



# John the Baptist Parish

Bonnyrigg Heights

(incorporating Bonnyrigg Heights, Green Valley, Edensor Park, Abbotsbury and Cecil Hills)

# LENTEN BULLETIN 2013

## What's Happening at John the Baptist Church during Lent?

- ◇ **Stations of the Cross:** Fridays at 7:00pm in the Church.
- ◇ **Reconciliation Times:** Wednesday Evenings between 6 and 6:50pm.
- ◇ **Holy Hour - 7:00pm Thursday 1st March**  
Exposition of the Blessed Sacrament  
Evening Prayer  
Quiet time  
Night Prayer  
Benediction
- ◇ **Lenten Groups**

**Adults** - will be gathering in homes to reflect on the Sunday Gospels of Lent. Meetings will include reflection, prayer and discussion take about an hour to an hour and a half. This is a great way to deepen our faith, prepare for Lent and to meet other parishioners. Sign up sheet on Church noticeboard.

### LENTEN YOUTH PROGRAM

Many people normally "give up" something for Lent such as food or drink (which is great to do!), however, you can also make a commitment during Lent which increases your relationship with Christ in other ways. One way to do this is by attending our weekly Lenten youth program!

### Afterschool Program

We will be running an afterschool Lenten program for all high school students on Friday afternoons from 3:30pm-4:30pm. It will consist of six sessions which will run from Friday 15th February - Friday 22nd March, at the Parish Hall. All students are welcome to attend and session will include **DRINKS** and **SNACKS!** Please sign up on the sheet hung up on the noticeboard if you are interested.

### Young Adults Program

We will also be running a Lenten program for young adults from the ages of 18-35. This program will run every Thursday evening from 6:00pm-7:00pm at the Parish Hall. The sessions will run from Thursday 14th February - Thursday 21st March. Light snacks and drinks will also be provided, so I encourage all of you to give it a go! Please sign up on the sheet hung up on the noticeboard if you are interested.

- ◇ **Church open for Prayer at all times**
- ◇ **Daily Masses**  
Tuesday, Thursday, Friday and Saturday - 9:10am  
Wednesday 7:00pm

### Parish Lenten Mission "The Catholic Guy"

<b>Session One:</b>	Wednesday 6th March	7:30pm
	Thursday 7th March	9:45am
<b>Session Two:</b>	Thursday 7th March	7:30pm
	Friday 8th March	9:45am
<b>Session Three:</b>	Friday 8th March	7:30pm
	Monday 11th March	9:45am
<b>Session Four:</b>	Monday 11th March	7:30pm
	Tuesday 12th March	9:45am

**Session Five:** JOINT FINAL SESSION: Tuesday 12th March, 7:30pm



## Ash Wednesday 13th February, 2013

Lent begins - a day of fast and abstinence, with blessing and distribution of Ashes.

- 9:10am** - Mass, Blessing and Distribution of Ashes (300 John the Baptist Students attending)
- 11:00am** - Blessing and Distribution of Ashes (600 Freeman Students attending)
- 12:30pm** - Mass, Blessing and Distribution of Ashes (300 John the Baptist Students attending)
- 7:00pm** - Mass, Blessing and Distribution of Ashes



## Why we do works of Penance?

Penance is not about making a show of myself; rather, I make an effort to change my heart. Penance for the Christian of the 21st Century might include help to our spiritual growth such as:

- ◇ Watch your words for six weeks
- ◇ Avoid the hasty word for six weeks
- ◇ Be slow to condemn for six weeks
- ◇ Resist the surges of anger for six weeks
- ◇ Don't enter into gossip for six weeks
- ◇ Be hopeful for six weeks



Be mindful of these and they become habits which blossom into virtue. None of us is exempt from the need for penance and Lent is a gift of time to practice for a sincere return to God, the Father of mercies.

## MASSES TIMES IN THE PARISH

### WEEKDAY MASS TIMES

Monday - No Mass  
(Except for Monday 11th March 9:10am - during the Mission)  
Tuesday - 9:10am  
Wednesday Evening - 7:00pm  
Thursday - 9:10am  
Friday - 9:10am  
Saturday - 9:10am

### SUNDAY MASSES

**Vigil Mass:** 5:30pm  
**Sunday:** 8:00am  
10:00am  
5:30pm

(The 5:30pm Mass on the 4th Sunday of the Month will be in Tagalog)

**RECONCILIATION:** Saturday 4.15 - 5.00pm

## Little Black Books

Please pick up your "Little Black Book", and your Project Compassion material this weekend in preparation for the beginning of Lent on Wednesday and then we will be signed with the ashes and reminded we are "dust to dust" "ashes to ashes" and to turn away from sin and be faithful to the Gospel.

