

PARISH NEWSLETTER FOR THIRD SUNDAY OF LENT

Weekend of the 2/3rd of March, 2024

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.

The Old Testament is full of stories! If I were to ask you to name three Bible stories from the Old Testament that you could remember from your childhood what would they be? Chances are you would come up with '*Adam and Eve*', '*David and Goliath*' and '*Noah and the Flood*'. I bet '*Moses receiving the Ten Commandments*' would also be in the mix. Well, this weekend's First Reading comes from Exodus and it gives us all a chance to revisit the story of Moses receiving the Ten Commandments from God. It is a story we all know, or at least think we know!

Way back in 2007 Promenade Pictures released the animated movie, *The Ten Commandments*, which used the voices of Ben Kingsley, Christian Slater and Elliott Gould. As part of their marketing, the producers commissioned Kelton Research to poll 1000 people and test their knowledge of the Ten Commandments. The research company asked the 1000 people to recall the ingredients of a '*Big Mac*' burger from McDonalds, as opposed to their ability to recall the '*Ten Commandments*'.

Almost 80% of the respondents knew that the '*Big Mac*' was made up of two all-beef patties; while just over 50% knew '*Thou shalt not kill*' was one of the commandments. Only 14% knew all 10 commandments.

Even those in the survey who considered themselves '*religious*' had a bit of trouble naming them all. The top two mentioned commandments – '*Thou shalt not kill*' and '*Thou shalt not steal*' – were recalled by 70% and 69% respectively. The '*Big Mac*' was more memorable – 79% knew of its all-beef patties and 76% knew that it came with lettuce.

If you can name all of the Ten Commandments – **well done** – if you can't get them all, I have printed them on the back of the newsletter. The question is not whether I can remember all 10 commandments, but why remember them at all?

First of all I think we need to look at the commandments not as strict and unyielding laws, but as God's love letter to his people! For the Israelites, God took on the role of leader of the clan. The first three commands describe Israel's relationship with God, and the last seven commands describe Israel's relationships in the community. God makes a covenant – a bargain of sorts – with his chosen people. If they follow his 10 rules, he will '**show steadfast love**' down through the generations. It is basically an agreement which gives a framework for the way to live and be right in the relationship with God and other people.

It is significant that these 10 rules were one of the earliest codifications of behaviour, and, of course they are still relevant today because they make sense if we are to live in community – to live as family - to live as a Parish - even if I no longer covet my neighbour's donkey. The principle is still the same!

The *do's and don'ts* of the Ten Commandments were meant to remind the chosen people that God cared so much about them that he gave them a discipline for the way to live. **That principle is also still true today.** Being able to rattle off the Ten Commandments is one thing. But being honestly prepared to let the principle that underpins the commandments, positively guide our actions and attitudes during the course of living in this third week of Lent, is much more important!

Wishing you every blessing on your Lenten journey. *Fr Peter Brannelly*

Parish Clergy

Fr Peter Brannelly
Fr Isaac Falzon
Deacon Michael Khoury
Bishop Brian Heenan
Bishop Emeritus



Stella Maris Parish Office

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

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, 4 March

Adoration 4.30pm, Stella Maris

- ◆ **Mass** (5.30pm, Stella Maris Church)
- ◆ Spanish Group—Consecration to Jesus through Mary, (6.30pm, Stella Maris)

Tuesday, 5 March

- ◆ **Mass** (9.00am, Stella Maris School Chapel).
- ◆ 6.00pm Liturgy Committee Stella Maris

Wednesday, 6 March

- ◆ **Mass** (7.00am, St Mary's Church)
- ◆ **Mass** (9.00am, St Catherine of Siena Church)
- ◆ Scripture Study Group (9:30am, Zoom)
- ◆ Team Meetings: Coolum 12.00pm; Buderim 2.00pm; Sippy Downs 4.30pm; Maroochydore 6.00pm.
- ◆ Latin Prayer Group (6.00pm Stella Maris)

