



HOLY EUCHARIST PARISH

1A Oleander Drive, St Albans South 3021

Office Hours: Tues - Fri: 9:00am - 3.30pm

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FIRST SUNDAY OF LENT, YEAR B

REDEMPTORIST COMMUNITY

Parish Priest & Mission Leader

Fr Vincent Long Pham, CSsR

Assistants

Fr Joseph Xuan Hieu Nguyen, CSsR

Fr. Dominic Carrigan, CSsR

Fr. Robin Lomangkook, CSsR

Fr Patrick Corbett, CSsR

Parish Secretary

Mary-Lucy Atonio PH: 9366 1310

Parish School Principal

Michael Bonnici PH: 8312 0900

Filipino Chaplain

Fr Joselito Asis

South Sudanese Chaplain

Deacon George B.P.Meat

MASS TIMES

- ♦ **Tues-Fri:** 9:00am
- ♦ **Saturday:** 6:00pm
7.30pm Vietnamese
- ♦ **Sunday:** 8:45am, 10:00am,
6:00pm
12:00pm Vietnamese

Other Masses

- 1st & 2nd Sun. Sudanese Mass 3pm
- 3rd Sun Samoan Mass - 2.00pm
- 4th Sun Filipino Mass - 3.00pm

SOCIAL OFFICE/(JP SERVICE)

Contact: Son Nguyen

Phone 9366 1310

Friday 10:00am-3:00pm.

FOODBANK open Fridays
10.30am until 2.00pm. More details call Charlie 03 9366 1310.

RCIA: Please contact Br. Anthony Gatt on 0419 115 692 or call the Parish Office for more details.

SACRAMENTAL PREPARATION

Preca Centre, 29 Rosslare Parade,
St Albans – Ph: 9356 0734
between 7pm-8pm

THE LIVING WORD

First Reading: Genesis 9:8-15

'There shall be no flood to destroy the earth again'

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 Ps.24(25):4-6,7b-9

Your ways, O Lord, are love and truth to those who keep your covenant.

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.

Your ways, O Lord, are love and truth to those who keep your covenant.

Remember your mercy, Lord, and the love you have shown from of old.
In your love remember me,

17 & 18 FEBRUARY 2024

because of your goodness, O Lord.

Your ways, O Lord, are love and truth to those who keep your covenant.

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.

Your ways, O Lord, are love and truth to those who keep your covenant.

Second Reading: 1 Peter 3:18-22

The water on which the Ark floated is a type of the baptism which saves you now

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 Acclamation Matthew 4:4

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel Mark 1:12-15

Jesus was tempted by Satan, and the angels looked after him

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.'

GOSPEL REFLECTION

Lent comes around each year and presents us with its usual challenge to take stock of our lives, to see more clearly what is in our hearts and to discover what might be calling us out of our comfort zones. It is a time to consider how we might respond to the pain of the world and of its inhabitants. It is a time for personal as well as group reflection, a time for entering into "the wilderness" and for grappling with the mysteries of life. It is a time of preparation for Easter when we will renew our baptismal vows and celebrate the greatest mysteries of our faith.

The gospel reading invites us to reflect on Jesus' forty-day experience in "the wilderness". Jesus is said to be "filled with the Holy Spirit" and, like so many human beings before and since, is "led by the Spirit" into the wilderness of life to be "tested" there. ["Tested" is a more accurate translation of the original Greek term than is "tempted"]. Forty is a symbolic number in Israel's story: the great flood lasts forty days and forty nights; Moses spends forty days and forty nights on the mountain of God; Israel wanders for forty years in the wilderness; King David reigns for forty years; the prophet Elijah travels forty days and forty nights in the wilderness on his way to the mountain of God.

The wilderness of Judah, with its unique desert flora and fauna, its wadis and waterholes, is ever so real. At the same time it functions symbolically in the narrative. In Israel's story, it is the place of testing for God's people: "Remember the long way that your God has led you these forty years in the wilderness... testing you to know what was in your heart" (Deuteronomy 8:2). Jesus now passes the tests that Israel failed in the wilderness.

Jesus is "with the wild beasts". This terse statement recalls the prophet Isaiah's vision of a future time of reconciliation and harmony when "the wolf will lie down with the lamb" (Isaiah 11:6-9). Jesus is presented as the one who ushers in that age of peace and healing of division. God's agents care

for him in his time of testing: "angels minister to him". In this context, Jesus announces the coming of God's empire or reign. His message is to "repent" or to "think beyond" in a way that might turn lives around in God's direction, and to "believe the good news" that he is set to proclaim in word and action. At a time of growing divide between the mega-rich and the desperately poor, we might look back to our symbolic tradition and forward to ways of bringing good news to those mostly deeply affected by the inequities in our world.

By Veronica Lawson RSM



THE LENTEN GARDEN

This is an artist impression of how a future **Garden and Way of the Cross** will adorn our parish.

