



St Peter Chanel & St Joseph Berala

Streams of living water will flow from within. ~John 7:38

Parish Office: 60 Kingsland Rd, Berala, 2141, **Ph:** 96447787 **E:** info@stpeter-stjoseph.org.au
Parish Website: www.stpeter-stjoseph.org.au, **facebook:** [stpeterstjoseph](https://www.facebook.com/stpeterstjoseph)

Holy Mass at Berala: Monday to Friday 6.45am, Wednesday to Friday 9.15am, Saturday 8.00am, Saturday 9.00am Adoration & Novena. **Holy Mass at Auburn South:** Tuesday 9.00am (during school term only)

Lord's Day Mass Berala: Saturday 5.00am (Vigil) Sunday 10.00am **Lord's Day Mass Auburn South:** Sunday 8.00am

Reconciliation at Berala: Saturday 9.00am - 10.00am. Or contact the parish office for any other time.

For Baptisms, Weddings, Bible Study and Catholic Enquiry, please contact Fr Thomas or the parish office on 9644 7787.

SIXTH SUNDAY IN ORDINARY TIME—YEAR B

11 FEBRUARY 2018

First Reading

Lv 13:1-2. 44-46

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons. 'The man is leprosy: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean". As long as the disease lasts he must be unclean; and therefore he must live apart; he must live outside the camp.'

Second Reading

1 Cor 10:31 – 11:1

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

Gospel

Mk 1:40-45



A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent

him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.'

The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

ANTIPHONS & READINGS

Entrance Antiphon Cf. Ps 30:3-4

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.

Responsorial Psalm:

(R) I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation

1. Happy the man whose offence is forgiven, whose sin is remitted.
O happy the man to whom the

Lord imputes no guilt, in whose spirit is no guile. **(R.)**

2. But now I have acknowledged my sins; my guilt I did not hide. I said: 'I will confess my offence to the Lord.' And you, Lord, have forgiven the guilt of my sin. **(R.)**

3. Rejoice, rejoice in the Lord, exult, you just! O come, ring out your joy, all you upright of heart. **(R.)**

Gospel Acclamation Lk 7:16

Alleluia, alleluia!

A great prophet has appeared among us; God has visited his people.

Alleluia!

Communion Antiphon Cf. Ps 77:29-30

They ate and had their fill, and what they craved the Lord gave them; they were not disappointed in what they craved.

Next Week's Readings:

Gen 9:8-15, 1 Pt 3:18-22, Mk 1:12-15

Ash Wednesday

This week we start our Lent in preparation for Easter. Lent formally commences with Ash Wednesday observations. It is a day to abstain from eating meat and fasting. The only other day we are obliged to fast and abstain from meat is Good Friday. The Mass schedule for Ash Wednesday is as follows:

St Peter Chanel, Berala: 6.45 AM; 9.15 AM; 7.00 PM

St Joseph the Worker, Auburn South: 11.00 AM

Blessing and distribution of ash will be done at all Masses.

The Australian Catholic Bishops have proclaimed the days from Ash Wednesday until the following Saturday (February 14-17) as Days of Fasting and Reparation in sorrow for child sexual abuse and the healing of victims.



Parish Priest

Fr Thomas Kurunthanam
pp@stpeter-stjoseph.org.au
T. (02) 9644 7787

Priest in Residence

Mgr Michael Berbari, Cor Bishop
T. (02) 8723 9192
M. 0418 459 431

Parish Secretary

Lea Baldoria
info@stpeter-stjoseph.org.au
Tues to Fri 9am -3pm
T. (02) 9644 7787

Pastoral Council

Karim Kassis (Chair)
T. 0408 404 130
Charlie Scully (Vice Chair)
T. 0402 071 849
Maureen Hynes (Secretary)
Jennifer Rush (Asst Secretary)
Anthony Kasule, Arthur Doumit (SVDP, Retreats), Brenda Wendt-Hussein (Catechists), Jenny Michael, Joji Salar, Micheline Botham (Sacramental Program), Paul Fuiava, Rani Sebastian, Rene Salar, Rhia Victorino, Vinita Nazareth (Pilgrimages) and Principals of the Parish Schools.

