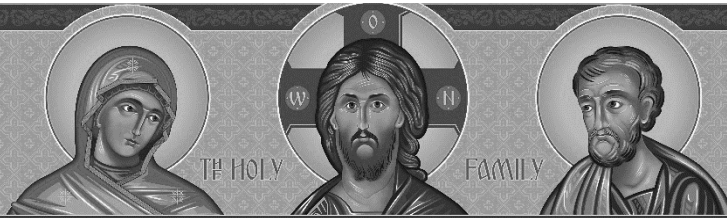


Holy
Family



Catholic
Parish

1st Sunday of Lent
YEAR B
18th February 2024

FIRST READING : Genesis 9:8-15

God spoke to Noah and his sons, 'See, I establish my Covenant with you, and with your descendants after you; also with every living creature to be found with you, birds, cattle and every wild beast with you: everything that came out of the ark, everything that lives on the earth. I establish my Covenant with you: no thing of flesh shall be swept away again by the waters of the flood. There shall be no flood to destroy the earth again.' God said, 'Here is the sign of the Covenant I make between myself and you and every living creature with you for all generations: I set my bow in the clouds and it shall be a sign of the Covenant between me and the earth. When I gather the clouds over the earth and the bow appears in the clouds, I will recall the Covenant between myself and you and every living creature of every kind. And so the waters shall never again become a flood to destroy all things of flesh.'

RESPONSORIAL PSALM : Psalm 24(25):4-6,7b-9



℟ Your ways, O Lord, are love and truth to those who keep your co-ve-nant.
Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour. ℟
Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. ℟
The Lord is good and upright. He shows the path to those who stray, He guides the humble in the right path, He teaches his way to the poor. ℟

SECOND READING : 1 Peter 3:18-22

Christ himself, innocent though he was, died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life, and, in the spirit, he went to preach to the spirits in prison. Now it was long ago, when Noah was still building that ark which saved only a small group of eight people 'by water', and when God was still waiting patiently, that these spirits refused to believe. That water is a type of the baptism which saves you now, and which is not the washing off of physical dirt but a pledge made to God from a good conscience, through the resurrection of Jesus Christ, who has entered heaven and is at God's right hand, now that he has made the angels and Dominations and Powers his subjects

GOSPEL : Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

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.

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



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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.



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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.

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

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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.

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

36

+ 4

40

days of Lent

Four days before the First Sunday of Lent:



which falls on a **Wednesday**

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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.**

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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...

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...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.

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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.**

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

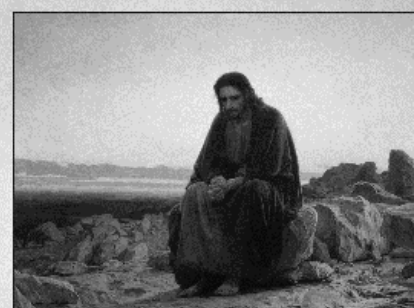


Moses fasted **forty days** on the mount (Exodus 34:28);



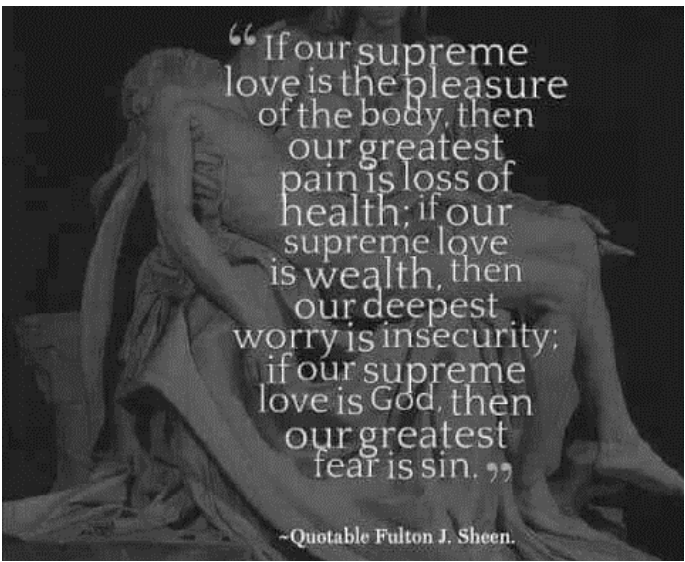
Elijah fasted for **forty days** (1 Kings 19:8);