Thursday, 7 March

- ◆ **Mass** (8.30am, St Peter's Church)
- ◆ 2.00pm Rosary & Divine Mercy (Stella Maris)
- ◆ 6.00pm Baptismal Preparation (Stella Maris)

Friday, 8 March

- ◆ **Mass** (9.00am, Stella Maris) followed by Stations of the Cross
- ◆ Stations of the Cross (6.00pm, St Catherine's)
- ◆ Community Meal for the Homeless, Vulnerable and Disadvantaged (6.00pm, Stella Maris)

Saturday, 9 March

- ◆ Reconciliation **8.30 to 9.30am** (Stella Maris)
- ◆ Multicultural Mass planning meeting 9.30am
- ◆ Archdiocesan Parish Sustainability, 10.00am
- ◆ 11.00am El Shaddai group meets (Sippy Downs)
- ◆ **Spanish Mass** (6.00pm St Mary's, Buderim) - Hospitality following the Mass
- ◆ **Vigil Mass** (4.30pm, St Peter's Church)
- ◆ **Vigil Mass** (6.00pm, Stella Maris Church)

Sunday, 10 March

Fourth Sunday of Lent

- ◆ **Mass** (6.30am, Stella Maris Church)
- ◆ **Mass** (7.30am, St Peter's Church)
- ◆ **Mass** (8.00am, St Catherine of Siena Church)
- ◆ **Mass** (9.00am, Stella Maris Church)
- ◆ **Mass** (9.30am, St Mary's Church)
- ◆ **Mass** (5.00pm, 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.

Hospitality this Weekend

On the first weekend of the month we always have a special emphasis on hospitality. If we want to be a friendly community we need to also be a welcoming community and providing hospitality is an excellent way of meeting new and old parishioners alike. Especially at our 9.00am Stella Maris Mass this weekend we welcome the Stella Maris school community who will be coordinating our celebration. Please join us after Mass. Thank you to the different groups who organize our hospitality each month – your ministry is appreciated. *See you after Mass today!!!*

Monthly Meetings

All local groups are reminded that the monthly meetings scheduled for the first Wednesday of the month take place this coming week. Coolum members, your meeting is at 12.00pm, Buderim's meeting is 2.00pm, Sippy Downs, 4.30pm and Maroochydore's meeting is at 6.00pm. On behalf of the entire Parish, thank you to the parishioners who generously volunteer to serve on these coordinating and leadership committees.



St Vincent de Paul Society
good works

Thank You

The annual St Vincent de Paul Christmas Appeal was held across our parish and with the kindness and support of our parishioners and friends, you enabled us to continue to support many in our local community who came to us for assistance. Thank you for your generosity and trust. Over the Christmas period we distributed \$15,736 to people and families in need. In addition, the Maroochydore Conference distributed 141 hampers while the Coolum Conference distributed 25 hampers.

Thank you also for your regular support of our ministry through the Vinnies Poor Boxes located at each of our churches. Would you like to know more about the work and mission of our local St Vincent de Paul conferences? The Stella Maris Conference meets every second Wednesday at the Vinnies shop, Norval Court, Maroochydore. The St Peter's Conference meets every second Thursday at St Peter's church. For more information about joining either conference please call 07 5451 7600. As St Vincent de Paul himself said: ***Charity is the cement which binds communities to God and persons to one another.***

Getting Ready

This June we will celebrate the diversity of our universal faith at our Multicultural Mass. To ensure that it is once again an enjoyable and successful occasion on Saturday 9 March, at 9:30am at Stella Maris, there will be an initial planning meeting. All co-ordinators and parishioners interested in helping organise this year's gathering are warmly welcome.

Baptismal Preparation

The next baptismal preparation session will be held on this Thursday 7 March at 6.00pm in Stella Maris Church. At this short meeting the symbols of baptism will be explained, questions answered, and baptismal dates finalised. To book and receive the paperwork before the meeting, please email the Parish office (suncoast@bne.catholic.net.au) The baptismal preparation sessions are held on the first Thursday of every month.

Celebrating and Remembering

We pray for all those who have died. May the souls of all our departed through the rich mercy of God,
Rest in Peace.

