



Catholic Parish of Lower North Shore



St Thomas' Willoughby

St Philip Neri Northbridge

St Leonard's Naremburn

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, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this Country and commit ourselves to the ongoing journey of Reconciliation.

PARISH OFFICE

182 High St, North Willoughby NSW
(02) 9958 8846

✉ office@lns.org.au

🌐 www.bbcatholic.org.au/lns

OFFICE HOURS

Monday to Friday: 9:00am - 4:00pm

CLERGY

Fr. Jose Philip, OSH (Parish Priest)

jose.philip@bbcatholic.org.au

Fr. Vincent Trung Nguyen, AP

vincent.nguyen@bbcatholic.org.au

Fr. Roger Delmonte, AP

Roger.delmonte@bbcatholic.org.au

Fr. Peter Dowd (RNSH Chaplain)

peter.dowd@bbcatholic.org.au

PARISH STAFF

Secretary

Ursula O'Hare (Mon - Fri)

Dionne Soares (Mon & Fri)

Children's Sacrament

Co-ordinator

Natalie Wood (Mon, Tue & Thurs)

sacraments@lns.org.au

Catechist Co-ordinator

Henny Theodorus (Tue)

ccd@lns.org.au

Finance (bookkeeper)

Ilona Dudek (Fri)

accounts@lns.org.au

CATHOLIC SCHOOLS

St. Thomas' Primary School

2 Horsley Ave, Willoughby NSW

(02) 7256 2104

Principal: Enrica Bova

enrica.bova@dbb.catholic.edu.au

St. Philip Neri Primary School

67 Baringa Rd, Northbridge NSW

(02) 9958 7136

Principal: Magaret Holles

Magaret.holles@dbb.catholic.edu.au

MISSION - "Together, in Christ's love, for others"

VISION - "To know and love God, and to be Christ to one another"

FIRST SUNDAY OF LENT

FEBRUARY 2024



Dear Parishioners,

This weekend we celebrate the first week of Lent, the Gospel passage from Mark offers us profound insights and inspiration for our spiritual journey ahead. In these verses, we witness Jesus' retreat into the wilderness, where he faced temptation and emerged victorious, fully prepared for his ministry. It teaches us the importance of perseverance and reliance on God's strength during times of trial. Similarly, Lent provides us with a sacred time of reflection, renewal, and preparation for the celebration of Easter. It is a season of spiritual discipline, where we are called to follow Jesus' example by entering into a period of self-examination, prayer, fasting, and almsgiving. Just as Jesus spent forty days in the wilderness, let us also use this season to retreat from the distractions of the world and draw closer to God. Let us embrace the disciplines of Lent not as mere obligations but as opportunities for growth and transformation in our relationship with God and others. As we reflect on Jesus' proclamation of the kingdom of God and call to repentance, highlighting the central message of his ministry, let us examine our own lives and hearts, as he invites us to turn away from sin and embrace the good news of salvation. This message is as relevant today as it was in Jesus' time. What areas of our lives need purification and renewal? Where do we need to turn away from sin and embrace the good news of salvation? Let us approach this Lenten season with openness and humility, allowing God to work in us and through us. May our Lenten journey be a time of spiritual awakening and deepening of faith, leading us to experience the joy and hope of Easter morning. Together, let us prepare our hearts to receive the abundant blessings God has in store for us this Lent. **Fr Jose**

Lent is a season when many people make a special focus on enhancing their ever-growing and loving relationship with God. Christ's life, ministry, and death are remembered during this season. It's also a time to think about how God is with us all the time. You may do this through prayer, reading the Bible, helping others, or something else. Please check the bulletin for the different ways you can engage with your faith this Lent season. Anything that connects you to God is a great practice. Even everyday activities like walking the dog or hearing the chirping birds can be transformed when we allow them to be a way to commune with God.

Entrance Antiphon

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

First Reading

Genesis 9:8-15

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 24:4-9. R. see v.10

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

1. 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. (R.)

2. Remember your mercy, Lord, and the love you have shown from of old. In your love remember me, because of your goodness, O Lord. (R.)

3. 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. (R.)

Second Reading

1 Peter 3:18-22

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

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.'