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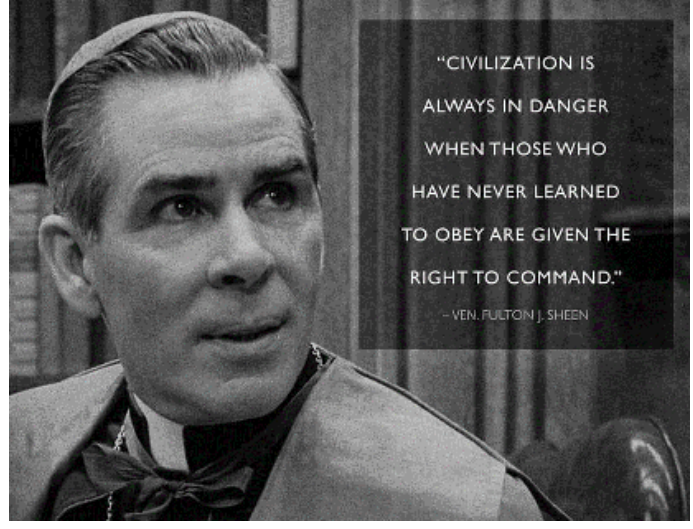
...and that our Lord fasted forty days in the desert (**Matthew 4**).

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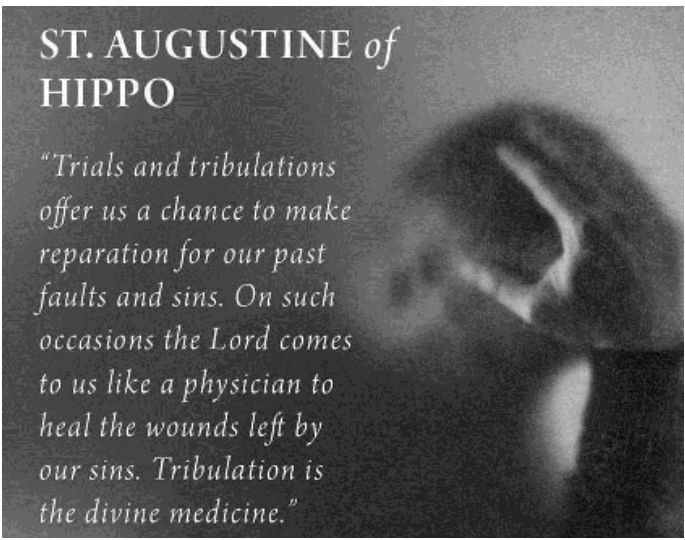


“If our supreme love is the pleasure of the body, then our greatest pain is loss of health; if our supreme love is wealth, then our deepest worry is insecurity; if our supreme love is God, then our greatest fear is sin.”

-Quotable Fulton J. Sheen.

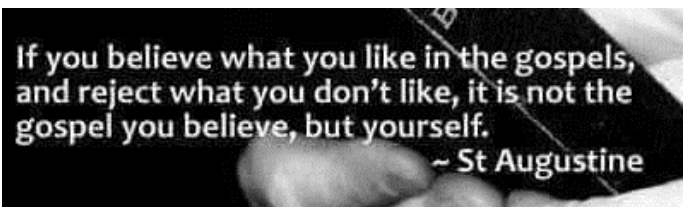


“CIVILIZATION IS ALWAYS IN DANGER WHEN THOSE WHO HAVE NEVER LEARNED TO OBEY ARE GIVEN THE RIGHT TO COMMAND.”
- VEN. FULTON J. SHEEN

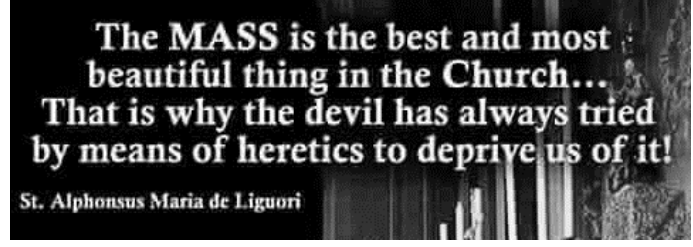


ST. AUGUSTINE of HIPPO

“Trials and tribulations offer us a chance to make reparation for our past faults and sins. On such occasions the Lord comes to us like a physician to heal the wounds left by our sins. Tribulation is the divine medicine.”

