



PARA HILLS MODBURY CATHOLIC PARISH

PARISH TEAM

FR MANU KUMBIDIYAMACKAL
MSFS

(PARISH PRIEST)

TASH SOUTER
(PASTORAL ASSOCIATE)

SINDI KINLOCH
(PARISH ASSISTANT)

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PARISH ADMIN OFFICE

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OFFICE HOURS:

TUESDAY-FRIDAY: 9AM-2PM

HOLY TRINITY CHURCH

171 KESTERS ROAD,
PARA HILLS 5096

ST JOHN XXIII CHURCH

50 RESERVOIR RD,
HOPE VALLEY 5090

**CHILDREN'S LITURGY
CELEBRATED AT
10AM MASS**

BAPTISMS

BOOKINGS TO BE MADE
THROUGH THE PARISH OFFICE.

MARRIAGES

BY APPOINTMENT ONLY

REGIONAL CATHOLIC SCHOOLS

ST FRANCIS XAVIER'S
(PRIMARY) 8251 9500
CARIGNANE ST,
WYNN VALE 5127

GLEESON COLLEGE
(SECONDARY) 8282 6600
40-60 SURREY FARM DRIVE,
GOLDEN GROVE 5125

PARISH CHILD PROTECTION OFFICERS

THERESE MEYERS: 0421 533 761
ANGELA ZAKARIAS:
0401 205 636

6th March 2022
1st Sunday of Lent, Year C - Violet

Bulletin Vol.19
Issue 7

**We acknowledge the Kurna people as the custodians of this region.
Let us share and learn together for reconciliation and justice.**

MASS TIMES

**ST JOHN XXIII
Hope Valley**

Monday 9.15am
Tuesday 9.15am
Thursday 9.15am
Saturday 6pm
Sunday 8am



**HOLY TRINITY
Para Hills**

Wednesday 7pm
Friday 9.15am
(Adoration Before Mass
commencing 8.30am)
Saturday 9.15am
Sunday 10am

Reconciliation (Confession)

Saturday after 9.15am Mass at Holy Trinity
and 5.30pm at St John XXIII

Everyone attending Mass is required to provide their full name and a contact phone number or email address for the purpose of contact tracing.

COVID-SAFE check in using a QR code is encouraged.

Due to current regulations masks covering both the mouth and nose are required to be worn at all Masses.



40 Days of Grace: The Season of Lent

With Ash Wednesday we have begun the season of Lent. Lent is the period of forty days in which the Church has historically anticipated and prepared for the great celebrations of Holy Week and Easter. Traditionally, Lent is a time of fasting, reflection, learning and seeking the healing of our desires as we remember both our finiteness and our fallenness.

The 40-day period of Lent is based on two episodes of spiritual testing in the Bible: the 40 years of wilderness wanderings by the Israelites after the exodus from Egypt (Numbers 33:38 and Deuteronomy 1:3) and the Temptation of Jesus after he spent 40 days fasting in the wilderness (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13).

In the Bible, the number 40 holds special significance in the measurement of time, and many other important events revolve around it. During the flood, it rained for 40 days and 40 nights (Genesis 7:4, 12, 17; 8:6). Moses fasted on the mountain for 40 days and nights before God gave the Ten Commandments (Exodus 24:18; 34:28; Deuteronomy 9). The spies spent 40 days in the land of Canaan (Numbers
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13:25; 14:34). The prophet Elijah travelled for 40 days and nights to reach the mountain of God in Sinai (1 Kings 19:8).

The Lenten season is intentionally set aside for examination, instruction, repentance, and prayer. This season is one of preparation for all the people of God. Early Christians felt the importance of Easter called for special preparations. The first mention of a 40-day period of fasting in preparation for Easter is found in the Canons of Nicaea (AD 325). It is thought that the tradition may have grown from the early church practice of baptismal candidates undergoing a 40-day period of fasting in preparation for their baptism at Easter. Eventually, the season evolved into a period of spiritual devotion for the whole church. During the initial centuries, the Lenten fast was very strict but relaxed over time.

What do we seek to accomplish by the observance of Lent? In essence it is to become the people that God wants us to be. During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to sacrifice self-control through fasting. This penitential season of fasting, alms-giving, and special prayer is like a spiritual cleansing and renewal to draw closer to God. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

The great pillars of lent are fasting, prayer and almsgiving. These three complement one another and work together to pull us away from ungodly influences and to strengthen and guide us back to new life in Jesus.

Fasting is not just the giving up of something that we like. There are so many ways we can fast; not just doing without, but coming to understand the constant sufferings of those who do not choose to fast but simply have no food. In a word that tells us we should indulge ourselves, fasting tells us something different. To fast from selfishness and ugly and unpleasant behaviour, too is needed.

