

**19 February 2023**

**Seventh Sunday in  
Ordinary time**

**Year A**



**Entrance Antiphon**

O Lord, I trust in your merciful love. My heart will rejoice in your salvation. I will sing to the Lord who has been bountiful with me .

**First Reading**

from the the book of  
Leviticus 19:1-2. 17-18

**Responsorial Psalm**

Ps 102:1-4. 8. 10. 12-13.  
R. v.8

**Response:** The Lord is kind  
and merciful.

**Second Reading** from the  
first letter of St Paul to the  
Corinthians 3:16-23

**Gospel Acclamation**

Alleluia, alleluia!  
Whoever keeps the word of  
Christ, grows perfect in the  
love of God. Alleluia!

**Holy Gospel** according to  
Matthew 5:38-48

**Communion Antiphon**

Lord, I have come to  
believe that you are the  
Christ, the Son of the  
living God, who is coming  
into this world.

**Next Week**

First Sunday of Lent  
Year A

**First:** Gen 2:7-9; 3:1-7

**Second:** Rom 5:12-19

**Gospel:** Mt 4:1-11

*We acknowledge and respect the traditional owners and custodians of the land on which we stand, the elders, past and present and all the Dharawal people. May we too be good stewards of this land.*

## What is doing penance all about?

St John the Baptist prepared for the coming of the Lord by “preaching a baptism of repentance”. Jesus Christ began his ministry on earth calling on the people to repent: “Repent and believe the Gospel” (Mark 1:15).

Repentance means we reject sin, so as to turn back to the Lord. We seek reconciliation with God and with the Church community. We can have the assurance of forgiveness through the Sacrament of Reconciliation.

Doing penance by prayer, fasting (self-denial) and almsgiving (works of charity), is the concrete way we express our repentance and identify more closely with Jesus our Saviour. By doing penance we make satisfaction for our sins and take real steps in the renewal of our lives. To deny ourselves some legitimate pleasures can help train us to be able to say “no” to temptation and sin. Doing penance is proof of our repentance.

Because of original sin, our human nature is weak and inclined to sin. So repentance and conversion need to be central, ongoing features of living as followers of Jesus.

Penance, self-denial and self-control need to be part of our lives, not only for our own sake, but also for the sake of those who have to live with us, for the common good. In nominating special times of penance (all Fridays throughout the year and the season of Lent), the Church encourages and promotes in all of us the habit of penance.

Furthermore, observing these special times of penance by all members of the Church throughout the word, emphasises “the social dimension of sin”. The sin of the individual members always in some measure affects the whole body of the Church. Therefore during Lent and on the Fridays of the year, we do penance, not only on our own account, but also in the name of the Church and of the world.

Taking seriously our penitential obligations, we ought to carefully select the form of penance we consider most appropriate for our own circumstances and for our own growth in the Christian life.

### Days of Penance

On Ash Wednesday and Good Friday:

- ◆ All who are 14 years of age and older are obliged to *abstain* from meat.
- ◆ All who are 18 to 59 years of age are obliged to *fast* (Canon 1252).
- ◆ All have an overall moral obligation “to do penance”.
- ◆ Anyone who is sick or infirm are not obliged by these laws.

**Ash Wednesday is this week 22 February. Mass will be at 9am and 7.30pm.**

Bring your palms from last year to make the ashes for this year



## Worship: Mass and Devotions

Sunday Mass	Weekday Mass	Devotions
Saturday Vigil: 6pm	Mon, Tues, Wed Mass at 9am	Adoration with the Rosary: Saturday 9.30am
Sunday: 9.30 am & 5pm	Thursday - Mass at 7.30pm	Divine Mercy Devotion: Third Sunday at 3pm
Filipino Mass: Third Sunday at 11.15am	Fri & Sat Mass at 9am	Alliance of the 2 Hearts Mass and Devotion: First Friday from 7.30pm
Samoan Mass: First Sunday of even months at 12 noon		
Maori Mass: First Sunday at 2pm	<b>Reconciliation</b> is held every Saturday at 11am	

