



# LENT 2016



## What's Happening at St Mark's Parish During Lent

### Week Day Masses During Lent

Mondays & Fridays – 8 am  
Tuesdays & Thursdays – 9.30 am  
Wednesdays – 7.30 am  
Saturdays – noon

### Sunday Masses During Lent

6 pm Vigil Mass – Saturdays  
9 am – Sundays  
6 pm – Sundays

### Reconciliation

11 am – 11.55 am – Saturdays  
Please note: During the Easter Triduum Reconciliation is unavailable.

### Week Days During Lent 10 February - 24 March

Prayer of the Church commences 15 minutes before Mass.

Stations of the Cross – Friday mornings after 8 am Mass.

### Ash Wednesday - 10 February

7.30 am Mass: Blessing & Distribution of Ashes.

9.30 am Mass: Blessing & Distribution of Ashes (St Mark's School attending Years 3-6).

7 pm Mass: Blessing & Distribution of Ashes.



### Easter Triduum

### 3 Days as One Consecutive Event

**Holy Thursday—25 March:** 7 pm Mass of the Lord's Supper

**Good Friday—26 March:** 3 pm Passion of the Lord

**Holy Saturday—27 March:** 7 pm Mass Great Easter Vigil

**Tuesday 22 March at 7.30 pm**

Combined Five Dock/Drummoyne Parishes – 2nd Rite of Reconciliation at All Hallows Parish, Five Dock.

**Thursday 24 March**

Chrism Mass – 10.30 am (St Mary's Cathedral). All welcome.

### Good Friday - 25 March

- Morning Prayer – 9 am
- Stations of the Cross – 10 am
- Passion – 3pm

### Holy Saturday - 26 March

- Morning Prayer – 9 am

### Easter Sunday - 27 March

- Mass – 8 am & 10 am
- **Note: There is no 9 am Mass on Easter Sunday.**
- Evening Mass – 6 pm

**L**ent is a special time of spiritual growth. It is a time for prayer, fasting and the giving of alms (providing for those in need).

We are invited to be open to the movement of the spirit of God in our lives.

### **SOME SUGGESTIONS**

**Prayer**—Daily prayer.

**Morning Prayer**—Asking God to be with you throughout the day.

**Prayer During the Day**—Be aware of God's presence in all your activities and tasks—especially the things you find difficult.

**Evening Prayer**—Reflecting on where God has been in your day and praising God. Spend some quiet time—pray for forgiveness, guidance and peace. Pray for those you met during the day.

Make a special effort to come to Mass and enter into the sacred mysteries we celebrate. The Church is always open for prayer. Use the Little Black Book daily.

### **OTHER IDEAS**

- 1 Read and reflect on Sacred Scriptures.
- 2 Spend time with Jesus in the Eucharist in a Church or Chapel.
- 3 Make a pilgrimage to a Church, chapel or holy place.
- 4 Make Stations of the Cross, pray the Rosary.
- 5 Take the opportunity to celebrate the Sacrament of Penance (Confession, Reconciliation) presented by the Parish in preparation for Easter.
- 6 Attend Holy Hour (Exposition of the Blessed Sacrament and Benediction).

### **FASTING**

- 1 Eat what you need, not what you want.
- 2 Eat more frugally.
- 3 Have a simple family meal (donate to Project Compassion).
- 4 Forfeit some entertainment (eg trip to cinema, takeaway meal, social outings—and give to those in need).

- 5 Have an alcohol or smoke-free day.
- 6 Live a more disciplined life (go to bed early, do some exercise).
- 7 Restrict TV, video games and internet use.
- 8 Relate and communicate with others.
- 9 Spend extra time doing meaningful tasks and developing your spirituality.

### **THE GIVING OF ALMS—PROVIDING FOR THOSE IN NEED**

*Integrate this into your fasting and praying*

- 1 Place Project Compassion box and set up Envelopes in a prominent place at home.
- 2 Reflect on the weekly message from Project Compassion (possibly read the message at meal time).
- 3 Give time to renew relationship (ring up an old friend, be concerned for those in need, make time for the poor and lonely).
- 4 Clear your wardrobe and give to those in need.
- 5 Volunteer your time and energy for some worthwhile project on a regular basis.