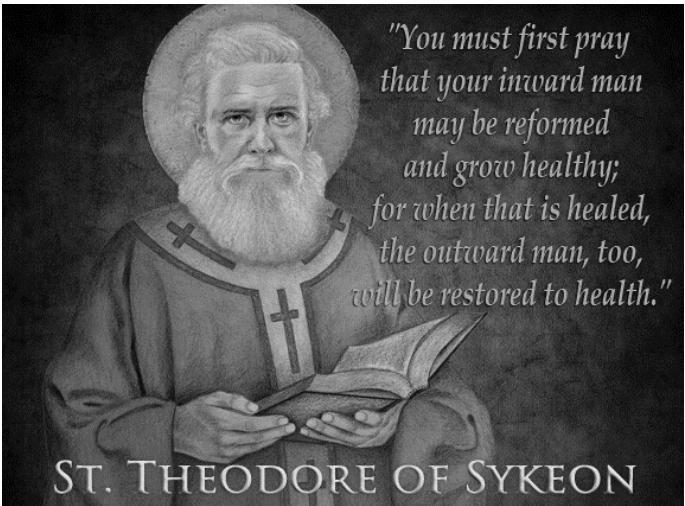


If you believe what you like in the gospels, and reject what you don't like, it is not the gospel you believe, but yourself.
~ St Augustine



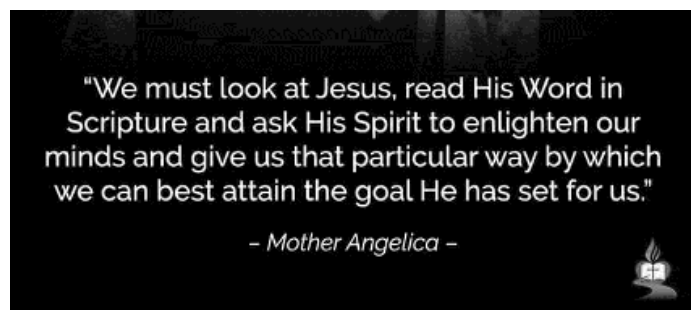
The MASS is the best and most beautiful thing in the Church... That is why the devil has always tried by means of heretics to deprive us of it!

St. Alphonsus Maria de Liguori



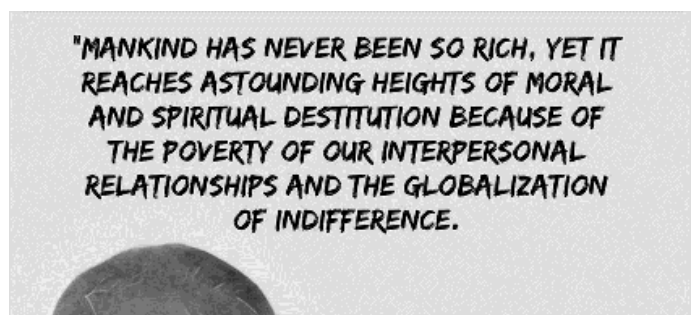
“You must first pray that your inward man may be reformed and grow healthy; for when that is healed, the outward man, too, will be restored to health.”

