

# St Mark's Parish

SELF-DENIAL

ATONEMENT

REPENTANCE

SACRIFICE

IN MY HAND NO PRICE I BRING, SIMPLY TO THY CROSS I CLING.

# LENT

SELF-  
EXAMINATION  
INTROSPECTION

FASTING

PRAYER

PREPARATION

AND FORGIVE US OUR SINS;

FOR WE ALSO FORGIVE EVERY ONE THAT IS INDEBTED TO US.

AND LEAD US NOT INTO TEMPTATION; BUT DELIVER US FROM EVIL.

Luke 11:4

# Lent ~ Fast: Give: Prepare: Pray:

The word “**Lent**” comes from an Old English word that means “springtime.” Like the new life that is born in the spring, Lent calls each of us to renew our life in Christ as we look forward to Easter renewal and the Resurrection.

## **Prayer, Fasting and Almsgiving: The Pillars of Lent**

The solemn season of Lent is marked by three pillars of spiritual practice: prayer, fasting and almsgiving. Lent recalls the 40 days Jesus spent in the desert, battling temptation. We, too, walk through the desert this season as we struggle with our own temptations to sin. We pray more in Lent so as to strengthen our relationship with God and ask his forgiveness for our shortcomings. We fast as a reminder of how hungry we are for God’s everlasting love. We give alms to people in need to follow Christ’s command to feed the hungry and clothe the naked.

**Prayer:** “Rejoice always. Pray without ceasing. In all circum-stances give thanks, for this is the will of God for you in Christ Jesus.” ~ *1 Thessalonians 5:16-18*

## **Fasting:**

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward.” *Matthew 6:16*

## **Sacrifice:**

Fast one day this week by eating only a simple meal, such as soup. Notice when you feel hungry and pray for people who do not have enough to eat. Maintain sufficient food and drink to fulfill your obligations.

## **Pray the Stations of the Cross**

This ancient prayer is a moving experience of the crucifixion and death of Jesus. Attend as a family and include grandparents, who are some of the best models of Catholic faith traditions for kids.



*Come together before the Lord  
to Pray, Reflect & make  
reparation for all those hurting  
and lonely or wanting to take  
some time out in preparation  
for Easter .  
Eucharistic Adoration with the  
Sacrament of Penance.  
Stay for the hour or come for  
as long as you can.*

**HEALING  
IN  
THE  
SILENCE**

# Pre-Lenten Preparation ~ Ash Wednesday

**PROJECT  
COMPASSION**  
GO FURTHER TOGETHER

## PRAYER

God of all peoples and nations,  
As you accompany us on our Lenten journey,

May our fasting strengthen our commitment to live in solidarity,

Our almsgiving be an act of justice,

And our prayers anchor us in love and compassion.

Awaken our hearts and minds that we may be one human family

As we all go further together.

We ask this in Jesus' name,

Amen

**Project  
Compassion  
Begins**  
22 | 23  
February

At all Masses on this weekend collect your Project Compassion boxes or envelopes. At this time of increasing global change and tense dialogue, the idea of the 'common good' is more important than ever.

This is one of the reasons Project Compassion 2020 takes the theme of

**Global Community – Go Further Together.**



## Wednesday 26 February

### Talking to Kids about Ash Wednesday

Kids seem to love Ash Wednesday, and they are often interested in the meaning behind the ritual of ashes. It is helpful to remind them that ashes placed on our foreheads represent a visible sign that we are followers of Jesus. The ashes are also a way to tell those around us, as well as ourselves, that we are beginning the holy season of Lent - the 40 days leading up to Easter.

Ask them how they might grow closer to Jesus this Lent as a member of a family, as a student and as a friend.

Wear your ashes proudly today as a sign of intention to repent and turn to God in your heart.

### Ash Wednesday at St Mark's

**7.30am Mass & Blessing**

with distribution of ashes

**9.30am Mass & Blessing**

with distribution of ashes

*(St Mark's Primary School Y3 - 6 attending)*

**7.30pm Mass & Blessing**

with distribution of ashes



## Saturday | Sunday 22 & 23 February

**LENT**

Pray + Fast + Give

**Little Black &  
Little Purple Books**

At all Masses on this weekend collect your

**Little Black Book** or **Little Purple Book for Children** - this is your companion for Lent, a devotional guide during the days of Lent, for reflection that travels with you.