### **WHY WE DO WORKS OF PENANCE?**

Penance is not about making a show of myself: rather, I make an effort to change my heart. Penance for the Christian of the 21st Century might include help to our spiritual growth such as:

- Watch your words for six weeks.
- Avoid the hasty word for six weeks.
- Be slow to condemn for six weeks.
- Resist the surges of anger for six weeks.
- Don't enter into gossip for six weeks.
- Be hopeful for six weeks.

Be mindful of these and they become habits which blossom into virtue. None of us is exempt from the need for penance and Lent is a gift of time to practice for a sincere return to God, the Father of mercies.

### **WEBSITE RECOMMENDED FOR DAILY REFLECTION**

[www.XT3.com](http://www.XT3.com)

### **WEBSITE FOR LENTEN REFLECTIONS**

[www.catholic.org.au/](http://www.catholic.org.au/)

## LITTLE BLACK BOOKS



Please pick up your “Little Black Book” (for adults) or “Little Purple Book” (for children) - in the Church foyer), a devotional guide during the days of Lent (a donation in the **2nd Collection** would be appreciated). and your Project Compassion Share Pack Envelopes (in Church foyer).



Please take home a Project Compassion box and/or a set of donation envelopes and support Caritas Australia this Lenten season as we celebrate 50 years of Project Compassion.

In Pope Francis’ words, “Lent is a time for drawing near to Christ,”

You will be helping to empower the world’s poorest children, women and men with vital learning and renewed hope.

You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.

## PARISH LENT GATHERINGS



Parish Lent Groups start **Tuesday 9 February**. St Mark’s will be using the Brisbane Lent Program, Jubilee of Mercy Gospel Reflections *Being Lost ... Being Found*.

6 Tuesday mornings 10 am-11 am

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6 Tuesday evenings 7.30 pm-8.30 pm  
*Come to a few, or all six meetings*

**Venue:** Upstairs Meeting Room Parish Centre.  
A lift is available.

Contact: Mary Cook [cookmary@bigpond.net.au](mailto:cookmary@bigpond.net.au)  
or parish office 9181 1795.

## Home Group Lent Programs



Parishioners who wish to organise their own home group are welcome to contact Mary Cook, Pastoral Associate, for their resources.

## ST MARK’S SCHOOL

Contact Amanda Gardiner, Family Educator for details ([amanda.gardiner@syd.catholic.edu.au](mailto:amanda.gardiner@syd.catholic.edu.au))

## HOLY DAYS OF OBLIGATION (AUSTRALIA)

- 1 Every Sunday.
- 2 Assumption of the Blessed Virgin Mary – **15 August**.
- 3 Christmas Day – **25 December**.



### LENTEN PENANCE

### DAYS OF PENANCE

- 1 Abstinence from meat, and fasting are to be observed on Ash Wednesday and Good Friday.
- 2 On all other Fridays of the year, the law of the common practice of penance is fulfilled by performing any one of the following:
  - a Prayer – eg, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary.
  - b Self-denial – eg, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one’s own country.
  - c Helping others – eg, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM **ASH WEDNESDAY (10 FEBRUARY)** TO THE MASS OF THE LORD’S SUPPER EXCLUSIVE (**24 MARCH**). ON **GOOD FRIDAY** AND, IF POSSIBLE, ALSO ON **HOLY SATURDAY** UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

*All who have completed their 18th year and have not yet begun their 60th year are bound to fast. All who have completed their 14th year are bound to abstain.*

### PASCHAL PRECEPT

Each of the faithful is obliged to receive Holy Communion at least once a year. This is to be done between Ash Wednesday 10 February and Trinity Sunday 22 May unless for a good reason it is done at another time during the year. All the faithful are obliged to confess their grave sins at least once a year.

*†Anthony Fisher*

†Archbishop of Sydney Anthony Fisher