



Catholic Parish of Lower North Shore

Serving the communities of
St Leonard's Naremburn, St Philip Neri Northbridge, St Thomas' Willoughby
Twinned with the Parish of Letefoho, Timor Leste

We wish to acknowledge the traditional custodians of the land on which we gather, the Cammeraygal and the Wallumedegal peoples. We respectfully acknowledge their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people, as we continue the journey of Reconciliation.

Parish Priest

Rev Fr Brian Moloney PP

Assistant Priests

Rev Fr Tomy Kuruvelil CFIC
Rev Fr Vincent Musindalo AJ

RNSH Chaplain

Rev Fr Andrew Mutubusi AJ

Parish Office

182 High St, Willoughby
P: 9958 8846
E: office@lins.org.au
www.lins.org.au

Parish Office Hours

Mon-Fri: 8:30am - 3:00pm

Parish Secretaries

Caitlin Douglas
Katrina Chemello

Sacramental Co-ordinator

Jessica Bousimon

Parish Bookkeeper

Dorothy Tomagra

Director of Liturgical Music

Lisa Lewis

Catechist Co-ordinator

Kristy Komadina

St Leonard's Church

Cnr Donnelly & Willoughby Rds
Naremburn

St Philip Neri Church

224 Sailors Bay Rd
Northbridge

St Thomas' Church

Cnr Horsley Ave & High St
Willoughby

Emergency No:

0408 632 015

St Philip Neri Primary School

67 Baringa Rd, Northbridge
Principal: Fiona Bylsma
9958 7136

St Thomas' Primary School

2 Horsley Ave, Willoughby
Principal: Jenny McKeown
9958 7308

2nd Sunday Of Lent Year C – 17th March 2019

Dear Parishioners,

Today, if it wasn't a Sunday, would of course be St Patrick's day. This year the church will celebrate the Feast on Monday.

Our church in Australia is as multicultural as our society and our parish is made up of people who themselves or their forebears have come from so many nations on this earth.

Our Australian Catholic church owes a lot to those people largely of Irish heritage who did so much in establishing our parish life as clergy and religious and parishioners.

St Patrick was credited as establishing the Christian faith in Ireland. Today on his feast we pray that he may continue to inspire each of us to continue that task of sharing our faith with future generations.

Fr Brian



PARISH MISSIONARY COUNCIL MEMBERSHIP

The PMC needs some new members. As a parish we strive to have membership of the PMC from each of our 3 faith communities. While we have the full complement from St Thomas community we are in need of **1 new member from our St Leonards community** and **2 new members from our St Philip Neri community**.

PMC members give advice to me as PP of LNS and meetings are from 7.30pm to 9.00pm on a Wednesday evening at Willoughby. There are eight meetings each year (two during each school term).

Qualities needed in a PMC member is an ability to work collaboratively with the other councillors and to be able to look at how the parish as a whole can better serve the pastoral mission as church.

If you or someone you know have these qualities and are available to serve on the PMC please contact the parish office.

PLEASE REMEMBER IN YOUR PRAYERS...

Recently Deceased: Michael Heffernan & Walter Tom Kin Sang Ng.

Anniversaries: Herlien Sutanto, Peter Fossey Snr, Patricia Jacqueline Fossey, Kenneth George Henry, Judy Moran (nee Fahy), Ana Vrandich, Ante Oreb, Lilian Cheeseman, M.Sutantijo & Mate Perdija.

Repose of the Soul: Florence Smith, Elizabeth Mary Williams & George Bradley.

Sick: Fr Helio Fernandes.



ENTRANCE ANTIPHON Cf. Ps 26:8-9

Of you my heart has spoken: Seek his face. It is your face, O Lord, that I seek; hide not your face from me.

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

A reading from the book of Genesis

God made a covenant with Abraham, his faithful servant.

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 Chaldeans to make you heir to this land.' 'My Lord, the 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.'

