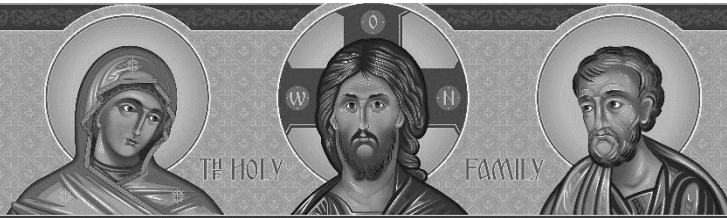


Holy
Family



Catholic
Parish

SECOND SUNDAY OF LENT – YEAR C – 16th of MARCH 2025

FIRST READING : Genesis 15:5-12,17-18

Taking Abram outside, the Lord said, 'Look up to heaven and count the stars if you can.' 'Such will be your descendants,' he told him. Abram put his faith in the Lord, who counted this as making him justified. 'I am the Lord' he said to him 'who brought you out of Ur of the Chaldaeans to make you heir to this land.' 'My Lord,' Abram replied 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off. Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms: 'To your descendants I give this land, from the wadi of Egypt to the Great River.'

RESPONSORIAL PSALM : Psalm 26(27):1,7-9,13-14



℟ The Lord is my light and my sal-va-tion

The Lord is my light and my help, whom shall I fear? The Lord is the stronghold of my life, before whom shall I shrink? ℟

O Lord hear my voice when I call, have mercy and answer, of you my heart has spoken, seek his face. ℟

It is your face O Lord that I seek, hide not your face, Dismiss not your servant in anger, you have been my help. ℟

I am sure I shall see the Lord's goodness in the land of the living Hope in him hold firm and take heart, hope in the Lord! ℟

SECOND READING : Philippians 3:17-4:1

My brothers, be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things. For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe. So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

GOSPEL : Luke 9:28-36

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

A. Musical notation for the beginning of the Mass, starting with a treble clef and a key signature of one flat. It includes a large 'P' for piano and a series of notes on a staff.

A-ter nos-ter, qui es in cae-lis: sancti-fi-ce-tur
no-men tu-um; ad-ve-ni-at regnum tu-um; fi-at vo-lun-
tas tu-a, sic-ut in cae-lo, et in terra. Panem nostrum
co-ti-di-á-num da no-bis hó-di-e; et dimítte no-bis

Musical notation for the end of the Mass, continuing the melody from the previous block. It includes a series of notes on a staff.

DON'T WASTE YOUR LENT.

Practical Tips To Combat Sin & Draw Closer to God

1. PRIDE

- 1 TAKE PART IN UNFAMILIAR ACTIVITIES.**
Being new to something is to risk being humiliated, try a sport or task you have always avoided.
- 2 PRAY THE 'LITANY OF HUMILITY' DAILY.**
Available on EWTN.
- 3 SPEAK LESS, LISTEN MORE.**
Refrain from idle speech, and do not gossip about others unless it is to speak well of them.
- 4 AFFIRM OTHERS.**
Actively observe and recall the good deeds done by others and provide them with genuine words of encouragement.

"MY GOD, MY GOD, WHY HAST THOU FORSAKEN ME?"
(MARK 15:34)

2. LUST

- 1 EXERCISE DAILY TO BUILD DISCIPLINE.**
Engage in physical exercises. Self-mastery is necessary in growing in holy purity.
- 2 AVOID IDLE TIME.**
Send a scheduled plan with purposeful activities each week to a trustworthy & reliable accountability partner/friend.
- 3 PRACTICE CUSTODY OF THE EYES.**
Control what you view on your devices and in public.
- 4 TAKE COLD SHOWERS.**
Instead of living comfortably, take cold showers during Lent.
- 5 FREQUENT THE SACRAMENTS.**
Go for Confession at least once a month, even confessing venial sins will help you to grow in humility and be docile to the will of God. Go for Holy Mass daily. Receive and adore the Most Holy Eucharist.