Our Steering Committee has, for some time, been anxious about the **tall trees** that are at the side of the church. They sought a permit from **Brimbank Council** to either top or remove these trees. The Council replied that a permit is not needed since the removal meets the exemption of removing planted vegetation. However, the request is noted at the Council office. (Request no: 20/424256). The trees will be removed on Monday the 26th February 2024.

A life-size **WAY of the CROSS** has been **donated by parishioners** to Holy Eucharist Church. The steering Committee has approved the creation of what will be a Lenten Garden and Way of the Cross. It is hoped that the **New Way of the Cross** and the beginning of the Lenten Garden will be in place for Good Friday. Our thanks to our generous donors.

ASH WEDNESDAY & LENT



While ashes upon our foreheads serve as a stark reminder of our mortality, they symbolise much more. They mark the beginning of Lent, a **40-day journey towards Easter**,

but more importantly, they invite us to embark on a **deep cleaning of the soul**.

Like spring brings a refresh to the natural world, Lent prompts us to dust off the cobwebs within. It's a time to shed old habits, confront our shadows, and cultivate a deeper connection with ourselves and our higher purpose. This isn't just about **giving up chocolate or social media**; it's about intentionally evaluating our thoughts, words, and actions. Where do we harbour negativity? What judgments cloud our perception? What habits drain our energy or hinder our growth?

Perhaps this Lent let's dedicate time to prayer and meditation, nurture relationships that uplift us, engage in acts of service that bring meaning, and choose activities that feed our souls.

Yes, **Ash Wednesday** reminds us of our earthly limitations, but it also whispers the promise of transformation. Just as a seed buried in the winter soil blossoms in spring, our intentional efforts during Lent can cultivate within us a renewed spirit, a more compassionate heart, and a deeper connection to the divine.

May the ashes on our foreheads not just be a symbol, but a catalyst for a 'spring cleaning' of the soul, leading us towards a brighter and more fulfilling life.

Sourced from the Redemptorists—Majellan Media, Melbourne



February mark the beginning of **LENT** and next month, March, Moslems celebrate **RAMADAN**. There is much the two have in common. Both Christian and Moslems believe in **ONE GOD**, both stress the importance of **PRAYER**. Moslems must pray five times a day. In the Catholic contemplative monastic tradition there are five and even seven times for prayer each day. Lent and Ramadan is about **FASTING**. Moslems each day of Ramadan must fast from food and water from sunrise to sunset. Until quite recently, Catholic also had strict rules about fasting during Lent. Now only on **Ash Wednesday** and **Good Friday** (March 29), Catholics age 18 to 59 also limit the amount of food they eat and **abstain from meat**. Only one **full meal**, and two smaller meals that together do not equal a full meal, are eaten – and to avoid snacks! Exemption is allowed for

pregnant women and those who need regular meals for medical reasons.

“**F**ASTING” is a key part of both the Catholic and Moslem tradition. Fasting is the word used when the amount of food eaten is limited. “**ABSTINENCE**” is when you completely give something up, like meat, for a set period of time. Both “fasting” and “abstinence” play a role during Lent.

There is a long tradition that we abstain from something (food or activity) for the whole of Lent.

The **FIRST SUNDAY OF LENT** is a good time to make serious decision about Lent.

ARMS GIVING is the third part of Lent and Ramadan

I was hungry and you fed me; naked and you clothed me sick and you looked after me; in prison and you visited me...

The Lord appeared to St Paul on his way to arrest Christians. Suddenly, a great light and Paul heard: I am Jesus and you are persecuting me!

During but especially at the end of In Ramadan, Muslims must look to the needy, They poor, the Stranded and needy travelers, such as refugees; those in slavery or captivity, including trafficking victims.

In Lent we are encouraged to give money saved from of fasting or abstaining to the needy. The Project Compassion Box is a good companion during Lent and will help the poor and disadvantaged in Australia and abroad.

**HAPPY NEW YEAR
CHÚC MỪNG NĂM MỚI**



A touch of Vietnam came to Holy Eucharist Parish! The photo of the normally vacant space opposite the church. For Three (3) Days it became the space for **Festival of Lunar New Year**. The first day is for family to be together. The second day to remember the ancestors and pray for the dead. The final day to Pray for God's blessing on the coming year. We thank the Vietnamese community for letting us share this important celebration.



Last Sunday was shared with the **South Sudan community** as they celebrated the feast of **Saint Josephine Margaret Bakhita, FDCC**. She was a Canossian religious sister who died on February 8, 1947 in Schio, Italy; canonized October 1, 2000; her feast day February 8. The photo shows Pope Francis holding a book about her life. She is the first Sudanese-born saint who survived kidnapping and many years of enslavement. She is the patron saint of Sudan and of victims of human trafficking.

