

**LENT** consists of 40 days of fasting, prayer and penance in preparation for the celebration of Easter. It begins on Ash Wednesday and ends at sundown on Holy Thursday. Fasting and abstinence are compulsory on Good Friday. Catholics are also encouraged to make extra time for prayer, giving alms, and offering other forms of daily penance (e.g. going without a favourite dessert, helping a neighbour instead of watching TV, limiting time spent on social media or other form of entertainment) and all for the love of God.

### Prayer in Honour of St Joseph

Gracious St Joseph, protect me and my family from all evil as you did the Holy Family. Kindly keep us ever united in the love of Christ, ever fervent in imitation of the virtue of our Blessed Lady, your sinless spouse, and always faithful in devotion to you. Amen.

### A reflection by the Venerable Servant of God, Archbishop Fulton J Sheen

It is through temptation and its strain that the depths of character are revealed. Scripture says: Blessed is he who endures under trials. When he has proved his worth, He will win that crown of life, which God has promised to those who love Him. (James 1:12) The defences of the soul are seen at their strongest when the evil which has been resisted is also strong. The presence of temptation does not necessarily imply moral imperfection on the part of the one who is tempted. In that case, Our Divine Lord could not have been tempted at all. An inward tendency toward evil, such as man has, is not a necessary condition for an onslaught of temptation. The temptation of Our Blessed Lord came only from without, and not from within as ours so often do. What was at stake in the trial of Our Lord was not the perversion of natural appetites to which the rest of men are tempted; rather, it was an appeal to Our Lord to disregard His Divine Mission and His Messianic work. The temptation that comes from without does not necessarily weaken character; indeed, when conquered, it affords an opportunity for holiness to increase. If He was to be the Pattern Man, He would have to teach us how to gain holiness by overcoming temptation.

The first temptation of Our Blessed Lord was to become a kind of social reformer, and to give bread to the multitudes in the wilderness who could find nothing there but stones. The vision of social amelioration without spiritual regeneration has constituted a temptation to which many important men in history have succumbed completely. But to Him, this would not be adequate service of the Father; there are deeper needs in man than crushed wheat; and there are greater joys than the full stomach. The evil spirit was saying, "Start with the primacy of the economic! Forget about sin!" Satan was here trying to make Our Lord feel the terrific contrast between the Divine greatness He claimed and His actual destitution. He was tempting Him to reject the ignominies of human nature, the trials and the hunger, and to use the Divine power, if He

really possessed it, to save His human nature and also to win the mob. Thus, he was appealing to Our Lord to stop acting as a man, and in the name of man, and to use His supernatural powers to give His human nature ease, comfort, and immunity from trial. The answer of Our Blessed Lord was that even while accepting human nature with all its failings and trials and self-denials, He nevertheless was not without Divine help. The words quoted were taken from the Old Testament account of the miraculous feeding of the Jews in the desert when manna fell to them from heaven. He refused to satisfy Satan's burning curiosity as to whether He was, or was not, the Son of God; but He affirmed that God can feed men by something greater than bread.

The second temptation was to forget the Cross and replace it with an effortless display of power, which would make it easy for everyone to believe in Him. In the desert, there was no one to see Him perform a miracle by making bread from stones; but in the great city there were plenty of spectators. The truth that would answer this temptation was that faith in God must never contradict reason. Satan wanted to make God the Father do something for Our Lord that Our Lord refused to do for Himself; namely, to make Him an object of special care, exempt from obedience to natural laws which were already the laws of God. But Our Blessed Lord, Who came to show us the Father, knew that the Father was not just a mechanical, impersonal Providence which would protect anyone, even someone who surrendered a Divinely ordained mission for the sake of winning a mob. The answer of Our Lord to the second temptation was: But it is further written, thou shalt not put the Lord Thy God to the proof. (Matt. 4:7)

