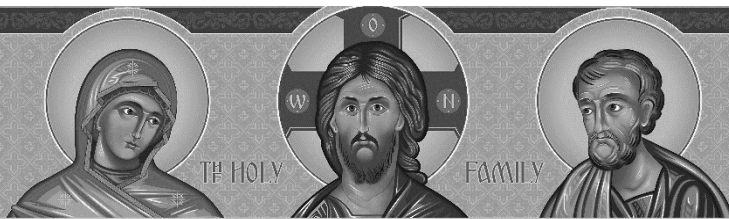


*Holy  
Family*



*Catholic  
Parish*

**7<sup>th</sup> SUNDAY IN ORDINARY TIME – YEAR A – 19<sup>th</sup> of February 2023**

**FIRST READING : Leviticus 19:1-2,17-18;**

The Lord spoke to Moses; he said: 'Speak to the whole community of the sons of Israel and say to them: "Be holy, for I, the Lord your God, am holy. "You must not bear hatred for your brother in your heart. You must openly tell him, your neighbour, of his offence; this way you will not take a sin upon yourself. You must not exact vengeance, nor must you bear a grudge against the children of your people. You must love your neighbour as yourself. I am the Lord."

**RESPONSORIAL PSALM : Psalm 102(103):1-4,8,10,12-13**

*℟. The Lord is kind and merciful*

*My soul, give thanks to the Lord, all my being, bless his holy name.  
My soul, give thanks to the Lord, and never forget all his blessings.  
℟.*

*It is he who forgives all your guilt, who heals every one of your ills,  
who redeems your life from the grave, who crowns you with love  
and compassion. ℟.*

*The Lord is compassion and love, slow to anger and rich in mercy.  
He does not treat us according to our sins, nor repay us according to  
our faults. ℟.*

*As far as the east is from the west, so far does he remove our sins. As  
a father has compassion on his sons, the Lord has pity on those who  
fear him. ℟.*

**SECOND READING : 1 Corinthians 3:16-23;**

Didn't you realise that you were God's temple and that the Spirit of God was living among you? If anybody should destroy the temple of God, God will destroy him, because the temple of God is sacred; and you are that temple. Make no mistake about it: if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. Why? Because the wisdom of this world is foolishness to God. As scripture says: *The Lord knows wise men's thoughts: he knows how useless they are;* or again: *God is not convinced by the arguments of the wise.* So there is nothing to boast about in anything human: Paul, Apollos, Cephas, the world, life and death, the present and the future, are all your servants; but you belong to Christ and Christ belongs to God.

**GOSPEL : Matthew 5:38-48;**

Jesus said to his disciples: 'You have learnt how it was said: *Eye for eye and tooth for tooth.* But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away. 'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.'

