

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

Mt 4:1-11

A reading from the holy Gospel according to Matthew.

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.**

A SERVICE OF THE SOCIETY OF ST PAUL

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Breaking Open the Word

IN JESUS' FOOTSTEPS

At the dawn of human history, Adam and Eve were seduced into trying to grasp equality with God. In their quest to become like God they gained some knowledge, but it left them chastened and disillusioned. Created in God's image they now saw that dignity was distorted by sin and became aware of their nakedness, vulnerability and need for God.

Prior to commencing his public ministry, Jesus undergoes a time of testing and preparation. During this time Jesus shares in all the trials that Israel experienced in the desert. They lost their way in the desert but Jesus gives us hope as he reveals the qualities that mark God's children. He knows the source of his life is to be found in God so there is no need to make his own bread. He knows that God is with him, and does not need to put God to the test. He is certain that God is the source of his life and power, and rejects the call to worship Satan.

Paul looked at all of salvation history and saw that Adam and Jesus marked two vital moments in God's dealing with humanity. What had been lost by one had been more than regained by the other. Through the gracious gift of Jesus' death, we are able to begin anew as God's children. As we begin the season of Lent we are invited to reflect on our own story, to begin once again with thankful hearts, and follow in the footsteps of Jesus.

Christopher Monaghan CP

THE SAVING WORD

FIRST SUNDAY OF LENT / A

26 FEBRUARY 2023

FIRST READING

Gen 2:7-9; 3:1-7

A reading from the book of Genesis

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.**

RESP PSALM

Ps 50:3-6, 12-14, 17. R. v. 3

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

1. 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.**

2. 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.**

3. 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.**

4. 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

Rom 5:12, 17-19.

A reading from the letter of St Paul to the Romans

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.

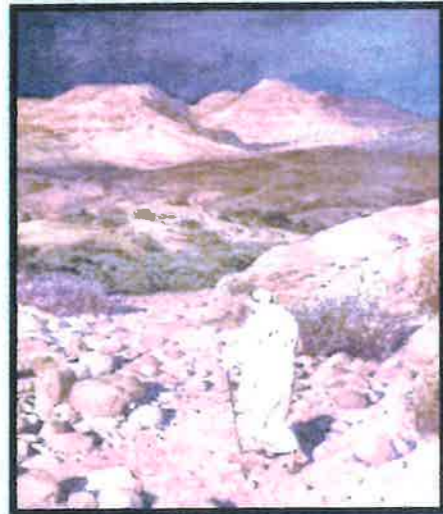
If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation 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.**

Longer form 5:12-19

ST PATRICK'S PARISH FAMILY

THREE PARISHES TOGETHER



Baptism Request forms can be located on Parish website/at Parish Office, Fr Mark will be available to celebrate during mass on 2nd Sunday of the month

Parish Priest: Fr. Mark Croker
 Phone: 02-8331 7609 Presbytery
 Mobile: 0428 190 759

Wednesdays- Fr. is at Bombala Parish
 Mass: 9.30am & Delegate 2nd Wed 10.30am

Parish Secretary:
 Mrs Sharon Nesbitt 02 8331 7608
 Office Opening Hours
 Mon Wed Thu open hours 9am-1pm/
 2-4.30pm
 Email: snowymonaro@cg.org.au

www.cg.org.au/cooma

Sacramental Program

Phone: Fr Mark Croker
 Email: cooma@cg.org.au

St Patrick's Parish School

Principal:
 Mrs Frances Robertson
 Cnr Murray & Vale Street, Cooma
 Phone: 02 6452 1721
 Fax: 02 64523974

<http://stpatcooma.nsw.edu.au>

www.facebook.com/stpatcatholicparishcooma

Parish Pastoral Council:

Darren 0429 904 291

St Patrick's Cooma Mass
 Mass Sunday's at 10am
 Cooma Sacrament of Reconciliation
 TBA

St Patrick's Weekday
 Mass: Tues.Thu, Fri 10am
 Except Third Friday of Month =
 Nursing Home Mass
 9.30am Yallabee Lodge
 11am Sir William Hudson

Adaminaby

Nimmitabel
 Mass 3rd & 5th Sunday
 *6pm Sat Vigil Mass
 1st 2nd, 4th Sun- LITURGY Sat 6pm

Numeralla

Mass 4th Sunday at 5.30pm
 LITURGY 2nd Sunday 5.30pm

Berridale

Mass 3rd Sunday of month
 Vigil Mass Saturday's at 4pm
 1st 2nd 4th & 5th Sunday Liturgy of
 the Word 10am Sunday