The final assault took place on the mountaintop. It was the third attempt to divert Him from His Cross, this time by a plea for coexistence between good and evil. The words of Satan seem, indeed, very boastful. Had the kingdoms of the world really been delivered to him? Our Lord called Satan the "prince of the world," but it was not God that had delivered any of the kingdoms of the world to him; mankind had done so, by sin. But even if Satan did, so to speak, rule the kingdoms of the earth by popular consent, it was not really within his power to give them to whomsoever he pleased. Satan was lying in order to tempt Our Lord again from the Cross, by way of a short cut. He was offering Our Lord the world on one condition: that He worship Satan. Our Lord, knowing that those kingdoms could be won only by His suffering and death, said to Satan: Away with thee, Satan; it is written, Thou shalt worship the Lord thy God and serve none but Him. (Matthew 4:10) We can conjecture how these terse, uncompromising words must have sounded to Satan, "Satan, you want worship; but to worship you is to serve you, and to serve you is slavery. I do not want your world, so long as it bears the terrible burden of guilt. In all the kingdoms which you claim as yours, the hearts of your citizens still long for something you cannot give them, namely, peace of soul and unselfish love. I do not want your world, which you do not even own yourself ... Satan, you are asking Me to become anti-Christ. Before this blasphemous request, patience must give way to just anger. 'Get thee behind Me, Satan.'" (Life of Christ)



## FIRST SUNDAY OF LENT - YEAR C

9 MARCH 2025

JUBILEE YEAR 2025 - "PILGRIMS OF HOPE"

**"The spiritual combat in which we kill our passions to put on the new man is the most difficult struggle of all. We must never weary of this combat, but fight the holy fight fervently and perseveringly."**

- St Nilus

**Entrance Antiphon:** When He calls on 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

### A reading from book of Deuteronomy

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement: "My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that You, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

♦ **The word of the Lord.**

**Responsorial Psalm** Ps 90:1-2, 10-15

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

1. 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.**
2. 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.**
3. 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.**
4. 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

**A reading from the letter of St Paul to the Romans** Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips

confess that Jesus is Lord and if you believe in your heart that God raised Him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in Him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord Who is rich enough, however many ask for His help, for everyone who calls on the name of the Lord will be saved.

♦ **The word of the Lord.**

**Gospel Acclamation** Matthew 4:4

**Glory and praise to you, Lord Jesus Christ!** No one lives on bread alone, but on every word that comes from the mouth of God. **Glory and praise to you, Lord Jesus Christ!**

**Gospel** Luke 4:1-13

**A reading from the holy Gospel according to Luke**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time He ate nothing and at the end He was hungry. Then the devil said to Him, 'If You are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading Him to a height, the devil showed Him in a moment of time all the kingdoms of the world and said to Him, 'I will give You all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be Yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve Him alone.' Then he led Him to Jerusalem and made Him stand on the parapet of the Temple. 'If You are the Son of God', he said to Him, 'throw Yourself down from here, for scripture says: He will put His angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.' But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting Him, the devil left Him, to return at the appointed time.

♦ **The Gospel of the Lord.**

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

**Scripture readings from the Jerusalem Bible**



# Sacred Heart Parish

(Canonically Erected 1868)

Roman Catholic Diocese of Armidale

First Sunday of Lent - Year C

March 9, 2025



## PARISH NOTICES & EVENTS

### ALTAR SOCIETY ROSTER FOR MARCH

Holy Trinity Team

### UPCOMING PARISH EVENTS

Sunday Morning Tea - Sun 9 March 2025, after Mass

Finance Committee - Wed 2 April 2025, 5.00pm

Pastoral Council - Wed 12 March 2025, 5.00pm

Liturgy Committee - Sat 15 March 2025, 9.00am

### Did You Know?

Our relationship to God is not one of equals. That's fairly obvious because God is almighty, perfect beauty, perfect truth and perfect goodness and we are flawed and sinful creatures of His. Yet, we know that we are completely and faithfully loved by God.

