... fast from foods, television/entertainment/avoid gossip etc. Third week I will ... volunteer at a Parish need, Vinnie's shop, or visit someone lonely or housebound/charitable works. Fourth week I will ... learn a few lines of Scripture by heart/make an examination of conscience/confession. Fifth week I will ... give clothes, money or possessions to the poor/Project Compassion. Sixth week I will ... participate in the Holy Week liturgies/Stations of the Cross.

Welcome to Parents and Children to the First Reconciliation Commitment Mass.

Liturgy of the Word

First Reading

A reading from the book of Deuteronomy

Moses said to the people: ‘The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

“My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.” You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.’

The Word of the Lord

All: Thanks be to God

**Responsorial Psalm Ps 90:1-2. 10-15.
R. v.15**

(R.) Be with me, Lord, when I am in trouble.

1. He who dwells in the shelter of the Most High

and abides in the shade of the Almighty
says to the Lord: ‘My refuge,
my stronghold, my God in whom I trust!’ **(R.)**
2. Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. **(R.)**
3. They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon. **(R.)**
4. His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: ‘I am with you.’
I will save him in distress and give him glory.
(R)

Second Reading

A reading from the letter of St Paul to the Romans

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved.

By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The Word of the Lord

All: Thanks be to God

Gospel Acclamation Mt 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 Lk 4:1-13

P: The Lord be with you

All: And with your spirit

P: A reading from the holy Gospel according to Luke

All: Glory to you O Lord

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, ‘If you are the Son of God, tell this stone to turn into a loaf.’ But Jesus replied, ‘Scripture says: Man does not live on bread alone.’

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, ‘I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.’ But Jesus answered him, ‘Scripture says:

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

Then he led him to Jerusalem and made him stand on the parapet of the Temple. ‘If you are the Son of God’, he said to him ‘throw yourself down from here, for scripture says:

He will put his angels in charge of you
to guard you,

and again:

They will hold you up on their hands
in case you hurt your foot against a stone.’

But Jesus answered him, ‘It has been said:

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

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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.

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.**

THE WORD AND LIFE this week ...

1) We need to confront and conquer temptations as Jesus did, using the means he employed: Like Jesus, every one of us is tempted to seek sinful pleasures, easy wealth and positions of authority, and is drawn to the use of sinful means to attain good ends. Jesus sets a model for conquering temptations through prayer, penance and the effective use of the “word of God”. Temptations make us true warriors of God by strengthening our minds and hearts. We are never tempted beyond our power. In his first letter, St John assures us: “Greater is He who is in us, than the power of the world”. Hence during Lent, let us confront our evil tendencies by prayer (especially by participating in the Holy Mass), by penance and by meditative reading of the Bible. Knowledge of the Bible prepares us for the moment of temptation by enabling us “to know Jesus more clearly, to love him more dearly and to follow him more nearly, day by day”, as William Barclay puts it.

2) We need to grow in holiness during Lent by prayer, reconciliation and sharing. We become resistant and even immune to temptations as we grow healthier in soul by following the traditional Lenten practices: a) by finding time to be with God every day of Lent, speaking to Him and listening to Him; b) by repenting of our sins and renewing our lives through uniting ourselves with God both by the sacrament of reconciliation and by forgiving those who have hurt us and asking forgiveness of those whom we have hurt; and c) by sharing our love with others through our selfless and humble service, our almsgiving and helping of those in need.

3) We need to be on guard against veiled temptations: Let us remember that even Spirit-filled, sanctified and vibrant Christians are still subject to the Original Temptation of Eve: “You will be like gods, knowing what is good and what is evil”. We are tempted to give ourselves godlike status and treat others as our subordinates. Consequently, we resent every limitation of our freedom and vigorously deny the fact that we are dependent on others. We do not want to be responsible for the consequences of our choices. We are also tempted to fraternise with people of questionable character. Our temptation to adopt pop culture in liturgical services ultimately leads to trivialisation of the worship service.

PRAYERS FOR THE SICK AND THE HOUSEBOUND: We continue to pray and extend our support to those at Banksia Village, IRT Moruya; and the sick members of our Parish: Sylvia Heffernan, Ben Pollock, Kathleen Ebbelaar, Gerry Ebbelaar, Kylie Leplaw, Monique Driver, Andy McCosker, Paul Croese, Clare Broekhuysse, Pat Morris, Julie and John Kay, Lee Maat, Sandra Spellacy, Kirk Dowling, Rosemary Patyus, Kay Morton, Rod McDonald, Kaye Shephard, Hans Brosch, and Christopher Woolley.

BIRTHDAYS: Parishioner **Graham Moore** celebrates his **80th Birthday on 6 March**. Happy 80th Graham!

ANNIVERSARY: On 7 March it is Lorraine Moore’s 1 year anniversary of her passing. Lorraine was a regular attendant at Mass, a Caring Group member and was very musically talented and sang with the Tuross Head Country Club Singers. Please keep Graham and his family in your prayers at this time.

RECONCILIATION: Reconciliation Parents’ Commitment Mass this **Sunday 6 March at 10am mass**.

This is the only Commitment Mass. Welcome to all the parents and candidates.

ORDER OF MALTA: We extend a warm welcome to our friends Frank Testa and companions of the Order of Malta for visiting our Parish this weekend. Parishioners are welcome to stay a few minutes after mass for a chat with them.

LENT 2022 WITH THE CATHOLIC GUY BRUCE DOWNES: Be inspired, Be refreshed, Be renewed! For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up here: <https://BruceDownes.org/Lent22> Call 1300 734 880 for more info

CARITAS AUSTRALIA: Volunteer to be Caritas Australia’s Parish Representative! Please see Flyer in the Church foyer if you are interested.