Mount Street, BONNYRIGG HEIGHTS 2177

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**www.johnthebaptist.org.au**

**Lent is a special time of spiritual growth. It is a time for prayer, fasting and the giving of alms (providing for those in need). We are invited to be open to the movement of the spirit of God in our lives.**

**Some suggestions:**

**Prayer: Daily prayer**

Morning Prayer - Asking God to be with you throughout the day.

Prayer during the day - Be aware of God's presence in all your activities and tasks - especially the things you find difficult.

Evening Prayer - Reflecting on where God has been in your day and praising God. Spend some quiet time - pray for forgiveness, guidance and peace. Pray for those you met during this day.

Make a special effort to attend Mass and enter into the sacred mysteries we celebrate. The Church is always open for prayer.

Use the Little Black Book daily.

**Other ideas**

- 1 Read and reflect on Sacred Scriptures
- 2 Spend time with Jesus in the Eucharist in a Church or Chapel
- 3 Make a pilgrimage to a Church, Chapel or holy place
- 4 Make Stations of the Cross, pray the Rosary
- 5 Take the opportunity to celebrate the Sacrament of Penance (Confession, Reconciliation) presented by the Parish, in preparation for Easter
- 6 Attend Holy Hour (Exposition of the Blessed Sacrament and Benediction).

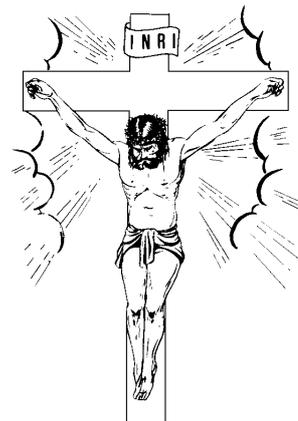
**Fasting**

- 1 Eat what you need, not what you want
- 2 Eat more frugally
- 3 Have a simple family meal (Donate to Project Compassion)
- 4 Forfeit some entertainment (e.g. trip to the Cinema, takeaway meal, social outings - and give to those in need)
- 5 Have an alcohol or smoke free day
- 6 Live a more disciplined life (go to bed early, do some exercise)
- 7 Restrict TV and video games and internet use.
- 8 Relate and communicate with others
- 9 Spend extra time doing meaningful tasks and developing your spirituality

**The giving of Alms (providing for those in need)**

Integrate this into your fasting and praying.

- 1 Place Project Compassion box and set up Envelopes in a prominent place at home
- 2 Reflect on the weekly message from Project Compassion (possibly read the message at meal time)
- 3 Give time to renew relationships (ring up an old friend, be concerned for those in need, make time for the poor and lonely)
- 4 Clear your wardrobe and give to those in need
- 5 Volunteer your time and energy for some worthwhile project on a regular basis



**40 Days for Life! (13thFeb – 24th March)**

- ◇ World-wide Pro-life campaign to pray for an end to abortion over the 40 days of Lent
- ◇ **Kick-off Rally - Shrove Tuesday - 12th February** with 6pm mass (St Peter's Catholic Church, 235 Devonshire St, Surry Hills) followed by procession to preterm abortuary – Pancakes Supper afterwards
- ◇ **13th February, Ash Wednesday, 40 Days Begins!** Daily prayer vigil outside preterm abortuary 6am-8pm (1 Randle St, Surry Hills)
- ◇ **All night Adoration for Life**—Every Friday and Saturday 8pm-6am St. Peter's Church, Surry Hills
- ◇ Parish called to fast and pray for both mother and child, as well as those involved in abortion industry
- ◇ **The Final Hour - 24th March - Palm Sunday** 7pm Candle lit procession from St Peter's Catholic Church to Preterm abortuary (led by Bishop Julian Porteous) 8pm Benediction followed by Victory Celebration.

**Websites for Lenten Reflections**

- **The Australian Catholic Bishops Conference**  
Please visit <http://therereflection.vividas.com>
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**The Precepts of the Catholic Church**

1. "You shall attend Mass on Sundays and holy days of obligation."
2. "You shall confess your sins at least once a year."
3. "You shall humbly receive your Creator in Holy Communion at least during the Easter season."
4. "You shall keep holy the holy days of obligation."
5. "You shall observe the prescribed days of fasting and abstinence."

"The faithful also have the duty of providing for the material needs of the Church, each according to his/her abilities."

**Corporal (Material) Works of Mercy**

- 1 To feed the hungry
- 2 To give drink to the thirsty
- 3 To clothe the naked
- 4 To visit the imprisoned
- 5 To shelter the homeless
- 6 To visit the sick
- 7 To bury the dead

**Spiritual Works of Mercy**

- 1 To admonish the sinner
- 2 To instruct the ignorant
- 3 To counsel the doubtful
- 4 To comfort the sorrowful
- 5 To bear wrongs patiently
- 6 To forgive all injuries
- 7 To pray for the living and the dead

**THE HOLY DAYS OF OBLIGATION (Australia)**

1. Every Sunday
2. Assumption of the Blessed Virgin Mary - 15th August
3. Christmas Day - 25th December