Our response must be to treat God with great reverence, and all things connected to Him. Our worship of God and our prayer must needs be reverent also. But reverence does not come on its own; it needs companions and helpers. There are many of these but among the ones needed most are recollection, silence and contemplation.

All of these are interior but show themselves in a bodily behaviour that is still, composed and focused. At Mass, there can be many words and regular activity. Without silence we might not find recollection let alone contemplation, and therefore possibly not reverence at Holy Mass. The advice that it doesn't matter what we are doing on the outside as long as our heart in is the right place is not helpful, nor is it really true. It could be an excuse not to enter into that posture towards God that is reverence and rather be interested in those around us. We need all the help we can get to detect that something wondrous, astonishing and awesome is taking place at Mass, something before which angels veil their faces.

We need silence because silence brings recollection and recollection allows contemplation, which is that deeper form of prayer. It is deeper than vocal prayer and deeper than singing or communal prayer. It is the prayer of the heart and can even be without words.

During Lent we will purposefully give ourselves a silence after Holy Communion. Rather than sing another hymn let us use this time of silence to bring us the fruits of recollection and contemplation so that we may be deeply attentive to Jesus, our Saviour, who is really and truly present within our soul and body at that time.

### Altar Society

Fr Paul, on behalf of the Parish, wishes to thank the volunteers who are the Altar Society. These generous people take time each week, for a month at a time, to serve us by keeping the furniture and the fixtures of the church clean, tidy and presentable. When we come into our spiritual home it is comforting to know that it is being looked after. When visitors come to our parish, as they do for funerals, it is good to show our pride in our church by welcoming them into our spiritual home in the same way we would welcome them into our family home.

A special part of the Altar Society is the care of the sacred vessels and altar linen and this is not only a direct service to the parish but also a service to Almighty God because it pertains intimately to the altar and the Holy Mass. If you would like to know more about what being part of the Altar Society entails, please contact Mary-Jane Guest.

### Music During Lent

Since Lent is a penitential season, there are a number of things that are stripped away so that we may enter more effectively and fully into the season.

- The word "Alleluia" is dropped from the sacred liturgy and a more sombre wording is used at the Gospel Acclamation.
- The "Gloria" is not said or sung except on the three Solemnities that occur during Lent.
- The use of musical instruments is curtailed and only used to accompany the singing.
- The style of liturgical music is more sober and restrained. In our parish you will notice that
- We chant the "Kyrie eleison" rather than the "Lord have mercy" using this Greek wording which goes back to the earliest centuries of the Church.
- - There is no Post-Communion hymn to allow more time for personal prayer and even to "fast" from music. This also provides a "pool of silence" sometimes missing among all the words and actions of Mass.

### If you are using a Sunday Missal:

- \* Proper of Mass, Page 796
- \* Preface of the First Sunday of Lent, Page 32
- \* Eucharistic Prayer No. 1, Page 61
- \* Daily Missal uses Year One (weekday Mass)

### MARCH - THE MONTH OF SAINT JOSEPH

#### MONDAY 10th

Monday of the 1st week of Lent

**No Mass - Church open from 8am to 1pm**

#### TUESDAY 11th

Tuesday of the 1st week of Lent

**No Mass - Clergy Assembly - Church open from 8am to 12 pm**

#### WEDNESDAY 12th

Wednesday of the 1st week of Lent

**No Mass - Clergy Assembly**

**Home Rosary - 4.30pm, 11 Diamond St, Tingha**

#### THURSDAY 13th

Thursday of the 1st week of Lent

**Rosary - 11.30am**

**Holy Mass - 12 Noon**

**Adoration - 12.30pm to 1.30pm**

#### FRIDAY 14th

Friday of the 1st week of Lent

**Rosary - 8.30am**

**HTS (Yr 6G) Holy Mass - 9:30am**

**Holy Hour - 4.30pm to 5.30pm**

**Stations of the Cross - 5.30pm**

#### SATURDAY 15th

Saturday of the 1st week of Lent

**Holy Mass of Sunday - 3.30pm at Ashford**

**Rosary - 5.30pm**

**Holy Mass of Sunday - 6.00pm**

#### SUNDAY 16th

**2nd Sunday of Lent**

**Rosary - 8.30am**

**Holy Mass - 9.00am**

**Sacrament of Confession**

Sunday: 8.00am to 8.30am

Tuesday: 5.00pm to 5.30pm

Thursday: 1.00pm to 1.30pm

Friday: 5.00pm to 5.30pm (except First Fridays)

