



# Parish of St Matthew & St Vincent de Paul South Belconnen

First Sunday of Lent  
6th March, 2022

*Hearing Aid Loop is installed in both church centres, St Matthew's only middle 2 sections turn your hearing aid to the T switch*

**This Week's Readings**  
**Deuteronomy 26:4-10,**  
**Romans 10:8-13,**  
**Luke 4:1-13**

## Parish Pastoral Team

Fr Simon Falk PP (6254 1827)  
Fr Thomas Jin APP (6254 1827)  
Deacon Joe Blackwell  
Parish Secretary: Aurora Lukass  
(6254 1827)

**St Matthew's Church**  
12 Chewings Street, Page

**St Vincent de Paul Church**  
7 Bindel Street, Aranda

**Aranda Office:**  
Tues, Wed, Thurs 9.00am-3.30pm  
(6254 1827)

**Email:** BelconnenSouth@cg.org.au

**Website:**  
cg.org.au/belconnensouth

**Facebook & Twitter:**  
www.facebook.com/southbelconnen/  
https://twitter.com/BelconnenP

**Mailing Address:**  
PO Box 4266 Hawker ACT 2614

## Masses:

Saturday Vigil	St Vincent's	6.00pm
Sunday	St Matthew's	8.30am
	St Vincent's	10.00am
Samoan (4th Sun)	St Matthew's	1.00pm
Korean	St Vincent's	3.00pm
Tuesday	St Vincent's	5.30pm
Wednesday	St Matthew's	7.00am
Friday	St Matthew's	9.30am
Saturday	St Matthew's	12.00pm

Mass will not be available on Zoom during 2022

## Mass of Anointing:

1st Friday in Mar & Sept	St Matthew's	9.30am
1st Thursday in Jun & Dec	St Vincent's	9.30am

## Confessions:

Saturday	
St Matthew's	11.00am-11.50am
St Vincent's	5.00pm - 5.30pm

## Liturgy of the Word with Holy Communion:

Monday	St Matthew's	7.00am
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## Adoration & Exposition of the Blessed Sacrament

Tuesdays	St Vincent's	4.20pm
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## Cenacle

Thursdays	St Vincent's after 9.30am Mass
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## Baptisms:

2nd Sunday	St Matthew's	11.30am
4th Sunday	St Vincent's	11.30am

**Weddings:** By appointment

**Entrance Antiphon:** *(as ministers gather in courtyard—not said if hymn is sung)*

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

## Responsorial Psalm

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

**W.** 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.**

**M.** 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.**

**W.** 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.**

**M.** 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.

## 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!

**Communion Antiphon:** *(not said if hymn is sung)*

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

## Commissioning of Ministers of Holy Communion:

AS you take this holy sacrament to our brothers and sisters who cannot be here, may they be filled anew with the joy of knowing that they are a loved and valued part



**Next Week's Readings: Genesis 15:5-12, Philippians 3:17-4:, Luke 9:28-36**

# Liturgy Line 7 Things You Never Knew About Fasting

Lent is upon us, a penitential season of prayer, abstinence and fasting. While Lent is no longer the edgy physical and spiritual boot camp our parents and grandparents might remember, Catholics are still called to take up sacrifices and penances in their daily routine during the 40 days leading up to Easter Sunday on April 17. Fasting, in addition to being obligatory on Ash Wednesday and Good Friday, remains common Lenten practices for many. But there are nuances to fasting that are not always well-known. There are seven things you might not know about the practice.



Catholics fasted a lot more before the Second Vatican Council—and not just on Fridays or in Lent. Catholics used to fast from meat during all of Lent—hence “carnival”, from the Latin for “Farewell to meat,” on the days before Ash Wednesday. More can be found at <https://www.americamagazine.org/faith/2022/03/03/catholic-lent-fasting>

As Pope Francis reminds us, fasting is about more than food. We can fast from words, attitudes or behaviours that get in the way of following Jesus.



