

22nd February, 2026, 1st Sunday in Lent /A

TEMORA MISSION AREA

Our Lady Help of Christians Parish Ardlethan/Sacred Heart Aria Park

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Sacred Heart Temora

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Parish Priest Fr Alex Osborne

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St Therese Barellan

In our Prayers: Lee Jackson, Robyn Richards, Neville Caldw.

For our Deceased: Colleen Stout, Morgan Cumming, Deceased Family, Friends,
Victims of war, violence, accidents & natural disasters.

Darcy Lucas, Leo Griffin, Edna Griffin *anniv.*

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Mar 1st

Aria Park 6.00 p.m. *Liturgy Sat*

Mass

Temora

6pm. Saturday 5pm. Sunday

Mass

Ardlethan

8am Barellan 10am Sunday

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Reflection - *A time of preparation.*

The forty days spent by Jesus in the wilderness can be likened to the season of Lent. Jesus' time in the wilderness was a time of preparation for his ministry, a time in which he confronted the temptation to choose self and not the Father. For us Lent is a time of preparation for the feast of Easter. It is a time in which we are invited to examine whether the will of God is central to our lives.

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The following is an excerpt from the Message of the Holy Father Leo XIV for Lent 2026, on the theme: "*Listening and Fasting: Lent as a Time of Conversion*":

"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbour. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace."

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In 2026, the Archbishop has named "**GET UP!...LISTEN!...GO!**" to be the pastoral intent for the Archdiocese, helping us focus on the Encounter, Discipleship, Mission meaning of Evangelisation in our Catholic Tradition. In brief: See next page



“BE WHO YOU WERE MEANT TO BE
AND YOU WILL SET THE WORLD ON FIRE”
ST CATHERINE OF SIENA

- **GET UP!** — to rise with renewed faith, leaving behind discouragement and spiritual weariness.
- **LISTEN!** — to listen again to the voice of Christ, the promptings of the Holy Spirit, and the needs of our communities.
- **GO!** — to step out in mission, ready to serve, invite, witness, and respond.

From this pastoral focus, the Archbishop points to the ministry of Jesus, who calls people out of paralysis and passivity (John 5:8) into freedom and action—commanding new life and restoring dignity through His divine authority.

Lenten Litany on Fasting and Feasting

Fast from judging others;
Fast from emphasis on differences;
Fast from apparent darkness;
Fast from thoughts of illness;
Fast from words that pollute;
Fast from discontent;
Fast from anger;
Fast from pessimism;
Fast from worry;
Fast from complaining;
Fast from negatives;
Fast from unrelenting pressures;
Fast from hostility;
Fast from bitterness;
Fast from self-concern;
Fast from personal anxiety;
Fast from discouragement;
Fast from facts that depress;
Fast from lethargy;
Fast from suspicion;
Fast from thoughts that weaken;
Fast from shadows of sorrow;
Fast from idle gossip;
Fast from problems that overwhelm;

Feast on the Christ indwelling them.
Feast on the unity of all life.
Feast on the reality of light.
Feast on the healing power of God.
Feast on phrases that purify.
Feast on gratitude.
Feast on patience.
Feast on optimism.
Feast on divine order.
Feast on appreciation.
Feast on affirmatives.
Feast on unceasing prayer.
Feast on non-resistance.
Feast on forgiveness.
Feast on compassion for others.
Feast on eternal Truth.
Feast on hope.
Feast on truths that uplift.
Feast on enthusiasm.
Feast on truth.
Feast on promises that inspire.
Feast on the sunlight of serenity.
Feast on purposeful silence.
Feast on prayer that undergirds.

The
Season
of
Lent



- William Arthur Ward

(American author, teacher and pastor, 1921-1994)

Roster 1st Marcg

Leader:

Reader: Suzanne

Ex. Minister :

Acknowledgement of Country - With respect, we acknowledge the country, the skies, the waterways and spiritual systems of the Wiradjuri people on whose land we gather. We acknowledge the elders for the passing on of knowledge, language and spiritual connections to country.

Parish Safeguarding Commitment — Our Lady Help of Christians Parish Ardlethan/Sacred Heart Ariah Park is committed to safeguarding and upholding the 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. Parishioners are encouraged to raise any concerns they may have by emailing Fr Alex Osborne at alex.osborne@cg.org.au. Parishioners are also welcome to contact Maria Hicks, manager for the Archdiocesan Institute for Professional Standards & Safeguarding (IPSS) at ipss@cg.org.au or phone 02-62399806.