Finance Committee

John Le Mottee (Chair)
T. (02) 9644 8859
Micheline Botham (Secretary)
0422 939 342
Joe Moses, Ingrid Scharenguivel, Brendon Nazareth (Finance Controller)

Parish Schools

St Peter Chanel, Regents Park
T. (02) 9644 9083
Principal - Phil Townsend
Family Educator - Barbara Mucha
St Joseph the Worker, Auburn South
T. (02) 9646 1434
Principal - Gai Melville
Family Educator - Angela Finnane

Alcohol & Drug Information Service:

(Confidential) 02 9361 8000

CatholicCare: Ph:13 18 19

Spiritual Retreats: Benedictine Abbey
Jamberoo - www.jamberooabbey.org.au/
retreats Ph: 4236 0533

Carmelites Varroville -
www.carmeliteretreats.com.au
Ph: 8795 3400

Healing After Abortion: 0400 092 555

Vincentian Retreat Centre Somersby -
www.divineretreatcentre.org.au
Ph: 4372 1598

Sara's Place: For pregnancy support or
grieving after abortion visit
www.sarasplace.org.au

PARISH DIARY THIS WEEK

Mon	6.45am	Mass
Tue	6.45am	Mass
Wed	Ash Wednesday 6.45am Mass 9.15am Mass 11.00am Mass (SJW) 7.00pm Mass	
Thu	6.45am Mass 9.15am Mass 11.00am Legion of Mary (St Joseph's House) No Parish Choir Practice until further notice.	
Fri	6.45am Mass 9.15am Mass	
Sat	8.00am Mass 8.30am Rosary 9.00am Novena, Adoration, Confession 4.30pm First Holy Communion Registration & Commitment 5.00pm Sunday Vigil Mass (SPC)	
Sun	7.30am First Holy Communion Registration & Commitment (SJW) 8.00am Mass (SJW) 9.30am First Holy Communion Registration & Commitment (SPC) 10.00am Mass (SPC)	

Family that pray together stay together"
PILGRIM STATUE



FROM ST PETER CHANEL

at Nazareth Home
2 Dawn Avenue, Berala

Please join them any evening at
7.30pm for the Rosary.

To host the Pilgrim Statue and
Rosary prayer please contact Mona
on 9709 8701 or 0417 282 603.

FROM ST JOSEPH THE WORKER
at the Kassis Home

To host the Rosary Statue from St
Joseph the Worker contact the
Legion of Mary.

ROSTER NEXT WEEK

18 FEBRUARY 2018		1 ST SUNDAY OF LENT	
Mass	VIGIL (SPC)	8AM (SJW)	10AM (SPC)
ACOLYTE	Charlie SCULLY Dom PANGILINAN	William ANDREWS	E J HOEFlich Mert BOLONIA
MUSIC & SINGING	Renee SALAR & SCHOOL CHOIR	SJW YOUTH CHOIR	SAMOAN CHOIR
LECTOR/S	SPC SCHOOL FAMILY MASS	Ken HARTMAN	Sharon IACONO
		Jenny MICHAEL	Hoa NGUYEN
COMMENTATOR		Joe MOSES	Hilary NGUYEN
SP. MINISTER	Phirum DUCH		Hoa NGUYEN
CHURCH SHOP	Margaret HEYS		Margaret THAM
GREETERS	SPC CHILDREN	Loutoa OLIE	Pat KAVANAGH
HOSPITALITY		Joe & Maria MOSES	Vinita NAZARETH
Hospital Visitation Sat: Amato Hehea & Bernadette Hawthorn		Altar: Group 4 Anita Yip; Catherine Naidu-Narayan	
Hospital Communion Sun: Joyce McDonald & Anna Manganaro			
Cleaners SPC : Roland & Aida Javier		Children's liturgy: Sharon Iacono	
Saturday		17 FEBRUARY	
LECTOR FOR MASS		Jann ROCKLIFF	

