


**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*).

**Week 5 : BANGALADESH** - Halima is raising her two children in a refugee camp in Bangladesh while caring for her mother, who has a disability. Widowed at 21, Halima fled violence in Myanmar’s Rakhine State and arrived at the camp with nothing. Caritas Australia, through Caritas Bangladesh, helped Halima out with a shelter, cooking equipment, hygiene and sanitation training. Halima now earns a small income as a trainer, helping to maintain the health and cleanliness of her community. Halima aspired to ‘Be More’.

Please donate to Project Compassion 2021 so this transformational program can continue to empower vulnerable women, men and children, and strengthen the communities around them.

THANK YOU



Spirituality of the Readings - Coming to Pieces

A tiny grain plants itself deep within the soil. It tucks itself into complete darkness. It is fearless, comforted by the tough, safe shell that is its home. It belongs there, and knows it. In quiet. In growth. Home.

*Then calamity.*

The shell-shelter turns tight and invading and painful. The growing seed finds its peace replaced by shock. Its formerly great protector is now opposing it, holding it back. Crushing it. Then, suddenly, as if planned from all eternity, the protecting shell cracks right open. “Wait, wait, I need you,” shouts the seed. Doing nothing. The shelter goes to pieces!

Moisture trickles in, and bits of dank, cold soil. Anything and everything can now wriggle right into the heart of what was a quiet, pure place.

The seed goes crazy. What is left of it copes somehow, wildly extending a new, thin arm outward, then slithering out its whole self. “Steady by jerks” through the cracks in its shell. But the slowly transforming tiny self seems to take on a new life. Is this its new home now, in the slippery soil. It moves with caution. It is going upwards. Too much is in its path, including a huge, unyielding rock. A jagged, rough, uncaring rock, heedless of tiny green shoots.

*And so the story ends.*

Except that the former seed appears to have will power. It is seeking something—urging itself toward some pressing objective, rooting its way with intuitive ambition.

Along the under-edge of the rock, brutally, fearfully and with rending pain. After what seems like years it achieves the far under-edge of the gnarly rock and, guess what. It starts upward again. Now there are hard clods to press through and plenty of pebbles. The higher it goes the more dry the surrounding soil becomes. Then the top crust. It is an ultimate, intractable, stupefying barrier.

*And so the story ends.*

Except for one voice from deep within. Push, it murmurs. I am with you.

Now just a thinnest lesion in the tough skin. With a certainty that might have been written on its heart, this vine-to-be gets to the place it was meant to be. In a heaven of light and warmth, bathed in the sun’s astonishing rays, it is now a plant and it stretches and yawns in the wafting breezes of Spring.

This is just like our own journey, isn’t it? Dark mud can take a chokehold on our life.

But Jesus says, do not worry, child, trust me. “Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit” (Gospel).

John Foley, SJ

“Aspire not to have more, but to be more”

- St Oscar Romero

*St Thomas Aquinas Parish Bulletin*



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

168 Hawkesbury Road, Springwood, NSW, 2777  
PO Box 4410, Winmalee, NSW 2777  
*Phone:* 02 4754 1052  
*Email:* [springwood@parracatholic.org](mailto:springwood@parracatholic.org)  
[www.stachurchspringwood.org.au](http://www.stachurchspringwood.org.au)  
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](mailto: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

A Poem to Sit With

In our deepest selves  
if we can enter there  
we may discover a peace  
and a goodness  
a forgiveness  
a gentleness  
and a hope  
Christ  
in our deepest selves  
we may discover a desire  
a most inner desire  
that what we want is  
to do God's will  
and that this desire is all  
we can really know  
or be sure of about our selves  
yet it is enough  
it is a grace.

J.Janda

THE FIRST READING

Jeremiah 31:31-34

I will be their God and they will be my people.

God  
writes on hearts,  
not on stone tablets now.  
He is our God and we are his people.  
We find him in all things new.

The God of surprises  
loves us, forgives  
and forgets  
our sins.

God, we  
want to receive,  
and to cherish and forgive,  
just as you do.

Let it be.

Anne Osdieck

**Today’s Readings:** Jer 31:31-34; Heb 5:7-9; Jn 12:20-33

**Entrance Antiphon:** Give me justice, O God, and plead my cause against a nation that is faithless. From the deceitful and cunning rescue me, for you, O God, are my strength.

**Responsorial Psalm:** Ps 50:3-4, 12-15. R. v. 12  
**R. Create a clean heart in me, O God.**

**Gospel Acclamation:** Glory to you, Word of God, Lord Jesus Christ! If you serve me, follow me, says the Lord; and where I am, my servant will also be. Glory to you, Word of God, Lord Jesus Christ!

**Communion Antiphon:** Amen, Amen I say to you: Unless a grain of wheat falls to the ground and dies, it remains a single grain. But is it dies, it bears much fruit. **Jn 12:24**

**Next Week: Palm Sunday** (Entrance Mk 11:1-10 or Jn 12:12-16); Is 50:4-7; Phil 2:6-11; Mk 14:1—15:47

*We acknowledge the Darug and Gundugarra people, the traditional custodians of this land and pay our respects to elders both past and present.*



**Sick:** Mischa Damaguc and family, Margaret Day, Adam McCully, Christopher Coombs, Kate Moore, 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.*