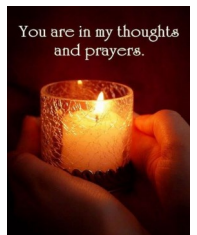
IN OUR PRAYERS

Recently Deceased

Michael Concannon, Carmelina
Jimenez and Amparo Pua

Anniversaries : Mira Krsticevic ,
Vinka and Mak Lucic, Family Milat,
Family Petkovic, Calogera Drago
and Salvatore Macolino

Sick- Bishop Peter Ingham, Michael Chiu, Michelle
Sustersic and Brenda Lawrence



BAPTISM



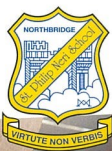
We welcome into our parish faith family
the newly baptised
JAKE SEBASTIAN BENECKE
Please keep them and their family in
your prayers.



POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY

FOR THE TERMINALLY ILL

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



St Philip Neri Primary School Northbridge



OPEN DAY

Tuesday 12th March 2024:

9.15am - 10.45am & 5.30pm - 6.30pm



Meet our Principal, teachers, students, parents.



Learn about St Philip Neri's faith led approach, including appointments for specialised learning programs.



Visit our classrooms, play area, sports oval, library, computers, music rooms



Gain a real sense of the St School's community



**Scan now
to register**

Margaret Holles, Principal
St Philip Neri
Catholic Primary School
67 Baringa Road,
Northbridge
9958 7136
stphilipneri.nsw.edu.au



Simple meditative worship
Sunday Feb 25, 2024



Taize
candlelight, song,
prayer, silence

Please join with us for this beautiful, quiet time of spiritual nourishment. Everyone is most welcome.

Sunday Feb 25th

From 6:30pm: A delicious supper, drinks and hospitality in the hall
7:15pm: Service commences in the church. (40 mins.)

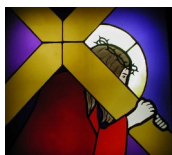
Venue: Northbridge Uniting Church,
Gunyah St, Northbridge

An initiative of Northbridge Combined Christian Churches

Catholic Parish of Lower North Shore
Willoughby and Northbridge Uniting Church
St Marks Anglican Church, Northbridge

Stations of the Cross during Lent

**St Thomas' church every Friday at
7:00 pm including Reconciliation**
**St Philip Neri every Friday after the
9am Mass**



Stations of the Cross at St Leonard's Church

During the season of lent, we will be Praying the
Stations of the Cross in Italian every Monday

Monday 18th Feb at 3.00pm

Monday 26th Feb at 3.00pm

Monday 3rd March at 3.00pm

Monday 11th March at 3.00pm

Monday 17th March at 3.00pm

Monday 25th March at 3.00pm

For enquiries please contact Irma

DiSanto 0437607918 or Toni Vuoso 0451440386



**LETS: A Christian is someone whose behaviour
and heart reflects Jesus Christ.**

The packages left for the Victorian boat which will take them to Dili.
We could not have completed this project without the volunteering
LETS members who sorted and packed the boxes on a very hot De-
cember day, then, those 3 parishioners who answered the call to
lift the boxes onto trolleys taking them to
the departure platform this Thursday:

Thank you. John Sage, Steve Tran and
Frank Slade.



Participating
in The Mission
of Christ



DIOCESE OF BROKEN BAY
2024 LENTEN PROGRAM

https://issuu.com/bbcatholic/docs/lenen_book_2024

One of the defining features of the season of Lent is the preparation for the celebration of the sacraments of Christian initiation at the **Easter Vigil**. There are several preparatory liturgical rites that take place during Lent, one of the first being the **Rite of Election** on the First Sunday of Lent, which will be held at Our Lady of the Rosary Cathedral. 9 Catechumens from our parish will celebrate this liturgical rite, they will be accompanied by their sponsors, RCIA leader & team along with Fr Jose. Please keep our catechumens in your prayers.

OPEN DAY



We invite parents and carers to attend our Open Days at our vibrant and enriching learning environment.