MASS INTENTIONS

Sick: Celestina Andino-Retuta, Gener Retuta, Lilia Andino-Borillo, Ante Balaban, Anne Nguyen

Recently Deceased: Nellie Lim, Ada Michael, Salvatore Capra, Engelbert Taoneyi, Spiro Nobilo

Deceased: Alejandro Garcia, Venancio Sr, Eluseyo, Angelo Zerafa, Mary Zerafa, Poul Gatt, Mary Gatt

Anniversary: Louise R Descombes, Cernon Alinson, Gloria Mari Eamiguel, Primo & Jovito Amores, Edgardo Paat, Rodrigo Avila, Consuelo Ibardolaza, Patrick & Violet Lynch

Deceased Members and Friends of: Ross & Mitchell Families, Amores & Florendo Families, Cullen & Banham Families, O'Dwyer & Erwin Families

Other Intentions: Banham & Family, Banham & Cullen Families, Maria Pauline, Annette & Marie, Carol Dutton

Bakhita and the Leper

Bakhita was born around 1869 in the Darfur region of Sudan. She was kidnapped by Arab slave traders at the age of 8. For the next 12 years she was bought, sold and given away over a dozen times. The trauma was so much that she even forgot her original name.



To her masters she was only an object of slavery with no right to personal dignity. For some she was even an object to satisfy their sadism. While she was a slave of a Turkish general, the general's wife ordered her to be scarred. As her mistress watched, another woman drew patterns on her skin with flour, then cut into her flesh with a blade. She rubbed the wounds with salt to make the scars permanent. She would suffer a total of 114 scars from this abuse.

In 1883, the Turkish general sold her to the Italian Vice Consul, Legani. He was a much kinder master and he did not beat her. When it was time for him to return to Italy, she begged to be taken with him, and he agreed. After arriving in Italy, she was given away to another family as a gift and she served them as a nanny. When her new mistress decided to travel to Sudan for business, she placed her in the custody of the Canossian Sisters in Venice.

Unlike her masters and the slave traders, the Canossian Sisters could see a human person in Bakhita, not an object of slavery. With their help Bakhita learned about God and Jesus Christ.

When her mistress returned from Sudan, Bakhita refused to leave. The case went to court, and the court found that slavery had been outlawed in Sudan before Bakhita was born, so she could not be lawfully made slave. She was declared free.

Now Bakhita could choose what to do with her life. She chose to remain with the Canossian Sisters. She was baptized on January 9, 1890 and took the name Josephine Margaret. Later she joined the Canossian Daughters of Charity and her charismatic life became an inspiration for many till her death on 8 February 1947 and beyond.

She was known for her gentle voice and smile. When speaking of her enslavement, she often professed she would thank her kidnappers. For had she not been kidnapped, she might never have come to know Jesus Christ and entered His Church. Her ability to find hope and God's plan in the most undesirable situations is amazing. Saint John Paul II canonized Josephine Bakhita on October 1, 2000.

When the Canossian Sisters saw the human person in Bakhita, they were looking with eyes of Jesus who saw the human person in the leper who approached him. The leper in the Gospel (Mk 1:40-45) and Bakhita have some things in common. Just as Bakhita forgot her original name, no one knows the leper's name. They both rejoice that they met Jesus through whom they regained their dignity. The leper went to show himself to the priest. Bakhita presented her to the Canossian Congregation. This way they both were confirmed in their human dignity. We as Christians are challenged to help the people in the undesirable situations to find their dignity.

REFLECTIONS ON MARK 1:40-45

Gospel Focus: What's in a word?

Verse 41 of this week's reading begins, 'Feeling sorry for him, Jesus stretched out his hand.' This translation is from the Jerusalem Bible but if we were to consider other translations of the Bible we would find other phrases used such as: moved with pity; filled with pity; moved with compassion; filled with compassion; or even, filled with anger. By comparison, 'Feeling sorry for him' seems a weak translation. Jesus' reaction is a fully human one of indignation at what this man is forced to endure. It is a gut-wrenching response from the very core of Jesus' humanity.

