

Our Lady of the Sacred Heart Parish Henley Beach

On the Traditional Lands of the Kurna People

FIRST SUNDAY of LENT (Year C)

9th March 2025

Parish Priest: Fr Manu Kumbidiyamackal MSFS

Pastoral Care: Sr Helen Armstrong OLSH

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Office Hours: Mon & Tues: 9am–12pm;
Wed & Thurs: 9am–2pm;
Fri: 9am–3pm.



Star of the Sea Primary School: Phone: 8115 7400 Email: info@star.catholic.edu.au

Web: <https://www.star.catholic.edu.au/news-events/enewsletters>

Mass Times: Monday 8 pm Candlelit Mass (except on Public Holidays)

Tues: 9:15am, Wed: 8:00am, Thurs & Fri: 9:15am, Reconciliation Saturday 8:45am – 9:10am

Sat 9:15am (qualifies as a Sunday Mass); Vigil Saturday 6:00pm; Sunday 9.30am; 5:30pm

COMING UP:

Parish Lenten Retreat

Saturday 5th April
9.15am onwards

Stations of the Cross

Fridays during lent at
7pm

Lenten Program

Wednesday
19th -26th March
7-8.30pm

Knit & Natter

Thursday
13th March
10am– 12

Living Waters: Lenten Retreat

Saturday
22nd March
9.15am–3.30pm



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 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 important feast 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.

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.

Cont...

Readings

1st SUNDAY of LENT

Deut 26: 4-10
Ps 90: 1-2,10-15
Rom 10: 8-13
Lk 4: 1-13

2nd SUNDAY of LENT

Gen 15: 5-12, 17-18
Ps 26: 1, 7-9, 13-14.
Phil 3: 17-4:1
Lk 9: 28-36

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 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 that suffer and have very little.

Yes, once again we are in Lent. It is a time for our annual pilgrimage into ourselves and outward 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".

Lane Sundaramalakal

Parish Retreat for the Lenten Season



The Parish Pastoral Council is happy to let you know that this year we are having a parish retreat and reconciliation day on Saturday 5th April 2025. 2025 being the Jubilee

year it is very important that we have some special spiritual celebrations in the parish throughout the year. The season of Lent is a special time and so it is good for all of us to gather together for a one day retreat. Fr Roderick O'Brien has kindly consented to be the animator for the day. We will begin with the morning Mass at 9.15 am and will continue with a day of reflection prayer and reconciliation service. There will be exposition of the Blessed Sacrament and Benediction.

There will be opportunities for confessions. (Please note that we will not conduct another second rite reconciliation during lent. So if you cannot make the whole day retreat please make sure that you find some time to attend the reconciliation service.) Please mark your diaries well in advance for making yourself free for the day and watch this space for more information to follow in the coming weeks.

Please Remember in Your Prayers this Week:

Recently Deceased:

Holly Leiper, Carlos Vaschetto, Gerald Victory, Annette Smith, David Bampton, Shirley Rowberry, Terence Byrne, Fr Chris Murphy MSC, Padma Mathavan (Father of Fr Krish Mathavan), Betty Hill, Denis Chaplin, Graham Bruce, Tania Cavuoto, Fr Terry Bowman MSC.

Anniversaries

Rosa Cannella, Charlie Grigora, Joseph Attard.

Sick Parishioners

Gerald Sutton, Sani Strehovski, John Boeyen, Peter Stevens, Sean Kennedy, Wendy Boeyen, Graham Blacket, Brian Fitzgerald, Margaret O'Connor, Peter Tierney, Sonia Bennie, Amelia D'Aloia, Terry Cashin, Rene Young, Brendan Taylor, Rose Oteng, Julie Green.

Thank you

A massive thank you to all those who helped in any way with the book and bake sale over the weekend and to all those who attended and bought books and goodies

We had over 2000 books donated!. Thank you to everyone who donated – special thanks to Rotary at Kidman Park, St Marys College & Star of the Sea for their substantial donations of books.

Thank you to all those who baked, moved books in, setup, packed up, sorted books, sorted books again and again and again, manned the table and all the little jobs in the background too.

We raised just over \$2000 towards the clean water project– a fantastic effort!

Thank YOU!

From The Social Justice Action Group

Knit & Natter



Our group will get together on Thursday 13th March

From 10am – 12 noon in the Conference Room located in the Parish Office.

New knitters are welcome.

We would be grateful for any wool donations throughout the year.

Carmel Kay 0499 907 011

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

Stewardship Reflection



First Sunday of Lent

"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." - Deuteronomy 26:10

This line from the Old Testament offers two challenges. First, do you give to God from your "first fruits" - the first and best that you have to offer? Or do you give from what you have leftover? Second, do you realize that everything you have and that everything you are, has been given to you by God? We aren't owners of anything, we are merely stewards of God's gifts. Pray for a grateful and generous heart, every day, in all circumstances.

Living Waters Prayer Group Lenten Retreat



Keep Watch, and Pray

Saturday 22nd March

9:15am-3:30pm

Speaker: Fr Manu Kumbidiyamackal

The day will include:

- ◇ Mass 9:15am
- ◇ Talks given by Fr Manu
- ◇ Exposition of the Blessed Sacrament & Benediction
- ◇ Silent Reflection
- ◇ Reconciliation
- ◇ Prayer Ministry

Please bring your own lunch tea/coffee provided.
Enquiries and bookings phone Pauline 0403002240
by 20th March Cost by Cash Donation. All Welcome

Lenten Program Year of Jubilee 2025 All Debts Cancelled



Wednesday 19th March & 26th March
7- 8.30 pm in Parish Hall. Cost by donation
Enquiries:- Cheryle Douglas 0423 480 440

Alpha Youth



Alpha Youth is for High School aged students from years 7-12 and is held in the Church Hall, on Sunday evenings from 6:30pm - 8:30pm.

