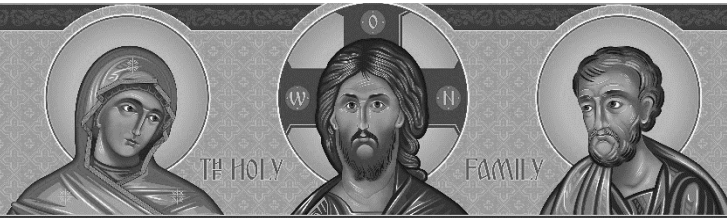


Holy  
Family



Catholic  
Parish

## FIRST SUNDAY OF LENT – YEAR C – 9<sup>th</sup> of MARCH 2025

### FIRST READING : Deuteronomy 26:4-10

Moses said to the people: "The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement: "My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, the Lord, have given me." 'You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

### RESPONSORIAL PSALM : Psalm 90(91):1-2,10-15



℟ Be with me Lord, when I am in trouble.

He who dwells in the shelter of the most High, and abides in the shade of the Almighty, says to the Lord 'My refuge', my stronghold, my God in whom I trust. ℟

Upon you no evil shall fall, no plague approach where you dwell, For you has he commanded his angels to keep you in all your ways. ℟ They shall bear you upon their hands lest you strike your foot against a stone, On the lion and the viper you will tread, and trample the young lion and the dragon. ℟

His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you'. I will save him in distress and give him glory. ℟

### SECOND READING : Romans 10:8-13

Scripture says: *The word* (that is the faith we proclaim) *is very near to you, it is on your lips and in your heart.* If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: *those who believe in him will have no cause for shame,* it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask his help, *for everyone who calls on the name of the Lord will be saved.*

### GOSPEL : Luke 4:1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.' Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.' Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.' But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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.



# 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.

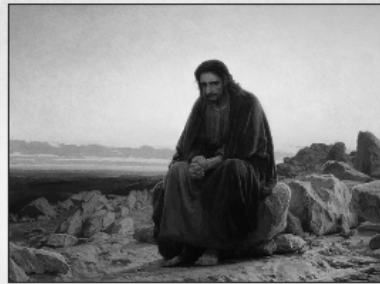
The forty days of fasting comes down to us **from the Old Testament**, for we read that:



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



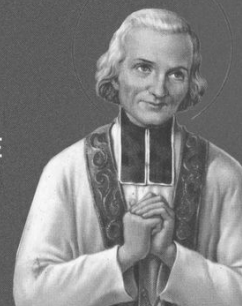
The fast is **broken** by eating between meals and by drinks which could be considered food (milk shakes, but not milk).

## 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.

"IF YOU INVOKE THE BLESSED VIRGIN WHEN YOU ARE TEMPTED, SHE WILL COME AT ONCE TO YOUR HELP, AND SATAN WILL LEAVE YOU"

ST. JOHN VIANNENY



# CATECHISM OF THE CATHOLIC CHURCH

## JESUS' TEMPTATIONS

**538** The Gospels speak of a time of solitude for Jesus in the desert immediately after his baptism by John. Driven by the Spirit into the desert, Jesus remains there for forty days without eating; he lives among wild beasts, and angels minister to him.<sup>241</sup> At the end of this time Satan tempts him three times, seeking to compromise his filial attitude toward God. Jesus rebuffs these attacks, which recapitulate the temptations of Adam in Paradise and of Israel in the desert, and the devil leaves him "until an opportune time".<sup>242</sup>

**539** The evangelists indicate the salvific meaning of this mysterious event: Jesus is the new Adam who remained faithful just where the first Adam had given in to temptation. Jesus fulfills Israel's vocation perfectly: in contrast to those who had once provoked God during forty years in the desert, Christ reveals himself as God's Servant, totally obedient to the divine will. In this, Jesus is the devil's conqueror: he "binds the strong man" to take back his plunder.<sup>243</sup> Jesus' victory over the tempter in the desert anticipates victory at the Passion, the supreme act of obedience of his filial love for the Father.

**540** Jesus' temptation reveals the way in which the Son of God is Messiah, contrary to the way Satan proposes to him and the way men wish to attribute to him.<sup>244</sup> This is why Christ vanquished the Tempter *for us*: "For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning."<sup>245</sup> By the solemn forty days of *Lent* the Church unites herself each year to the mystery of Jesus in the desert.