***LENTEN RETREAT***

***w/ DR ROBERT LORETZ, PhD***

***Sloth, Hope, Courage***

***SATURDAY - FEBRUARY 25 2023***

***Holy Family Parish***

***10:00 – Talk 1 (following Mass)***

***11:00 – Morning Tea***

***11:45 – Talk 2***

***12:45 – Lunch – (bring a plate)***

***14:00 – Talk 3***

***15:00 – Coffee break***

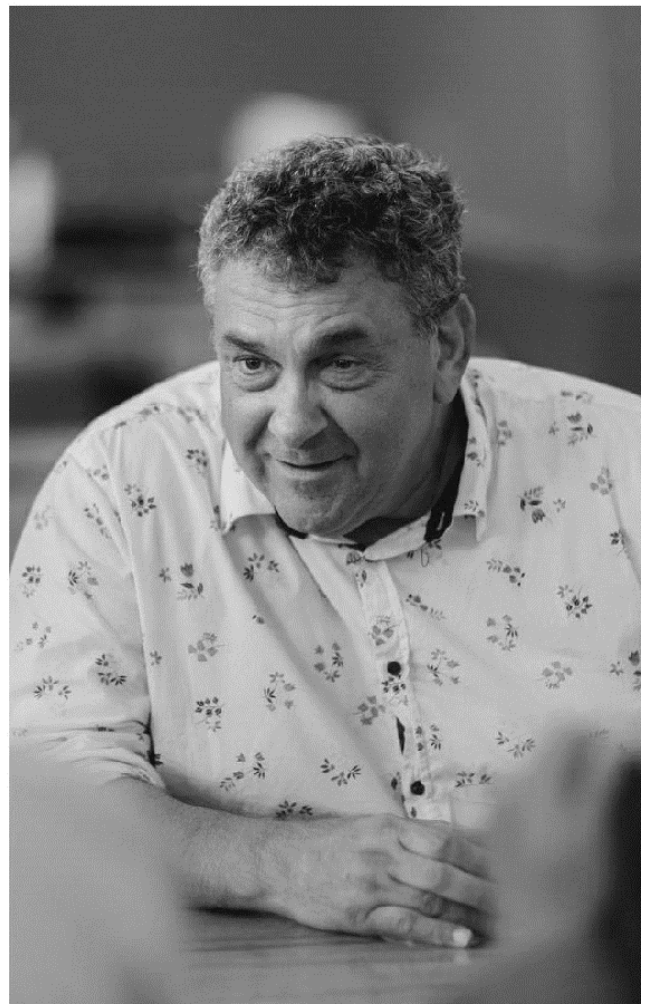
***15:30 – Talk 4***

***17:00 – Exposition of the Blessed Sacrament***

***17:30 – Evening Prayer***

***19:00 – Benediction and Reposition.***

***ALL WELCOME***



# THE CATHOLIC CARING FOUNDATION



**Flooding Relief Appeal**

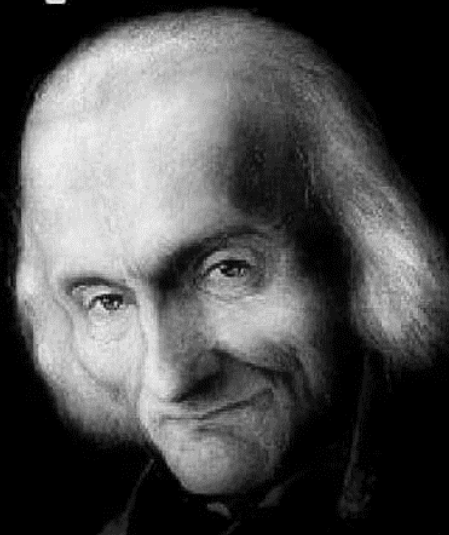
**DONATE TODAY**

THE CATHOLIC  
**caring**  
FOUNDATION  
*Caring for Families,  
Caring for Communities.*

<https://caringfoundation.org.nz/donate-3/>

**A priest goes  
to Heaven  
or a priest goes  
to Hell  
with a  
thousand  
people  
behind.**

**St John Vianney  
(1786-1859)**



"Seven times before our Lord died, He told His disciples that they would be hated by the world. When we get on too well with the world, there must be something wrong with us." - Bp. Fulton J. Sheen

"Find Jesus at the door  
of your heart and you will  
discover paradise"

- St John Chrysostom

"BUILD YOURSELF A  
CELL IN YOUR  
HEART AND RETIRE  
THERE TO PRAY"

ST. CATHERINE OF SIENA

"Your tears were collected by  
the angels and were placed in  
a golden chalice, and you will  
find them when you present  
yourself before God."

~Padre Pio

YEARS ARE NOT NEEDED FOR  
TRUE REPENTANCE, AND NOT DAYS -  
**BUT ONLY AN INSTANT.**

~ ST. AMBROSE OF OPTINA

"The devil is afraid of us when we  
pray and make sacrifices.  
He also is afraid when we are  
humble and good. He is especially  
afraid when we love Jesus very  
much. He runs away when we make  
the Sign of the Cross. "

*St. Anthony of the Desert*

HOW OFTEN  
I HAVE FAILED IN  
MY DUTY TO  
GOD, BECAUSE I  
WAS NOT LEANING  
ON THE STRONG PILLAR  
OF PRAYER.

- St. Teresa of Avila -



# Why is Ash Wednesday on a Wednesday?

So, why is **Ash Wednesday** held on a **Wednesday**, and not on another day of the week?

The name Ash Wednesday comes from the ceremony of **putting ashes on the heads** of the clergy and the people on this day.

Ash Wednesday signals the beginning of the fast of **Lent**. During this time there are **forty-six days**, but as **we do not fast on the six Sundays** falling in this time, **the fast lasts for forty days**, hence it is called the 'forty days of Lent'. In the Latin language of the Church it is called the **Quadragesima**, that is, forty.

Just as the Jews of the old—after having been delivered from their **seventy-years** of captivity in Babylon—spent **forty-six years** in building their temple in place of the grand edifice raised by Solomon and destroyed by the Babylonians...

...so too Catholics—after having come forth from the Babylon of this world by the rites and the services of the **Septuagesima season (seventy days)**—must spend **forty-six days** in rebuilding the temple of the Holy Ghost, built by God at the moment of our baptism, but destroyed by the sins of the past year.

