

PARISH NEWSLETTER FOR 6TH SUNDAY OF ORDINARY TIME

Weekend of the 10/11 February 2024

First Reading: Lev 13:1-2, 44-46 Second Reading: 1 Corinthians 10: 31—11:1 Gospel: Mark 1:40-45

Embracing the faith communities of St Mary's Buderim, St Peter's Coolum, Stella Maris Maroochydore and St Catherine of Siena, Sippy Downs.

STELLA MARIS CATHOLIC PARISH

Our Parish has zero tolerance for all forms of abuse and is committed to safeguarding everyone involved in its activities, ministries and services. The safety and wellbeing of children and adults-at-risk is paramount.

And It All Begins on Wednesday!

This Season of Lent is a time of fasting, almsgiving and consciously making room for God in our busy lives. Whatever image comes to your mind, with the distribution of ashes this Wednesday, we begin another Lenten journey together. Once again there are many opportunities to grasp hold of during these coming 40 days.

FASTING & ABSTINENCE: Ash Wednesday is one of two days of fasting and abstinence set down by the Church, the other being Good Friday. In current Catholic practice, fasting means having only one full meal a day. Smaller quantities of food may be eaten at two other meals, but no food should be consumed at any other time during the day. The law of fasting applies to those who are 18 to 59 years old. Abstinence is the practice of abstaining from the use of certain kinds of food. Everyone aged 14 years and older is required to abstain from eating meat on Ash Wednesday and Good Friday.

The spirit of the law may invite us to extend the fast to things other than food – tweeting, surfing the net, gambling or gossiping. The minimum fasting requirements make most sense when they are combined with prayer and almsgiving. The Catholic practice of fasting and almsgiving aims at leading us to interior conversion. We fast in order to share our time and our treasure with an attitude of love towards God and others.

DAILY MASS: Each day, we have daily Mass opportunities for you to incorporate into your daily Lenten routine. Why not join us?

PARISH MINI MISSION: It is important to make time to reflect on our lives and the direction life is taking us. To help us this year we welcome Catholic evangelist and Benedictine Oblate, Jo Hayes, who will lead our Parish Mini Mission on Monday 19th, Tuesday 20th, Wednesday 21st February. Because the Mini Mission is our Parish focus, the only Mass on those three days will be at 4:30pm and the Mini Mission will be from 5 to 6pm. Don't let this Lenten opportunity slip by!

LITTLE BLACK BOOKS: Available at each church are the Little Black Books, which contain short and appropriate daily reflections. A tremendous companion throughout the days of Lent! A gold coin donation to cover the cost would be appreciated. The daily reflections start today, so hopefully there are still some Little Black Books around!

DO SOMETHING DIFFERENT: This Lent, why not mark in your diary the World Day of Prayer, which is a worldwide gathering of Christians. In our Parish Family, the World Day of Prayer will be hosted this year on Friday 1st March Stella Maris Church beginning at 10:30am—all welcome. (Will also be celebrated at Coolum and Buderim).

RECONCILIATION: Forgiveness should be part of everyone's Lenten journey. It is never easy! Reconciliation is offered every Saturday at Stella Maris Church from 8:30am to 9:30am. Our Communal Rite of Reconciliation is celebrated on Monday of Holy Week – Monday 25th March at 5.00pm, Stella Maris Church.

PROJECT COMPASSION: A practical and life giving aspect of Lent has always been our sacrifices and the ability to financially support, through the Project Compassion Appeal, those who have come off second best. Indeed, Project Compassion is something in which all individuals and families can be involved. Envelopes are available at the entrance to the church.

LENTEN PROGRAM: This year, the Lenten Program is entitled, "A Resurrected Life". All those who have been part of the program during previous Lents have found it a valuable part of their journey – if you are interested in joining a group please contact the Parish Office before Ash Wednesday.

STATIONS OF THE CROSS: Each week during Lent, you are offered an opportunity to walk the Way of the Cross – *the Via Crucis* – a timely way to contemplate the final journey of Jesus. During Lent: Stella Maris following 9am Mass on Friday morning or on Friday evening, 6pm at St Catherine's, Sippy Downs.

Our journey together begins!

Fr Peter

THE WEEK AHEAD

We acknowledge the traditional owners of the land on which our communities celebrate liturgies and live out our faith. We pay respects to leaders past, present and emerging. May their example of stewardship be reflected in our lives.

Monday, 12 February

Adoration 4.30pm, Stella Maris

- ♦ **Mass** (5.30pm, Stella Maris Church)

Tuesday, 13 February

- ♦ **Mass** (9.00am, Stella Maris School Chapel).

