

Clarification – Fasting

TO CLARIFY FROM LAST WEEKS BULLETIN (Apologies for the conflicting paragraphs):
When do I fast?

Catholics, as a group, are required to fast on only two days of the year - Ash Wednesday and Good Friday (Catholics aged 18-59). On these days, fasting means something very specific and limited. It means that one eats only one full meal in a day, with no food in-between meals. It is understood that two other meals, if one eats three meals a day, should not total one full meal. One might fast in a more complete way, i.e. eating only a portion of a single meal. Of course, anyone is free to fast at any time that it is helpful for their prayer and reflection. It is not recommended that anyone with impaired health should fast in any way. It is also important to note that everyone who fasts should drink enough fluids on a fast day.

Fr Luis Rodriguez – EIGHT-DAY RETREAT
BASED ON SCRIPTURE AND ECHOING AN IGNATIAN DYNAMIC

Each day consists of two different themes to provide input for two times of prayer, perhaps morning and afternoon, each theme is followed by a main scriptural passage supporting the reflections offered, as well as by references to other pertinent passages. It echoes the dynamic of St. Ignatius of Loyola’s *Spiritual Exercises*.

For people not familiar with Ignatian prayer, it is a prayer involving our imagination, which could be called an “imaginative contemplation”, one that invites us to make ourselves present to the scene in the gospel narrative and to become involved in it by imagining the setting of the scene, listening to words spoken and observing the action. © Luis Rodríguez, S.J. 2016

Please refer to the below website for further information on the Eight-Day Retreat:
<https://onlineministries.creighton.edu/CollaborativeMinistry/AudioRetreat/Retreats-Texts/Rodriguez/>

Conversation – God’s Invitation of Lent

Lent is a season of being invited by God in a deeply personal way. “Come back to me, with all of your heart,” our Lord beckons. "We will," we respond, but we aren't quite ready yet, our hearts are not prepared. We want to squirm, evade, avoid. Our souls not yet perfect. We are not ready for God to love us.

Yes, of course we want to have a deeper relationship with God, we tell ourselves earnestly. And we will....Soon. God calls to us again: *Come back to me, with all of your heart.*

Ok, ok, I really will. Just a few more things to do at work. Let me spend a little more time in prayer first. Let me get to Reconciliation. Let me clean my oven, tidy my room....

“Come back to me, with all of your heart.”

It is an extraordinary invitation to each one of us. To *me* in a personal, individual way. God invites me to drop the defenses that I hold up between myself and God. All God wants is for me to realise that *my* standards, my way of judging and loving are so very different from God’s way, and so much smaller. God offers an entire Lent season, an entire lifetime, of loving me unconditionally, no matter what I have done or how much I think I have hidden from God.

From the first day of Lent, the Ash Wednesday readings make God's call to us clear:

“Return to me with your whole heart.”

“A clean heart create for me, O God,” Psalm 51 offers. “Give me back the joy of your salvation.” That is exactly what our loving God wants to give us, the joy of salvation”.

RECONCILIATION FOR EASTER : In preparation for Easter, we invite everyone to begin anew with souls nourished from the gift of the divine mercy and forgiveness God has for everyone. While going to confession throughout the liturgical year is important, Lent is a great time to receive the sacrament of Reconciliation. Reconciliation for Easter will be on Monday, 29th March at 7.00pm.

St Thomas Aquinas Parish Bulletin



Parish Website:
Parish Facebook Page:
Parish Priest:
Assistant Priest:
Parish Pastoral Council:
Parish Office Hours:

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St Thomas Aquinas Catholic Community Springwood
Fr Paul Slyney - 4754 1052 Emergency ONLY: 0418 461 316
Fr Shinto Francis - 4754 1052 Emergency ONLY: 0415 077 969
Email - springwoodppc@gmail.com
Tuesday to Friday 8.30 am - 3.30 pm

Weekend Masses: Saturday Vigil Mass 5.00 pm, Sunday 8.00 am and 9.30 am
Weekday Mass: Tuesday - Saturday 9.30 am
Rosary & Devotions: Tuesday - Saturday 9.00 am
Adoration, Rosary & Chaplet: 2nd and 4th Wednesdays of every month, 7.30 - 8.30 pm
Intercession & Adoration: None until further notice
Baptisms: 2nd and 4th Sundays of every month - 10.30am and by appointment
Reconciliation: By request
Weddings: By appointment - restricted numbers
Funerals: By appointment - restricted numbers

Discussion:

The Second Reading
1 Corinthians 10:31-11:1

“Whether you eat or drink, or whatever you do, do everything for the glory of God.”

In which of your day’s activities is it easy for you to remember the presence of God?

Which are difficult?

Can you gradually remember the presence of God in all your actions?

Anne Osdieck

THE SECOND READING

1 Corinthians 10:31-11:1

Whether you eat or drink or whatever you do, do everything for the glory of God.

Whether we eat or drink, or whether we dig ditches, compose songs, feed the hungry, write books, count stars in the skies, or in anything we do, Holy Spirit, let us do everything for the glory of God. Since in him we live and move and have our being.

Anne Osdieck

Today’s Readings: Lev 13:1-2, 44-46; 1 Cor 10:31 - 11:1; Mk 1:40-45
Entrance Antiphon: 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: Ps 31:1-2, 5, 11.R.v.5
R. I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.
Gospel Acclamation: Alleluia, Alleluia! A great prophet has appeared among us; God has visited his people. Alleluia!
Communion Antiphon: They ate and had their fill, and what they craved the Lord gave them; they were not disappointed in what they craved.
Next Week: First Sunday of Lent Gen 9:8-15; 1 Pet 3:18-22; Mk 1:12-15



Recently Deceased: Dorothy Healy

Sick: Luca Hurley and all Private Intentions.

