

The Kids' Bulletin

First Sunday of Lent
March 6th, 2022



Luke 4:1-13

Jesus spent 40 days in the desert preparing for His work. During Lent we spend 40 days getting ready to celebrate Jesus' death and resurrection.

Can you find your way into the desert to be with Jesus?

Lent:

Getting ready for Jesus' death and resurrection

Lent is the special time when we prepare for the celebration of Jesus' passion, death and resurrection. We get our souls ready by doing prayer, fasting, and almsgiving.

Prayer is talking with God. We need to talk with God even more than we need to talk to our family and friends. Lent is a good time to get into a habit of talking with God every day.

Fasting is eating less than you normally would. It's a good idea to give up a little something you like for Lent. Giving things up helps us remember we need God, not just food.

Almsgiving means giving to those who are in need. It helps us to be generous like God. Maybe you have a bit of money you can give to the poor or to the Church.

Jesus Was Tempted by the Devil True or False?

How well do you know the story from today's Gospel reading

1. Jesus went to the desert and didn't eat anything for 40 days. True or False?
2. Jesus was never tempted by the devil. True or False?
3. Jesus wasn't hungry, even after 40 days with no food. True or False?
4. The devil said that all the kingdoms of the world belonged to him. True or False?
5. Jesus said that He would only worship the devil if he gave Him all the power first. True or False?
6. Jesus wouldn't throw Himself off the Temple because He said it was "putting God to the test." True or False?
7. The devil kept bothering Jesus, even when he ran out of things to tempt him about. True or False?



Download at - www.thekidsbulletin.com

Latest COVID-19 Restrictions

The Covid-19 plan:

We are currently Level 1: with some additional Restrictions

Places of worship must be supervised by, and be clearly identified as, a COVID Marshal.

As of December 1, all public buildings have been provided a **QR Code**. This code is to be scanned using the MySAGov phone app or using the camera on your smart phone.

Arrangements listed below will be in force until further notice:

Our Parish is committed to Health and Safety.

1. Please scan the **QR Code** located on the door or external wall of the church. If you do not have a smart phone, please complete the Contact Register upon entry.
2. Use the sanitizing gel provided at the Church entrance.
3. **Current seating restrictions are 3 person per 4 square metres.**
4. **MASKS** are mandatory for shared indoor public places so **EVERYONE MUST** wear a Face Mask while inside the Church. The Celebrant is permitted to remove their mask while saying Mass.
5. Holy Communion is given only in the hand.
6. Everyone must take reasonable steps to maintain 1.5m physical distancing at all times. People from the same household may sit together. Please keep the social distancing requirement when processing for Holy Communion and when leaving the Church after Mass.
7. Please remember to wipe down the area where you have been sitting/kneeling in the pews and use the sanitizing gel provided on your way out.
8. Please follow the **ENTRY and EXIT rules.**
9. If you are unwell please consider the health of our community and stay home until you are better.
10. **As of September 9, Funerals & Weddings are now capped at 150 people** but must have an independent COVID Marshal if more than 50 people are in attendance.

Your cooperation with these requirements is greatly appreciated.
Fr. Roy John Elavumkal SMM

ROSTERS

Thank you to everyone who has kindly volunteered for 2022-23. The Rosters for the next 12 months have been sent out. If you put your name on the sheets and have not yet received yours, please contact Karen at the Office during the week.

Rosters for 12/13 March 2022 - 2nd Sunday of Lent Year C

Time	Commentator / Reader
6:30 pm	Edward Konieczny Chris Platten, Giulia Giuliani
9:30am	Nick McCabe Ann Mary Kollarackal, Jake Kollarackal
Children's Liturgy:	Antonetta and Angela
Count Team No: 5	Peggy Buckler, Peggy Buckler, Doreen Ryan, Wendy Rahaley.
Altar: Mon. 7 February to Sun 13 March	Dolores Arboit & Christina Wong

All those who volunteered please arrive at least 15 minutes before the start time and report to the commentator for that mass

Sunday Collection Summary 27 th February 2022	
First Collection	\$ 489.20
Second Collection	
Envelopes	\$ 615.00
Open Plate	\$ 211.20
Electronic Giving	\$ 160.00
Parish Account Total	\$ 986.20



PLEASE REMEMBER IN YOUR PRAYERS

Deceased: We pray for Giuse Quyet, Felmino Camiguin, Maria Cogo, Ken & Ronnie Shelvin, Pasquale Forgione, Vinicenzo & Domenica Forgione & Lina Colasante and all the deceased relatives and friends of our Parishioners.

Eternal rest grant to them, O Lord, and let perpetual light shine upon them; present them to God the Most High.

Sick: We pray for the sick or housebound of our Parish and our relatives and friends who are unwell.

STATIONS OF THE CROSS DURING LENT

This year we will have Stations of the Cross every Friday of Lent following Morning Mass. There will not be an organised Stations of the Cross in the evening, but if anyone wants to arrange one privately please contact Fr. Roy.



Parish Bulletin

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1st Sunday of Lent, Year C 5th / 6th March 2022

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

Entrance Antiphon Psalms 90:15-16

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

First Reading Deuteronomy 26:4-10

Responsorial Psalm Psalms 90: 1-2, 10-15 R v 15

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

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.

