

MASS TIMES AND PARISH ACTIVITIES FOR THIS WEEK

St Mary's Cathedral, Hobart

7.30am: Tuesday - Friday
6.00pm: Saturday Vigil Mass
10.30am: Sunday
6.00pm: Sunday

Sacred Heart Church New Town

9.00am: Tuesday - Thursday
8.00am: Saturday
8.30am: Sunday

Lawrenny Court

(131 Hill St West Hobart)

10.30am: Friday

St Mary's Cathedral, Hobart

NOVENA TO ST JOSEPH

5.30pm - 6.15pm: Thursday
SACRAMENT OF RECONCILIATION
5.00pm - 5.30pm: Saturday

Sacred Heart Church, New Town

NOVENA TO OUR LADY OF PERPETUAL HELP

After 9am Mass: Wednesday

ROSARY TO THE VIRGIN MARY

7.30am: Saturday

St Mary's Cathedral Crypt Hobart

ADORATION OF THE BLESSED SACRAMENT

6pm - 12am: Friday

4TH SUNDAY OF LENT YEAR A - 19TH MARCH 2023

My dear parishioners,

A few important notices for this Season of Lent.

The Solemn Feast of St Joseph A special Mass will be celebrated for St Joseph on Monday 20th of March at 7.30am at Mary's Cathedral, Hobart.

The Solemn Feast of the Annunciation will be celebrated on Saturday 25th March at 8am Mass at Sacred Heart Church.

A Day of Mercy has been declared on Friday the 31st of March:



Where - St Mary's Cathedral, Hobart **10am - 1pm**
 St Therese's Church, Moonah

6pm - 8 pm.

For - Adoration, Prayer and the Sacrament of Reconciliation.

For those who are unable to attend the Day of Mercy in the Evening there will be the exposition of the Blessed Sacrament and Reconciliation offered from **10 am to 1 pm** at St Mary's Cathedral. Hobart.

I invite you dear Parishioners to make use of this glorious opportunity in Lent to be reconciled with God and Neighbour.

Friday - Stations of the Cross during Lent at the Cathedral Parish

24th March - St Mary's Cathedral at 6.00 pm

31st March - **Day of Mercy at St Therese's Church, Moonah, 6 pm to 8 pm**

07th April - **Good Friday** open air Way of the Cross at 10.00 am, Sacred Heart Church, New Town



Please keep them in your prayers

- The three young adults from Cathedral Parish, who will undergo scrutinies, in order to prepare for their Baptism at the Easter Vigil.
- The Sacramental Children and their parents who are currently preparing for the Sacrament of Reconciliation.

St Mary's Cathedral Parish - 24:7 Newtown Youth Group.

WHO: For all youth in Years 6 to Year 12.

WHEN: 2nd and 4th Fridays of the month at 4pm.

WHERE: Sacred Heart College Campus, at Sacred Heart Church Parish Centre

INTERESTED - Contact Angela 0410 414 459 or Sam 0400 460 277

In Christ, **Fr Leonard,**

PARISH PASTORAL TEAM:

Administrator:

Fr Leonard Caldera

Assistant Priest:

Fr Paschal Okpon

Deacons:

Nick MacFarlane

Vinco Muriyadan

Pastoral Associate:

Sr Monica Shelverton PBVM

PARISH OFFICE:

Office Hours:

(MONDAY - FRIDAY)

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Parish Secretary

Jane McKeown



**St Mary's
 Cathedral
 Parish**

How to Fast

Start with the basics – The first step in fasting is obeying the law of the Church—fasting on Ash Wednesday and Good Friday, abstaining from meat on Fridays, and observing the Eucharistic fast (do not eat or drink one hour before communion).

Add more – We should seek to constantly pursue a deeper conversion. St. Francis de Sales gives some good advice in this regard:

“If you are able to fast, you will do well to observe some days beyond what are ordered by the Church, for besides the ordinary effect of fasting in raising the mind, subduing the flesh, confirming goodness, and obtaining a heavenly reward, it is also a great matter to be able to control greediness, and to keep the sensual appetites and the whole body subject to the law of the Spirit; and although we may be able to do but little, the enemy nevertheless stands more in awe of those whom he knows can fast”.