"WOMAN, BEHOLD THY SON." TO THE DISCIPLE, "BEHOLD YOUR MOTHER."
(JOHN 19:26-27)

3. SLOTH

- 1 NO HITTING SNOOZE.**
Place your phone at the end of your room before your sleep.
- 2 STOP DOOMSCROLLING.**
Uninstall applications or replace it with reading, prayer or exercise.
- 3 UNINSTALL STREAMING PLATFORMS.**
Commit this extra time to prayer.
- 4 CHANGE YOUR PRAYER POSTURE.**
Falling asleep while praying? Try kneeling, standing or sitting at your desk.
- 5 STAY AWAKE AND KEEP WATCH.**
Consider visiting your local Adoration Chapel for a night a week during Lent.

"IT IS FINISHED."
(JOHN 19:30)

4. WRATH

- 1 PRAY THE 'JESUS PRAYER'.**
Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner."
- 2 PRACTICE PATIENCE AND HUMILITY.**
"If you are truly merciful, when you are wrongfully and cruelly deprived of what is yours, you will not be angry within or without." (Saint Isaac the Syrian)
- 3 REMEMBER CHRIST CRUCIFIED.**
A sure antidote is found in gazing upon the crucified Saviour, who lifted not a finger against His persecutors, never once cried out against them, never once fought back.

"FATHER, FORGIVE THEM FOR THEY KNOW NOT WHAT THEY DO."
(LUKE 23:34)

"Fasting is not only the abstinence from food, but also the putting away of sin, the bridling of the tongue, the restraint of anger, the separation from lusts, slander, falsehood, and perjury. The abstinence from these is true fasting."
St Basil the Great

5. GREED

- 1 VOLUNTEER WITH A CHARITY ORGANISATION.**
- 2 PRACTICE DETACHMENT.**
Practice detachment from items by giving away your possessions to those who may benefit from it.
- 3 DONATE TO EACH PERSON IN NEED.**
Practice almsgiving by making a donation to each beggar or person in need you encounter.
- 4 BUY ONLY ESSENTIALS.**
No unnecessary shopping.

"FATHER, INTO THY HANDS I
COMMEND MY SPIRIT."

(LUKE 23:46)

6. ENVY

- 1 FORGIVE.**
Refrain from the remembrance of wrongs.
- 2 PRACTISE GRATITUDE.**
Call to mind the blessings that God has given you.
- 3 STOP COMPARING YOURSELF.**
Pray for the person whom you are envious of.
- 4 VISIT THE POOR AND SICK.**
Apart from providing for the poor with the necessary aid, frequently remind us of how fortunate we are.

"THIS DAY THOU SHALT BE
WITH ME IN PARADISE."

(LUKE 23:43)

"IF YOU CANNOT FAST FROM
FOOD, THEN AT LEAST FAST
FROM EVIL WORDS, EVIL
THOUGHTS AND EVIL DEEDS

St. John Chrysostom

ὁ ἅγιος

7. GLUTTONY

- 1 RESOLVE TO EAT LESS OF SOMETHING THAT YOU LIKE THIS LENT.**
- 2 NO SNACKING IN BETWEEN MEALS.**
- 3 GIVE UP SUPPERS.**
- 4 REFRAIN FROM SWEET DRINKS & ALCOHOL.**
- 5 NO SECOND SERVINGS AT MEAL TIME.**

"I THIRST."

(JOHN 19:28)

There are three traps of
Satan that steal joy and
peace:

- Regretting about the past
- Fear for the future
- Ingratitude for the present.

St. Anthony the Great

"A single tear shed at the
remembrance of the
Passion of Jesus is worth
more than a pilgrimage to
Jerusalem or a year of
fasting on bread and water."

- St. Augustine

PROCESSIONAL HYMN:

The glory of these forty days
we celebrate with songs of praise;
for Christ, through whom
all things were made,
himself has fasted and has prayed.

Alone and fasting Moses
saw the loving God
who gave the law; and to Elijah,
fasting came the steeds
and chariots of flame.

So Daniel trained his mystic sight,
delivered from the lions' might;
and John, the Bridegroom's friend,
became the herald of Messiah's
name.

Then grant us, Lord, like them to be
full oft in fast and prayer with thee;
our spirits strengthen with thy
grace, and give us joy to see thy
face.

O Father, Son, and Spirit blest,
to thee be every prayer addressed,
who art in threefold Name adored,
from age to age, the only Lord.