St Thomas Primary Willoughby

- Thurs 7 March: 7.30 - 8.30am
- Sat 16 March: 10am - 12pm



Scan now to register



THERE'S A SEAT FOR YOU AT THE TABLE

ALPHA IS A SAFE SPACE YOU CAN ASK LIFE'S BIG QUESTIONS

COMING TO LNS PARISH IN WINTER 2024

PARISH SCHEDULE

	St Thomas' Willoughby	St Leonard's Naremburn	St Philip Neri Northbridge
Weekend Masses	6.00pm Vigil Saturday 8.00am & 9.30am Sunday	10.30am Sunday 6.00pm Sunday (Youth Mass)	5.00pm Vigil Saturday 9.00am Sunday
Weekday Masses	9.00am: Mon – Sat	9.00am: Tue, Thu, Sat	9.15am: Mon, Wed, Fri
Adoration/Holy Hour	Tuesday: 9.30am - 10.30am	Saturday: 9.30am - 10.00am 2nd Tuesday of the Month 7.30pm	
Reconciliation	Saturday: 5.15pm - 5.45pm	Saturday: 9.30am - 10.00am	Saturday: 4.15pm - 5.00pm
Healing Mass	9.00am on First Friday (Divine Mercy & Adoration)	9.00am on 3 rd Saturday	
Baptism	11.00am on 2nd and 4th Sunday	12pm on 4th Sunday	10.30am on 3rd Sunday
Children's Liturgy	9.30am Sunday (during school term)		9.00am 4 th Sunday (Family Mass)
Rosary	8.30am Mon-Fri 7.00pm Wednesday	9.30am Tue, Thu, Sat	9.45am Mon, Wed, Fri
Charismatic Prayer Group	St Thomas' Parish Hall 7pm Tuesday evenings Enquires 0419977531		



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SPECIALIST :
PROF. DAVID KANDIAH, RHEUMATOLOGIST

ALLIED HEALTH :
DR GEORGE DRAGASEVICH, CHIROPRACTOR

OUR LOCATION :
GROUND FLOOR, NORTH SHORE HEALTH HUB, 7 WESTBOURNE STREET, ST LEONARDS, NSW

FOR APPOINTMENTS
CALL US : 8212 8667
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Advertising Space

Available Please contact the Parish Office



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Instagram: [willoughbyglass](https://www.instagram.com/willoughbyglass)

19/1-7 Short Street, Chatswood, NSW 2067
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WilloughbyGlass



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The season of Lent has begun and continues until Holy Thursday. If Sundays are excluded from the count, the season lasts forty days.

The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

While we recognise Lent is a time of preparation and participation in the Sacrament of Penance and Reconciliation, there are also three key practices or markers for Lent - prayer, fasting and almsgiving.

Our Lenten prayer is essentially an act of prayer spread over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with Him.

It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. How often do we hear, "What are you giving up for Lent? Chocolate? Coffee? Beer?" Fasting shouldn't be taken light heartedly. Fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

Lent is also a time for almsgiving when we can really reach out in charity, be more compassionate for those who are hungry, suffering, or otherwise in need; helping without question as a way of sharing the experience of God's unconditional love.

It is sometimes tempting to be overly ambitious during Lent and see it as a time for personal reinvention or even renovation – which often doesn't go the 40 days!

Best to keep it simple and focused. We spend our entire lives growing closer to God. Instead of cramming everything we think we should be doing into one Lent, we can put down a really good foundation, and with the power of prayer build upon every day of the year as we participate in the Mission of Christ.



Serra Club – Vocations Mass & Dinner Meeting

Thursday, 22 February

Fr David Ranson, Vicar General and Parish Priest of Chatswood Parish, will celebrate Mass for Serra at Our Lady of Dolours Church in Chatswood on Thursday, February 22nd, 2024.

The evening will begin with Mass at 6:00 PM, followed by a light meal and a brief meeting in the Magnificat Room, located directly across Kirk Street from the Church. Following the meeting, Father David will be our guest speaker. Everyone is welcome. Please "come and see."

Please remember to pray daily for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices, and for the perseverance of existing vocations.

For catering purposes, kindly contact Henry or Anna Leung at 0478 083 116 or email henrywk@yahoo.com.au, or contact Terry Scanlan at 0438 887 295 or email terry_scanlan@bigpond.com if you plan to attend.