### Upcoming Mass Times:

Date	Mass		Springwood	Lawson
Saturday, 27 <sup>th</sup> March	Palm Sunday	)	5.00pm Vigil	5.00pm Vigil
Sunday, 28 <sup>th</sup> March	Palm Sunday	)	8.00am, 9.30am	8.00am, 9.00am
<b>RECONCILIATION FOR EASTER :</b>				
Monday, 29 <sup>th</sup> March		)	7.00pm	
Tuesday, 30 <sup>th</sup> March		)		7.00pm
Thursday, 1 <sup>st</sup> April	Holy Thursday	)	7.30pm	7.30pm
Friday, 2 <sup>nd</sup> April	Stations of the Cross	)	10.00am	10.00am
	Passion of the Lord	)	3.00pm	3.00pm
Saturday, 3 <sup>rd</sup> April	Holy Saturday	)	6.00pm Vigil	6.00pm Vigil
Sunday, 4 <sup>th</sup> April	Easter Sunday	)	8.00am, 9.30am	8.00am, 9.00am

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

**You must book for the above Masses**

150 people  
per Mass at  
Springwood

## Parish and Local Community News

**CHARISMATIC HEALING MASS:** Sunday 21 March 2021, 2pm. St Nicholas of Myra, 326 High Street, Penrith. The Charismatic Healing Mass will be followed by Healing Ministry. To register please text 0427 327 471.

**HARMONY DAY: TODAY!** Sunday, 21 March 2021. Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

**EASTER MASS TIMES ONLINE:** Holy Week and Easter Mass Times for the Diocese of Parramatta can be found online at <https://catholicoutlook.org/easter2021/> or on [www.parracatholic.org](http://www.parracatholic.org).

**CATHOLIC WOMEN'S LEAGUE MEETING CHANGE:** The next Catholic Women's League Meeting will be held on Friday, 26th March.

**PASTORAL COUNCIL MEETS 1ST WEDNESDAY OF THE MONTH:** St. Thomas Aquinas Pastoral Parish Council meets on the 1st Wednesday of every month. Next Meeting: Wednesday 7th April at 7:30 pm, STA Church.

**POSITIONS VACANT:** Diocese of Parramatta Receptionist – Bethany Centre, Parramatta; Graphic Designer – Diocese of Parramatta – Applications close 28 March; Digital Content Creator – Diocese of Parramatta – Applications close 28 March. More details at: [parracatholic.org/employment](http://parracatholic.org/employment).

**WHEELCHAIR:** One of our Parishioners, the lovely John Camilleri has a wheelchair to give to anyone who has a need for one. Please speak to John at one of the weekday Masses.

### SRE Teachers Recognised

*Our SRE Techers were recognised on Tuesday, 16th March with a Mass and Awards presentation at St Finbar's Parish, Glenbrook.*

*Without the invaluable effort that our Special Religious Education Teachers put in to their students, and schools, this amazing ministry would not be able to go ahead.*

*We acknowledge, welcome, and thank our current, and new, SRE Teachers for 2021 and wish them God's wonderful blessings for the coming year.*

**Our Parish Thanks you.**

## Meals During Lent - "Split Pea Soup"

We offer you this recipe as it is easy to make and keeps our hearts and minds simply focused, drawing us closer to our Lord in freedom and in solidarity with those who have so much less than we do.

*Pea Soup is an easy to make meal, with lots of fibre and protein.*

The traditional split pea soup often includes a ham bone or a ham hock. Making the soup without bones produces a very fresh pea soup taste. This soup can be enhanced in a variety of ways. A small carton of sour cream could be added near the end of cooking, for a very rich, creamy version. (Don't add the cream to the hot soup. Be sure to put the sour cream in a mixing bowl first and then add half a ladle of hot soup first and stir, adding another ladle and stirring, until the cream is approaching the soup temperature. Then add the mixed cream and pea soup to the whole pot.)

The soup tastes even better with garlic bread or croutons. A dash or two of Cayenne pepper to a bowl can add a spicy flavour.

**Ingredients:** This recipe produces a small pot of soup. Double it for a larger pot.

- 1 package of dried, green split peas. (Yellow split peas can be used as well, for a slightly different flavour.)
- 1 small onion, diced
- 3 medium carrots, diced
- 3 stalks of celery, diced
- 4 cloves of garlic, chopped
- 1/2 tsp of crushed black pepper
- 2 bay leaves
- 8 cups of water
- 3 T of olive oil



#### Preparation:

- ◆ Wash dried peas in cold water, several times, until the foam stops appearing. A fine strainer is helpful.
- ◆ Cover peas with twice as much water as there are peas and let sit in a refrigerator overnight. (The peas will swell and absorb most of the water). Alternatively, bring to a boil – without adding salt. Reduce to just below a boil and stir periodically, and finally, reduce to a simmer. Cook peas for about an hour and let them rest.
- ◆ Pour olive oil in medium soup pan. Sauté carrots and celery and then onions and finally garlic together in a soup pot. Add the peas to the soup pot, with more water – again about 50% more water than solid product. Add bay leaves and black pepper. Cook for another hour. Taste peas for doneness.
- ◆ When peas are soft to the taste, remove the bay leaves, use a hand blender to blend the peas to the desired smoothness. Taste again, to see if soup is ready to serve. Soup will thicken as it cools and further absorbs fluid.
- ◆ More liquid could be added to saved leftovers.

### 2021 St Thomas Aquinas Church SACRAMENTAL PROGRAM

**First Reconciliation** will take place on: **TUESDAY, 30<sup>th</sup> March 2021 at 5.15pm**

**Only one parent, per family, is allowed in the church for Reconciliation.**

*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.**

The First and only COMPULSORY MEETING for Holy Communion will be on Tuesday, 20th April 2021 at 7pm in the Church.