A donation for the books on the second collection is appreciated.



## ALMSGIVING

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me."

~ Matthew 25:35-36

## ACTION

Secretly put a gift card for gas or food in the mailbox of someone who is out of work.



**St Canice's Kitchen**

...for I was hungry...

## St Mark's Lenten Groups

### Every Monday from 2 March to 6 April

#### **Lenten Group - Maria Di Giovanni**

Join mum Maria every Monday 9.15am - 10:15am after school drop off, so you can journey this Lenten season together as she invites you all into the conversion through reflection and prayer.

Includes morning tea. All Welcome - Parish Centre.

### Every Tuesday from 3 March to 7 April

#### **Lenten Group - Sr Margaret Knagge S.J.**

Join our weekly Prayer Group at 10:00am following morning Mass during the season of Lent to reflect on how God's word might open our hearts and minds.

Includes morning tea. All Welcome - Parish Centre.

### Every Tuesday from 3 March to 7 April

#### **Lenten Group - Deacon John Phan**

Take a moment every Tuesday evening from 7.30pm to reflect on the Lenten Gospels and a new way of believing and seeing.

Light refreshments. All Welcome - Parish Centre.

### Every Tuesday from 3 March to 7 April

#### **Lenten Group - Marija Zrilic (Faith & Family)**

Join St Mark's Primary School Faith & Family Educator 2:00pm - 3.15pm before school pickup to break open the treasures of the Lenten Gospels.

Includes afternoon tea. All Welcome - Parish Centre.

### Every Friday from 28 February to 3 April

#### **Stations of the Cross**

Following 8:00am Mass each Friday during Lent Stations of the Cross will be prayed.

### Every Friday from 28 February to 3 April

#### **St Mark's Parish Youth Lenten Group**

5:30pm - 7:00pm Deacon John will host our community Youth from Year 5 and above in the teachings and understanding of Lent. Join Deacon John for Reflection, Prayer and Adoration with games, guest speakers, music and fun. A light supper will be provided.

Register Now at the Parish Office.

### Every Friday from 28 February to 3 April

#### **Healing in the Silence - Adoration**

7:00pm - 8:00pm Adoration begins with Evening Prayer of the Church followed by reflection and silence with the Exposition to the Blessed Sacrament.

The Sacrament of Penance (Confession | Reconciliation) is available from 7.15pm - 7.45pm and the evening concludes with Night Prayer of the Church and Benediction. Afterwards Scripture reflection and Bible discussion in the Parish Centre from 8.00pm - 9:00pm.

### Every Saturday 28 February to 3 April

#### **Exposition - Penance - Mass**

Saturday from 11:00am - 11:55am

Exposition to the Blessed Sacrament with the Sacrament of Penance (Confession | Reconciliation) is available followed by Mass at 12:00pm

## St Mark's Lenten Talks

### Sunday 1 March

#### **Lenten Talks - Pilgrimage Reflection**

Join Fr Michael as our guest speaker after Sunday 9:00am Mass for his informative Lenten session on his Pilgrimage in Panama & Lourdes.

Includes morning tea. All Welcome - Parish Centre.

### Sunday 8 March

#### **Lenten Talks - Making a Priest today!**

Listen after Sunday 9:00am Mass to the experiences of Deacon John Pham on Seminary formation for the Priesthood in our contemporary world.

Includes morning tea. All Welcome - Parish Centre.

### Sunday 15 March

#### **Lenten Talks - Radical Service Abroad**

Join Simeon Casey after Sunday 9:00am Mass for a Reflection on the Fruits of Living and Teaching in Remote Northern Thailand for One Year, as a teenager he will share his experiences abroad.

Includes morning tea. All Welcome - Parish Centre.

### Sunday 22 March

#### **Lenten Talks - Reflective Care of our Climate**

Back by popular demand join Brendan Bateman after Sunday 9:00am Mass as he reflects on our climate. In His encyclical *Laudato Si'*, Pope Francis calls on us to take swift and unified global action to address environmental degradation & climate change.