The following items are now available for loan at St Matthew's

- ◇ Martin, Valerie: **Salvation: scenes from the life of St Francis** [Biography]
- ◇ Rohr, Richard: **The naked now: learning to see how the mystics see** [Spirituality].
- ◇ Rupp, Joyce: **Your sorrow is my sorrow: hope and strength in times of suffering** [Mary]. Explores the seven sorrows of Mary
- ◇ Weddell, Sherry A.: **Forming intentional disciples: the path to knowing and following Jesus** [Church and Catholic Faith]

Our libraries are located in the vestibule of each church. Any queries or suggestions contact Megan Thompson (St Matthews) on 6254 0524 or Suzanne Groves (St Vincent's) on 6251 6681

**Reminder** – Please follow COVID 19 Protocols for using the libraries and return items as soon as you have finished

menALIVE is a Christ-inspired group for men, founded in 2003 in Brisbane and has since spread throughout Australia.

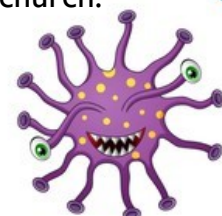
The Belconnen branch is a small group that meet up once a week to discuss the Gospel, talk about our lives and just generally build a sense of community and support for men of all age groups and backgrounds. The idea of course is that we're notoriously reticent at communicating sometimes, and this forum provides a safe space to do so. All are welcome, we're a pretty laid back bunch, just joined in communion in our faith and brotherhood.

Our meeting is every 7pm Thursday evening for about an hour and we conduct it either face to face in St Monica's Parish Meeting Room, Evatt (18 Deffell Street, Evatt, ACT.) or Teleconference, depending on Covid guidelines.

We would love to have you join us – please contact Lawrence De Costa ( [lawrence.decosta@bigpond.com](mailto:lawrence.decosta@bigpond.com) / 0419 629 274)

## Current COVID Practices

- Check in CBR is no longer required whilst in our churches.
- Density limits have been removed
- Masks are mandatory whilst inside our churches.
- Singing can be done by the choir, but there is to be no singing by the congregation.
- Holy Communion of the host in the hand only (not on tongue).
- Hand sanitiser is available in the foyer of each church.





The *Legion of Mary* meets every Saturday morning at 10.15am in Orana Hall for prayer, including the rosary, spiritual readings and discussion, and to undertake a spiritual work of

mercy. This active work includes taking a Pilgrim statue to homes in the parish and visiting those are sick, house-bound or in aged care. New members and visitors are always welcome!

Please call Richard for any enquiries 0490 233 999

*Found:* A pair of prescription sunglasses with black frames and William Morris brand were found in St. Vincent's Church on Thursday 10th Feb. Contact the office if they are yours or you know who the owner is!

## Holy Week Mass Times 2022

### Palm Sunday: 10th April

St. Matthew's 8:30am

St. Vincent's 10:00am

St. Matthew's 6pm *Vigil*

### Holy Thursday: 14th April

St. Matthew's 7:30pm

### Good Friday: 15th April

St. Vincent's Church 10:00am *Reconciliation*

St. Vincent's Church 11:00am *Stations of the Cross*

St. Matthew's-3:00pm *Commemoration of the Lord's Passion*

### Holy Saturday: 16th April *Easter Vigil*

St. Matthew's 7:30pm

### Easter Sunday: 17th April

St. Matthew's 8:30am

St. Vincent's 10am



**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, Anatercia can easily access clean drinking water, community members are able to grow healthy crops all year round, and there is enough nutritious food to eat. Anatercia feels better supported by her community, has more time to study and do her homework, and hopes to fulfil her dream of becoming a nurse.

**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 the foyer, by visiting [lent.caritas.org.au](http://lent.caritas.org.au), or by calling 1800 024 413.



**SYNOD OF BISHOPS:** People around the world have been participating in an international conversation about the Catholic Church. You are invited to join the discussion, helping shape a major global meeting in 2023. You have one more week to make a submission to your local consultation for the international Synod on Synodality, calling the People of God to walk together in our mission as Christians. Find out more at: <https://catholic.org.au/synodalchurch>

Wollongong Lenten booklets "Remember" are available from the office for \$7.