DOMINICAN SISTERS OF

Saint Cecilia

Founded in 1860—Nashville

WOMEN'S LENTEN RETREAT DAY

WITH THE DOMINICAN SISTERS
OF SAINT CECILIA

CHRIST, OUR FIRM FOUNDATION

Rediscovering the wisdom of the Church's spiritual tradition

Matthew 7:24-27

16 MARCH 2024

ST MARY'S CATHEDRAL HALL

SATURDAY 10AM-4PM

Women of all ages are invited to join the Dominican Sisters of Saint Cecilia for a Lenten Retreat Day. This day will focus on renewing the foundations of the spiritual life as we strive to live the Paschal Mystery throughout the year. The retreat day will include all day Eucharistic Adoration and Confessions, talks by the Sisters, personal testimony, a Holy Hour, and discussion groups. Women who have attended previous retreat days with the Sisters are encouraged to bring a friend to this event.



REGISTRATION

SCAN QR CODE OR VISIT THE WEBSITE TO REGISTER
A \$20 FEE ASSISTS WITH COVERING RETREAT EXPENSES.
DOORS OPEN 9AM. TEA & LUNCH INCLUDED

www.bit.ly/3RRAKfa



SUPPORTED BY

CATHOLIC
WOMEN'S NETWORK



RESIDENTIAL RETREATS FOR 2024

STARTS ON FRIDAY, 5:30PM ENDS ON SUNDAY, 4:00PM

Volunteers Retreat 9th-11th February

Inner Healing Growth Retreat 16th-18th February

Lenten Growth Retreat 15th-17th March

Divine Mercy Growth Retreat 5th-7th April

Couples Growth Retreat 17th-19th May

Inner Healing Growth Retreat 14th-16th June

Family & Children Retreat 12th-14th July

Inner Healing Growth Retreat 16th-18th August

Youth Retreat 13th-15th September

Marian Growth Retreat 18th-20th October

Inner Healing Growth Retreat 15th-17th November

Advent Retreat 13th-15th December

(Live-in, Accommodation and food provided)
 2 bedded room: Single person - \$275 (including meals),
 Sharing - \$185 each (including meals),
 4 bedded rooms: Single person - \$250 (including meals),
 Sharing \$ 170 each (including meals).

For more info & bookings

please contact: 02 4372 1598 or email: drcretreatrego@gmail.com

Special Dates to Remember

DIVINE MERCY FEAST

April 7th, 9:00am to 4:00pm.

ST VINCENT DE PAUL FEAST

September 29th, 9:00am to 4:00pm.

ST TERESA OF CALCUTTA FEAST

5th September

ST FAUSTINA KOWALSKA FEAST

5th October

7:00am to 9:00am

•Confession •Holy Adoration •Holy Mass

A partial indulgence is granted to all who venerate the relic on this day.

NEW YEAR'S EVE

31st Dec, 8:00pm- Confession 10:00pm- Praise and worship, Rosary, 11:00pm- Holy Mass

Catholic Vocations Broken Bay
Young Adult Event

ENCOUNTER

ADORATION | FORMATION | COMMUNITY



FRIDAY FEBRUARY 16 | HOLY NAME PARISH 6PM

Guest Speaker: Fr Sam French



35 BILLYARD AVE
WAHROONGA NSW 2076 | RSVP TO

P: 0418 522 449

E: vocations.ministry@bbcatholic.org.au



**CATHOLIC
VOCATIONS**
BROKEN BAY

Considering Priesthood? Young Adult Men Event

Discover more about the priesthood by joining us at the 'Come & See' Seminary Open Day on Sunday, February 18th, at the Good Shepherd Seminary, located at 52-58 Abbottsford Road, Homebush. The event will kick off with Morning Prayer at 9:00 AM, with the option to join the Seminarians, followed by Holy Mass at 10:00 AM. Throughout the day, you can engage in prayer, have conversations with seminarians and priests, attend a talk on the life and formation of men studying for the priesthood by the Rector, Very Rev. Fr Michael de Stoop, and take a guided tour of the Seminary with seminarians.

Brunch will be served during the event.

For additional details and to rsvp, reach out to the Broken Bay Vocations Team on 0418 522 449 or via email at vocations.ministry@bbcatholic.org.au

Kindly confirm your attendance by Friday, February 9, 2024.



'COME & SEE'
SEMINARY OPEN DAY 2024

When: February 18, 2024

Time: 8:30 am - 3:00 pm

Where: Seminary of the Good Shepherd, Homebush
50-58 Abbottsford Road, Homebush, NSW, 2140

Register today.

 CATHOLIC VOCATIONS
BROKEN BAY

 SEMINARY
OF THE GOOD
SHEPHERD