Upon you no evil shall I fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways. R.

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.

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 Romans 10:8-13

Gospel Acclamation Matthew 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 Luke 4: 1-13

Communion Antiphon Matthew 4:4

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

PLEASE NOTE

Once you pick up a copy of the newsletter it needs to be taken home with you.
Kindly **DO NOT** leave it behind after Mass has concluded.

Parish Priest
Fr Roy John Elavumkal SMM

Parish Secretary
Karen Taylor - Tue to Fri

Finance & WHS Officer
Karen Taylor - Monday

Police Checks Unit
Hiacinta Msomi - Monday

Sacristan
Weekdays: Michael Pierce

Sundays: Terence Yeow
& Roger Worth

Parish Pastoral Associate
Henry D'Assumpcao

Mass Times
Sunday 9.30 am
Saturday Vigil Mass 6.30 pm
Tuesday to Friday 9.15 am

Confessions
Saturday 6.00 pm

Rosary
Tuesday to Friday 8.45am

Adoration of the Eucharist
Every Friday before Mass 8.30am

Novena to St. Joseph
Every Wednesday after Mass

St. Joseph's Primary
Principal - Adrian Grbin
Phone: 8431 2834

Child Safety Contact & REC
Anne Dudzinski
Ph: 0418 847 804

Knights of the Southern Cross
Michael Boyle
Ph: 8337 3270

Parish Pastoral Council
Chairperson - Alan Tyson
Ph: 0412 389 875

St. Vincent de Paul
Ph: 8112 8700, 1300 729 202

Youth Representative
Nancy Ngure

Parish Office Hours
Monday to Friday 9 - 12
Ph: (08) 8431 6932

LOVE HEALS



REFLECTION ON ASH WEDNESDAY

Fr. Roy John Elavumkal SMM

Introduction: Ash Wednesday (dies cinerum) is the Church's "Day of Atonement." The very name of the day comes from the Jewish practice of doing penance wearing "sackcloth and ashes." In the early Church, Christians who had committed serious sins were instructed to do public penance wearing sackcloth and ashes. Since the 11th century, receiving ashes on the first day of Lent has been a universal Christian practice. Ash Wednesday and Good Friday are days of full fast and abstinence. Fasting is prescribed to reinforce our penitential prayer during the Lenten season

The blessing with the ashes and the significance of the day: The priest dipping his thumb into **blessed ashes** (collected from burnt palms from the previous year's Palm Sunday), marks the forehead of each with the sign of the cross, saying the words, "Remember that you are dust and to dust you will return" or "Repent and believe in the Gospel." By marking the sign of the cross with ashes on the foreheads of her children, the Church gives us: 1- a firm conviction that **a)** we are created from the earth (as God's beloved dust), that God's grace gives us life, and we are connected to the rest of humanity and to all living things, **b)** we are mortal beings, **c)** our bodies will become dust when buried and ashes if cremated, and **d)** our lifespan is very brief and unpredictable; 2- a strong warning that we will suffer eternal miseries if we do not repent of our sins and do penance; and 3- a loving invitation to realize and acknowledge our sinful condition and return to our loving and forgiving God with true repentance as the prodigal son did.

Biblical use of ashes: Ashes are a sign of mourning in the Bible, often associated with wearing sackcloth, a coarse material. In Jb 2:8, Job "sat among the ashes" when he was stricken. When Tamar is raped by Amnon, she "put ashes on her head, and tore the long robe which she wore; and she laid her hand on her head and went away, crying aloud as she went" (2 Sm 13:19). In Esther Chapter 4, when Mordecai and the Jews learn of the order for their persecution, they put on sackcloth and ashes. Most famously, in Jonah 3:6, when the pagan king of Nineveh was told by Jonah to repent, "he arose from his throne, removed his robe and covered himself with sackcloth and sat in ashes," and commanded the same for all his kingdom, including the beasts. Other citations: I Maccabees 3; 47, Daniel 9: 3; Esther 14; 1-3

Ash Wednesday Life messages: We are invited to make a real conversion and renewal of life during the period of Lent by fasting, prayer, almsgiving, penance, and reconciliation. In **fasting**, we sacrifice our love of "Self" so that we can become free to love God and others. In **prayer**, we sacrifice our love of "Time" to make time for the love of God. In **almsgiving**, we sacrifice our love of "Stuff" to make room for the love of others.

I We need to do prayerful fasting: a) by following the example of Jesus before his public ministry, and b) by imitating the pagan king and the people of Nineveh (Jonah 3:7), who fasted in sackcloth pleading for mercy from the Lord God; of the Syrian King, Ben Hadad (I Kgs 20:31-34), who did not fast, but wore sackcloth and begged Israel's King Ahab for his life); of the Jewish Queen Esther who fasted "in garments of distress and mourning" and "covered her head with ashes and dung", begging God to save her people (Est 4:16); of the soldiers of Judas Maccabaeus who fasted so greatly they felt too weak to fight (1 Mc 3:17); and of St. Paul who observed "frequent fastings" (2 Cor 11:27).