Includes morning tea. All Welcome - Parish Centre.

### Sunday 29 March

#### **Lenten Talks-Plenary 2020 Lenten Listening**

Join our Plenary ambassador's Monica & Jacquie after Sunday 9:00am Mass and be part of the Plenary journey where we it is summoning us to be a more missionary & evangelising Church.

Includes morning tea. All Welcome - Parish Centre.

### Sunday 5 April

#### **Lenten Talks-How do you read the Scriptures?**

Join Fr Denis Minns OP after Sunday 9:00am Mass as he guides and teaches us to read the Scriptures to help find what resonates with us.

Includes morning tea. All Welcome - Parish Centre.

### Pray every weekday at St Mark's

#### **Morning Prayer**

15 minutes before weekday Mass join us for Morning Prayer of the Church.



# As we journey through *Lent*

## Symbols of Lent

### ASHES

Made from burned palm leaves of the previous year, ashes can remind us of the baptismal and penitential character of Lent. They not only represent our own mortality and utter dependence on God, but also symbolize our efforts of dying to sin (and rising to new life in Christ).



### VIOLET (DEEP PURPLE)

Violet is the liturgical color of the season and symbolizes its repentant character, as well as Christ as the King of the world. (Deep purple was a color reserved for royalty in Jesus' time.)

### FISH

As a Lenten symbol, fish stands for the obligation to fast on Ash Wednesday and Good Friday. We also abstain from meat on other Fridays of the season of Lent or some other act of Penance.



### BARREN STONES

Stones call to mind the desert, and Jesus' testing by the devil there.



### PRETZELS:

Made from simple dough which has no dairy or fat, pretzels remind us of fasting and, shaped like two arms crossed, of prayer.



## Watching ~ Waiting ~ Praying Holy Saturday Retreat

Holy Saturday is a day of **Watching,**  
**Waiting and Prayer,** all parishioners  
are welcome to come together  
following Morning Prayer.

**9:30am Morning Prayer (Lauds)**

followed by RCIA

Anointing with the Oil of Catechumens

**10:00am**

**Morning Tea**

Parish Centre

**10:30am**

**Discussion with**

**Deacon John**

Parish Centre

**11:30am**

**Personal Reflection**

Reflect in the Parish

Centre - Church -

or walk to the water's  
edge for thought.

**11.30am**

The opportunity for

**The Sacrament of Penance**

(Confession | Reconciliation)

Church

**12.30pm Shared Lunch**

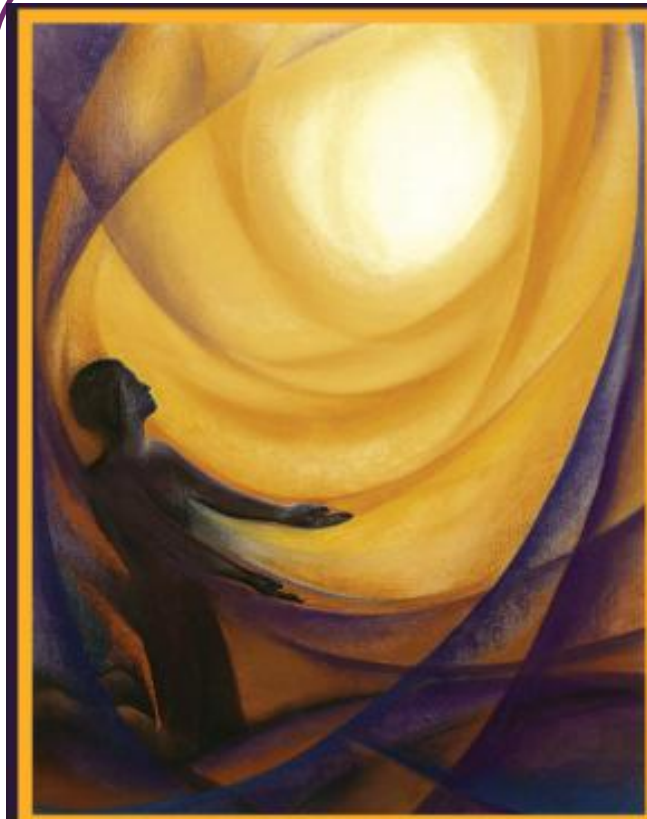
(bring a plate to share)

