

6th Sunday in Ordinary Time  
YEAR B  
11<sup>th</sup> February 2024

**FIRST READING : Leviticus 13:1-2,44-46**

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons. "The man is leprous: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean." As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.'

**RESPONSORIAL PSALM : Psalm 31(32):1-2,5,11**

℟ I turn to you, Lord, in times of trouble, and you fill me with the joy of sal-va-tion.

Happy the man whose offence is forgiven, whose sin is remitted. O happy the man to whom the Lord imputes no guilt, in whose spirit is no guile. ℟

But now I have acknowledged my sins; my guilt I did not hide. I said: "I will confess my offence to the Lord." And you, Lord, have forgiven the guilt of my sin. ℟

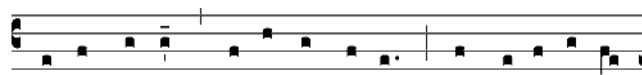
Rejoice, rejoice in the Lord, exult you just. O come, ring out your joy, all you upright of heart. ℟



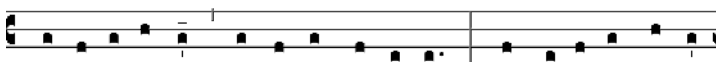
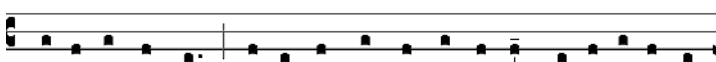

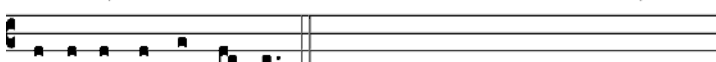
**SECOND READING : 1 Corinthians 10:31-11:1**

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jews or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved. Take me for your model, as I take Christ.

**GOSPEL : Mark 1:40-45**

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.

A. 

**P** A-ter nos-ter, qui es in cæ-lis: sancti-fi-cé-tur  
  
 no-men tu-um; advé-ni-at regnum tu-um; fi-at vo-lún-  
  
 tas tu-a, sic-ut in cæ-lo, et in terra. Panem nostrum  
  
 co-ti-di-á-num da no-bis hó-di-e; et dimítte no-bis  
  
 dé-bi-ta nostra, sic-ut et nos di-mít-timus de-bi-tó-ri-bus  
  
 nostris; et ne nos indú-cas in tenta-ti-ó-nem; sed  
  
 lí-be-ra nos a ma-lo.

# ASH WEDNESDAY

LENT BEGINS

## WHAT IS LENT?

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by prayer, fasting, abstinence, and other acts of penance.

PRAYING ----- FASTING ----- ABSTINANCE



## WHAT IS FASTING?



One meal a day, and two smaller meals which if added together would not exceed one full meal.

## WHAT IS ABSTINENCE?



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

## DAYS OF FAST?

Ash Wednesday

Good Friday

## DAYS OF ABSTINENCE?

Ash Wednesday

All Fridays of Lent

Good Friday

## WHO ARE REQUIRED?

Catholics from age  
< 18 to 59 >



The sick and expectant mothers are excused from fasting.