Fasting: True fasting is "tearing one's heart and returning to God" with true repentance for one's sins (Joel 2:13). It is "breaking unjust fetters, freeing the oppressed, sharing one's bread with the hungry, clothing with the naked and home with the homeless, and not turning away from the needy relatives" (Is 58:6-7). **Advantages of fasting:** a – It reduces the excessive accumulation of "fat" in our soul in the form of evil tendencies and evil habits (=spiritual obesity). b – It gives us additional moral and spiritual strength. c – It offers us more time to be with God in prayer. d – It encourages us to share our food and goods with the needy. e – "There is joy in the salutary fasting and abstinence of Christians who eat and drink less in order that their minds may be clearer and more receptive to receive the sacred nourishment of God's word, which the whole Church announces and meditates upon in each day's liturgy throughout Lent" (Thomas Merton).

II – We need to lead a life of penance because:

1 – It is the model given by Jesus. 2 – It was his teaching: "If anyone wishes to follow me, let him deny himself, take up his cross and follow me" and "Try to enter through the narrow gate." 3 – Theological reasons: a) it removes the weakness left by sin in our souls, b) it pays the temporal debt caused by sin, and c) it makes our prayers more fruitful.

III – We need to enlarge our hearts for reconciliation.

By **receiving the ashes, we confess that we are sinners in need of the mercy of God, and we ask forgiveness for the various ways in which we have hurt our brothers and sisters.** In the recent past, our Catholic community has experienced acute suffering caused by the scandalous behaviour of a few of our spiritual leaders. Lent is a time for forgiveness and reconciliation. Let us allow the spirit of forgiveness to work its healing influence in our parishes and families. God bless you.

Ash Wednesday agenda: By Almsgiving, we highlight others as being more important than we are and give ourselves to them as Jesus gave Himself to others. By Prayer, we highlight God as being most important in our life, magnifying Him, humbling ourselves (thus realizing the distance between Him and us), and trying to come closer to the Lord. By Fasting, we discover our personal self and see who we really are. Cutting, pruning and disciplining ourselves will be part of this job. Doing all these three things with joyful heart and mind will prepare us to rise with Jesus.



HOMILY ON FIRST SUNDAY OF LENT (06/03/2022)

Scripture: Deut: 26: 4-10, Rom: 10:8-13, Lk: 4:1-13

Fr. Roy John Elavumkal SMM

Central theme: Lent begins with a reflection on the Temptation of Jesus in the wilderness. The Church assigns temptation stories to the beginning of Lent because temptations come to everybody, not only to Jesus, and we seem almost genetically programmed to yield to them.

Scripture lesson: The first reading describes the ancient Jewish ritual of presenting the first fruits and gifts to God during the harvest festival in order to thank Him for liberating His people from Egypt and for strengthening them during the years of their trials and temptations in the desert. The Responsorial Psalm (Ps 91), points to Satan's third temptation of Jesus in the desert as recorded in Luke's Gospel. In the second reading, St. Paul warns the early Christians converted from Judaism not to yield to their constant temptation to return to the observances of the Mosaic Laws. He reminds them that they will be saved only by acknowledging the risen Jesus as Lord and Saviour. Bible scholars think that the graphic temptations of Jesus described by Matthew and Luke in their Gospels are the pictorial and dramatic representations of the inner struggle against a temptation that Jesus experienced throughout his public life. The devil was trying to prevent Jesus from accomplishing his mission of saving mankind from the bondage of sin, mainly through a temptation to become the political Messiah of Jewish expectations, and to use his Divine power first for his own convenience and then to avoid suffering and death.

Message for life: 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 a position of authority, and is drawn to the use of unjust or sinful means to attain good ends. Jesus is our 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 the strength God gives us. In his first letter, St. John assures us: "The One who is in you is greater than the one who is in the world" (1 John 4:4). Hence during Lent, let us confront our evil tendencies with prayer (especially by participating in the Holy Mass), with penance, and with the 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, uniting ourselves with God both by the Sacrament of Reconciliation and by forgiving those who have hurt us while asking forgiveness of those whom we have hurt; and c) by sharing our love with others through our selfless, humble service, our almsgiving, and our helping of those in need.



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, 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.



Please take home a Project Compassion box and/or a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and **For All Future Generations**. With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction, to build a better future for all.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations**. You can donate not only through Project Compassion donation boxes and envelopes available from your Parish, but also by visiting lent.caritas.org.au, or by calling 1800 024 413.

ORDINATION TO THE PRIESTHOOD OF DEACON ANTHONY BELTRAME & OLEK STIRRAT MASS OF THANKSGIVING DEACON ANTHONY BELTRAME

Please join in celebrating the Ordination of Deacon Anthony Beltrame & Olek Stirrat to the Priesthood. The Ordination will be at St Francis Xavier's Cathedral on Saturday, March 12th at 10.30am. For those who are not able to attend, the Mass will be live streamed. Please see the Archdiocese website. This is a significant event for our Archdiocese and we ask that you keep both Anthony and Olek in your prayers in their journey to ordination.