Break Time

**7:00pm Easter Vigil**

**Celebration of the Sacrament of Initiation.**

Church



© Sr. Mary Stephen CRSS and McCrimmon

# Join a Lenten group today

## Be Opened

*A journey to new life*

**Lenten Group Reflection & Prayer**

*“Be Opened:*

*A journey to a new life”*

St. Mark's Parish is offering a  
selection of small group

**Lenten sessions.**

If you are interested in joining a group for  
an hour each week to  
reflect on the Lenten Gospels.

You're invited - just come along or contact  
the Parish office for more information as  
other days & times can be arranged  
especially for you, to help with your  
busy schedule.

**Weekday Masses during Lent**

*(Excludes Holy Week Schedule)*

Monday: 8.00am

Tuesday: 9.30am

Wednesday: 7.30am

Thursday: 9.30am

Friday: 8.00am

Saturday: 12:00pm

*Morning Prayer of the Church is said 15 minutes  
prior to the start of Morning Mass.*

## Sharing Holy Week as a Family

What are you doing for Holy Week this year?

*By Lorene Hanley Duquin*

It's OK if your list includes coloring eggs, photos with the Easter Bunny, buying jelly beans and chocolates, shopping for new outfits, and preparing Easter dinner. There's nothing wrong with secular Easter activities, but it's important to remember that there is also a pro-found spiritual basis for the holiday celebration.

### The Reason for the Season

Our remembrance of the death and resurrection of Jesus makes Holy Week the most sacred time of the year for Catholics. The week begins with Palm Sunday, which commemorates the triumphal entry of Jesus into Jerusalem. At sundown on the following Thursday, we begin the Triduum, a word that simply means "three days," which concludes at sundown on Easter Sunday.

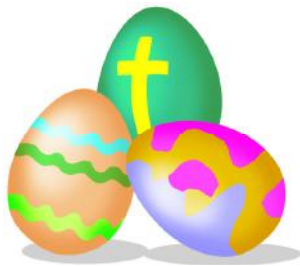
### The Triduum

**Holy Thursday** which commemorates the Last Supper when Jesus gave us the gift of himself in the Eucharist and set an example of service by washing the apostles' feet.

**Good Friday** which recalls the crucifixion and death of Jesus.

**Holy Saturday** a day of Waiting, Expectation & Prayer.

**Easter**, which celebrates the resurrection of Jesus, beginning at the Easter Vigil and continuing with Masses on Easter Sunday.



### Holy Week Fun! Fill plastic eggs with items to reinforce the events of Holy Week.

On **Palm Sunday**, children can open eggs that contain a piece of palm, a furry fabric that represents the donkey Jesus rode, and a picture of Jesus smiling.

On **Holy Thursday**, they might find a piece of towel recalling the washing of feet, a cracker symbolizing the Last Supper, and three coins that recall the 30 pieces of silver.

On **Good Friday**, the eggs might contain a crucifix, dice to recall the casting of lots for Jesus' clothes, and a sad picture of Jesus

On **Easter Sunday**, include a stone to recall the opening of the tomb and a picture of the Risen Jesus.

## St Mark's Church

Saturday | Sunday 4 & 5 April

**Palm Sunday**

6:00pm Vigil Mass & Blessing of the Palms

9:00am Mass Blessing of the Palms & Procession

6:00pm Mass & Blessing of the Palms

Monday 6 April

**Holy Monday**

7:45am Morning Prayer of the Church

8:00am Morning Mass

Tuesday 7 April

**Holy Tuesday**

9.15am Morning Prayer of the Church

9:30am Morning Mass

7:30pm Sacrament of Penance

(Reconciliation | Confession)

**Combined Parishes 2nd Rite at St Mark's Church**

*(St Mark's Drummoyne | All Hallows Five Dock | St Joan of Arc Haberfield)*

Wednesday 8 April

**Holy Wednesday**

7.15am Morning Prayer of the Church

7:30am Morning Mass

Thursday 9 April

**Maundy Thursday**

9:00am Morning Prayer (Lauds)