Due to the strict privacy laws, names of the deceased and sick can only be included in the Bulletin with the express permission of the immediate family. Thank you.

The Sacrament of RECONCILIATION



We welcome our First Reconciliation Candidates to each of our Masses this weekend

Dear God,

We thank you for loving each one of us.

We belong to you through Jesus.

Please help us to show love for one another.

Teach us to reach out to each other with forgiving hearts.

Amen.

Please note that our second parent meeting will be held on **Wednesday, 17th February at 7.00pm** and not on Tuesday, 16th February due to our Ash Wednesday Vigil Mass.

Upcoming Mass Times:

Date	Mass	Springwood	Lawson	
Tuesday 16 th February	Normal Parish Mass	9.30am		150 people per Mass at Springwood
	Ash Wednesday Vigil	7.00pm	7.00pm	
Wednesday 17 th February	Ash Wednesday	9.30am (ALMOST FULL)	5.00pm	
Saturday, 27 th March	Palm Sunday	5.00pm Vigil	5.00pm Vigil	
Sunday, 28 th March	Palm Sunday	8.00am	8.00am	
		9.30am	9.00am	
RECONCILIATION FOR EASTER :				
Monday, 29th March		7.00pm		150 people per Mass at Springwood
Tuesday, 30th March			7.00pm	
Thursday, 1 st April	Holy Thursday	7.30pm	7.30pm	
Friday, 2 nd April	Good Friday			
	Stations of the Cross	10.00am	10.00am	
	Passion of the Lord	3.00pm	3.00pm	
Saturday, 3 rd April	Holy Saturday	6.00pm Vigil	6.00pm Vigil	150 people per Mass at Springwood
Sunday, 4 th April	Easter Sunday	8.00am	8.00am	
		9.30am	9.00am	

There are no 9.30am Masses on Holy Thursday, Good Friday and Holy Saturday

You must book for the above Masses

Please ring the Parish office or; Email the Parish office or; Message through our Facebook or Website Pages

PROJECT COMPASSION : Donations to Project Compassion 2021 supports Caritas Australia's community development and emergency relief programs in partnership with marginalised communities around the world. LENTEN DONATION ENVELOPES are available at the back of the Church **NOW**. Inside of the envelopes you will find six Lenten story envelopes to return with your donation each week (see back of envelope for instructions).



Reflection - Be Made Clean

Jesus is "moved with pity." Just three words, but they tell us so much.

The liturgical year and the spiritual life coincide.

This is a certainty. But how to explain it? Let me say what I understand, since it is the reason I write these reflections each week.

- (1) The goal of spiritual life is to let oneself be increasingly open to the God of all creation. Doesn't liturgy help in this?
- (2) You and I are constructed so that we become ourselves completely when (and only when) we do number one explicitly or implicitly.
- (3) We love and are loved in so far as this takes place, whether we know it or not.
- (4) Jesus lived among us as a human being in time and space. Liturgy gradually exposes us to that.

All the above is the "spiritual life," at least in this way of looking at it. Maybe we can think here about number one and this week's Gospel.

The gospel stories this year are being told by Mark, just as they were told last year by Matthew. The most vivid of the gospels' is Mark's. He is direct and uses fewer words, but he has more concrete details. Last week Jesus did not just "cure" Peter's mother-in-law, a bland way of putting it. He "grasped her hand, and helped her up." When Jesus stills the storm at sea, he is not just "in the boat," he is "at the stern" of it according to Mark, and he is not just asleep, but asleep "on a cushion."

Mark's approach helps us to get the texture of the story, to listen with our imaginations, to let the life of Jesus enter in. As we receive Jesus, the Word of God, we open to the God of all creation. We share his life spiritually, partaking of it in ritual: we recall it in the readings and we receive it as sacrament. Whether we realise it explicitly or not, our goal is to "know him more clearly, love him more dearly, follow him more nearly."

So, as hearers, we begin by quieting down, perhaps admitting how little each of us is, and we let the life of Jesus speak to us in the readings.

We might notice several things in this Sunday's Gospel: the man who walks up to Jesus covered with scales and scabs is breaking the law. As long as the sores are on him he should "dwell apart, making his abode outside the camp," according to the explicit instructions of the First Reading. He should be ringing a bell and crying out "Unclean, unclean!"

But Jesus does not mind. In Mark's words, Jesus is "moved with pity." Just three words, but they tell us so much.

There follows a wonderful statement from the leper. "If you wish, you can make me clean." He has to believe in Jesus' power in order to say such a thing. It is a confession of faith.

Jesus answers, "I do will it. Be made clean." Direct, honest, so revelatory of God. The whole life of Jesus seems to consist of this desire to help those who are in trouble, to give to those who have a seed of faith, who are sharing in "spirituality."

Finally, in an extraordinary move, Jesus stretches out his hand and touches the man. The ancient belief was that this sickness was communicable, and at the very least it was disgusting. Yet Jesus reaches out to him with care and says, "Be made clean."

Let's pray and ponder in our hearts this wonderful story from Mark. It tells us about God.

Doesn't it help us open to the God of all creation?

John Foley, SJ