Historical Context: Leprosy

To be a leper in 1st Century Palestine was to be utterly rejected from society. They were not permitted to engage in religious practice as they were permanently regarded as being ritually unclean and, indeed, unable to become clean as long as their disease lasted. The book of Leviticus, quoted in today's first reading, contains two whole chapters of rules regarding lepers. Lepers were forced to live outside of any village for fear of contamination and even had to call out a warning of 'Unclean! Unclean!' if anyone came near them. They were forced to beg for food and money because no-one would hire them. They were literally on the very edge of society.

Living the Gospel: Who is your leper?

There is a story of Francis of Assisi in which he encountered a horribly disfigured leper. Initially, Francis was repulsed by the man but remembered that this man too was a child of God and made in the image and likeness of God. Overcoming his fears, Francis ran forward and embraced the man. Rather than seeing the disease, Francis saw the person. We can ask the question, Who is your leper? Who is the person in your life that you need to embrace rather than reject? Who would benefit from you viewing them with different eyes? Soft eyes! Eyes of compassion!

New Pastoral Council

Members of the newly commissioned Parish Pastoral Council members are as follows: Karim Kassis (Chair), Charlie Scully (Vice Chair), Maureen Hynes (Secretary), Jennifer Rush (Asst Secretary), Micheline Botham (Sacramental Program), Vinita Nazareth (Pilgrimages), Rene Salar, Anthony Kasule, Paul Fuiava, Brenda Wendt-Hussein (Catechists), Rhia Victorino, Rani Sebastian, Arthur Doumit (SVDP), Jenny Michael, Joji Salar, Phil Townsend (SPC School) and Gai Melville (SJW School).

SJW Children's Liturgy

On Sunday 11th and 18th February we will be having 8am Mass with a special Children's Liturgy for children to attend at St Joseph the Worker Church, Auburn South. This is a child-centred lesson based on the Gospel of Mass. The children will also learn songs and do arts and crafts. Children up to year 6 (12 years) are welcome to attend.



Family Mass will be on Saturday 17 February 5-6pm at St. Peter Chanel Berala. Every third Saturday of the month there will be a Family Mass for families to attend. Children will be encouraged to have a special role: welcoming, singing in the

choir, reading Prayers of the Faithful and leading the Offertory procession. It is a wonderful opportunity for your child to be engaged in Mass and grow in faith as a family.

SPC School Lenten Program

A Lenten Program will also be held each Wednesday at 9.00am at St Peter Chanel Primary School. It is open to all from the Parish and school community.

Reading Mark

Contact the Parish Office to register your interest in attending the Bible Study 'Reading Mark' during Lent. It will be 90 minutes sessions on Wednesday evenings (21 February, 28 February 7 March, 14 March, 21 March), starting at 7 PM. It will be held at St Joseph House Berala.

Lenten Program

Jenny Michael's Lenten Program will be held on Tuesday evenings at 7.30pm (13, 20, 27 February and 6, 13 20 March) at 7 Wilson Ave Regents Park . In order to secure your Lenten booklet for this program, you will need to register your interest by contacting Jenny on 0413 679 931.

Stations of the Cross

Every Friday of the Lent commencing 23 February, Stations of the Cross will be prayed at 7 PM at St Peter Chanel Church. After the prayers, about 7.30 PM I will also be available in the confessional for the Sacrament of Reconciliation. Absolution from sins will be a good way of observing Lent. A proper Lenten observance with renewal of the Parish as the intention can work miracles.

Lenten Music

To reflect the frugality of the Lenten Season there will be some small changes to the music at Mass. For each Vigil Mass led by the Parish Choir we will use the Plainsong Mass Setting (unaccompanied), and there will be only two hymns. After Mass we will process out in solemn silence following Father and the Ministers. By fasting from music in our Lenten Liturgies, we emphasize and prepare the way for the Rejoicing of the Easter Season. The 'Alleluias' can then ring out with added joy. To give us respite from the Penitential feel of Lent, the church celebrates 'Laetare' Sunday – 'Rejoicing' Sunday - on 4th Sunday of Lent.

