



Gospel Mt 4:1-11

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.

Reflection by Fr Michael Tate

Jesus was offered three shortcuts for his ministry. Firstly, exceptional powers to satisfy his own needs (bread out of stones). Secondly, when he needed to take risks, angels to keep him safe. Thirdly, when he wanted to change the world, absolute political power.

These were the Temptations of Christ, but also for us. If you or I are tempted to sin, we will find the marks of this threefold pattern. We want the whole world to change to satisfy us, or we want to take stupid risks and come out unscathed, or we want to exercise total power over others.

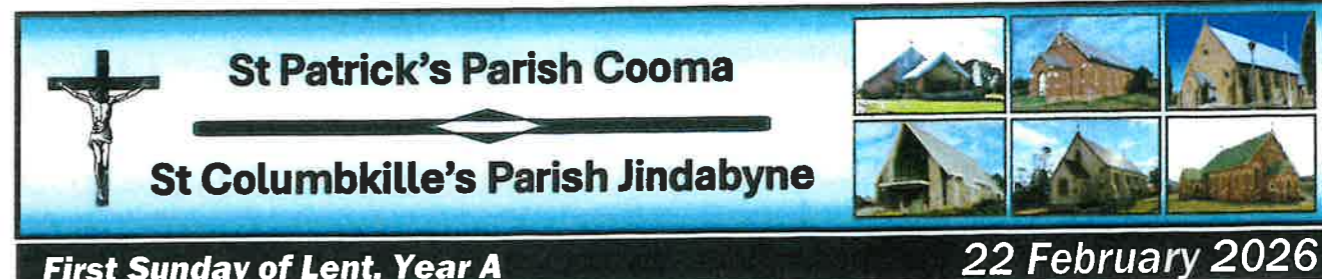
How can we try to follow Jesus without the shortcuts of the fantasy world which the Devil may offer? Note that Jesus resisted each temptation with: 'It is written'. The forty days of Lent are a perfect opportunity to read what 'is written' in the Gospels about the episodes and pattern of the life of Jesus Christ.

We could pause for a moment to find what is written and to imitate what we find. That is how the Devil is defeated.

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First Reading Gn 2:7-9; 3:1-7

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.

Responsorial Psalm

Ps 50:3-6. 12-14. 17. R. see 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 5:12-19 (or Shorter form Rom 5:12, 17-19)

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. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. 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

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!*



St Patrick's Parish Cooma
St Columbkille's Parish Jindabyne



First Sunday of Lent, Year A

22 February 2026

PARISH CONTACTS

PARISH PRIEST
Father Mark Croker
0428 190 759
02 6452 2062
Assistant Priest: Fr Daniel
will be permanent our
Parish prior to Easter 2026
Sacramental Program
Father Mark Croker
0428 190 759
PARISH WEBSITE
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Parish Secretary
Mrs Sharon Nesbitt
02 6452 2062
Annual Leave
1 week.
Email: cooma@cg.org.au
ST PATRICK'S SCHOOL
02 6452 1721
School Principal
Dr Mangan
School Website:
www.stpatcooma.nsw.edu.au
PARISH PASTORAL COUNCIL
Darren 0429 904 291
WEEKEND MASS & LW&HC TIMES
Adaminaby
No Mass until further notice
Berridale
2nd & 4th Sunday
Vigil Mass Saturday 3.30pm
All other Sundays
LW&HC 10am Sunday
Cooma
Mass Sunday 10am
Mass Tue, Thu & Fri 10am
Except 3rd Friday of month
Mass Yallabee Lodge 9.30am
Mass Hudson House Respect 11am
Jindabyne
Vigil Mass Saturday 5pm
Except 5th Sunday
LW&HC 5pm Saturday
Nimmitabel
1st Sunday
Vigil Mass Saturday 3pm
All other Sundays
LW&HC at 5pm Saturday
Numeralla
2nd Sunday LW&HC 5pm
4th Sunday Mass 5pm

POPES INTENTION FEBRUARY

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

WORLD DAY of PRAYER 2026

FRIDAY 6th March 2026
NIGERIA 'I will give you rest' Come'
meet Fr Daniel Ukpong our new assistant priest from Nigeria
Will be hosted by the Catholic Church St Joseph's Berridale
10am Service followed by morning tea
All are Invited and most Welcome



LENTEN BOOKS have arrived for collection \$10, see Fr Mark or Terri to collect your order