Jindabyne

2nd 3rd & 4th = Vigil Mass 6pm Sat
 1st & 5th Sunday = Liturgy 6pm Sat

Rosters- Ministry

Usher
 Sun 26th 10am Kathleen Bashford
 Sun 5th 10am Terri Rick

Reader/ Commentator

Sun 26th 10am Joan Simpson Tony Goodwin
 Sun 5th 10am Kevin Dunne Suja Tessy

Altar Servers

Sun 26th 10am Natalia & Amelia Zieja
 Sun 5th 10am Bosco Family

Children's Liturgy

Sun 26th 10am Kellie Summerville
 Sun 5th 10am Carol Byrne

Altar Linen

Sun 26th 10am Gaie Mooney
 Sun 5th 10am Jolanta Zieja

FLOWERS:

Sun 26th 10am Meredith Coe
 Sun 5th 10am Claire Neumeyer

Next weekend Readings

SECOND SUNDAY OF LENT /A

1st Reading Genesis 12: 1-4
 2nd Reading 2 Timothy 1: 8-10
 Gospel - Matthew 17: 1-9

Acolyte

Sun 26th 10am Richard Cmunt
 Sun 5th 10am Kaitlyn Bosco

Special Ministers-suspended Chalice- 1 minister

Sun 26th 10am Jolanta Zieja
 Sun 5th 10am Miesje Blumer

Cleaning NEW VOLUNTEERS REQUIRED PLEASE

Mar 4th Sue McPhie Leah Baker & Bernadette Moser
 Mar 11th Carol Byrne Julie Upton Pam Stewart

Hospital

Sun 26th Leah Baker
 Sun 5th Margaret Quodling

Please continue to sanitise your hands and mask are recommended, maintain social distance to keep us all safe. Please take your Bulletin home, Thank you.

PARKING- reminder, **Please do not** park

in front of the Presbytery doors on the new drainage works or under the tree on grass area the water pipes lie below surface. Thank you,

Easter Timetable 2023

Stations of the Cross Friday's - St Patrick's Church Cooma at 6pm

Palm Sunday 2nd April - Cooma 10am, Bombala Vigil 6pm, Jindabyne Vigil 6pm

2nd Rite of Reconciliation – to prepare for Easter

Cooma – Tuesday 4th April 2023 at 7pm

Jindabyne- after Vigil Mass 25th March 2023

Bombala- after Vigil Mass 1st April 2023

Snowy Monaro Easter Mass - will be updated as assisting Priest availability known

Please Pray for our Recently Deceased, Anniversaries & Special Intentions:

"We have loved them in life, let us not forget them in death":

Anniversaries & Special Intentions: Terry Redden, Magda Olsen, Seage family, Harry Flanagan.

Prayers for our Sick: "May they be comforted through the Spirit of healing. Jara Gregor, June Dykes#

Cleaning Roster: Many hands make for lighter work, If you would be willing to assist with an hour cleaning of our Church on a Friday or Saturday we need assistance Please contact Fr Mark or Sharon at the Parish Office

Give Up for Lent:

GIVE UP grumbling! Instead, "In everything give thanks." Constructive criticism is OK, but "moaning, groaning, and complaining" are not Christian disciplines.

GIVE UP 10 to 15 minutes in bed! Instead, get up, and use that time in prayer, Bible study and personal devotion.

GIVE UP looking at other people's worst points. Instead, concentrate on their best points. We all have faults. It is a lot easier to have people overlook our shortcomings when we overlook theirs first.

GIVE UP speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check that sharp tongue at the door?

GIVE UP your hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP your worries and anxieties! Instead, trust God with them. Anxiety spends emotional energy on something we can do nothing about -- like tomorrow! Live today and let God's grace be sufficient.

GIVE UP TV one evening a week! Instead, visit some lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of the "tube?" Give someone a precious gift: your time!

GIVE UP buying anything but essentials for yourself! Instead, give the money to God. The money you would spend on the luxuries could help someone meet basic needs. We are called to be stewards of God's riches, not consumers.

GIVE UP judging by appearances and by the standard of the world! Instead, learn to give up yourself to God. There is only one who has the right to judge, Jesus Christ. (Craig Gates, Jackson, MS, "What to Give up for Lent")

Summary of WHAT TO GIVE UP in Lent

Give up complaining.focus on gratitude.
 Give up pessimism. become an optimist.
 Give up harsh judgments . . .think kindly thoughts.
 Give up worry. trust Divine Providence.
 Give up discouragement. . . . be full of hope.
 Give up bitterness. turn to forgiveness.
 Give up hatred. return good for evil.
 Give up negativismbe positive.

Give up anger.be more patient.
 Give up pettiness.become mature.
 Give up gloom.enjoy the beauty that is all around you.
 Give up jealousy.pray for trust.
 Give up gossiping.control your tongue.
 Give up sin. turn to virtue.
 Give up giving up. hang in there!