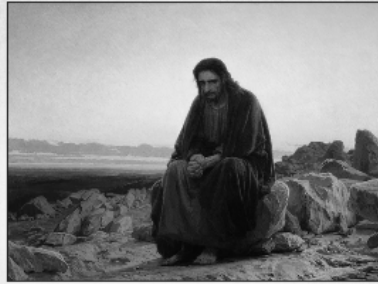
The forty days of fasting comes down to us **from the Old Testament**, for we read that:



Moses fasted **forty days** on the mount (Exodus 34:28);



Elijah fasted for **forty days** (1 Kings 19:8);



...and that our Lord fasted **forty days** in the desert (**Matthew 4**).



According to Pope Gregory, there are:

**42** days (six weeks) from the first Sunday of Lent to Easter

**- 6** and when we take from Lent the **six Sundays** during which **we do not fast**,

**36** then we are left with only thirty-six days of Lent.



So in order to make up the **full fast of forty days** Pope Gregory commanded the fast of Lent to begin:

**36**  
**+ 4**

**Four days before** the First Sunday of Lent:

**40**  
days of Lent

↓  
which falls on a **Wednesday**

But more significantly, we begin the fast of Lent on Wednesday, for the most ancient traditions of the Church tell us that while our Lord was **born on Sunday**, he was **baptized on Tuesday...**

...and **began his fast** in the desert **on Wednesday**.

Moreover, just as King Solomon began the **building of his great temple on a Wednesday**, so too us Catholics are to prepare our bodies to become the **temples of the Holy Spirit** by fasting at the start of the Great Season of Lent—beginning on **Ash Wednesday**.

## Ashes on the Forehead



The act of applying ashes to our forehead **symbolizes our mortality** as well as our need for **ongoing repentance**.

Ashes are applied to our forehead in the sign of the cross as the words, "**Remember, you are dust and to dust you shall return**" are spoken to us. The other formula which is used, "**Turn away from sin and be faithful to the Gospel!**" emphasizes our call to continual conversion and holiness of life.



## Lent



Lent is the penitential season of 40 days (excluding Sundays) set aside by the Church in order for the faithful to prepare for the commemoration of the Lord's Passion, Death and the celebration of His Resurrection.

Lent begins at midnight of Ash Wednesday and officially ends at the start of the Mass of the Lord's Supper on Holy Thursday.

## It is obligatory for:



Catholics who are **14** years old until death are bound to practice the **law of abstinence**.



and Catholics who are **18 - 59** years old are bound to practice the **law of fasting**.

## Law of Fasting



**1**  
Regular Meal



and **2** Small meals

which if added together **would not exceed** the main meal in quantity

The fast is **broken** by eating between meals and by drinks which could be considered food (milk shakes, but not milk).

## Those excused from fasting and abstinence

1) persons of unsound mind, 2) the sick, the frail, pregnant or nursing women according to need for meat or nourishment, 3) manual laborers according to need, 4) guests at a meal who cannot excuse themselves without giving great offense or causing enmity, 5) and other situations of moral or physical impossibility to observe the penitential discipline.



**Ash Wednesday** 22 February



**First Sunday of Lent** 26 February



**Passion Sunday** 26 March

(Fifth Sunday of Lent - Novus Ordo)



**Palm Sunday** 02 April

(Palm Sunday of the Passion of the Lord - Novus Ordo)



**Maundy Thursday** 06 April

**Good Friday** 07 April

**Holy Saturday** 08 April

**Easter Sunday** 09 April

**PROCESSIONAL HYMN:**

Praise, my soul, the King of heaven;  
to his feet thy tribute bring;  
ransomed, healed, restored, forgiven,  
evermore his praises sing:  
Alleluia, alleluia,  
Praise the everlasting King.

Praise him for his grace and favour  
to our fathers in distress;  
praise him still the same forever,  
slow to chide and swift to bless:  
Alleluia, alleluia,  
Glorious in his faithfulness.

Father like, he tends and spares us;  
well our feeble frame he knows;  
in his hand he gently bears us,  
rescues us from all our foes.  
Alleluia, alleluia,  
Widely yet his mercy flows.

Angels, help us to adore him;  
ye behold him face to face;  
sun and moon bow down before him,  
dwellers all in time and space.  
Alleluia, alleluia,  
Praise with us the God of grace.

**OFFERTORY HYMN:**

Most Holy Trinity,  
You have created me,  
and redeemed me;  
You have made Your home  
within me and graced me;  
Now You call me from within,  
to love me.

What then can I give You?  
I have but two small coins to live on;  
They are nothing yet I see they please  
You; My body and my soul, I give You.

