



## Approaching Lent with Living Faith

"I have to admit, one of my favourite verses from the Bible is I Timothy 4:8, which says, "Bodily exercise is of little value." Going to the gym and taking physical exercise simply doesn't interest me. If we were to exert even a fraction of the self-

discipline we see in the gym on our spiritual lives we'd all be on the fast track to heaven. If we were to break into a spiritual sweat we'd soon get fit spiritually. If we'd watch our spiritual calorie intake (avoiding all fatty, sweet and indulgent TV programs and movies for instance) and avoid all spiritual toxins (junk computer games, pornography, trashy novels, shallow magazines) and took a regular diet of high energy, nutritious fare (prayer, Scripture, church teaching, the lives of the saints) think how healthy we'd be spiritually! Lent is the time for us to get fit for God. Too often our attitude towards Lent is one of doom, gloom and guilt. While we are called to examine our lives and repent of our sin, I think the proper attitude toward Lent should be healthy, vigorous and positive. In his first letter to the Corinthians he writes, "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." St Paul says he "beats his body and makes it his slave." In our comfortable society, where every pleasure is available at the flick of a switch, it is easy to forget the need for physical discipline as part of the spiritual life. While not calling for extreme forms of physical mortification, it remains true that we must discipline our physical desires if we are to achieve spiritual perfection in Christ. In our pleasure seeking society it is convenient to forget that our sufferings in this life are part of God's discipline in our lives. The writer to the Hebrews encouraged his hearers, "In your struggle against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten that word of encouragement that addresses you as sons: 'My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.' Therefore, endure hardship as discipline." The sufferings that come to us through life are part of the discipline that purifies us for heaven, but we can also adopt certain hardships in order to co operate with God's work of discipline in our lives. Fasting is the most simple and effective way to do this. Fasting has many benefits in our lives. On the physical level, it helps us to attain control over all of our appetites. If we can control our food intake we will be better able to control our other raging desires as well. Furthermore, fasting is actually good for us. Unless we suffer from some sort of eating disorder, fasting helps to purify the system and clean out the toxins we accumulate..." tbf (GREENVILLE, SC, Fr Dwight Longenecker ).

**HAVE A BLESSED WEEK AS WE JOURNEY TOGETHER TOWARDS THE LENTEN SEASON.**

## St Michael's Catholic Church

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**23<sup>rd</sup> Feb 2014 (A)**  
**7<sup>th</sup> Ordinary Sunday**

**1<sup>ST</sup> READING:** Leviticus 19:1-2. 17-18

### **RESPONSORIAL PSALM:**

The Lord is kind and merciful.

**2<sup>ND</sup> READING:** Corinthians 3:16-23

### **GOSPEL ACCLAMATION:**

Alleluia, alleluia!

Whoever keeps the word of Christ,  
grows in perfect in the love of God.  
Alleluia!

**GOSPEL:** Matthew 5:38-48

### **COMMUNION ANTIPHON:**

I will tell all your marvellous works, I  
will rejoice and be glad in you, and  
sing to your name, Most High.

### **WEEKEND MASS TIMES:**

Sat. Vigil: 5pm  
Sunday: 8am, 9:30am & 5pm

### **WEEKDAY MASS TIMES:**

Mon, Tues & Thurs: 7:30am  
Wed: 6pm  
Fri: 9:15am

Sat: 9:15am (Hostel)

**HOLY HOUR:** Wed: 5pm

### **RECONCILIATION:**

Wed: 5:15 – 5:45pm  
Sat: 4:15 – 4:45pm

### **BAPTISMS:**

Sundays 9:30am Mass

### **BAPTISMAL PROGRAMME &**

### **WEDDINGS:**

By appointment

### **ANOINTING MASS:**

Quarterly: 1<sup>st</sup> weekend

### **1<sup>ST</sup> SAT OF EACH MONTH:**

11am Mass in honour of Our Lady.

### **PLANNED GIVING PROGRAMME:**

**100%** tax deductible. Please join by  
contacting parish office.

### **FAITH FORMATION:**

Sundays 3:30pm (in presbytery)

### **OFFICE HOURS:**

Mon, Wed & Fri 9am to 2:30pm

### MASS INTENTIONS:

**Sat Vigil:** †Betty Prodes

**Mon 7:30am:** †Betty Prodes

**Sun 8am:** †Cecilia Lim

**Tue 7:30am:** †Peter & Schola

**Sun 9:30am:** †Gerardus Krijene

**Fri 9:15am:** †Aloysius & Anthony Chong

**Sun 5pm:** Pro Populo

**OUR SICK:** *Marie Busuttill, Pat Raby, Maria De Andrade, Mollie Burgess, Patricia Flannery, Josephine Helback, Carmella Cicciari, Joy Williams, Moira Butler, Domenico Cirillo, Marilia Amaro, Yolanda Paperlettera and John Heaney...*

**Accommodation still available in Foley Gardens. Please call Fr. Jerzy on 93491292 or 0411125357 and you will be referred for further details to Mr. Robert O'Shea, the manager.**

**Happy Birthday to: Kristie & Natalie Chandra (6<sup>th</sup>),  
Happy 104<sup>th</sup> Birthday to Maria De Andrade (7<sup>th</sup>).**