Playgroups

SJW Auburn

Come join us at St Joseph the Worker School with your little one for music, singing, story time, craft and painting. Just bring a piece of fruit to share. All are welcome. When: 9-11am, Where: St Joseph the Worker Auburn (Fr. Mark Spora Room).

Would you like to volunteer and help this year? We are looking for a Parishioner who would be willing to spend a few hours each Thursday morning help with Playgroup at St Joseph the Worker during School term. You would be talking and helping the Mums with their little ones and serving morning tea. You may like to teach painting or have a special skill you can teach the children. Please contact Angela Finnane if you are able to help on angela.finnane@syd.catholic.edu.au

SPC Berala



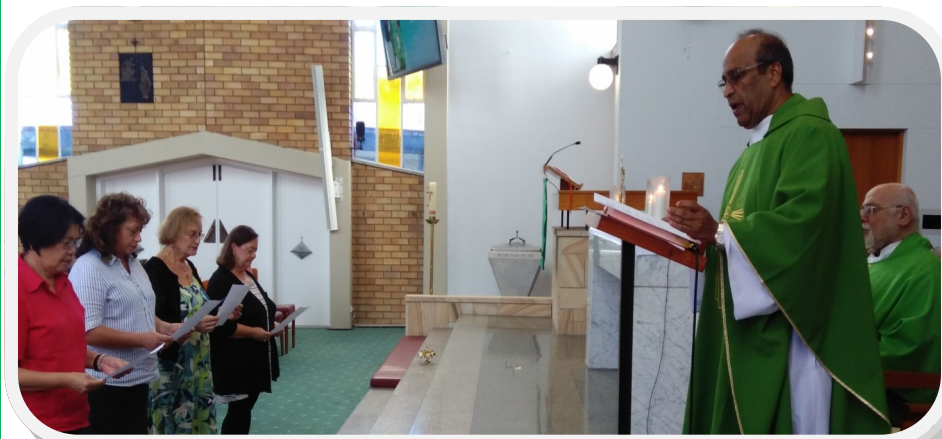
A playgroup for toddlers to children 5 years of age is held at St Peter Chanel Primary school each Thursday morning from 9.00am to 11.00am. Babies of toddlers also welcome. The morning

consists of singing, dancing, socialisation through play and art and craft activities. It is also an excellent opportunity for mums, dads and carers to make friends and connections. It is open to all children in our parish and local area. Please share this information with friends.

World Meeting of Families 2018

*The experience of love in families is a perennial source of strength for the life of the Church
(Pope Francis – Amoris Laetitia 88)*

Commissioning of Catechists



Catechists promise to take the Word of God to the children in our local public schools through prayer, teaching and example as Father Thomas commissions them to go forth as Catechists and asks God to bless them.

Parishioners also pledged their support during the commissioning ceremony last Saturday. If anyone has any queries regarding the Catechist team, please phone Brenda Wendt-Hussein on 0402 051 365.

Left to right: Josie Pangilinan, Mona Goubran, Rosanna Patterson & Maria Wood

From the Pastoral Council Chair—Parish Retreats

Retreats is a new initiative to be adopted by the Pastoral Council for our Parish. There are many wonderful sites close to and within Sydney that offer many retreats which help reinvigorate and help us regain our focus on our Christian values. Arthur Doumit has kindly taken on the challenge to find suitable retreats during the year that we can all attend. Unlike the vocational retreats that are normally advertised at the back of the bulletin, these retreats will be Parish focused and offered specifically as an event for our parishioners who wish to attend. It would be a fantastic idea for groups of families or individuals to attend these retreats together. The aim is to offer retreats during suitable times of the year when families and individuals find it easier to attend, for example, during school holidays. If you would like more information or have an interest please contact the Parish Office on 96447787.

~Karim Kassiss

Ike Fuiava

Ike Fuiava is the father of Paul Fuiava who leads Samoan Choir for 10AM Mass in our parish. Ike has been transferred to Westmead Hospital where he is recovering from his illness. He has been hospitalised since Christmas vigil with a number of complications including a bad stroke. But he needs our prayers. Therefore please continue to keep him your prayers.