O Jesus, grace my gift,  
just as You graced the gift of Mary,  
when You gave to her  
Your Blood and Your Body,  
You who give Yourself to me,  
receive me.

**COMMUNION HYMN:**

*If ye love me, keep my commandments,  
and I will pray the Father, and he shall  
give you another comforter, that he may  
bid with you forever, ev'n the spirit of  
truth.*

Let all mortal flesh keep silence,  
And with fear and trembling stand;  
Ponder nothing earthly minded,  
For with blessing in His hand,  
Christ our God to earth descendeth,  
Our full homage to demand.

King of kings, yet born of Mary,  
As of old on earth He stood,  
Lord of lords, in human vesture,  
In the body and the blood;  
He will give to all the faithful

His own self for heavenly food.

Rank on rank the host of heaven  
Spreads its vanguard on the way,  
As the Light of light descendeth  
From the realms of endless day,  
That the powers of hell may vanish  
As the darkness clears away.

At His feet the six winged Seraph,  
Cherubim with sleepless eyes.  
Veil their faces to the presence,  
and with ceaseless voice they cry:  
"Alleluia, Alleluia, Alleluia Lord,  
most High.

**RECESSIONAL HYMN:**

Immaculate Mary!  
Our hearts are on fire;  
that title so wondrous  
Fills all our desire!  
*Ave, Ave, Ave, Maria!*  
*Ave, Ave, Ave Maria!*

We pray for God's glory,  
May His kingdom come;  
We pray for His Vicar,  
Our Father in Rome.  
*Ave, Ave, Ave, Maria!*  
*Ave, Ave, Ave Maria!*

We pray for our Mother,  
The Church upon earth,  
And bless, sweetest Lady,  
The land of our birth.  
*Ave, Ave, Ave, Maria!*  
*Ave, Ave, Ave Maria!*



Look after them the way they looked after you.

There are certain people in life who shape who you are. Special people who were always there to give you advice, support, comfort and love. When the time comes to bid them farewell, make sure you farewell them properly. Talk to us, we'll help you do just that.

**MORRISONS**  
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**Go Forward in Hope  
International Pro-Life & Family  
Conference -  
Thursday 23 to Sunday 26  
March, Auckland.**

Featuring thirteen international and local speakers passionate about their areas of expertise in pro-life and family issues - including Gianna Emanuela Molla, the daughter of Saint Gianna Beretta Molla. For more information and to register visit [fli.org.nz/conference2023](http://fli.org.nz/conference2023) or Michelle Kaufman 027 526 1199.

**NEXT SUNDAY:  
26th February 2023  
1st Sunday of Lent (Yr A)  
Gen 2:7-9, 3:1-7; Rom 5:12-19; Mt 4:1-11;**

**LITURGY ROSTER**  
**Readers:** E. Shaw, T. Molloy  
**Prayers of the Faithful:** S. Shaw  
**Offertory:** Hatzaw Family  
**Special Ministers:** P. Capundag

**CHURCH CLEANING ROSTER**  
Xavier/D'Lima Families

**SUNDAY CUP OF TEA ROSTER**  
Cardoza Family

**ANNIVERSARIES THIS WEEK**  
**19 Feb:** William Malloy, Cecilia Karl, Russell McDowall  
**20 Feb:** Alfred Wilson  
**21 Feb:** Noel Wiles - Pickard, Kenneth Moros, Peggy Tolcher  
**22 Feb:** Atonio Savea  
**23 Feb:** Frances Leef, Pasi Ulugia  
**25 Feb:** Greg Boyle

**PARISH FINANCES**

<b>Parish</b>	\$2,705.40
<b>Priests</b>	\$1,352.70
<b>Total Cash and AP's</b>	\$4,058.10

**HOLY FAMILY PARISH NOTICES**  
**Fr Jeremy's Birthday Morning Tea -**  
TODAY after the 9:30am Mass, *please bring a plate.*

**Catechism Classes -** No Catechism Classes this Sunday but will continue next Sunday 26th February after the 9:30am Mass.

**Sacramental Programme - 1st Reconciliation -** Please make a note on your calendars - Classes start 4th March 2023, 4pm to 5pm. Please register with Ellen in the Parish Office on 8346677 or [hfp parish@xtra.co.nz](mailto:hfp parish@xtra.co.nz)

**Lenten Envelopes -** can be found in the foyer.

**Ash Wednesday  
Masstimes**  
Wednesday 22nd February  
9am & 7pm

 **Stations of the Cross**  
during Lent  
starts Friday 24th February  
7pm



**Old palm crosses:** *Please drop your old palm crosses to the office by Tuesday 21st February. You can drop them in the little mailbox.*