



## THE SEASON OF LENT

### \*Lenten programs at our parish

The Church will be kept open for prayer till 8 pm during weekdays throughout the season of Lent.

\*The Stations of the Cross will be conducted every Friday at 7.30 pm. Booklets will be available in the Church for the benefit of those who intend to do the Stations of the Cross in private.

\***Confessions** will be available half an hour before every weekday mass and on Tuesdays and Fridays during Lent from **6 pm to 7 pm**.

Parishioners are also warmly invited to participate in a special Lenten program titled - '**Comfort**'.

**When:** February 21, 28,  
March 7, 14, 21, 28 - from 3.30 - 4.30 pm  
**Where:** St Ambrose Church or via Zoom. Please email the parish office for the zoom link - admin@stambrose.org.au  
**Who:** All are welcome!  
**Discussion groups** will be divided into two groups: youth and adults. (Age-appropriate worksheets will be provided for younger children who must be supervised by parents).  
**Mass follows at 5 pm** should you wish to celebrate the Eucharist together - a nice way to conclude the session.  
**Materials:** please contact parish office for **Comfort** program booklet.



## PROJECT COMPASSION BOXES AND SETS OF ENVELOPES are now available in the baskets at the entrance of the church.

This year, Project Compassion is built around the **theme to 'Be More'**. It is taken from the words of **St Oscar Romero** to "**Aspire not to**

**have more, but to be more**" and challenges us to venture into a new experience of compassion.

**The gospel reading** today reminds us of Jesus' proclamation that the kingdom is close at hand. Project Compassion is an important way to help bring about that very kingdom.

## WHAT IS THE MEANING OF FASTING?



The Season of Lent is a season of fasting. There are two public days of fasting during the season of Lent (Ash Wednesday and Good Friday). Jesus strongly advises us to do our own private fasting during this Holy season (Mathew 6: 16-18). Pope Francis advocates a very practical way of fasting which can be practiced both by kids and parents. Below is the Holy Father's list of fasting ideas:

- ❖ Fast from hurtful words... and say kind words
- ❖ Fast from sadness... and be filled with gratitude
- ❖ Fast from anger... and be filled with patience
- ❖ Fast from worries... and have trust in God
- ❖ Fast from bitterness... and fill your hearts with joy
- ❖ Fast from pressures... and be prayerful
- ❖ Fast from pessimism... and be filled with hope
- ❖ Fast from grudges... and be reconciled
- ❖ Fast from selfishness... and be compassionate to others
- ❖ Fast from words... and be silent so you can listen

## ST AMBROSE PARISH LENTEN BOOK CLUB FORMATION

One 4 x Wednesdays in Lent, we will gather virtually as a Parish Community on Zoom to discuss aspects of our selected book. The book is: "*What Are we Hoping for? Reflections on Lent and Easter*" from Australian Jesuit, Fr Richard Leonard SJ. It is available at St Paul's bookshop and many online places.

**The sessions will be at 8 pm on Wednesdays during March 3, 10, 17 & 24.** The discussions will go for 45 minutes and involve discussion on parts of the book and an opportunity for prayer.

If the group gets too large, we will split into smaller groups with other moderators. *If interested please email Frank Clarke* [fclarke@parra.catholic.edu.au](mailto:fclarke@parra.catholic.edu.au) or the Parish Office for details.

Please remember in your prayers the following  
for whom Masses will be offered.