Church Shop

Drop by our Piety Stall and grab a gift for that special someone. The stall is filled with a range of religious items perfect as presents for those celebrating the Sacraments of Holy Communion, Baptism, Reconciliation and Confirmation. The stall is open on Sundays before and after the 10.00am mass. If you have any product enquiry, please contact the Parish Office by phone or email.



God's Word 2018: Daily Reflections Liturgical Diary only \$12.



This week we welcome into the Catholic faith

Aaron Mpoza Kasule

May he always know the love of God
and feel His guiding hand throughout his life.



Planned Giving Request Form

Your financial contribution to the Planned Giving of the Parish is your appreciation for the Parish. At the end of the financial year you will receive a receipt for your contributions. To join the Planned Giving Program fill this form, tear this part off and place it in the Sunday Collection plate.

Your Name:

Telephone NoEmail

☐ Yes, please organise a set of envelopes. ☐ Yes, please organise automatic credit card deductions. (An authority form will be sent)

Days of Fasting and Reparation

A MESSAGE TO THE CATHOLIC COMMUNITY AT THE BEGINNING OF LENT: Days of fasting and reparation in sorrow for child sexual abuse and for the healing of victims – February 14-17, 2018

Dear brothers and sisters,

Last December, the Royal Commission into Institutional Responses to Child Sexual Abuse handed down its final report. Like the Australian Government and many other institutions, the Catholic bishops of Australia and leaders of religious institutes are currently studying the final report and its recommendations.

In the long years since the tragedy of child sexual abuse within the Catholic community became known, the Church has committed to policies, procedures and structures to respond better to survivors of abuse and their families, to establish professional standards for all ministers and Church workers, and to safeguard children and vulnerable people. For the Church, as for other institutions, this has involved gradual learning and development, and so it will continue to be.

Through these years, Australia's bishops and other Church leaders have often expressed their sorrow and have offered their apology for what has occurred in the past – the harm suffered by victims and survivors, the instances of cover-up, the failure to believe survivors' stories and to respond with compassion and justice, and the distress that many still experience.

Our apologies have, at times, seemed too little – not because they were insincere, but because trust has been broken. We stand firm in our resolve to ensure that the abuse of children never happens again in the Catholic Church and to build new bonds of trust.

With the Royal Commission concluded, our country and our Church enter into a new moment. We are calling upon the Catholic community in Australia to embrace this new moment by beginning the penitential season of Lent with four days of fasting and reparation. These are spiritual practices which express our desire for God's reconciling and healing grace.

Through fasting, we stand in solidarity with the victims and survivors of abuse whose much deeper hunger is for healing and peace in their lives. Through reparation, we make amends for the sin of those in the Church who abused children or failed to listen and act when they should have.

The days of fasting and reparation in sorrow for child sexual abuse and for the healing of victims and survivors will be marked by prayer – in our homes and in our Catholic communities.

Please take to heart the importance of these days in preparing the Church to respond to the recommendations of the Royal Commission and to make the journey from Ash Wednesday to Easter. We cannot undo the past. With God's help, we can make the future better.

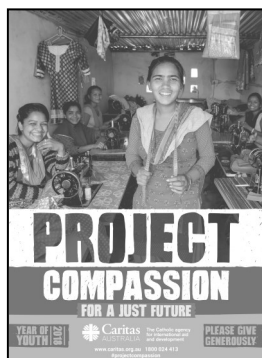
Liturgical and other prayer resources can be accessed at: www.catholic.org.au/fastingandreparation.



Project Compassion Sunday
11th February 2018



Please take home a Project Compassion box and/or a set of donation envelopes and support Caritas Australia this Lenten season themed "A Just Future", celebrating the Year of Youth.



As Pope Francis said, "Cultivate with love the seeds of goodness, beauty and truth that God sows in every new generation."

Through your generosity during Project Compassion this year, you are empowering young people to build a just future for themselves, their families and their communities.

A Just Future starts with your support!

You can donate through Parish boxes and envelopes, or by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.