## WHO ARE REQUIRED?

Mandatory for  
everyone



older than

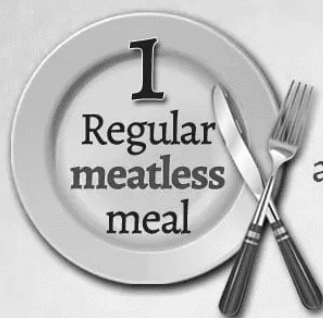
**14** years old

# 40 Lenten Activities for Catholic Families

Give up television and Internet for one day.	Genuinely compliment someone who isn't expecting it.	Donate a bag of food to a local church or charity.	Go to a weekday Mass.	Pray for good things for someone who has been unkind to you.	Visit an elderly friend or relative who doesn't get a lot of visitors.	Make homemade pretzels, a traditional Lenten food.	Make an alms-giving box and collect change throughout Lent to donate.
Plan a simple meal and talk as a family about how to help the hungry.	Pray for people in your parish's RCIA program preparing to enter the Church.	Do a craft, piece of art, or creative project that glorifies the Lord.	Send a card or note of encouragement to a priest or a member of a religious community.	Pray for an increase in religious vocations.	Ask for forgiveness from someone that you have wronged.	Not just Friday: Have an additional meatless day one week during Lent.	Pray for someone preparing for First Communion or Confirmation.
Light a candle at church and pray for someone in your life.	Volunteer some of your time to help at church, school, or home.	Clean up a mess that somebody else made (without complaining).	Memorize a prayer that you don't already know by heart.	Surprise someone by doing a task or chore that they normally do.	Donate a bag of things that are still nice, but that you just don't use.	Pray the Rosary (or even just a decade) as a family.	Thank someone who has been a good influence in your life.
Read a religious book individually or as a family.	Listen to religious music while doing a task you have been putting off.	Attend (or read at home) the Stations of the Cross.	Pray for world political and religious leaders.	Make hot cross buns.	Learn more about a saint that your family is unfamiliar with.	Do something healthy to take care of the body God gave you.	Clear your mind of other things and sit quietly with God.
Do something to help the Earth.	Go to Adoration, even if it's just for a little while.	Pray for the Pope.	Watch a religious movie together as a family.	Give up sweets and other snacks for a day.	Read one book of the Bible.	Do a foot washing with your family members.	Attend a Holy Week Mass.

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## What (is the Law of Fasting?)



**1**  
Regular  
meatless  
meal

and



**2** small meatless  
collations  
which if added together  
**would not exceed the  
main meal** in quantity

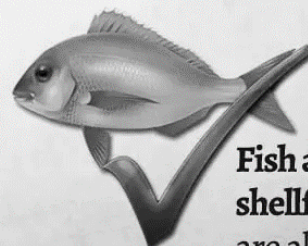


**No snacking  
between meals**

## What (is the Law of Abstinence?)



**No meat**  
(i.e., flesh and  
organs of  
mammals and  
fowls)



**Fish and  
shellfish  
are allowed**

**PROCESSIONAL HYMN:**

Gather, Lord, Your people,  
called to be Your Bride,  
formed by Blood and Water  
flowing from Your side,  
joined with You in baptism,  
washed to give rebirth,  
she filled with Your Spirit,  
shall renew the earth.

You the one true Shepherd,  
searching for the lost,  
You the Lamb of offering,  
counting not the cost,  
You have called each one by name,  
each Your precious choice,  
May we enter by Your gate,  
listening to your voice.

At Your mother’s pleading,  
You gave finest wine,  
Now Your Church implores You,  
Jesus fruitful vine.

Heed the thirsting of her heart,  
and bring forth a flood,  
Open wide the fountain  
of Your Precious Blood.

Send Your Holy Spirit,  
by that Blood outpoured,  
making us one Body,  
Temple of the Lord.

With Your sev’n fold gifts descend,  
font of Charity, that we may cry  
“Abba”, and true children be.

**OFFERTORY HYMN:**

Even if I had committed  
every possible crime,  
forever would I have the same  
confidence, because I know that this  
multitude of offences is but a drop of  
water thrown into a blazing fire,  
is but a drop of water thrown into a  
blazing fire.

Oh how I need a heart  
burning with tenderness,  
On whom I can rely with no turning back  
who loves me as I am and even my  
weakness, and who will leave me not  
throughout both day and night,  
and who will leave me not  
throughout both day and night.

I was not able to find any other living  
creature who loved me in this way  
and who would never die,  
because I need a God who makes Himself  
like me, whom I can call a brother, and  
who can suffer too, whom I can call a  
brother and who can suffer too.

Oh yes I know this well, that all our acts  
of justice do not have in your eyes the  
slightest worth at all,  
and so to give a price to all my sacrifices,  
I want to throw them all into your heart  
divine. I want to throw them all into your  
heart divine.

**COMMUNION HYMN:**

Though You are God,  
with Father and the Spirit,

You did not cling to Your equality,  
Emptied Yourself, became for us a slave,  
and humbler yet,  
You died upon a tree,  
You give Your flesh that we be truly fed,  
Your Risen Self, in form of lowly bread.

To satisfy our hunger for Your love,  
You come to us as flesh and blood  
outpoured, and then to quench  
your thirsting for our love,  
You come again, as poorest of the poor,  
that what we do to these  
the least of brethren, we do to You, our  
Saviour and our Lord.

Emmanuel, You’re longing  
to be with us, You bid us share Your one  
true sacrifice, offer ourselves, with You the  
Holy Lamb, washed by Your Blood,  
you call us into life, so fed by. You,  
made holy and made one.  
We, now Your Body, for the world,  
become.