**Happy 45<sup>th</sup> Wedding Anniversary to Luis & Moira Ibanez (21<sup>st</sup>).  
Happy 54<sup>th</sup> Wedding Anniversary to Bryan & Margaret Butler (27<sup>th</sup>).  
Happy 48<sup>th</sup> Wedding Anniversary to Joe & Frances De Andrade (5<sup>th</sup>).**

*We welcome **Amelie Emmanuelle Sarmiento** and her family to her Baptism this Sunday at the 9:30am Mass.*

**Parish School News:** ★ Class Mass: Fri 28<sup>th</sup> Feb: Yr 5; Fri 7<sup>th</sup> Mar: Yr 1;  
★ Family Mass: Sat 8<sup>th</sup> Mar: Stage 3 classes.

**Reminder: Catechists' 1-day Basic Level One Course** will be held in our Parish Hall this Mon 24<sup>th</sup> Feb. from 10am to 3pm. New members welcome.

**Other Notices:** ☛ **St Patrick's Day Mass:** Mon 17<sup>th</sup> March at 11am at St Pat's, Church Hill. ☛ **Annual Racing Fraternity Mass:** Sun 30<sup>th</sup> March at 11am at OLR Parish, Kensington. Everyone welcome. Light refreshments served after Mass at the Owners' Pavillion overlooking the Theatre of the Horse, Royal Randwick. ☛ **Healing Weekend with Sr Margaret Scully rsc** from Sat 8<sup>th</sup> – Sun 9<sup>th</sup> Mar from 9am at Rozelle Parish. For more info, ring CCR Centre on 9810 2499. ☛ **Sisters of Charity**

**Outreach** need volunteers for their Services. For more info, please ring Maria McNuff on 8382 6437 or 0404 861 523.

☛ **Marcellin College Randwick Open Day:** Wed 26<sup>th</sup> Feb from 3 – 6pm.

**History of Christianity  
Sunday 9<sup>th</sup> March at  
3:30pm, Presbytery.**

**This weekend: Vigil:** Volunteer (A) R Williams, S Kirpalani (R) S Kim, J Yong (C) Thomas W (M)  
**8:00am:** G Diab (A) V Meyer, R Wijaya (R) P Chen, R Houghton (C) P Low (M)  
**9:30am:** A Varghese (A) I Tjahjadi, D Tjahjadi (R) M Tjokrowidjaja (C) A Burton (M)  
**5:00pm:** R Yang (A), Volunteers **Counters:** B Dunn, H Morris

**Next weekend: Vigil:** J Haggard (A) A Wojciechowski, T Haglund (R) M Wong, Volunteer (C)  
**8:00am:** G Diab (A) Volunteer/F De Andrade (R) O Sarmiento, V Meyer (C) P Low (M)  
**9:30am:** A Varghese (A) Volunteers please (R) G Pullera (C) A Burton (M)  
**5:00pm:** R Yang (A), Volunteers please **Counters:** J De Andrade, M Wells

**The Role of Women** The work of evangelization also provides further context for the Pope's call for greater participation by women in the Church at all levels of "decision-making." Though he repeats his predecessors' firmly stated position that the ordination of women is a closed subject, he acknowledges that the growing role of women in society has raised "profound and challenging questions which cannot be lightly evaded" (104). Pia de Solenni, a moral theologian based in Seattle, said the Pope has signaled that the Church needs to "play catch-up pastorally." "Women have had leadership positions at different times in Church history, and, today, there are chancellors who are women," de Solenni told the Register. She added that more changes are still needed, including how we view motherhood. However, she also suggested that many Catholics, who have been formed by a culture that dismisses the complementary value of gender differences, do not understand the nature and origins of the all-male Catholic priesthood. "When you see the priesthood as a position of power, it makes no sense that women can't be priests," she said. "We need to see it as a way of being: The priest is Christ, who is the Bridegroom for the Church, his Bride. The relationship is one of love, not power." by Joan Frawley Desmond

### **Wednesday 5<sup>th</sup> March**

**Mass Times: 9:15am (School Mass)  
and 7pm. Holy Hour from 6pm.**

**ASH  
WEDNESDAY**

**On this day, we fast and observe  
abstinence from meat.**

**Stations of the Cross** will begin from Fri 7<sup>th</sup> Mar to Fri 11<sup>th</sup> Apr from 7pm.

**Lent lasts from Ash Wed to the Mass of the Lord's Supper exclusive (7<sup>th</sup> Apr).** On Good Friday and, if possible, also on Holy Saturday until the Easter Vigil, the Easter Fast is observed.

**Lenten books (Walking the Way of Mercy and Simplicity)** are now available from the church foyer for your home groups. Please join the programme by forming groups of 3-10 people for only 6 weeks.

**Project Compassion Appeal:** Excerpt from Cardinal Pell, Archbishop of Sydney: "...This year('s) Appeal focuses on the theme "Have life and have it to the full" (Jn 10:10). The theme highlights the desire of all people to have a life in which they can flourish, both materially and spiritually...Through our giving, those in great need can also have the simple but essential things like safety, food, shelter, education and healthcare..." *Project Compassion boxes and envelopes are now available in the church foyer for you to bring home. Thank you.*