For many, Lent is a time of prayer, going to church a little more often, extra devotions and extra prayers. But it should also bring us towards frequent prayer, a life of prayer, for ourselves and for others. It means using time in a more godly way than we usually do.

Our fasting and prayer should lead us to grow closer to our brothers and sisters who are in need. May be the words that will come at us and disturb us throughout Lent are all very clear: All the prayer in the world and all the fasting imaginable are worthless unless they can turn our hearts towards our neighbours. It is not an easy task. We need to ask ourselves; how prepared are we to share our belongings with those who suffer and have very little. Yes, once again we are in Lent. It is a time for our annual pilgrimage into ourselves and outward

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Readings for next Sunday, 13th March 2022

1st Reading	Gen	15:5 - 12, 17 - 18
2nd Reading	Phil	3:17 - 4:1
Gospel	Lk	9:28 - 36

Saints/Feast Days Of the Week

7th Mar	St Perpetua & Felicity
8th Mar	St John of God
9th Mar	St Francis of Rome

Our Community's Prayer Petitions

PLEASE NOTE: THE NAMES ON THE SICK LIST WILL REMAIN FOR TWO MONTHS ONLY UNLESS OTHERWISE NOTIFIED.

BULLETIN PRAYER LIST: Please note that names can only be added to this list by immediate family, or the ill person themselves (for reasons of privacy).

Please Remember in your Prayers THOSE WHO ARE SICK, especially:

Vesna Zagar, Kim Pope, Anne Hughes,
David Truman, Bruce Tilley, Anne Valentine,
Ken Randell, Mary Rose Probst,
Molly Holmes, Maria Trotta, Joan Walmsley,
Ursula Moore, Lil Buckley, Jason Mittiga, Pat Collins,
Ruby Brokensha, Anne Van Der Arend, Margaret Pitt,
Patricia Kopf, Darcy Ridley, Jayden Lee,
Father Peter Milburn, Maria Hand, Emma Gammon,
Asher Caudle, David North, Elijah Neri, Wayne Collins,
Marg Dolman, Sean Molloy, Antoinette Pascale,
Charlotte Fussell, Reta Lockyer, John MacGrath,
Ken Robinson, Mary Redmond, Graham Speed,
Marlen Piineda, Rosa Maria Santos, Betty Roper,
Imperia De Ionno, Julie Reimann, Gerry Canavan,
Kay Kennedy, Marie Boulton, Gary Lockyer,
Yvonne Summers, Rita Robinson,
Sr. Marleen Dewar OLSH, Emelia Pudelek

Recently Deceased

Des Haydon, Robert John Hornby, Allan David Searle,
Marzenna Maria Kalicinski, John Alan Davies

towards others. God's spirit leads us into the desert of Lent for our own 40 days struggle with ourselves. It is time for our annual examination of conscience, to look at ourselves and see where our own social, personal and religious lives are heading. It is a time to think, a time to act and to pray. Are we being faithful to our own mission to live the gospel and to our own identity as Christian? If not, let us during this time of Lent recapture the vitality of our baptism. The season began already on Ash Wednesday in a very symbolic way, it will end on Easter Sunday with the celebration of the resurrection of the Lord. But the impact of the observance of this season should have a lasting effect on the way that we live our Christianity after the completion of the season. Therefore, let us celebrate a happy and holy Lent, 40 fruitful days of "Grace".

Janukumbudramalakal

RESPONSORIAL PSALM: Be with me, Lord, when I am in trouble.

ST VINCENT DE PAUL

HQ: 1300 729 202 from 9.00am — 1.00pm
or www.vinnies.org.au



St Vincent de Paul Modbury Conference

Only two requests lodged on the 1300 729 202 number in the Franklin St. Support Centre. One was a follow-up on a claim for assistance with school uniforms and the other a needy group of 6 adults down from the APY Lands for medical support.

Our pantry stocks remain in good shape generally thanks to the generosity of donated goods in the basket. The bread, rolls and buns we put out for collection at Mass are free – the bakery is happy that they don't have to put it in the bin, and sometimes we've more than we need for home visits.

Our needs in the pantry are
Tea Bags, Two Minute Noodles
and Tinned Taters/Carrots.

It will greatly help if any or all of these items could be placed in the Vinnies' collection basket.