By Fr. Pat Corbett, CSsR



STATION OF THE CROSS

Commencing **Friday 16th February 2024 at 8.30am** in the Church until the 22nd March 2024. This will replace Adoration of the Blessed Sacrament on Fridays during the time of Lent.

CHURCH CLEANING

Week starting 14th February 2024
Group 7 - South Sudanese Community - Peter & John

CHOIR GROUPS

- Saturday 24th February 2024**
- ♦ 6.00pm – St Francis Choir
- Sunday 25th February 2024**
- ♦ 8.45am - Samoan Choir
- ♦ 10.00am - Fernandez Family
- ♦ 6.00pm - HE Parish Youth

**READERS/COMMENTATOR/
COORDINATOR/EUCHARISTIC
MINISTERS**

- Tues 9:00 AM, 20-02-24**
- Reader Xuan Duong
- Eucharistic Min. Monica Lomen
- Wed 9:00 AM, 21-02-24**
- Reader Carmen Camilleri
- Eucharistic Min. Carmen Camilleri
- Thurs 9:00 AM, 22-02-24**
- Reader: Shirley Krizmanic
- Eucharistic Shirley Krizmanic
- Fri 9:00 AM, 23-02-24**
- Reader Helen Maddela
- Eucharistic Min. Catherine Bartolo
- Sat 6.00 PM, 24-02-24**
- Lit. Coordinator: Reno Attard
- Commentator: Carmen Carmilleri
- Readers: St Francis Choir
- St Francis Choir
- Eucharistic Min. Josephine Cassar
- Miriam Vella
- Reno Attard
- Sun 8.45 AM, 25-02-24**
- Lit. Coordinator: Monica Lomen
- Commentator Salve Nidea
- Readers: Shirley Krizmanic
- Susan Fatai
- Eucharistic Min: Wilma Marmur
- Mini Eddy
- Monica Lomen
- Sun 10:00AM, 25-02-24**
- Lit. Coordinator: Saua Tufuga
- Commentator: Rita Martin
- Reader: Joh Cablao
- Susan Hallorina
- Eucharistic Min. Br. Tony Gatt
- Rita Martin
- Saua Tufuga
- Sun 6.00PM, 25-02-24**
- Lit. Coordinator: Larnie Mendoza
- Commentator Xuan Duong
- Reader Rob Lalunio
- Larnie Mendoza
- Eucharistic Min. Larnie Mendoza
- Xuan Duong
- Rob Lalunio



LET US PRAY FOR

The Sick
Marlene Ferdinand, Pam Norris, Pauline Storace, Arnord Fernandez, Toni Antonowicz, Anna, Maria Kim, Yulette Tanner, Stella Sandle, Frank, Doris Carabott.

Recently Deceased
Bby Marisha Toese Brown

Death Anniversaries
Angela Bugeja(7yrs), George, Charles & Maria Bugeja, John, Rose & George Frendo, Tona Borg, Kolina Muscat, Carmen Cassar, George & Lucy Cauchi, Ian Ness, William Miller, Family Attard, Grech, Schembri & Zammit, Bruce Mc Leon, Anita Guzman, Luis Lopez, Boris Kolendowski, Luis Lowell, Antonio & Mercia Yelo, Joseph Ferosa, Maria Nguyen Thi Dao, Hoang Family (Fanxico, Maria, Maria & Teresa) & Nguyen Family(Joseph, Anna & Maria), Nazareno & Josephine Spiteri, Antonio Mifsud, Philip Gauci, Joseph, Frank & John Xerri, Cornelio Maddela, Grazio (Horace) Camilleri, Joseph & Franc Xiberras, Reno Cauchi, Mac-co Ngo Van Thinh, Lucia Huynh Thi Kim Hue, Phero Ngo Minh Truong, Maria Huynh Thi Thanh Kieu, Phero Le Nghia, Matta Le Thi Linh, Phero Le Quang Tuan, Theresa Nguyen Ngoc Giang Thu, Dominico Le Ngoc Son, Maria Tran Thi Huong, Mary Camilleri, Richard & Connie Cummi, Iro & Jessie Vella, Angela Chircop, Peter Disco, Wayne Camilleri, Bartolo family, Brincat & Galea family, Maria Vu Thi Yeu Thuong, Duong Family, Do Family, Vincent Duong Kham Su, Michael Alphonsus Schiller, Mollie Rice (Marie), Raymond Abela and All Souls

SAFETY FOR ALL

Holy Eucharist Parish is committed to the safety, wellbeing and dignity of all children, young people and vulnerable adults.

ACKNOWLEDGEMENT

Holy Eucharist parish respectfully acknowledges the Wurundjeri people as the traditional custodians of the land on which we reside and worship.

VOCATION VIEW

Jesus cleaned out the temple of money changers. He was angry; He was zealous; He was authoritative. He was doing what He had to do, even though it involved risk, danger, insult and wonder. Such is a vocation

All information used in accordance with the terms of our privacy policy.