### Contact us

Office Hours: Tuesday-Friday 9.30am-12.30pm

Phone: 9603 7373 / 0434 705 176

Email: [varroville@dow.org.au](mailto:varroville@dow.org.au)

Website: [varroville.dow.org.au](http://varroville.dow.org.au)

Parish Priest: Fr. Shane Kelleher OCD

Assistant Priest: Fr "Sam" Ransom Rapirap OCD

Parish Associate: Sr "Jill" Girlie Sudario, CM

### Prayer intentions

**For the sick & homebound:** Emmanuel Vella, Kevin Cloran, Karen Browne, Amanda & John Meredith, Reg Gardner, Phyllis Cooper, Sr Heather Burke, Marie & Barry Atkins, Carol & Gabriel Gonzales, Amelia Jimenez, Joe Spinnato, Susan Mella, Sean Finnerty, Rose Levoune, Francisco Carmona, Doris Wahhib, John Kajdrys.

*May they experience the saving power of the risen Lord amidst their pain & affliction.*

**For our recently dearly departed:** Hugh Madden, June Wrightman, Sandra Bastoli, Marites Sitjar, Ron Allen, Norly Tuyor, Lydia Fajardo, Lily Pereira. Mulani Sandra.

**Those whose anniversaries occur at this time:** Porfirio Perez, Paul Thompson,  
*Eternal rest grant unto them, O Lord, and may perpetual light shine upon them.*



### Our Community: Rosters

26 February	Saturday 6pm	Sunday 9.30am	Sunday 5pm
<b>Welcomers</b>	Tracey, Richard and Estela	Chris, Margaret & Bianca	Betty & Bobby
<b>Altar Servers</b>	Maria, Cassandra & Abigail	Orly, Fisiilose & Claire	Frank
<b>Readers</b>	Ryan & Bevina	Ronda & Tina	Kathy & Margaret
<b>Refreshments</b>	Beatrix & Madonna	Irene & Meg	
<b>CLOTW</b>		Sarah & Cordelia	
<b>Flowers</b>	Audrey	<b>Church Vacuuming</b>	Loretta & Gerard
<b>Counters</b>	Margaret & Aida	<b>Foyer Cleaning</b>	Wicks family

### Our Community

**Parish Vision: LEARNING AND GROWING TOGETHER: Opportunities:**

**Develop a deeper understanding of Lent and Easter**— A study group to satisfy your thirst! This group meets in the Parish Meeting Room on Thursdays at 10am till 12:30pm— newcomers are welcome each week. The topics to be covered this coming week are **Palm Sunday and Holy Week** and **The Great Triduum of Easter: Holy Thursday**. The sessions are facilitated by Colleen Haughey and are based on video presentations by Fr John Baldwin. All are welcome.



# Bulletin Notices

**The funeral for Hugh Madden** will be held in our church on Monday 20 February at 10:30am.

**Lenten Reflection Groups** Groups available are advertised on the parish website and church foyer or contact parish office or organisers Diane Redmayne 0403322098 or Donna Ransom 0413 429 557. The meetings go for 90 minutes and run for 6 weeks beginning 19th Feb. The booklets are available for sale at the piety stall or from the parish office at a cost of \$5 each.

**Stations of the Cross** will be held every Friday during Lent at 7pm in the Church.

**Reading Ministry:** Any recent or prospective members who have not attended the short initial training are invited to a brief meeting on Sunday 26 February from 3.30 to 4.30. The expectations for Reading Ministers will be highlighted. Anyone who cannot attend on this day please contact Colleen to organise an alternate time.

**Parish Pastoral Council is accepting Expressions of Interest for new members.** In our Parish we have 2 Leadership Committees who meet regularly to plan for and give direction to our Ministry Teams and **The Parish Pastoral Council (PPC)** is responsible for creating and shaping and monitoring the overall Parish Vision, Mission and Pastoral Plan.