**RECESSIONAL HYMN:**

Let us sing to you, O Mary,  
disciple first and best,  
Join our voices sing with every age  
that loves to call you blest.  
Blessed you among all women,  
first in faith, in hope, in love,  
Blessed you who believed in the promise  
from above, Chosen Woman, through  
obedience untied the knot of Eve, Holy  
Virgin, fruitful Mother of all who believe.

Hail His Palace! Hail His Tabernacle!  
Hail His Ark! His Shrine!  
Hail His Home! His Throne!  
His Servant! His Mother and mine!  
Consecrated by the Father,  
before time had e’er begun,  
And prepared by the Spirit to mother the  
Son, Spotless Ark, conceived immaculate  
and spared from every sin,  
Full of grace, you won God’s favour,  
enfleshed the Word within.

At the cross, a sword of sorrow  
would pierce your loving soul,  
As your Son is opened with a lance  
and Blood and Water flow.  
Hail Model of the Church  
newly created from His side,  
Called to mother Christ’s children  
and be His holy Bride,  
And His words: “Behold your mother,”  
And “Woman see your son,” Are his gift  
to His disciples while endless ages run.

To the Father, faithful daughter,  
We join with you our praise,  
To your Son, O Blessed Mother,  
Our worship we raise.  
To the Spirit by Whose power  
you conceived The living Word,  
our profound adoration will always be  
heard, Turn your eyes,  
O Holy Mary, Look lovingly and bless,  
Take our prayer, in love transform it,  
Unite it with your “Yes!”

**NEXT SUNDAY:**  
**18<sup>th</sup> February 2024**  
**1<sup>st</sup> Sunday of Lent**

*Gen 9:8-15; 1 Pet 3:18-22; Mk 1:12-15;*

**LITURGY ROSTER**

**Readers:** N. Nunes, E. O’Brien  
**Prayers of the Faithful:** G. Lao  
**Offertory:** Tovio Family  
**Special Ministers:** F. Ulugia

**CHURCH CLEANING ROSTER**

Xavier/D’Lima Families

**SUNDAY CUP OF TEA ROSTER**

Sebastian and Ana

**ANNIVERSARIES THIS WEEK**

**11 Feb:** Francis Sharkey  
**12 Feb:** Kevin Burt  
**13 Feb:** Lorna Moros  
**15 Feb:** Jack Drabble, Olga Schischka  
**16 Feb:** William Campbell, Mary Woolmore  
**17 Feb:** Frances, Alexander & Jennifer  
Lindsay, Annie Ferry, Violet Henkel

**PARISH FINANCES**

**Parish** \$1,774.00  
**Priests** \$887.00  
**Total Cash and AP’s** \$2,661.00

**HOLY FAMILY PARISH NOTICES**

**Sacramental Programme – 1<sup>st</sup>**  
**Reconciliation:** Just a reminder our Parish  
Sacramental Programme starts on Saturday  
24<sup>th</sup> February at 4pm – 5pm and  
registrations close 3<sup>rd</sup> March. *Please note:*  
*that if you would like your child or children*  
*to receive – Confirmation and 1<sup>st</sup> Holy*  
*Communion this year – they will need to*  
*receive preparation for this sacrament first.*  
Please see email Ellen – your child’s name  
(age) and your contact details to  
[hfp parish@xtra.co.nz](mailto:hfp parish@xtra.co.nz)

**St Joseph’s Mens Group:** 1st Gathering for  
2024 – Hike the Mercer Bay loop track and  
Comans track on Sat 17<sup>th</sup> Feb meet here at  
9am for Mass then leave after Mass. Don’t  
forget to bring your lunch, water, sunhat,  
and sunscreen. For more information  
contact Paul on 021704181

**DIOCESAN NOTICES**

**FLI – 40 Days for Life: how can you help.**  
**by volunteering an hour and praying for**  
**life.** Monday to Saturday – 7am to 1pm  
Sign up for your hour at:  
[FLI.org.nz/prolifeevents](http://FLI.org.nz/prolifeevents).  
For more information contact  
Simon – 021400729 or [simon@fli.org.nz](mailto:simon@fli.org.nz)

**Church Carpark** – Please do not park on  
the grass at the front of the Church.



**Ash Wednesday**  
**14<sup>th</sup> February**  
9am and 7pm

**Stations of the Cross**

*Fridays during Lent*  
Starts 16<sup>th</sup> February at 7pm