Alpha Youth creates a space for young people to have meaningful conversations about life, faith, identity & purpose. Every Alpha Youth session includes time to connect, over food and games. It is all about creating spaces for open and honest discussion. Nothing is off limits and you can say whatever you think. Seriously!

Parents will need to complete a google form (QR code on poster and invite card) to show interest in your child attending and also complete a Registration Form at the Launch event.

Lenten Reflections Booklets



Prayful reflections for your Lenten journey, these booklets are free.

Project Compassion



Project Compassion boxes and envelopes are available at the back of the church.

A PASTORAL LETTER FOR LENT 2025

PILGRIMS OF HOPE:

A Lenten Journey in Light of the Synod and Jubilee Year

Dear Sisters and Brothers in Christ,
As we embark upon the sacred season of Lent in this Jubilee Year of 2025, our hearts are drawn to the call of the Lord to renew our faith, deepen our communion, and walk as pilgrims of hope. This holy season invites us to prayer, fasting, and almsgiving, guiding us towards a transformation that echoes the spirit of the Synod on Synodality (2023-2024). The synodal journey has been a time of listening, discernment, and unity in the Holy Spirit, preparing us to embrace the Jubilee theme: Pilgrims of Hope. Lent, a season of conversion and grace, is the path upon which we are invited to journey more deeply into the mystery of Christ's passion, death, and resurrection. As the Church continues its synodal process, we are reminded that we are a people walking together, discerning the promptings of the Holy Spirit, and responding to the call of mission in our time. We also renew our commitment to Christ, deepening our awareness of His love and mercy, and accompanying one another toward Easter's radiant joy.

To read the full letter please use the QR Code:



Or use the link below:

<https://adelaide.catholic.org.au/our-people/archbishop-patrick-o-regan-dd/messages>

Baptisms in our Parish



We welcome into our Parish Community Brady, Olive and Thomas who are being baptised this weekend.
Please keep them and their families in your prayers.

Stations on the Cross



Stations of the Cross will be held every Friday during Lent commencing from Friday 7th March at 7pm until Friday 11th April 2025.

The Stations of the Cross is a very beautiful way for us to prepare our hearts by reflecting on Jesus's journey to Calvary for the coming of Easter. We hope you could all take some time to join us every Friday or even on any one of the Fridays in Lent. Look forward to seeing you there!

GOSPEL ACCLAMATION: Alleluia, Alleluia! Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted. Alleluia!

Repairs and Maintenance

The Roofing Work Project is still ongoing—at least for another week .

We thank you for your patience so far and ask that you continue to be mindful of this work for another week.

Please be prepared for some inconvenience – there will be no access to the Car Park area from our Seaview Road entrance between Monday to Friday during this period!”

Marriage Encounter Weekend Help your garden grow



Plants need fertilizer to grow healthy and strong and so too does your marriage. Without some nurturing and care it will remain weak and unfulfilled. Spread a little fertilizer on your relationship.

Join a Worldwide Marriage Encounter weekend and watch your love for each other grow. Schedule a live-in weekend for 2-4 May 2025 at the Lyndoch Motel or a live-out weekend on 31 Oct – 2 Nov 2025 – venue tbc.

For more information, call Jo & Jon on 049 3747 478 or email sabookings@wwme.org.au. Alternatively, visit WWME.org.au and apply online today.

Healing Mass



Healing Mass Thursday 13th March Anointing. Exposition of the Blessed Sacrament, Reconciliation, Prayer Ministry with Candlelit music in the Spirit of Taizé, individual blessings with the Blessed Sacrament in the Monstrance, and Benediction.

Tea/Coffee and light supper available.
All welcome Enquiries phone Pauline 0403002240

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 adelaide.goodgiving.com.au to set up direct giving from your computer.

Please note: 1st, 2nd and Special Collections are available on the app.

The QR code will automatically select the Henley beach parish.

Keys to the Parish Facilities



As part of insurance requirements we are updating our key register. All those who have keys to any of the Parish facilities (Church, Office, bunker etc) please return it to the office to be registered. Those who do not require keys due to a change in circumstances, please return them permanently.

Jubilee of Volunteers

On 9th of March 2025, we celebrate and give thanks for the contribution of the many Volunteers, past and present, who have and continue to animate the Gospel in the life of the Archdiocese of Adelaide.

This is a special time for us to pause, reflect, and celebrate the incredible contributions of each one of you, particularly those who have generously served as volunteers in our communities.

Volunteering in a ministry of the Church, is a natural extension of the commitment made through baptism. It allows us to live out our faith in tangible ways, serving those in need and strengthening our faith community.

Archbishop Patrick O'Regan would like to thank and sends his prayers and blessings to all Volunteers, within the various parishes and communities of the Archdiocese.

Your willingness to give of yourselves is a living testament to the faith and hope that we share as the Body of Christ. As we continue to reflect on the mercy of God and the blessings of this Jubilee, let us remember that all of us are called to live as servants of the Lord.

No Candlelit Mass



Please note that there will be no Candlelit Mass on this Monday 10th of March as it is a Public Holiday

The Southern Cross

The latest edition of the Southern Cross is available at the back of the Church. Cost \$2.00



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