ST. THEODORE OF SYKEON

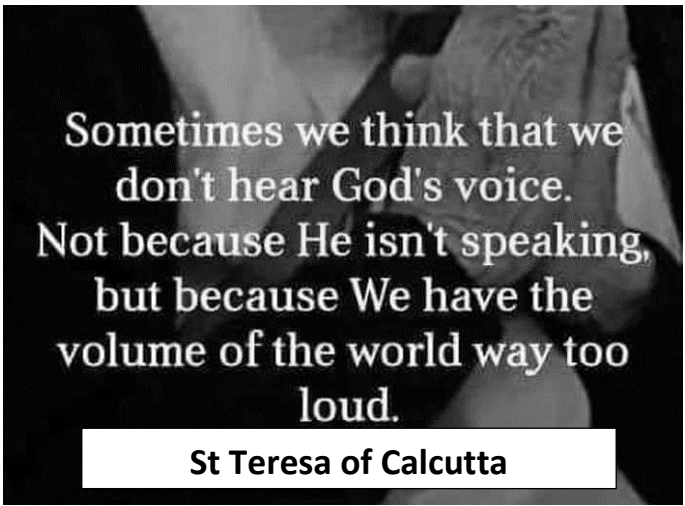


“We must look at Jesus, read His Word in Scripture and ask His Spirit to enlighten our minds and give us that particular way by which we can best attain the goal He has set for us.”

- Mother Angelica -

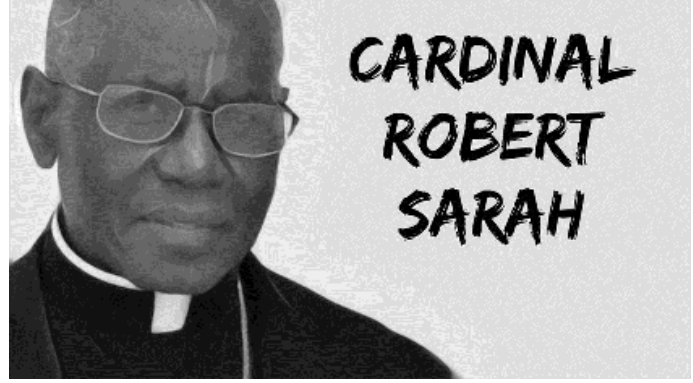


“MANKIND HAS NEVER BEEN SO RICH, YET IT REACHES ASTOUNDING HEIGHTS OF MORAL AND SPIRITUAL DESTITUTION BECAUSE OF THE POVERTY OF OUR INTERPERSONAL RELATIONSHIPS AND THE GLOBALIZATION OF INDIFFERENCE.



Sometimes we think that we don't hear God's voice. Not because He isn't speaking, but because We have the volume of the world way too loud.

St Teresa of Calcutta



CARDINAL ROBERT SARAH

PROCESSIONAL HYMN:

Forty Days and forty nights
Thou wast fasting in the wild;
Forty Days and forty nights
Tempted, and yet undefiled.

Shall not we thy sorrow share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Glad with thee to suffer pain?

And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his Vanquisher before,
Grant we may not faint nor fail.

So shall we have peace divine:
Holier gladness ours shall be;
Round us, too, shall angels shine,
Such as ministered to thee.

Keep, O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.

OFFERTORY HYMN:

Lord, make me to know thy ways,
O Lord. O Lord, teach me thy paths,
O lead me in thy truth, and teach me,
For thou art the God of my salvation.

*Ave Regina caelorum,
Ave Domina Angelorum:
Salve radix, salve porta,
Ex qua mundo lux est orta;
Gaude Virgo gloriosa.
Super omnes speciosa:
Vale o valde decora,
Et pro nobis Christum exora.*

COMMUNION HYMN:

Attende Domine,
Et miserere,
Quia peccavimus tibi
R: Attende
Ad te Rex summe, omnium redemptor,
Oculos nostros sublevamus flentes:
Exaudi, Christe, supplicantum preces.
R: Attende

Dextera Patris,
Lapis angularis,
Via salutis, janua caelestis
Ablue nostri maculas delicti
R: Attende

Rogamus, Deus, tuam majestatem:
Auribus sacris gemitus exaudi:
Crimina nostra placidus indulge.
R: Attende

Tibi fatemur crimina admissa:
Contrito corde pandimus occulta:
Tua Redemptor, pietas ignoscat.
R: Attende

*Innocens captus, nec repugnans ductus;
Testibus falsis pro impi-is damnatus: quos
redemisti, tu conserva, Christe.
R: Attende*

English Translation;
Look down, O Lord, and have mercy, for we
have sinned against thee.