### THE HOLY SPIRIT AND THE CHURCH IN THE LITURGY

**1091** In the liturgy the Holy Spirit is teacher of the faith of the People of God and artisan of "God's masterpieces," the sacraments of the New Covenant. The desire and work of the Spirit in the heart of the Church is that we may live from the life of the risen Christ. When the Spirit encounters in us the response of faith which he has aroused in us, he brings about genuine cooperation. Through it, the liturgy becomes the common work of the Holy Spirit and the Church.

**1092** In this sacramental dispensation of Christ's mystery the Holy Spirit acts in the same way as at other times in the economy of salvation: he prepares the Church to encounter her Lord; he recalls and makes Christ manifest to the faith of the assembly. By his transforming power, he makes the mystery of Christ present here and now. Finally, the Spirit of communion unites the Church to the life and mission of Christ.

### THE HOLY SPIRIT PREPARES FOR THE RECEPTION OF CHRIST

**1095** For this reason the Church, especially during Advent and Lent and above all at the Easter Vigil, re-reads and re-lives the great events of salvation history in the "today" of her liturgy. But this also demands that catechesis help the faithful to open themselves to this spiritual understanding of the economy of salvation as the Church's liturgy reveals it and enables us to live it.

### THE MANY FORMS OF PENANCE IN CHRISTIAN LIFE

**1438** *The seasons and days of penance* in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice.<sup>36</sup> These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

## 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 almsgiving 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.
<div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>	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.

**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:**

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.

**COMMUNION 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 o’er past,  
an Easter of unending joy we may  
attain at last!

**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.

**DIOCESAN NOTICES**

**CALLING ALL  
AUCKLAND UNIVERSITY STUDENTS!**

There is a large, vibrant, Catholic student community in the Auckland CBD. Join us this year! To find out more please contact Daniel Story at [dans@cda.org.nz](mailto:dans@cda.org.nz) and/or check out our socials. Search *aucklandcatholicchaplaincy*"

**Join in a great Prayer for Life this Lent!**  
Ash Wednesday to Palm Sunday - pray for an end to abortion.  
Sign up and receive educational resources and daily prayer intentions. Join the peaceful prayer vigil near the abortion place on Wednesdays. Find out more at [FLI.org.nz/prayerforlife](http://FLI.org.nz/prayerforlife)

Please see the noticeboard for more notices.

**NEXT SUNDAY:**

**16<sup>th</sup> March 2025**

**2<sup>nd</sup> Sunday of Lent (Yr C)**

*Gen 15:5-12, 17-18; Phil 3:17-4:1;  
Lk 9:28-36;*

**LITURGY ROSTER**

**Readers:** N. Nunes, E. O'Brien  
**Prayers of the Faithful:** C. Tagiilima  
**Offertory:** P. Tagiilima Family  
**Special Ministers:** P. Tagiilima

**CHURCH CLEANING**

*No Church Cleaning –Adoration*

**SUNDAY CUP OF TEA ROSTER**

*Samoa Community*

**ANNIVERSARIES THIS WEEK**

- 9 Mar:** Eileen Tolines, Frana Divich, Patricia Wyrill, Eileen Townes
- 10 Mar:** Isobel Glynn, Jack Waitapu, Lois Sumich, Rosaline Corkill
- 11 Mar:** Bernadette Williams, Melva Molloy
- 12 Mar:** Joyce Fitzgerald, Terry Fitzgerald, Kathleen Bonner
- 14 Mar:** Donald Ah Loo, Huck Chang Tan

**PARISH FINANCES**

<b>Parish</b>	<b>\$2,391.33</b>
<b>Priest</b>	<b><u>\$1,195.67</u></b>
<b>Total AP's and Cash</b>	<b>\$3,587.00</b>

**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 [hffparish@xtra.co.nz](mailto:hffparish@xtra.co.nz) or contact 098346677

**Sacramental Programme – 1<sup>st</sup>**

**Reconciliation:** Our Parish Sacramental Programme starts on Saturday 15<sup>th</sup> March and registration closes 22<sup>nd</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 Ellen or email – your child's name (age) and your contact details to [hffparish@xtra.co.nz](mailto:hffparish@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 23<sup>rd</sup> 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.