Wednesday, 14 February

Ash Wednesday

- ♦ **Mass** (7am, St Mary's Church)
- ♦ **Mass** (7:30am, St Peter's Coolum Beach)
- ♦ **Mass** (9am, St Catherine of Siena Church).
- ♦ **Mass** (9am, Stella Maris, Maroochydore)
- ♦ **Mass** (5pm Stella Maris Maroochydore)
- ♦ **Misa en Espanol** (6pm St Mary's Church)

Thursday, 15 February

- ♦ **Mass** (8.30am, St Peter's Church)

Friday, 16 February

- ♦ **Mass** (9am, Stella Maris)
- ♦ 9:30am Stations of the Cross (Stella Maris)
- ♦ 6pm Stations of the Cross (St Catherine's)
- ♦ Community Meal for the Homeless, Vulnerable and Disadvantaged (6pm, Stella Maris)

Saturday, 17 February

- ♦ Reconciliation **8.30 to 9.30am** (Stella Maris)
- ♦ 11am El Shaddai group meets (Sippy Downs)
- ♦ Baptism of Olive Kerswill, Riviera Echter, Oliver Pearce and James Pearce (10am Stella Maris)
- ♦ **Vigil Mass** (4.30pm, St Peter's Church)
- ♦ **Vigil Mass** (6.00pm, Stella Maris Church)

Sunday, 18 February

First Sunday of Lent

- ♦ **Mass** (6.30am, Stella Maris Church)
- ♦ **Mass** (7.30am, St Peter's Church)
- ♦ **Mass** (8am, St Catherine of Siena Church)
- ♦ **Mass** (9am, Stella Maris Church)
- ♦ **Mass** (9.30am, St Mary's Church)
- ♦ **Mass** (5pm, Stella Maris Church)

Gluten-free hosts are available. To arrange, simply contact the sacristan or Mass coordinator before Mass. The priest will always distribute the gluten free host at communion.

GETTING READY

Our Parish Lenten Mission is getting closer! Mark off in your diary **Monday, Tuesday & Wednesday (19 – 21 February)** beginning with Mass at 4:30pm and then the Mission from 5 to 6pm. We are grateful that Jo Hayes has accepted our invitation to lead us over the three days. The outline of the sessions are:

Monday 19th February: How to Hear from God

It is possible to hear from God on a daily basis. To have an intimate, personal relationship with God that practically transforms our everyday life - leading to greater peace, joy, clarity, direction and freedom.

Tuesday 20th February: Living a life of radical holiness - sin and the Sacrament of Confession 'Holiness' is not just for 'the great saints'. Holiness is possible for everyday folk, like you and I. What it looks like to pursue holiness, the consequence of sin, and the freedom that comes with regular Confession.

Wednesday 21st February: Harnessing the power of The Word of God - a session on Lectio Divina Lectio Divina is the prayerful reading of Divine Scripture. Learn the what/why/how of this ancient spiritual practice, and how knowing, believing and applying The Word will radically transform your life.

If you know of any fellow Catholics who would like to attend but might struggle with transport, why not invite them and offer them a lift? Perhaps a neighbour or a friend, who has drifted away from the Church, might be grateful to receive an invitation to our Lenten Mission? That is called evangelisation in action!

MISA EN ESPAÑOL

All Spanish speakers are reminded that this Ash Wednesday Mass will be celebrated in Spanish at St Mary's, Buderim at 6pm. Tell your Spanish speaking friends! Looking ahead, we will be celebrating a Mass in Spanish every second Saturday of the month beginning on 9th March. For further details, please contact Patricia 0480 304 643.

WORLD DAY OF PRAYER 2024

Stella Maris Catholic Parish will be hosting the annual World Day of Prayer on Friday, 1 March at 10.30am to be followed by morning tea. World Day of Prayer is a worldwide ecumenical movement of many faith traditions, who come together to observe a common day of prayer each year. This year's prayer service has been prepared by the Christian women of Palestine. The theme is "I beg you... to bear with one another in love". We hope to see many of our parishioners there to extend a warm welcome to the visitors from other traditions and to be united in prayer for all peoples in the region of Palestine.

LENTEN PROGRAMME MEETINGS

It's not too late to join a local group and spend this Lent reflecting on the scriptures and some of the most fundamental questions of our earthly journey. There are weekly meetings at St Catherine's (Wednesday evenings, 6:30pm) and the El Shaddai group (Saturday morning at St Catherine's) Also at St Peter's, Coolum, every Wednesday morning at 9am.