READINGS FOR THIS WEEK

MON: Jer 1:4-9; Acts 13:46-49;
Lk 10:1-12

TUE: 2 Sam 7:4-5, 12-14, 16; Rom
4:13, 16-18, 22; Mt 1:16, 18-21, 24

WED: Jer 18:18-20; Mt 20: 17-28

THU: Jer 17: 5-10; Lk 16:19-31

FRI: Gen 37: 3-4, 12-13, 17-28;
Mt 21: 33-43, 45-46

SAT: Micah 7:14 -15, 18-20; Lk 15:1-3,
11-32

PSALM Ps 26:1, 7-9, 13-14, R. v.1

(R.) The Lord is my light and my salvation. 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? **(R.)**

O Lord, hear my voice when I call; have mercy and answer. Of you my heart has spoken: 'Seek his face.' **(R.)**

It is your face, O Lord, that I seek, hide not your face. Dismiss not your servant in anger; you have been my help. **(R.)**

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! **(R.)**

SECOND READING Phil 3:20 - 4:1

A reading from the letter of St Paul to the Philippians.

Christ will transfigure these bodies of ours into copies of his glorious body.

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 ACCLAMATION Mt 17:5

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard: this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

BAPTISMS THIS WEEKEND

St Leonard's

Hudson & Scarlett Deverall,

Philip Ryan & Kyla Rothe



Each Friday during Lent we will be having Stations of the Cross followed by Reconciliation. St Thomas' Willoughby 8th, 15th, 22nd & 29th, March, 5th & 12th April from 7pm

GOSPEL Lk 9:28-36

A reading from the holy Gospel according to Luke

As Jesus prayed, the aspect of his face was changed, and his clothing became brilliant as lightning.

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.

Do you want to fast this Lent?

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Latest News...



INVITATION TO ATTEND THE PARISH OF LETEFOHO 25TH ANNIVERSARY CELEBRATIONS ON 16 JULY 2019

On behalf of Fr Helio Fernandes, Parish Priest of Our Lady of Mt Carmel Letefoho, all members of our Parish community and supporters of our works in Timor Leste are invited to join Fr Brian on a trip to Timor Leste to celebrate the 25th anniversary of our twin Parish. This will be a memorable celebration and opportunity to experience Timorese culture and hospitality. Come and see how the projects supported by our Parish have transformed the lives of our Timorese brothers and sisters. Witness how people with a thriving faith and spirited sense of community work together to overcome their many challenges. Sponsors of students from Our Lady of Mt Carmel High School in Letefoho will have an opportunity to meet and spend time getting to know their students. The trip will encompass the 25th anniversary celebrations on 16 July 2019. The length of the trip can be varied to suit individual needs and commitments. We estimate the cost will be under \$2,000 per person including flights and on-the-ground costs in Timor Leste such as guides, transport, meals and accommodation.

If you are interested in joining the trip or would like to know more or attend an information session, please contact Paul Arblaster at p_arblaster@yahoo.com.au or 0411 255 382.

PARISH CONSULTATION

All Parishioners are invited to fill out a Parish Needs Assessment form, outlining what you think the Parish needs are when looking at the Best Use of the Naremburn site. This is the first and most important step in collecting the wisdom of the local community about what any future use of the site should provide. Forms can be emailed to Fr Brian at the Parish Office, E: office@lms.org.au



A big thank you to everyone who so generously contributed their time and effort - cooks and workers - for last Sunday's shift at St Canice's. The casseroles were very well received as always - so yummy! - and by Michael's account the workers all had a rewarding day and worked well together as an amazing team. Thank you to those who donated money, there was plenty for fruit vegies and dessert. I believe over 150 meals were served so that is a wonderful effort by all. Everybody's generosity is very much appreciated.

Michelle White



TAIZE FOR LENT

The Combined Churches of Northbridge Taize Service Sunday March 17th 7:30pm.
Hospitality from 6:30pm in Hall.

Venue: Northbridge Uniting Church

Gunyah Street, Northbridge

Everyone most welcome, please bring a friend. E: Lornaandjohn.fitzsimons@gmail.com Or P: 9958 8789

FIRST RECONCILIATION 2019

Children across our Parish are commencing their preparation for the Sacrament of Reconciliation. The Diocesan Reconciliation Program has selected **God's Love & Choices** as the first two concepts to be studied. Children will be encouraged to recognise that God's love manifests across their lives, and learn about the difference between making 'good choices' and 'poor choices'.