10:30am Chrism Mass (St Mary's Cathedral)

7:00pm Evening Mass of the Lord's Supper with Adoration

Friday 10 April

**Good Friday**

9:30am Morning Prayer (Lauds)

10:00am Stations of the Cross

3:00pm Celebration of the Passion of the Lord

Saturday 11 April

**Holy Saturday**

9:30am Morning Prayer (Lauds)

**At Morning Prayer bring your Basket of food to the Altar for the Blessing of the Easter food in preparation for the Easter feast.**

No Morning Mass

7:00pm The Easter Vigil

Sunday 12 April

**Easter Sunday**

8:00am Mass of the Resurrection of the Lord

10:00am Mass of the Resurrection of the Lord

6:00pm Mass of the Resurrection of the Lord



## LENTEN PENANCE

In this season of Lent, we seek to experience the mercy of God the Father, and to practice it in our daily lives. But first we must experience *our need for mercy*, that is, our brokenness and, indeed, our sinfulness, insofar as we have failed to love God above all, and to love our fellow men and women as ourselves. This is why the Church's Canon Law reaffirms the obligation to do penance – to interrupt the usual comforts of life, to rediscover in prayer the merciful love of God, and to practice charity and justice towards those in need. The special times of penance are all Fridays throughout the year and the season of Lent.

We recall that St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus began his ministry with the exhortation: “Repent and believe the Gospel” (Mk 1:15). Repentance means the rejection of sin. It implies conversion to, and reconciliation with, God. Prayer, self-denial, and works of charity are the concrete expressions of repentance. Each of these identifies us more closely with our Saviour. By penance we make satisfaction for our sins, and take real steps in the renewal of our lives. Repentance and conversion are central, on-going, and even daily practices of Christian living.

In nominating special times of penance, the Church encourages and promotes in all of us the *habit* of penance. Furthermore, observance of these special times by all Catholics throughout the universal Church emphasises what we call “the social dimension of sin”. The sin of the individual member always in some measure infects the whole body. Therefore during Lent and on every Friday throughout the year, we do penance, not only on our own account, but also in the name of the Church and of the world. We must take very seriously our penitential obligations and be sure to carry them out. The Australian Catholic Bishops' Conference has not restricted our penance to fast and abstinence; in all cases, it has left room for our own responsible choice. We should carefully select the form of penance that we consider most appropriate for our own circumstances and growth in the Christian life.

### DAYS OF PENANCE

1. **Abstinence from meat, and fasting, must be observed on Ash Wednesday and Good Friday. All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain.**
2. **On all other Fridays of the year including the Fridays of Lent, the law of the common practice of penance is fulfilled by performing any one of the following:**
  - (a) prayer – for example, 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 – for example, 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; limiting use of social media, smart phones or television.
  - (c) helping others – for example, special attention to someone who is poor, sick, elderly, lonely or overburdened.

LENT LASTS FROM ASH WEDNESDAY (26<sup>TH</sup> FEBRUARY) TO THE MASS OF THE LORD'S SUPPER (9<sup>TH</sup> APRIL) ON GOOD FRIDAY AND, IF POSSIBLE, ALSO ON HOLY SATURDAY UNTIL THE EASTER VIGIL, THE EASTER FAST IS OBSERVED.

### 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, 26<sup>th</sup> February, and Trinity Sunday, 7<sup>th</sup> June, 2020 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.

St. Mary's Cathedral  
SYDNEY

ARCHBISHOP OF SYDNEY

**St Mark's Catholic Parish**  
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Tel: (02) 9181 1795

e: [admin@stmarksdrummoyne.org.au](mailto:admin@stmarksdrummoyne.org.au) visit: [www.stmarksdrummoyne.org.au](http://www.stmarksdrummoyne.org.au)  
St. Mark's Parish acknowledges the Wangal people, the traditional owners and custodians of the land on which we stand. We pay our respects to them and for their care of the land. May we walk gently and respectfully upon the land.



**Parish Priest:** Very Rev Fr Michael L McLean PP EV  
**Priest in Residence:** Fr Denis Minns OP  
**Deacon:** Rev Mr John Pham  
**Pastoral Associate:** Sr Antonia Nedu ISR