To thee, high King, Redeemer of all,
weeping we lift our eyes; hear, Christ, the
prayers of thy servants.

Right hand of the Father, cornerstone, path
of salvation and gate of heaven, cleanse the
stains of our sins.

O God, we pray thy majesty, lend thy holy
ears to our sighs, mercifully forgive our
offences.

To thee we confess committed sin, with
contrite heart we unveil hidden faults; may
thy mercy, Redeemer, forgive.

Seized though innocent, led away
unresisting, condemned by false witness in
place of the guilty, Christ keep those whom
thou hast redeemed.

God of Mercy and Compassion,
Look with pity upon me,
Father let me call Thee Father,
'Tis thy child returns to Thee.

Jesus Lord, I ask for mercy;
let me not implore in vain;
All my sins, I now detest them,
never will I sin again.

See our Saviour, bleeding, dying,
on the cross of Calvary;
To that cross my sins have nail'd Him,
yet bleeds and dies for me.

RECESSIONAL HYMN:

Lord, who throughout these forty days
for us didst fast and pray,
teach us with thee to mourn our sins
and close by thee to stay.

As thou with Satan didst contend
and didst the vict'ry win,
O give us strength in thee to fight,
in thee to conquer sin.

As thou didst hunger bear and thirst,
so teach us, gracious Lord,
to die to self,
and chiefly live by thy most holy word.

And through these days of penitence,
and through thy Passiontide,
yea, evermore, in life and death,
Jesus! with us abide.

Abide with us, that so,
this life of suffering over past,
an Easter of unending joy we may
attain at last!

NEXT SUNDAY:

25th February 2024
2nd Sunday of Lent

Gen 22:1-2, 9-13, 15-28; Roms 8:31-34;
Mark 9:2-10;

LITURGY ROSTER

Readers: G. Lao, T. Molloy
Prayers of the Faithful: S. Shaw
Offertory: Hatzaw Family
Special Ministers: P. Ulugia

CHURCH CLEANING ROSTER

Xavier/D'Lima Families

SUNDAY CUP OF TEA ROSTER

Leite Family

ANNIVERSARIES THIS WEEK

18 Feb: Paea, Christopher & Moana
Poaunga
19 Feb: William Malloy, Cecilia Karl,
Russell McDowall
20 Feb: Alfred Wilson, Majid Pirinia
21 Feb: Noel Wiles – Pickard,
Kenneth Moros, Peggy Tolcher
22 Feb: Atonio Savea
23 Feb: Frances Leef, Pasi Ulugia

HOLY FAMILY PARISH NOTICES

**2nd to last chance to sign up for the
Sacramental Programme for 2024:** Just a
reminder our Parish Sacramental
Programme – 1st Reconciliation starts next
Saturday 24th February at 4pm – 5pm.
Please note: that if you would like your child
or children to receive – Confirmation and 1st
Holy Communion this year – they will need
to receive preparation for this sacrament
first. Please email Ellen – your child's name
(age) and your contact details to
hfparrish@xtra.co.nz

**Altar Servers Practise for Holy Week:
11am - 12:30pm, Saturday, March 23.**

Pro-Life Rosary, Sundays at 3pm in the
Church. This is a good commitment to
make for Lent.

DIOCESAN NOTICES

**Lent at St Michael's In the lead up to
Lent**, St Michael's RE Committee invites
you to a programme of five weekly talks by
Fr Merv Duffy. This unique series is
designed to enrich our understanding of
Lent, deepen our faith, as well as explore
the mysteries and significance of the
Eucharist during this sacred season. This
programme will be presented on Tuesday
evenings at St Michael's beginning Tuesday
20 February 7.00pm – 8.00pm. Register at
St Michael's
website [https://www.remueracatholic.org.
nz/lenten-programme](https://www.remueracatholic.org.nz/lenten-programme)

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

Stations of the Cross
Fridays during Lent
at 7pm