**Sacramental Preparation 2023:** We believe that parents and guardians are the first teachers of their children in the ways of faith, particularly by the witness of their lives. Parents are also the best teachers of their children and they are the ones who shape the attitudes and values of their children and their involvement in sacramental preparation can never be replaced.

At Our Lady of Mount Carmel, we are here to assist you as you do your best as Christian parents. The keyword is “assist” and we are not taking over your responsibility as parents. As such, it is essential that at least one parent/ guardian accompany their child to each session of the sacramental preparation process.

A Christian family lives within a wider parish community, which also has the responsibility to share and nurture the faith within this family. The parish is responsible for coordinating sacramental preparation and providing faith education to both adults and children.

As first teachers in faith you, as parents, are in the best place to judge when your child is ready to participate in the sacramental life of the parish community. The following however may be a useful guide to assist you in this respect:

- First Reconciliation: Year 3 and above
- First Holy Communion: Year 4 & above
- Confirmation: Year 6 & above

You can register your child for the sacraments at the parish office. Forms and information is also available on the parish website.

If you or your children are not currently Catholic, but wishes to be involved in the sacramental life of the church, please contact the parish office.

**Baptism** for infants and children under the sacramental age is conducted on the second and fourth Sunday of each month. Registration is essential at the parish office. Parents must attend a parent preparation session prior to the baptism date.

**Marriage** must be arranged by appointment at the parish office. Couples wishing to marry must undergo a marriage preparation course.

**Mount Carmel Catholic College open day for Year 7 for 2024** will be held on Wednesday 8 March 2023 commencing at 6.30pm. Enrolment applications will be available for families on this evening.

**St Patricks College, Campbelltown Open Day February 25:** You are invited to come and see first-hand, the outstanding educational experience on offer for your daughter at St Patrick's College for Girls. Registrations are now open, and bookings are required. For more information: <https://enquiry.saintpatricks.nsw.edu.au/events/>

**The Journey Weekly Podcast** On The Journey This Week: In the Gospel reflection Fr Mark De Battista says use the word “complete” and you’ll get the Gospel’s full meaning. Mother Hilda says make it easy for people to be who God wants them to be. Plus, we commence the Triumph Lenten series with Fr Antony Jukes and Fr Chris Sarkis. The Journey podcast available at [www.jcr.org.au](http://www.jcr.org.au)

**A vocation view** ‘Be Holy, for I, the LORD, your God, am holy!’ Embrace the call to holiness, and everyday will bring new adventures of following where Christ leads. (Leviticus 19:2) If you want to talk about your vocation, please contact the diocesan vocations director, Fr Duane Fernandez at [vocations@dow.org.au](mailto:vocations@dow.org.au)

**Caritas Turkey** are responding to a series of powerful earthquakes. Thousands of lives have been lost already and the death toll increases by the hour. Your generous support can help provide emergency relief to help families recover and rebuild from disaster.

Visit [caritas.org.au/donate/emergency-appeals/turkey-and-syria-earthquake/](http://caritas.org.au/donate/emergency-appeals/turkey-and-syria-earthquake/) or call 1800 024 413 toll free to provide much needed support to our East Emergency Appeal.

**Promoting Adult Faith Formation with two popular FREE Catholic Podcasts** – Bible in a Year and Catechism in a Year

◆ **Bible in a Year:**

Last year, Ascension Press ran the Catholic Bible in a Year Podcast featuring Fr Mike Schmitz and Jeff Cavins. It was the world’s number 1 Religious Podcast with over 250 million downloads. It will run again throughout 2023 – and while a new podcast is released daily, you can do it at your own pace by signing up at [www.ascensionpress.com/biy](http://www.ascensionpress.com/biy) and it’s not too late to catch up or just work through at your own pace.