Accordingly, once you’ve begun to follow the law of the Church, build on that foundation to include fasting in other ways. Here are some ideas:

- Skip one meal extra a week, like breakfast or lunch. In addition to Fridays, Wednesdays are traditional days of fasting, so that might be a good day to start with. Deny yourself dessert on set days. Most of us eat too much sugar anyway.
- Skip salt on your food.
- Fast from soda. It’s terrible for you!
- Skip the beer or other alcoholic drinks when going out to eat.
- Don’t eat between meals. This sounds easy, but try it. You’ll find it’s quite hard since most of us snack frequently and don’t even realize it.
- Include things besides food. For example, fast from all technology one day a week.
- Fast (one main meal with two small snacks) one day a week.
- Drink only water.

Now, you don’t have to fast from all of these things all of the time. It is best to choose set days for fasting, like the Wednesdays or Fridays mentioned above. Doing so helps keep our fasting consistent.

Fast from sin – Bodily fasting is meaningless unless it is joined with a spiritual fast from sin. St. Basil gives the following exhortation regarding fasting:

“Let us fast an acceptable and very pleasing fast to the Lord. True fast is the estrangement from evil, temperance of tongue, abstinence from anger, separation from desires, slander, falsehood and perjury. Privation of these is true fasting”.

Pray – Fasting is not simply a matter of will power. Grace is absolutely necessary. While fasting energizes prayer, prayer energizes fasting. Both are weak without the other. As you fast to conquer your passions, pray constantly for the grace of God to flood your soul, beg for the virtues in which you need to mature, and ask for strength in the spiritual warfare.

REFLECTION - 4TH SUNDAY OF LENT YEAR A

THE LIGHT OF CHRIST.

We read in last week's AVE that there are three young RCIA candidates who are preparing for the sacrament of Baptism. This will take place at Easter time. This gift of God's grace is given to each of us daily in which we can express our belief in God's presence in our thoughts, words and actions. It is through our conscious relationship with Jesus as our brother, friend, companion and Saviour that he can become one with us on our journey of life.

It was Jesus who first noticed the blind man sitting by the roadside and immediately approached him. Following Jesus' instructions to go and wash his sight was restored. Notice that Jesus asked the blind man to 'do' something - "go and wash." - no questions were asked - just complete trust followed by action. What is it that Jesus asks of me now? Do I express my faith in action? Lord, save me from my own blindness. Hear then what God asks of you 'To live justly, to love tenderly and to walk humbly with God.' Try to discover what the Lord is asking of you and pray for the grace to respond. Can we see ourselves as God sees us? The darkness in our lives can be illuminated by accepting the light of God's grace which is always available to us. Jesus is longing to heal our wounds. This can bring us joy-filled freedom of spirit and heartfelt gratitude to our loving God. "The Lord anointed my eyes; I went, I washed, I saw and I believed". = (Communion antiphon) Jesus let me see your face in all aspects of my life. Mary, show me the way. **Amen**



The Angelus Prayer



V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, And blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.

R. Be it done to me according to your word.

Hail Mary. . .

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary. . .

V. Pray for us, O holy Mother of God. R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

From Our Anniversary Book: Mary News, Julian Donnelly, John Farrington, Clarke Henry, Mona Jones, Bernard Gillon, Margaret Connell, Mary Duggan, Bernard Shelverton, Giovanni Marino, Francis Fox, Christina Kesson, Anna Szeles, Rose Radic, Fr. Edmund Roche, Thomas Brennan, Phyllis Cronley, Bronislawa Kozak, Ted Cosgrove, Eileen Firman, Margaret Oakford, Edward Dabrowski, Giuseppe Attuoni, Jill Coggan, Vincenzo Calabrese, Minnucci Family, Falconia Family, Kath Pase, Bridged Fahey, Patrick O'Donnell, Leonard Northey, Mary Viney, Sr Genevieve Quinn PBVM, Sr Brendan Fallon PBVM Sr Malachy Philbin PBVM **May they rest in peace !**





Alexander Rodrigues conducts three well loved works from the Romantic repertoire: Johannes Brahms' *Variations on a Theme by Joseph Haydn*, Pyotr Ilyich Tchaikovsky's sublime *Serenade for Strings* and Alexander Borodin's evocative *Polovtsian Dances*.