St Patrick's Parish Cooma

Women's Lenten Group 2026

Women of the Parish are invited to join a Lenten Discussion Group during the 6 weeks leading up to Easter Sunday. The group will use the Wollongong Lenten Booklet. The meetings will be held on **Wednesday morning from 10-11 am** at For further information please contact : Jo Hofner on 0407 006 709

PARISH CALENDAR

Week 23 Feb 2026

MON -
TUE 10am Mass

WED Bombala Parish 12.30pm
THU 10am Mass
FRI 10am Mass

1st Sunday of the Month
Third SUNDAY of LENT'
SAT 3pm Nimmitabel Vigil Mass
5pm Jindabyne Mass
5pm Bombala Mass
SUN 10am Cooma Mass
10am Berridale Liturgy WHC

REMEMBERING THEIR FAITH AND LOVE

We pray for those who have recently departed this life;

Tom Fitzgerald, Bruno Nosek, Peter Upton, Magid Sukkar, Luigi Giuliani

Anniversaries & Intentions

for those anniversaries is remembered at this time, and special prayers requested, may they be welcomed into the glory of the Risen Lord and rest in eternal peace. We pray to the Lord.

Fr Kevin Flynn, William McLean, Tony Heaton, Terry Redden, Rene Kingston, Seage family

"We have loved them in Life: Let us not forget them in death."

For the sick within our families, friends and parish community and all who have asked for our prayers, may they be granted strength, comfort and healing. We pray to the Lord.

FEBRUARY - MONTH OF THE HOLY FAMILY



The Holy Family is a model for all families everywhere because God the Father made it so. He could have sent Jesus to earth in any number of ways, but He chose to place Jesus in a family with a father and mother. In addition, the Holy Family is a model for domestic life. When we centre our family life on Christ and live the life of the Church in our homes, this is referred to as the domestic church. The Holy Family is the icon of the domestic Church, called to pray together. The family is the domestic Church and must be the first school of prayer....pray together as a family at the school of the Holy Family of Nazareth and thereby really to become of one heart and soul, a true family."



Prayer of the Faithful

Response: (R)
Lord, hear our prayer

PRIEST: As we begin our Lenten journey we bring to our God the needs and hopes of our world as this time in history.

COMMENTATOR:

* For a desire to grow in the love of God (pause) In this time of Lent, may we grow closer to our God, and by time spent in prayer and fasting imitate our Master, who found time to be alone with the God who gives meaning to life.

Let us pray to the Lord.

• For an understanding of what is important in life (pause) Jesus was tempted in the desert to disobey the way of God. By our obedience to the teaching of Christ, may we deepen our appreciation and understanding of what is of ultimate value in life.

Let us pray to the Lord.

* For those who suffer the injustice of poverty (pause) that our efforts to stand in solidarity with them this Lent will help them to achieve justice.

Let us pray to the Lord.

* For all whose earthly journey is completed (pause) that they may know God's eternal love and be a source of strength to us who have yet to follow them.

Let us pray to the Lord.

For peace, especially in Ukraine, let us pray with Mary: Hail Mary.....

PRIEST: God, our Creator, we bring these and all our prayers through your Son, Jesus Christ our Lord. **Amen**

SACRAMENTAL PROGRAM * 2026 *

If your child or grandchild is 7-12 years and wishing to enrol in this year's Sacramental program, please see Fr Mark Croker for a registration form after mass.

READINGS FOR NEXT SUNDAY

The Second Sunday of Lent-Year A

First Reading: GN 12: 1-4
Second Reading: 2 Tim 1: 8-10
Gospel: Matthew 17:1-9

Project Compassion Donation Boxes available



First Sunday of Lent
21-22 February 2026

Project Compassion 2026 shares four stories from around the world. We'll meet Sisilia from Tanzania, Monoranjon from Bangladesh, Manaini from Fiji and Ahmad from Gaza.

Each of this year's stories highlights unique challenges, yet they are united by the determination to rise above adversity and to build brighter, more hopeful futures for themselves, their families and their communities.



UNITE AGAINST POVERTY

this Lent

Please donate today.

You can support Project Compassion 2026 through the donation boxes, envelopes or by scanning the QR code.

Or online at: www.projectcompassion.org.au/donate

Or by calling: 1800 024 413

Thank you for standing with us, as we *Unite Against Poverty this Lent.*