• **Catechism in a Year:**

Following on from this success, Ascension Press has commenced the Catechism in a Year podcast. This podcast will slowly and prayerfully read through and break open the Catechism over 365 days. We have been promoting this formation amongst our SRE Catechists but would encourage you to promote it amongst the faithful of your Parish. It’s not too late to catch up, and the daily podcasts can be listened to at your own pace – over two years or longer – if that suits you. It is available at [www.ascensionpress.com/ciy](http://www.ascensionpress.com/ciy)

## Holy Gospel according to Matthew 5:38-48

### *Love your enemies .*

Jesus said to his disciples: 'You have learnt how it was said: Eye for eye and tooth for tooth. But I say this to you: offer the wicked man no resistance. On the contrary, if anyone hits you on the right cheek, offer him the other as well; if a man takes you to law and would have your tunic, let him have your cloak as well. And if anyone orders you to go one mile, go two miles with him. Give to anyone who asks, and if anyone wants to borrow, do not turn away.'



'You have learnt how it was said: You must love your neighbour and hate your enemy. But I say this to you: love your enemies and pray for those who persecute you; in this way you will be sons of your Father in heaven, for he causes his sun to rise on bad men as well as good, and his rain to fall on honest and dishonest men alike. For if you love those who love you, what right have you to claim any credit? Even the tax collectors do as much, do they not? And if you save your greetings for your brothers, are you doing anything exceptional? Even the pagans do as much, do they not? You must therefore be perfect just as your heavenly Father is perfect.'

The Gospel of the Lord.

## Homily by Pope John Paul II (Excerpt)

"Be perfect as your heavenly Father is perfect " (Mt 5:48).

1. The Sermon on the Mount, a true "code of perfection" for the disciples of the Lord Jesus, reaches in these words - dear brothers and sisters - its summit and its highest and most demanding synthesis.

What is its meaning and what are the implications for life? Jesus asks his followers, who intend to live according to the law of the new covenant, to realize in their way of thinking and behaving that perfection which has its foundation and model in the holiness of the heavenly Father.

God is holy, because "he is good and great in love": in fact, he has shown himself in the whole history of salvation. Infinitely superior to man, he entered into human life and became God "with" men and "for" men: he spoke and performed marvellous deeds, to free them from every form of slavery and make them "his" people through the alliance. As the responsorial psalm reminded us, God is holy because he forgives the sins of men, heals them from every disease, saves their life from the pit, crowns them with grace and mercy.

2. The full and definitive revelation of divine holiness is Jesus Christ, "the only saint", on whom the Spirit of holiness rested; he who with his word and life has become a teacher and model, source and goal of all perfection. Ascended, after his death and resurrection, to the right hand of the Father, Jesus poured out and continues to pour out on all those who believe in him and form his Church the Spirit of holiness which makes them "one" in him, enriches them with multiple gifts, moves them inwardly to love God with all their hearts and to love each other as brothers. In a word: he makes them "saints".

Holiness, therefore, is above all a gift, which makes us partakers of the very life of God, through Christ, in the communion of the Spirit. Thus we become branches of the true vine which is Christ, living temples of God, abodes of the Spirit. It is a gift that must not be wasted, but welcomed and lived with joyful awareness, "blessing" the Lord with gratitude, as we do in every celebration of the Eucharist.

3. Christian holiness, however, besides being a gift, is for Christ's disciples a task to be fulfilled in everyday life, a vocation to which to give a concrete response. A vocation that challenges everyone without distinction, even if it can take different forms and ask someone for more radical commitments of service to God and to the brothers.

The Second Vatican Council, especially in the constitution *Lumen gentium* (n. 39), wrote beautiful and very stimulating pages on this topic: "Everyone in the Church - he recalled - is called to holiness, according to the Apostle's saying: Certainly the will this is God's, that you sanctify yourselves. Now this holiness in the Church is manifested and must be manifested in the fruits of the grace that the Spirit produces in the faithful".