Polovtsian Dances

a place of Prayer, a place of Worship, a place of Music...



SENIOR SCHOOL
Wednesday March 22
9am - 12.00pm

JUNIOR SCHOOL
Wednesday March 29
9am - 12.00pm

Tours departing regularly.
Reserve your place at
www.stvirgils.tas.edu.au/enrolments.
BOOK NOW

*Are you interested in becoming Catholic.
Please contact 62086236*

Children's Corner

When he met Jesus again, the man who had been blind put his faith in Jesus and worshiped him.
What can we do to show that we believe in Jesus?



24:7 YOUTH MINISTRY

NEW TOWN

YOUTH GROUP TASMANIA

2ND & 4TH FRIDAYS OF THE MONTH
4.00 - 6.00 PM

FUN | FOOD | FRIENDSHIP | FAITH

SACRED HEART COLLEGE | PARISH CENTRE
NEXT TO THE MUSIC ROOM ON THE SACRED HEART CAMPUS

FOR EVERYONE IN YEARS 6-12

FOR MORE INFORMATION PLEASE CONTACT
ANGELA 0410 414 459 | SAM 0400 460 277



St. Joseph, Pray for us!

Solemn Feast
St Joseph, Spouse of the Blessed Virgin Mary
Monday 20th March 2023

A Special Mass to be celebrated at
7.30am at St Mary's Cathedral,
Hobart.

Remember, O most pure spouse of the Blessed Virgin Mary, my great protector, Saint Joseph, that no one ever had recourse to your protection, or implored your aid without obtaining relief. Confiding therefore in your

goodness, I come before you. Do not turn down my petitions, foster father of the Redeemer, but graciously receive them. Amen.



Solemn Feast
The Annunciation of the Lord
Saturday 25th March 2023

MASS to be celebrated at
8am at Sacred Heart Church, New Town

GOSPELS FOR THE COMING WEEK

Monday 20th March - **Solemnity of St Joseph**
Matthew 1:16,18-21,24
Tuesday 21st March
John 5:1-3,5-16
Wednesday 22nd March
John 5:17-30
Thursday 23rd March - **Collect of St Turibius of Mogrovejo bishop**
John 5: 31-47
Friday 24th March
John 7:1-2,10,25-30
Saturday 25th February - **The Solemnity of the Annunciation of the Lord**
Luke 1: 26-38

NEXT SUNDAY'S READINGS - 5TH SUNDAY OF LENT

Ezekiel 37: 12-14
Romans 8:8-11
Psalm 129
John 11:1-45

READINGS OF THE DAY - 4TH SUNDAY OF LENT YEAR A

First Reading 1 Samuel 16:1. 6-7. 10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

Responsorial Psalm

Psalm 22. R. v.1

(R.) The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit.
2. He guides me along the right path; he is true to his name. If I should walk in the valley of darkness no evil would I fear. You are there with your crook and your staff; with these you give me comfort.
3. You have prepared a banquet for me In the sight of my foes. My head you have anointed with oil; my cup is overflowing.
4. Surely goodness and kindness shall follow me all the days of my life. In the Lord's own house shall I dwell for ever and ever.

Second Reading Ephesians 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said: Wake up from your sleep, rise from the dead, and Christ will shine on you.

Gospel Acclamation

Glory to you, Word of God, Lord Jesus Christ!

I am the light of the world, says the Lord;
whoever follows me will have the light of life.

Glory to you, Word of God, Lord Jesus Christ!

Gospel John 9:1-41

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him. 'As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of

the world.' Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored. His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered. They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.' So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away. Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him. Jesus said: 'It is for judgement that I have come into this world, so that those without sight may see and those with sight turn blind.' Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?' Jesus replied: 'Blind? If you were, you would not be guilty, but since you say, "We see", your guilt remains.'