**Recently Deceased:** Denise McCaffery, Cecilia Canaveral

**Anniversaries:** Mehsen Mawad, John Ferranda, Francesco Mercia,  
Jo MacCarthy

**Others:** Fr Kevin McGovern, Patrick & Margaret Egan, Veronica & Anne Gough, Mario Iannacito, Angelo Iannacito, Kevin Rice, Helen Timpanaro, Eugene & Aileen Morris, Ted & Laura Merlino, Harriet David, Terry Tully, Michael Culligan, Angelina Camuglia, Dr Leonado Dimaculangan, Jennifer Bast, Carmel Cullinan, Francesca Vizzari, Anthony Zovaro, Eric Pewal, Chris Elliott, Paola Pulosio, Olivero Vendramin, Thomas Murickananickal & Kochappan, Joseph, Anna Nguyen, Gordon Bridges, John Baptist Nguyen, Giuseppe Rubbo, Teofilo Zamora, Paul, Filomena Agostino, Marie Madeleine Danev, Nicola Betto, Margaret Sharpe, Mario Gemin, John Ryan, John & Gwen Kennedy, Antoinette Constable, Ludivina Green, John Baptista Zammit, Catherine and John Manning, Joe and Mary Mangion, Rema Flannery, Margaret Jean Sharpe, John Pomroy, Mary & Ernest Vanzella, Gaetano Patamia, Filomena Agostino, Peter Soosai, Jessie Tan, Terry Murphy, Silvia Burke, Margaret Solomons, Scaria Mylacroor, Clayamma (Clara), Annamma Scaria, Caoile Families, Iannacito, Funaro & Di Iorio Families, Guisepppe & Maria Idiotta, Whiteford Family, Culligan Family, Cootes Family, Zammit Family, DeBono Family, Moses Family, Nancy's Family, Dahdah Family, Morson Family, Abraham, George & Cherote Families, Kennedy and McGovern Families, John White, June Bates, Dorothy Vantwest, Thelma & Stephen Muller & Family, Soloman Family, Merrell, Bourke, Gielis & Shields Families, deceased members of St Vincent de Paul Society, dearly departed souls and all souls in Purgatory.

**Please pray for the sick especially:**

Pat Toohey, Sr Judith, Bill McLoughlin, Dr Bede Muller, Joe Abbate, Patricia Christosi, Dalton James Bonnici, Maria Manno, Joseph Borg, Yuan Sheng Ye, Veronica Rutherford, Paul Dovico, David Bagnato, Angela, Rosaria Natalina Patamia, Felice Minutillo, Charlie Rossini, Kelly & Ursula, Giuseppina Algozzino, Viru, Esther Tully, Rosa Mastro, Tanya Greenaway, Gianna, Matthew, Luisa, Zia Pina, Grace Comare, Elizabeth Esguerra, Juliet Walsh, Barbara Wayne, Marilyn Deguara, Elijah, Adrian Vanzella, Matthew Chan, John Rodrigues, Belinda Nicholls, Nan Peters, Carmela Smigliani, Shinta Widzaza, Alan Borg, Rosa Maria Santos, Bhupinder Tamber, Rebecca Sinclair, Marina Arasaratnam, Teresa Domalewski, Adel Abraham, Anne Vassily, Gloria Clark, Kim Long, Bob & Marion Merrell, Stacey Spencer, Joanne Ford, David, Celia and Gomes Family, Warwick Cook, Louise, James Anthony Manassa, June Corcoran, Rosina Morson, Celina Shaw, Laurence O'Connell, Sam Carroll, Robert Carey, Mario Bianco, Rochelle Rodrigues, Kevin Desouza, Pat Toohey, Charmaine Yu, Anne Collins, Anna Viteznik, Adrian Walker, Lauren Wedd, Peter Weinfroe, Ivy Ross, Dr Siri Kannangara, Maria Rosa de Angelis, Frank Zappia, Cecily Culligan

**NEW POLICY - PRAYERS FOR THE DECEASED IN OUR BULLETIN**  
Due to limited space in our weekly bulletin and many requests to publish the name of the deceased we need to introduce a new parish policy. ***The new policy will be that the names from the Mass Intention envelopes will appear in the bulletin for only two consecutive weeks.***

**REVISION OF THE SICK AND DECEASED LIST**

Please let us know whether the current names in our sick list are to be retained. We will wait for two weeks for your response after which time a new list will begin. On the Mass Intention envelopes please clearly print the name for whom we are praying and mark if it is for publication in the box at the bottom of the envelope. Could you please also indicate the gender of the person so prayers can be offered accordingly.

**NEW POLICY - BAPTISM OF INFANTS**

*We celebrate Baptisms on the second and fourth Sundays of the month.* Parents are required to give notice to our Parish Sacramental Coordinator at least one month prior to the baptism of their child. It is necessary for parents to meet with Fr Chaminda for a special Catechetical Session which may last about one hour.



**Congratulations to Lachlan Cooper** who we recently welcomed into our faith community through the Sacrament of Baptism. Please keep Lachlan and family in your prayers.

**PARISH BUILDING MAINTENANCE SUPPORT**

Volunteers are welcome to support the parish with electrical, plumbing, carpentry, sawing etc. Please meet the Parish Administrator or send an email to express your interest.

**A MESSAGE FROM THE ARCHDIOCESE OF SYDNEY**

Abuse is a crime. The appropriate people to deal with a crime are the police. If you – or anyone you know – have been abused, please contact the police. Alternatively, you can contact the Safeguarding and Ministerial Integrity Office [safeguardingenquiries@sydneycatholic.org](mailto:safeguardingenquiries@sydneycatholic.org) or call (02) 9390 5810 or you may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.



