

Mass Intentions (18th Feb. – 24th Feb).
Vigil 5pm: +Hambert & Patricia Wilson; **Sun.:** 8am: Pro Populo; 9.30am :Holy Souls in Purgatory ;
Mon.: +Barry Dunn; **Tues.** +Adrian Han; **Wed.:** +Vincent, Mary & John The Baptist; **Thurs.**+ Kevin Ward; **Fri.** +Vincent Hage; **Sat:** Steve Smith, for good health

Catholic news: The Catholic Thing, National Catholic Reporter; EWTN; Crux, L'Osservatore Romano Vatican News. Pope Francis@Pontifex

Our best wishes to Michael Eadie, on his 39th Birthday. Plurimos Annos Dear Michael.

We acknowledge the Gweagal People, the traditional Custodians of this land.

St. Joseph's Como *cares* for safeguarding children. Safeguarding Office at 9390 5810 or safeguardingenquiries@sydneycatholic.org.

Daily Masses: 7:30am **Monday, Wednesday, Thursday and Saturday** (Saturday: Mass, Cenacle, Confession & Benediction); **Tuesday 5:30pm:** Adoration, Novena, Confession, Benediction and 6pm Mass. **Friday 9:15am First Fridays** 5:30pm Devotions & 6pm Mass.

Weekend Mass times: **Saturday:** Vigil 5pm **Sunday:** 8am, 9:30am and **2nd Sunday** of the month at 3pm: **Divine Mercy Chaplet with Benediction and Mass.**
Baptisms at 9:30 Mass(1st & 3rd Sunday)
 Other inquiries please contact Parish Office.

Our sick: Nerida Tullio, Steve Smith, Eileen Ellsmore, Elizabeth Mercieca, Nerida Tullio, Steven Leeke, Helen Cramer, Max McLeod, Richard Davis, Michele McQuillan, Joan & Vince Fernandez, Drago Mikan, Therese Dorff, Steve Smith, Barbara Moore, Albert McMaster, Elizabeth Kinsela, Katrina Marinilli, Rita Shah, Julia Lock, Marie Lawsen, Ian Duffey, Eliette Majdanzic; Dragica Furda, Mary Carmen Borg, Josefa Dabu, Josie Lay, Christine Woodard, Urszula Kaminska, Josephine and Steven Marinilli, Nicholas Mircevski and all Dear Friends from **Mildred Symons House:**
Next Mass 10.45am, 13th March, 2024.

Ash Wednesday: Mass times:7.30am (Parish), 9.15am (School) and 6.00 pm (Parish).

Stations of the Cross Fridays 6.00 pm
1st Friday 8th March, Sacred Heart Devotion and Benediction from 8.00am to 9.00am followed by the Mass.
Reconciliation every day 15mins before Mass.
2nd Rite of Reconciliation 20th March 7.00pm

Holy Thursday (28th March) 6.00 pm and adoration at the Altar of Repose till Midnight (due to the night pilgrimage to the seven churches).

Good Friday (29th March) Morning Prayer at 9.00am; Stations of the Cross 10.00 am; Good Friday Ceremonies 3.00 pm; Night Stations of the Cross at 6.00pm.

Easter Saturday (30th March) Blessing of Food for Easter Table at 10.00am; Easter Vigil with Four Liturgies 6.00 pm.
Easter Sunday; Masses at 8.00am and 9.30 am.



The Summit. Lent and Easter. Pope's messages for Lent, Lent resources from Loyola Press, Stations of the Cross, A Guide to Night Prayer for Lent; The Triduum in Arts; Lenten Playlist: 40 Songs for 40 Days; The Little Way of Lent; "Ave Explores Lent" and much more...

Ash Wednesday is a holy day of prayer and fasting. It is preceded by **Shrove Tuesday** and marks the first day of Lent, the six weeks of penitence before Easter. Ash Wednesday is observed by Catholics, Lutherans, Moravians, Anglicans, Methodists, Nazarenes, as well as by some churches in the Reformed tradition, including certain Congregationalist, Continental Reformed, and Presbyterian churches. This Day is traditionally observed with fasting and abstinence from meat in several Christian denominations. As it is the first day of Lent, many Christians begin **Ash Wednesday** by marking a Lenten calendar, following Lenten daily devotions and making a Lenten sacrifice until the arrival of Eastertide. Many Christians attend special Ash Wednesday church services, at which churchgoers receive ash on their foreheads. Ash Wednesday derives its name from this practice, in which the placement of ashes is accompanied by the words, "Repent, and believe in the Gospel" or the dictum "Remember that you are dust, and to dust you shall return". The ashes are prepared by burning palm leaves from the previous year's **Palm Sunday** celebrations.



Safeguarding, Child Protection and Ministerial Integrity. For more information, please scan QR code.

In Australia and New Zealand, the obligations for Lent are: **1.** Catholics aged 18–59 should fast on Ash Wednesday and Good Friday; **2.** Catholics aged 14 and older should abstain from meat on Ash Wednesday and Good Friday; **3.** Catholics aged 14 and over should abstain from meat on every Friday of the year, including Lent, or substitute this with another form of penance, either in prayer, fasting or almsgiving.



<https://liturgy.sydneycatholic.org/>
 Please visit the above link or scan QR code on the left for ministry courses provided by Archdiocese this year.

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Ashes were used in ancient times to express grief. When Tamar was raped by her half-brother, "she sprinkled ashes on her head, tore her robe, and with her face buried in her hands went away crying" (2 Samuel 13:19). The gesture was also used to express sorrow for sins and faults. Ashes could be symbolic of the old sinful self-dying and returning to the dust. In Job 42:5–6, Job says to God: "I have heard of you by the hearing of the ear: but now mine eye sees you. Therefore, I despise myself, and repent in dust and ashes." The prophet Jeremiah calls for repentance by saying: "O daughter of my people, gird on sackcloth, roll in the ashes" (Jer 6:26). The prophet Daniel recounted pleading to God: "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth, and ashes" (Daniel 9:3). Just before the New Testament period, the rebels fighting for Jewish independence, the Maccabees, prepared for battle using ashes: "That day they fasted and wore sackcloth; they sprinkled ashes on their heads and tore their clothes" (1 Maccabees 3:47; see also 4:39).

Repent and believe ...

Many thanks and blessings to the Parishioners of St. Joseph's Como – Oyster Bay for all the prayers and support during my recovery from injury.
 Elizabeth Mercieca