LENTEN PENANCE

In this season of Lent, we seek to experience the mercy of God the Father, and to practice it in our daily lives. But first we must experience *our need for mercy*, that is, our brokenness and, indeed, our sinfulness, insofar as we have failed to love God above all, and to love our fellow men and women as ourselves. This is why the Church's Canon Law reaffirms the obligation to do penance—to interrupt the usual comforts of life, to rediscover in prayer the merciful love of God, and to practice charity and justice towards those in need. The special times of penance are all Friday's throughout the year and the season of Lent.

We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15). Repentance means the rejection of sin. It implies conversion to, and reconciliation with, God. Prayer, self-denial, and works of charity are the concrete expressions of repentance. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Repentance and conversion are central, on-going, and even daily practices of Christian living.

In nominating special times of penance, the Church encourages and promotes in all of us the *habit* of penance. Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on every Friday throughout the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choice. We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

DAYS OF PENANCE

1. Abstinence from meat, and fasting *must* be observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.
2. On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:
 - a. Prayer—for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.
 - b. Self-denial—for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country.
 - c. Helping others—for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (14TH FEBRUARY) TO THE MASS OF THE LORD'S SUPPER (29TH MARCH). ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday, 14th February, and Trinity Sunday, 27th of May 2018 unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

ARCHBISHOP OF SYDNEY

OTHER NOTICES

POSITIONS VACANT

Communications & Development Manager. Council of Catholic School Parents NSW/ACT. Permanent full-time position. Sydney CBD-based. For further information please contact Anthony Spata at REACH Human Resources, on 0402 210 055. Applications close 27 February 2018.

Director of Care Services, Rosary Village Aged Care. Permanent full-time position. Yennora-based. For further information please contact Anthony Spata at REACH Human Resources, on 0402 210 055. Applications close 14 February 2018.

EVENTS, WORKSHOPS & RETREATS

Catholic Mindfulness Workshop This Ash Wednesday. Join Catholic USA psychologist, Dr Gregory Bottaro at his workshop where he will teach you new skills to help support the people in your communities. Gain more peace in your life by trusting God, letting go and becoming more present with his Mindfulness strategy. Wednesday, **February 14** Where: Notre Dame University, Broadway Campus Cost: \$100. Register: www.rom.org.au.

2018 Events at Mt Schoenstatt Spirituality Centre:
25th February, 2018 - Lenten Retreat Afternoon for Families of all ages and constellations, 2pm: Talk for Adults: JOY in SUFFERING including Testimonies (Children's Programme and Baby sitting), 3pm: Prayer, Adoration, Confession and Benediction, 4pm: Afternoon Tea, Where: Mount Schoenstatt Spirituality Centre, 230 Fairlight Road, Mulgoa 2745 Cost: Free, Contact: Sr M Julie Brcar - 0408 738 334 or juliebrcar@gmail.com.

The Bishop's Blend: Network with other young Catholic professionals and learn how to live your faith in the workplace? Then join the Most Reverend Bishop Richard Umbers, Auxiliary Bishop of Sydney on **Tuesday, 27th February 2018** at 7:00am at the Radisson Blu Plaza Hotel Sydney for The Bishop's Blend, a quarterly breakfast series for young professionals. Online booking is essential. For more info and to purchase tickets go to <https://thebishopsblendthirdedition.eventbrite.com> or contact us at bishopsblend@sydneycatholic.org.

18 March - The Day of the Unborn Child . This marks the day Our Lord became a tiny unborn child in His mother's womb. It is a day of celebration and remembrance of the dignity of the unborn. It is also a day to remember the millions of unborn children whose lives have been ended by the violence of abortion. Join us to witness the sanctity of human life ! For more information: Call Life and Family Institute: (02) 9002 0354 / www.lifeandfamily.com.au or email: info@lifefadfamily.com.au

Worldwide Marriage Encounter Weekend – Relationship Enrichment for Married Couples. 27th – 29th April at Mt Carmel Retreat Centre, Varroville, NSW. Bookings online at www.wwme.org.au or Adrian and Janet Sullivan: on 0490 774 419 or adrian.janet1@bigpond.com.