Stella Maris Parish Office

Adjacent to the Stella Maris Church
Office Hours 9am—2pm Weekdays
Telephone: 5443 3488
Email: suncoast@bne.catholic.net.au
Website: maroochydoreparish.com.au



Parish Clergy

Fr Peter Brannelly
Fr Isaac Falzon
Deacon Michael Houry

Celebrating and Remembering

We pray for all those who have died, especially *Denise Schlecht* and *Norman Berg* (a member of the Buderim community) whose Funeral Rites were celebrated last week. We pray for *Elaine Whittle*, whose Funeral Rites will be celebrated next Monday. May their souls, and the souls of all our departed through the rich mercy of God,

Rest in Peace

Ash Wednesday

Wednesday 14th February is Ash Wednesday, the first day of the season of Lent. It is designated by the Church as days of fast and abstinence, as is Good Friday. The practice of fasting and abstinence aims at leading us to interior conversion by making us more disciplined and more charitable. We fast in order to share our time and our treasure with an attitude of love towards God and others. In addition, the practice helps us imitate the example of Jesus who fasted for 40 days in the desert. The ashes that are marked on our foreheads on the 1st day of Lent are a symbol of humility, purification & sorrow & remind us of the need to repent our failings.

Lent

The name 'Lent' comes from an old English word meaning 'to lengthen'. It was used to describe the 6-week period leading to Easter, because in the northern hemisphere it coincided with the time when the short winter days were gradually growing longer. Lent began as a brief period of preparation for those adults who were to be baptised at Easter. Eventually the rest of the Community also observed an intense period of prayer and fasting before Easter. When adult baptism became the exception rather than the norm, Lent changed from focusing on preparation for baptism or renewing one's baptismal promises to being an intensely penitential period. The second Vatican Council restored the balance by describing Lent as being marked by two themes, the baptismal and penitential. For those who will be baptised at Easter, Lent is a period of intense preparation called the "Period of Purification and Enlightenment". Together with those who are preparing for Christian initiation at Easter, we all look to a deeper conversion of heart during the weeks of Lent.

Symbols of Lent—Ashes

In the Jewish scriptures, ashes often suggest humility and human insignificance, as in the familiar "ashes to ashes, dust to dust". Ashes were also used as a purification offering to ritually cleanse the unclean and also to express mourning and sorrow. We continue the Jewish understanding of ashes as a symbol of humility, purification and sorrow when we are marked with ashes on the first day of Lent. It is a sign of our willingness to cleanse our heart through prayer, fasting and self-denial.

Cross

The cross is the primary symbol of Christianity and a central object in Catholic liturgy. The cross represents victory over death and salvation from sin. During Lent, the cross leads the procession on Palm Sunday, is the focus of Stations of the Cross, and is venerated on Good Friday.

Purple

Purple or violet is the prescribed liturgical colour for Lent. Purple is associated with mourning and so anticipates the pain and suffering of the crucifixion. Because it is the royal colour, it also celebrates Christ's resurrection and sovereignty. Purple vestments and hangings in Lent visually evoke a mood of simplicity and austerity, so added symbols are unnecessary and distracting. **The colour is the symbol.**

Lent Liturgical Texts

Some of the Mass prayers that we hear during Lent remind us about the purpose of this season of the Church's year and provide material for our personal prayer during the week. ***"For by your gracious gift each year your faithful await the sacred paschal feasts with the joy of minds made pure, so that, more eagerly intent on prayer and on the works of charity, and participating in the mysteries by which they have been reborn, they may be led to the fullness of grace that you bestow on your sons and daughters."*** Preface of Lent I (The spiritual meaning of Lent). ***"For you will that our self-denial should give you thanks, humble our sinful pride, contribute to the feeding of the poor, and so help us imitate you in your kindness."*** Preface of Lent III (The fruits of abstinence). ***"Bless, O Lord, your people, who long for the gift of your mercy, and grant that what, at your prompting, they desire they may receive by your generous gift."*** Prayer over the People Fifth Sunday of Lent

The Prefaces of Lent

The first section of the Eucharistic Prayer at Mass - the part that comes after our response "It is right and just" and before the "Holy, holy" - is called the Preface. There are 97 Prefaces in the Roman Missal. The common tone of all these Prefaces is one of thanksgiving. In addition, during feasts and seasons of the church year, the Preface always reflects the focus of the celebration. The Prefaces for the Sundays of Lent serve to reinforce the Gospel readings of the day. For example, the Gospel reading on the second Sunday of Lent is always the account of the transfiguration of Christ on Mount Tabor, so in the Preface on that day we hear: ***For after he had told the disciples of his coming Death, on the holy mountain he manifested to them his glory, to show, even by the testimony of the law and the prophets, that the Passion leads to the glory of the Resurrection.*** (Preface— 2nd Sunday of Lent)

If we are distracted and our thoughts wander, the Preface can sometimes be over before we are aware of it. This is a pity. Listening carefully to the Preface helps us link the Liturgy of the Eucharist at Mass with the Liturgy of the Word.