All candidates will be presented to the Parish community across all Masses this weekend. The Celebration of the Sacrament will be held on the 8th & 9th April.



Our Parish prays for all candidates and their families as they develop and deepen their relationship with Jesus.



STATIONS OF THE CROSS

Please join the Italian Community for Stations of the Cross at St Leonard's 7pm - 7.30pm every Tuesday from 12 March through to the 13 April.

All welcome! If you would like more information or you need help with transport, please contact Irma 02 9958 2945 or 0437 607 918.

PIETY STALL

The Piety stall is looking for people willing to join the roster. All that's required is opening the Stall at St Thomas' Church for 10-15 minutes either side of Mass. Volunteers are needed to join the 9:30am Sunday and 6pm Vigil roster at St Thomas'. If you can assist, please contact the Parish Office.



LATEST FROM LETEFOHO

Thank you to so many of our Parishioners who have re-sponsored a student of Letefoho to continue their Senior High School attendance at Our Lady of Mt Carmel High School for 2019! This is a tremendous example of commitment to improve the life of others.

We now have only 70 students, including 35 new Year 10 students, who require sponsorship for this year's 12 month's tuition and uniforms. Please see the lists at the back of each church, if you would like to sponsor a student for this year. The cost is \$245. Payment details are included in the folders. For more information please contact Georgina at gcm.lough@gmail.com / 0419280729

SPIRITUAL FOOD FOR LENT

Smart Catholics are picking up a 20 minute Eucharist at home or office, on the commute on the bus or train with an i-phone or i-pad. **Mass on demand.com**
Get with it this Lent!



HOUSE BLESSING DURING LENT

If you'd like Fr Tomy to bless your home during lent please phone or email the Parish Office.

WEEKEND MASSES	CHURCH	CLERGY 23 & 24 March
Sat 5:00pm	St Philip Neri	Fr Tomy
Sat 6:00pm	St Thomas'	Fr Brian
Sun 8:00am	St Thomas'	Fr Brian
Sun 9:00am	St Philip Neri	Fr Vincent
Sun 9:30am	St Thomas'	Fr Brian
Sun 10:30am	St Leonard's	Fr Tomy
Sun 6:00pm	St Leonard's	Fr Vincent
Sun 4:00pm	RNSH	Fr Andrew

WEEKDAY MASSES	CHURCH
Mon 9:00am	St Thomas'
Mon 9:15am	St Philip Neri
Tue 9:00am	St Thomas'
Tue 9:00am	St Leonard's
Wed 9:00am	St Thomas'
Wed 9:15am	St Philip Neri
Thu 9:00am	St Leonard's
Thu 9:00am	St Thomas'
Thu 1:00pm	RNSH
Fri 9:00am	St Thomas'
Fri 9:15am	St Philip Neri
Fri 1:00pm	RNSH
Sat 9:00am	St Thomas'
Sat 9:00am	St Leonard's

CHILDREN'S BAPTISM
St Leonard's Church: 12:00noon
 4th Sunday of the month
St Philip Neri Church: 12:00noon
 2nd Sunday of the month
St Thomas' Church: 10:45am
 2nd & 4th Sundays of the month
NO BAPTISMS DURING LENT

BAPTISM PREPARATION
7:00pm Parish Office
2nd & 3rd Tuesdays of the month
 Forms are available from the back of each Church, or our website.

CHILDREN'S LITURGY
St Philip Neri Church -9:00am Mass
 2nd, 3rd & 4th Sundays
St Thomas' Church - 9:30am Mass
St Leonard's Church - 10:30am Mass

HOME ROSARY
 Friday 23rd March, 7:30pm
 7 Bongalong St, Naremburn
 If you would like to host a Home Rosary please call
 Cecilia 0466 961 240

MEMORIAL PLAQUES AT ST THOMAS' CHURCH
 If you would like to purchase a memorial plaque for a loved one, please contact the Parish Office.