Saturday: 5.15pm to 5.45pm (and at any time upon request)

OTHER MASSES:

*McLean Village* Each 4th Thursday - 10.00am

2nd Saturday - *Bundarra*, St Mary of the Angels - 3.30pm

3rd Saturday - *Ashford*, St Patrick's Church - 3.30pm

4th Saturday - *Tingha*, St. Francis' Church - 3.30pm

5th Saturday - *Yetman*, St Joseph the Worker - 3.00pm

### Sacrament of Reconciliation

After having reached the age of discretion, all Catholics are obliged to go to Confession at least once a year. This is the bare minimum. Frequent confession is encouraged to help strengthen our spiritual resilience against temptation through the reception of God's grace.

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Website: [www.sacredheartinverell.org.au](http://www.sacredheartinverell.org.au)

Facebook: Sacred Heart Catholic Church Inverell

Holy Trinity School Ph: 02 6722 4066

**Parish Office Hours:**

Monday 10 March & Friday 14 March - 8am to 1pm

Tuesday 11 March - 8am to 12pm

Administrator: Fr Paul Chandler

PPC Chair: Mr David McMahon

Holy Trinity Principal: Mrs Jillian Rainger

Parish Secretary: Peter Turner

### MASS INTENTIONS FOR THE WEEK

**We pray for:** Repose of all those whose death anniversary occurs at this time, especially John Damien Gaukroger; Repose of all souls in Purgatory.

#### the Recently Deceased:

Anthony Aboud, Peter Tome, Parackal Antony, Paul Saint, Maureen Rolfe, Mervyn Burdekin.

#### the sick:

Rosemary Asara, Pope Francis, Stephen Tubb, Straton Kennedy, Tony King, Sue O'Brien, Julie Daley, Pat Gurr, Peter Moroney, Christopher Pay, Neville Barwick, Fr Barry Leech, Lara Bentley, Elizabeth Albany, Fr David Crabb, Rebecca Lane, Brian Barker, and all the sick members of our parish.

Please contact the priest on 67221103 for home visits to the homebound and the sick.

Baptism - Saturdays & Sundays at 10.30am

Marriages and Funerals by Appointment

### PLANNED GIVING PROGRAM FOR THE SUPPORT OF THE CLERGY AND THE PARISH

**1st Collection: Presbytery (for support of priest)**

BSB 082105 Account No. 001023550

Account Name: Sacred Heart Presbytery Inverell Savings Ac.

**2nd Collection: Church upkeep, maintenance, expenses**

BSB 082105 Account No. 001013072

Account Name: Sacred Heart Parish Inverell

For those on the Planned Giving Program could you please quote your surname and envelope number for the reference.

**Planned Giving Program:** If you wish to join the planned giving program, please contact the parish office.

MASS ROSTER	08Mar-Sat 6.00pm	09Mar-Sun 9am	15Mar-Sat 6pm	16Mar-Sun 9am
Projector	N Turner	P Girle	J Kelly	R McGregor
Reader 1 (1st R. & Ps)	J Monie	G Johnson	N McCosker	G Taveira
Reader 2 (2nd R.)	M Casey-Ransom	M Robinson	S O'Brien	J Rainger
Reader 3 (Intercessory Prayers)	M Gaukroger	MJ Guest	J Monie	M Robinson
Offertory	-	M Robinson & volunteer	-	M Wales & volunteer
Extraordinary Ministers of HC	A Michael	S Hollis	J Monie	MJ Guest
Counters		N Turner		L MacDonald & P Girle