SUPPORT & SERVICES

Natural Fertility Services is looking for suitable applicants in the Greater Sydney area to train as Fertility Educators. Thorough, in-depth training over a 12-month period is provided to

successful applicants and sessional work is available to those who complete the training and become accredited educators. For more information and application forms please contact The Manager NFS (02) 9509 1222.

Grief to Grace – Healing the Wounds of Abuse – is a spiritual retreat for anyone who has suffered degradation or violation through physical, emotional, sexual or spiritual abuse. The retreat will be held April 8th – 13th 2018. Email Anne at info@griegtograces.org.au or phone 0407704539. For more information visit www.griegtograces.org

Bereavement Support Reflections Mornings. Third Wednesday of Every Month 10.00am – 1.00pm. For family and friends who grieve and their companions. Understanding and managing life's changes in Loss, Grief & Bereavement. Morning tea provided. For further information please contact Bereavement Support bereavementsupport@catholiccemeteries.com.au or Ph: (02) 9646 6908.

CatholicCare Parenting Support. Parenting can be stressful at times, particularly at the start of a new school year. Our Parent Line NSW counsellors can help with strategies to manage those back-to-school worries. Call us 7 days a week 1300 1300 52 or message us through Facebook.

PILGRIMAGES & TRAVEL

Footsteps of St Paul—Pilgrimage to Greece. Fr. Peter De Souza from Hornsby Cathedral, would like to invite you for a 14-day pilgrimage that he is leading. The group departs on 28th of May, 2018, featuring Athens, Corinth, Ephesus, Patmos, Crete, Santorini, Thessaloniki, Philippi, Meteora for an all-inclusive early-bird offer of \$5,690. This fare includes a 3 Night Cruise with all meals + Return Airfares + Local Transfers + Stay in 4 Star Hotels + All Breakfasts & Dinners. Call 0385 622 246 or email pilgrimage@magiholidays.com.au.

Visiting Rome? Stay at Domus Australia. Domus Australia is a 32 room guest house established by the Australian Catholic Church, welcoming travellers to Rome seeking comfortable accommodation and an ideal base from which to explore historical and cultural sites of the Eternal City. Centrally located with a magnificently restored Chapel featuring daily Mass in English, Domus Australia is the perfect oasis in the heart of Rome for Aussie pilgrims. Email for more info: reservations@domusaustralia.org or www.domusaustralia.org

Footprints of Jesus Pilgrimage May 2018. Join Fr Gabriel Ezenwa on 7 - 20 June 2018 for a 14 day Pilgrimage to the Holy Land. Watch the Gospels come alive on this most authentic faith journey live on location in the Holy Land of Israel. Take the chronological road of Jesus' life from Bethlehem to Nazareth and Galilee to Jerusalem. Daily Mass. Optional Extension to Petra. If interested, call Harvest Journey today for bookings or for more info 1800 819 156.

MISCELLANEOUS

Walk the Lenten Journey on your Mobile Phone! The Xt3 Lent Calendar 2018 App is available for download on Apple and Android devices (search for Xt3 Lent) and can be viewed from the website: www.xt3.com/lent. The Lent calendar will run from Ash Wednesday to Divine Mercy Sunday. Each day will unlock a new video, meditation or podcast, to help you prayerfully journey through Lent.

The Reflection of Your Actions

A man and his son were going through the forest hills. Suddenly, the boy fell down on the trail and screamed with a pain, "Aah!" Surprisingly, he heard the same voice from the mountain, "Aah!" Curiously, the boy shouted, "Who is this?" But the voice replied the same, "Who is this?" He got angry, and shouted again, "You are stupid!" And again the voice replied the same, "You are stupid!"

Annoyed by this, the boy asked his father, "Father, What is going on? Who is this?" The Father replied, "Son, pay attention". The father shouted, "You are very nice". And the voice responded the same, "You are very nice!" The father again shouted, "Thank you". And the voice again responded the same, "Thank you!" The son was very surprised but he still could not understand what was happening. The father explained, "Son, people call it resonance, but this is the truth of the life. The life is a reflection of your actions. What you will give to others, you will receive the same in return."