OFFERTORY CHANT: Choir
*I shall meditate upon your
commandments* which I greatly love;
I will extend my hands towards your
commandments which I love.*

All ye who seek a comfort sure
In trouble and distress,
Whatever sorrow vex the mind,
Or guild the soul oppress:

Our Lord, who gave Himself for you
Upon the Cross to die,
Opens to you His sacred Heart;
O to that Heart draw nigh.

Ye hear how kindly he invites;
Ye hear His words so blest:
"All ye that labor come to Me,
And I will give you rest."

What meeker than
the Saviour's Heart?
As on the Cross He lay,
It did His murderers forgive,
And for their pardon pray.

O Heart, Thou joy of Saints on high,
Thou hope of sinners here,
Attracted by those loving words
To thee I lift my prayer.

Wash thou my wounds in
That dear blood,
Which forth from Thee doth flow;
New grace, new hope inspire,
A new And better heart bestow.

COMMUNION HYMN:

*God loved the world so much
He gave His only Son that who believes in
Him shall never die
but have eternal life.*

God sent His Son into the world not to
condemn the world but that the world
might be saved through Him.

Through Him, God reconciled all things on
earth and in the heav'ns, by making peace
by His blood outpoured.

May God give knowledge of His will, and
you with wisdom's understanding fill that
you bear lasting fruit.

RECESSIONAL HYMN:

Hail, Queen of heav'n, the ocean star,
Guide of the wand'rer here below;
Thrown on life's surge,
we claim thy care:
Save us from peril and from woe
Mother of Christ, star of the sea.
Pray for the wand'rer, pray for me.

O gentle, chaste, and spotless maid,
We sinners make our prayers through
thee; Remind thy son that he has paid
The price of our iniquity.
Virgin most pure, star of the sea,
Prayer for the sinner, pray for me.

Sojourners in this vale of tears,
To thee, blest advocate, we cry:
Pity our sorrows, calm our fears,
And soothe with hope our misery.
Refuge in grief, star of the sea,
Pray for the mourner, pray for me.

QR CODE FOR ST JOSEPH'S DAY



NEXT SUNDAY:

30th March 2025

4th Sunday of Lent (Yr C)

Joshua 59-12; 2 Cor 5:17-21;

Lk 15:1-3, 11-32;

LITURGY ROSTER

Readers: G. Lao, J. Brodie

Prayers of the Faithful: E. O'Brien

Offertory: La'akulu Family

Special Ministers: F. Ulugia

CHURCH CLEANING

Hatzaw – Shwe Thang Families

SUNDAY CUP OF TEA ROSTER

St Joseph Men's Group

ANNIVERSARIES THIS WEEK

16 Mar: Ravindra Prasad

17 Mar: Sr. Genevieve, Mate Ulrich
& Jim Lyons

18 Mar: Roe Atkinson, William Ewing

19 Mar: Roland Greenslade, Peter Cross

20 Mar: Rowland Gale

21 Mar: Lorre Mihaljevich William Newman

22 Mar: George Watts, Jakov Truhovich,
John Scott, Dale Timmins

PARISH FINANCES

Parish \$3,313.00

Priest \$1,656.50

Total APs and Cash \$4,969.50

HOLY FAMILY PARISH NOTICES

Stations of the Cross

Every Friday during Lent at 7pm

Palm Leaves: Do you have a palm tree?
The palm trees we used to get our palm
leaves from for the crosses and Palm
Sunday have been cut down and now we
need to find a new tree we can cut from.
Please see Ellen or email
hfparish@xtra.co.nz or contact 098346677

Sacramental Programme – 1st

Reconciliation: This is the last chance to
register for the Sacramental Programme
for 2025. *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 see Ellen or
email – your child's name (age) and your
contact details to hfparish@xtra.co.nz*

Pledge Envelopes and Annual Receipts:

The Pledge Envelopes will be available for
collection after the 8am and 9:30am
Masses on Sunday 23rd March.
The Annual Receipts will be sent out after
Easter, specifically on April 27th. This is
also a great opportunity to update your
address or email address if they have
changed. To make any updates, please
email Ellen in the Office.

Church Parking – Please do not park on the
grass or block the front driveway and access to
the parking behind the hall. There is ample
parking available behind the Church and Hall.