ADORATION
 Tuesdays after 9:00am Mass at St Thomas' Willoughby concluding with Benediction at 10:30am. **School Term**

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M:0432 210 343
E:damien.giardina@hotmail.com

MASS WITH ANOINTING OF THE SICK
9:00am - St Thomas'
 1st Fri of the month
9:00am - St Leonard's
 3rd Sat of the month

RECONCILIATION
St Leonard's Church
 Sat: 9:30am - 9:45am
St Thomas' Church
 Sat: 5:15pm - 5:45pm
St Philip Neri Church
 Sat: 4:45pm

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HONESTY DURING LENT

by Vinita Hampton Wright

To you, O Lord, I call;
my rock, do not refuse to hear me,
for if you are silent to me,
I shall be like those who go down to the Pit.

Psalms 28:1

"If we're honest, we remember that we are mortal. The Ash Wednesday liturgy reminds us that we are dust, and to dust we shall return. This is a time to remember that what gives us life is the breath of God. What holds creation together is the presence and power of Jesus Christ. As human beings, we have limits. However, as new creations in Christ, endless possibilities open up for us.

And life doesn't work when we ignore our own deep intuition. Are you ignoring your profound unhappiness? Are you denying the stress that's eating you alive? When we stop paying attention to our interior health, we continue living in ways that cause damage—to ourselves and others.

God invites us, at the beginning of this Lenten season, to have the courage to be honest. Whatever that soul-searching reveals, God's grace is large enough and merciful enough to help and to heal. When God calls us to mourn and repent, the point is not to make us despair but to give us hope. Repentance opens the heart so that Christ can come in."

DISCERNMENT IN A NUTSHELL By Joseph A. Tetlow, SJ

From *Making Choices in Christ*

Human beings are moved by a dense complex of motives, both in the things we do from day to day and in our big decisions. What drives a young woman to become a doctor or a young man to be an engineer? Many things contribute: success, altruism, interest. Or what drives a woman who has smoked for years to quit or an obese man to get thin? Again, many things contribute: fear of death, desire for health, concern of family. But they all interact in a kind of movement that eventually drives the person to act. Master Ignatius learned to think about those dense complexes of motives—images, ideas, attractions, revulsions—as "spirits."

We can all name many spirits. There is school spirit, in which everyone cheers together for the football team. There is fear, which can depress an entire city, and exultation, which can cause a whole nation to rise up. But spirits are not only secular. A thrill of devotion fills St. Peter's Square when a saint is canonized. A spirit of prayer drives people to make retreats. Christians under atheistic despotisms are moved to remain faithful.

Consolation and Desolation

Master Ignatius noted that these dense complexes of motives and energies take on two configurations, which he identified with consolation and desolation. He discovered that both consolation and desolation can move you toward God or pull you away from God. Then he noted that sometimes consolation comes from a good spirit and sometimes from a bad spirit, and he noted the same thing about desolation.

Ignatian spirituality applies this to interpreting major decisions and daily experience as well. The movement of spirits, obviously, involves a set of complex variables: consolation and desolation, good and evil spirits, movements to and away from God.

How Spirits Work

Some basic patterns are easy to grasp. For instance, as you would anticipate, the good spirit usually brings love, joy, peace, and the like; the evil spirit characteristically brings confusion, doubt, disgust, and the like. Another pattern: when you are leading a seriously sinful life, a good spirit will visit you with desolation to turn you around; an evil spirit will keep you content so that you will keep sinning. Another clear pattern is the opposite of this: when you are seriously serving God, the spirits change roles. The evil spirit clouds your day with desolation to lead you away from God, while the good spirit fills your day with trust and love of God. And a final, easily grasped pattern: a spirit that works in light and openness is good, while a spirit cloaked in secrecy and deception is evil.

What to Do about Feelings

Some basic practices are also easy to figure out. When you have made a good decision to serve God better and after a while go into desolation, you should not change the decision; it's hardly a good spirit moving you. When you are feeling down, you would do well to pray a little more and increase the help you give to others. When, without warning or any preparatory activity, you are consoled with the love of God above all things, you can trust that it is a good spirit (particularly if it comes with tears). But when you are thinking or praying and grow consoled or disconsolate—well, test those movements. They could come from either spirit, as we have seen.

There is a good deal more to Ignatian discernment, and it gets no simpler. It is not, however, a merely human discipline. "Now instead of the spirit of the world, we have received the Spirit that comes from God, to teach us to understand the gifts that he has given us" (1 Corinthians 2:12). Serious disciples cherish this gift and put it to good use.