You may choose to use the booklet for your personal daily reflections, or join the parish Lenten discussion group.

*When: 7pm Tuesday evenings, commencing 8th March.*

*Where: Orana Centre Meeting Room*

This was previously planned as a zoom meeting, though with easing of restrictions, we can now meet face to face.

## Prayer Requests

### We pray for the sick:

Will Blackwell, Ian Brown,  
Colin Colquhoun,  
Monica Colquhoun,  
Jeanette Demetriou,  
John East, Mary East,  
Grace Fluitsma,  
Petronella Fluitsma,  
Rex Fraser-Grey, Wilf Hedley,  
Lorraine Higgins, Max Holmes,  
Frances Jarvis, Wendy  
LeBlanc,  
Carlos Andreus Leydon,  
Tom Liddiard, Judith Mahony,  
Susan Metcalfe, Glenn  
Mowbray,  
Paul Mowbray, Vanessa Peska,  
Annette Quinn, Terry Stewart,  
Max Walsh, Jennifer Webster,  
Angela Williams.

All the sick and suffering.

Please let us know who currently **needs** to be on the list. Names will remain on the list for one month, unless we are advised the people we are praying for are still unwell enough to participate in ordinary daily life.

### We pray for the deceased:

Recently:

Fr. Henry Byrne,  
Peter Donnan,  
Fr. Laurie Blake, Nancy Biviao,  
Judy Neal, Paul Duck,  
Julita T. Arteche,  
Greg Rynehart,  
Paul O'Callaghan,  
Hernandes Ferreira de Lima,  
Chan King Luen, Pat O'Shea,  
Therese Lalor and Steve  
Najdecki

Anniversaries:

Jose Mauricio Pereira de  
Oliveira, Penny Durick, Tudor  
Thomas, Ramon Narte,  
Angelita Narte, Sean Reiher,  
Noel Falk.

## Parish News

### The Labyrinth at St. Matthew's.

Sometimes I think this is one of the best kept secrets we parishioners of South Belconnen have. To the left of St. Matthew's church, behind Marian Hall, the circuits of the Labyrinth invite us to a walking meditation.

Labyrinths were common in Europe in the Middle Ages. Walking them was part of religious and popular culture.

The circle, a perfect form, can be seen to symbolise eternity, the seasons, the cosmos, God's masterpiece. There is a single path to the centre and out again – the longest possible way to arrive at the centre. It is important to walk mindfully and not to hurry the experience.

In recent months I have met a parishioner who had forgotten it was there; a devotee of labyrinths who came looking for it; a Belconnen resident who told me it appears on the world listing of labyrinths and a former parishioner who has returned after years interstate and didn't know of its existence. The school children walk it during term-time. Regulars use it during the week-ends. Some use the seats for quiet contemplation.

The Labyrinth was constructed after several years of planning and research. It was a response to a resolution from the Parish Assembly which called for "more prayer". Recently two plaques were commissioned--- one on the wall giving its rationale and one on the commemorative rock which details the various Paths.

The Labyrinth was blessed and opened in February, 2012, the first Sunday of Lent that year. Perhaps you too may find it an ideal devotion to mark this year's Lenten observance and beyond.

-submitted by a parishioner



### Roster for St Matthew's and St Vincent de Paul Churches

#### 6th March

	Aranda 6.00pm	Page 8.30am	Aranda 10.00am
<b>Readers</b>	Mary Patton	Christina Rowe	Ann Cleary
<b>Senior Servers</b>	David Ross	Damien Power	Bernie Leger
<b>EMHC</b>		Helen Baker	Karna O'Dea

#### 13th March

	Aranda 6.00pm	Page 8.30am	Aranda 10.00am
<b>Readers</b>	Michael White	Helen Casey	Lisa Harris Gerard Hogan
<b>Senior Servers</b>	Bernie Leger	John Woods	Robyn Grubmueller
<b>EMHC</b>			

Vision for our Parish: Walking together in faith to share God's love with all