Project Compassion



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 your Parish, by visiting: lent.caritas.org.au, or by calling 1800 024 413

The Fast Life

Lord, help us to:
Fast from judging others;
Feast on Christ dwelling in them.
Fast from fear of illness;
Feast on the healing power of God.
Fast from words that pollute;
Feast on speech that purifies.
Fast from discontent;
Feast on gratitude.
Fast from anger;
Feast on patience.
Fast from pessimism;
Feast on hope.
Fast from negatives;
Feast on encouragement.
Fast from bitterness;
Feast on forgiveness.
Fast from self-concern;
Feast on compassion.
Fast from suspicion;
Feast on truth.
Fast from gossip;
Feast on purposeful silence.
Fast from problems that overwhelm;
Feast on prayer that sustains.
Fast from anxiety;
Feast on faith.
We make this prayer in Jesus name
Amen



STATIONS of the CROSS

on Friday Nights during Lent
at HOLY TRINITY 7-00pm



Giving App

Download the Adelaide Archdiocese's **Find a Mass App** on your mobile phone and set up direct giving to the first and second collections, as well as special appeals.
Or go to www.goodgiving.com.au to set up direct giving from your computer.
The App also features daily readings, events, news from *The Southern Cross* and podcasts.

Church Flowers

There will be no flowers during Lent;
All donations will go towards
Easter arrangements.
Thank you to all who have donated
during the year.



We welcome to our community,
those families who are preparing for
their children's baptism during March.



Please show your support by making them
feel welcome and remembering them in your prayers.



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!

PRAYER MEETINGS

Tue	8th Mar	Legion of Mary	12.30pm	Holy Trinity
Fri	11th Mar	Stations of the Cross	7pm	Holy Trinity
Sun	13th Mar	Legion of Mary (Curia)	2pm	Holy Trinity

OTHER ACTIVITIES

Mon	7th Mar	Bowls Group	1pm	St John XXIII
Tue	8th Mar	Parish Pastoral Council	7pm	St John XXIII
Wed	9th Mar	Seniors Social Group	1pm	Holy Trinity
Fri	11th Mar	Craft Group	9.30am - 12noon	St John XXIII
Sat	12th Mar	Treasure Market	8am - 12noon	St John XXIII



DEVELOPMENT FUND 2022

Congratulations to our winner

No 32, Gwen Barry
Drawn by Fr Manu
for Jill Brokensha

If you would like to be included in the draw
Please contact: Barbara Mathews 8258 8806

Retreat Morning at The Monastery "Healing for my Soul"

This year, Fr Denis Travers is running
five retreat mornings at The Monastery.
Our first retreat morning, "Healing for my Soul" on
March 12 will begin at 9am and finish at 12:30pm.

Contact the Monastery office on P: 8338 8700 or
E: conference@themonastery.net.au
to book as numbers are limited.
Suggested donation \$20.

TREASURE MARKET

Second Saturday of each month
8am to 12noon

Next: 12th March 2022
St John XXIII Centre
Sellers \$10—Buyers free!

PLEASE SEND SMALLER GOODS OUR WAY,
THEY CAN BE LEFT ON THE SHELVES IN THE
MARKET WALKWAY

OR IN THE BOX AT THE BACK OF ST JOHN XXIII
CHURCH, ALSO IN A BOX IN THE CRY ROOM
AT HOLY TRINITY CHURCH.

All monies raised from the Market
are donated to the Parish.

WE CAN NO LONGER ACCEPT LARGE ITEMS
SUCH AS TVs, MATTRESSES, SOFAS,
LOUNGE CHAIRS & WARDROBES
AS WE ARE NOT ABLE TO SELL THEM.

COVID SAFE REQUIREMENTS WILL APPLY



THE SOUTHERN CROSS

The March edition of The Southern Cross
is available from both Mass Centres
at a cost of \$2
or online at www.thesoutherncross.org.au

Synod of Bishops Local Consultation

Hundreds of groups and individuals across the country
have shared their stories about how all members of the
Catholic Church can walk together to carry out our
mission as Christians. Have you?

The local consultation process for
the global Synod on Synodality is open
for two more weeks – until **Sunday, March 13**.

You can participate as a group or individually
Find out more at: www.catholic.org.au/synodalchurch

Festival of Hymns

On Friday March 11 at 7pm, **James Lloyd**,
Cathedral Organist at St Francis Xavier's Cathedral
will give a concert featuring well-loved hymns played
on the magnificent Cathedral Casavant Frères pipe
organ. You are warmly invited
to both attend and join in singing.

James is the regular organist at the
11am Sunday Solemn Mass at the Cathedral
and his vibrant and effusive style
has pleased Mass-goers for many years,
both at Dernancourt and in the city.

This promises to be a night of high entertainment and
great delight to those who love organ music played on
one of the world's most significant instruments.

Entrance is free.

This is part of our Fringe organ recitals 2022.

PARISH PASTORAL COUNCIL

The next meeting of the Parish Pastoral Council
is on Tuesday, the 8th March at
St John XXIII at 7pm.

HAPPY BIRTHDAY MARCH BABIES

6th Mar	Christine Hage Ivan Kotek Wayne Collins
10th Mar	Sue Telfer
12th Mar	Brittany Carter