### CATHOLIC WOMEN'S LEAGUE (CWL)

Ladies you are invited to join CWL members at their 1<sup>st</sup> meeting of the year, **Saturday 27 February at 3 pm in the parish house**. New members are welcome. Those unable to attend meetings may still become a CWL member. Occasional social events and outings add to our friendship and all are invited.

The CWL Archdioceses of Sydney, with local branches consultation chooses the 'Project of the Year'. (This may be an overseas orphanage, school, hospital etc.) Our branch also financially assists our Catechists with teaching aids and contributes to our Vincent de Paul Society. It has assisted NSW drought and bush fire relief and schools in the Wilcannia-Forbes Diocese.

The CWL fosters the spiritual, cultural, intellectual and social development of women and promotes the lay women in the mission of the church. Please join us for afternoon tea and a friendly chat followed by a meeting. If convenient you may then attend 5 pm Mass.

Contacts - Marion Ryan - 0433 994 456 or Trish Leckie - 0419 638 683

**JESUIT REFUGEE SERVICES** currently delivers food supplies to approximately 350 households of asylum seekers/refugees, both individuals and families, who are not eligible for Government assistance.

To do this JRS need your help to supply such basic items as:

- ❖ 1kg or 2kg Basmati Rice
- ❖ Tuna in Oil
- ❖ 1 or 2 litres Cooking Oil
- ❖ Packets Pasta/Spaghetti
- ❖ Tinned Tomatoes
- ❖ Lentils/Chickpeas/Red Kidney Beans



JRS greatly appreciate your past generosity and ask that you offer whatever you can from the abovementioned items. THANK YOU!

### COVID-19 UPDATE

- Places of worship are now allowed to have one person per two-square-meters with no maximum cap from Friday 12 February.
- Masks are no longer compulsory.
- Up to 300 people can attend funerals and weddings, providing a two square meter rule is observed.
- The COVID Safe Plan for Places of Worship strongly encourages electronic collection of worshippers' names and contact details. Many parishes are doing this by online registration for Masses rather than a QR code and can continue doing so. Parishes may keep paper records and then transfer this data across into an electronic format. Record keeping is compulsory.



### CATECHIST SUNDAY

*"How beautiful are the feet of them that preach the Gospel of peace, and bring glad tidings of good things!" (Romans 10:15)*

Last weekend we celebrated Catechist Sunday. This is the day we acknowledge over 1900 catechists (or scripture teachers) and 400 High School catechists who give their time generously to teach the Catholic Faith to 28,000 primary and high school students. We recognise their response to their baptismal call to evangelise, the voluntary nature of their generosity and their love for the children in a work which is often unseen and unrecognised yet crucial and rewarding. In our St Ambrose Parish we have 9 catechists teaching 250 Catholic children in our 3 local public schools – Concord West, North Strathfield and Victoria Avenue Public Schools.

We are **always** looking for catechists! We are flexible – so if you are only able to teach a couple of terms a year or if you would be able to do every 2<sup>nd</sup> week or if you and a friend want to share a class, do not hesitate to contact us to further discuss. Classes are 30 mins long and are as follows:

- Strathfield North Public School – Wednesday mornings
- Concord West Public School – Tuesday mornings
- Victoria Avenue Public School – Tuesdays 11.45 am to 12.15 pm

All catechists receive training, lesson manuals, books and all necessary resources and support from the Archdiocese plus great friendship/support from our St Ambrose catechists. So why be a catechist?

- Share JESUS with others.
  - Contribute to your parish and community.
  - Have the opportunity to deepen your personal faith.
  - Meet new friends who will support you.
  - Great opportunity to work your mind and attend workshops and quality training courses.
- Please contact Megan Harris through the Parish office 9743 1023 if you would like to chat about becoming a catechist.



### CONSECRATION TO ST JOSEPH

A 33-day consecration has commenced and it will end on the feast of St. Joseph (19 March 2021). The booklets for **WEEK TWO** are now available. Those who have already signed up, can take a copy after the weekend Masses. You may either do it at home or in the Church and as a group or individually. This will take place in our parish Church at the following times.

**Monday, Wednesday, Thursday and Friday 7 pm**  
**Tuesday – 6.15 pm**  
**Saturday & Sunday (in private)**