The Way of the Cross

Stations of the Cross is a popular practice in parishes during Lent. This form of devotion arose after pilgrims began to visit the Holy Land from the end of the 4th century to follow the path that Jesus trod in his last week of life. Christians who were unable to travel to Palestine themselves reproduced a parallel devotion at home. The Franciscans popularised the practice during the Middle Ages, but the number and subject of the stations was not settled until the 18th century. The fourteen stations that were established were a blend of biblical and legendary material. There is no set way of praying the Stations and the Church has never provided an official ritual for the celebration. During Lent, you are invited to walk the Stations on a Friday morning after the **9am Stella Maris Mass** or alternatively, at **6pm every Friday evening at St Catherine's, Sippy**

Catholic Education in our Stella Maris Parish Family

Siena Catholic Primary School

58 Sippy Downs Drive,
Sippy Downs
psippydowns@bne.catholic.edu.au
Principal: Glen Bucklar

Stella Maris Primary School

Stella Maris Way,
Maroochydore
pmaroochydore@bne.catholic.edu.au
Principal: Mark Ballam

Siena Catholic College

60 Sippy Downs Drive,
Sippy Downs
ssippydowns@bne.catholic.edu.au
Principal: Sharon Collins



Opening School Mass

“Siena GEMs -living Gratitude, Empathy and Mindfulness. To be who God meant us to be!”

Thank you to our staff, students and parishioners who celebrated our Opening School Mass on Wednesday and thank you to Fr Isaac for leading our Eucharistic service. The children were reverent and mindful during the Mass.

The Mass was a lovely celebration where we prayed for and welcomed our new students, families and staff to our very special community here at Siena.

We also asked God to bless us during this year as we endeavour to be GEMs -living Gratitude, Empathy and Mindfulness. To be who God meant us to be!

During the mass, the year level covenants were bought forward and blessed by Fr Isaac. These covenants are a promise to how we will try to live, love and learn here at Siena in 2024.

The choir sung beautifully. Many thanks to our music teacher, Gabby Khoury and pianist, Isobel Summit who accompanied and led the choir.

Year Six Covenant



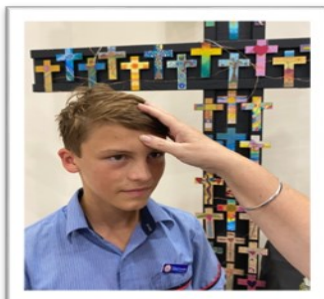
As year six leaders, we will look 'out' towards others and will be role models for the younger students at Siena. We will carry out our work each day in an honest and respectful way. We will strive to be kind, grateful and empathetic in our relationships with others. We will try new things this year and will challenge ourselves to be the best that we can be.



Stella Maris Update – T1 W2

While some think that student leadership is all about Year 12, at Stella Maris we consciously work to develop leadership skills in all students. In Prep, it starts with learning about turn-taking, listening to and including others and sharing ideas in a respectful way. As students progress through the year levels, they are given lots of opportunities to develop and implement their leadership skills both inside and outside the classroom. Not all students develop at the same pace and not all will go on to lead multi national corporations, but that's okay. It's about developing the commitment, compassion, creativity and courage in students, so that they are able to contribute to making the world an even better place.

We recognise the special role of student leadership that our Year 6 students take on this year and ask God to bless them in their journey as they strive to light the way for others, as Jesus calls them to do.



Last Friday morning, the College community gathered for the induction of our elected student leaders, and the acknowledgement of the leadership role undertaken by our entire Year 12 cohort. We are extremely proud of this wonderful group of young men and women, and we look forward to watching their progression through this, their final year of Secondary school.

Throughout the week, a large number of students have been engaged in sporting trials – in the hope of being selected for Coastal District Teams - best of luck to all involved. In addition, our Year 9 students have braved the showery weather and travelled to Mooloolaba to explore the impact of tourism, while our Year 7 and 8 students were also at Mooloolaba, participating in surf safety and surf skills classes.