So what have our NET team been up to? Over the past two weekends they have been visiting every Mass and introducing themselves to parishioners. As you can imagine, with eight weekend Masses and four church communities, it takes a while to work out where everyone is and who belongs to who! During the week they have been getting accustomed to the rhythm of Siena Catholic College and settling into their accommodation. Over the next couple of weeks some new youth initiatives will be launched, and the goals for the year will be fleshed out. **NET** is an acronym for **National Evangelization Team**, and for more than 35 years, young Catholics have volunteered by generously giving a year of their life supporting the mission of the Church. This year, our Parish welcomes **six young Catholics** who will minister within our community. Their focus will be on our schools, especially Siena Catholic College and the St Catherine's community at Sippy Downs, but their ministry will stretch across our Parish.



Worth Considering?

If you have a desire to deepen your relationship with God and find God's presence in your everyday life, this could be a retreat for you! **Inner Peace in Darkness and Light** is the title of the retreat based on the Spiritual Exercises by St Ignatius of Loyola and will be held on 22 April, 29 April, 6 May, 13 May and 20 May at St Peter's, Coolumb. Everyone is invited and there are no special requirements to attend!

What's involved:

Participants make a commitment to pray at home for 30 minutes each day, and meet together with retreat guides within a group setting once-a-week for 9 minutes. There are in total five 90 minute group meetings. These sessions are guided by trained givers of the First Spiritual Exercises.

Your Commitment:

Spend 30 minutes daily in personal prayer. Keep a journal. Willingness to commit to four weeks of the retreat and attend the five weekly group meetings. More information will be provided closer to the date or go to info@jisa.org.au



Sisterhood

What a beautiful start we had to our women's ministry with over 50 women attending our first meeting! There was an abundance of positive energy as we got to share our faith and know one another over pizza & punch. Our next meeting will be Tuesday 19 March 6.00-8.00pm at Stella Maris



Upgrade

During this coming week at Stella Maris, a major audio system upgrade will take place, including the decommissioning of our current AV cabinet, and the relocation and installation of new cables into a new AV cabinet. One of the positive outcomes of this work will be our ability to record and broadcast all services, funerals, weddings and Masses from Stella Maris. The relocation of the AV cabinet will also provide the opportunity to create a designated vesting area for our priests and the allocation of designated storage space for the different groups that access Stella Maris.



Quietly, behind the scenes, a lot of people are diligently working away to ensure everything flows smoothly and that our Weekend Masses are moving and meaningful celebrations. From cleaners to musicians, audio-visual operators to welcoming, our Parish is a rich tapestry of generous parishioners who take seriously their ministries. Each week a lot of time and reflection goes into planning our Masses. Have you noticed the changing imagines at the base of the Altar at Stella Maris Church? The sand and cactus immediately reminds us of the desert journey of Lent and this week the two tables allude to the First Reading and the giving of the Ten Commandments.

Misa en Español

All Spanish speakers are reminded that Mass will be celebrated in Spanish next Saturday, 9 March at 6.00pm at St Mary's Buderim, followed by hospitality. Looking ahead, we will be celebrating a Mass in Spanish every second Saturday of the month for further details please contact Patricia 0480 304 643. Please tell your Spanish speaking friends.

Liturgy Committee

Liturgy is the highest moment of prayer and purpose for our Sunshine Coast parish. As Catholics we believe that it is the primary setting where God and people come together for the good of the whole world. As we look forward to celebrating Holy Week and Easter. All members of the Liturgy Committee are reminded of the planning meeting this Tuesday 6 March at 6.00pm at Stella Maris.

Catholic Education in our Stella Maris Parish

Siena Catholic Primary School

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



The Resilience Project

Siena Primary is partnering with The Resilience Project to support student wellbeing and mental health this year.

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness. Through presentations, school curriculum and proven strategies the Project will instill the qualities of Gratitude, Empathy and Mindfulness, and easy ways to practice these in everyday life. It also incorporates Emotional Literacy to support children, to know, and use language that supports their wellbeing.

We call it our **GEMs** – and try to be **Grateful**, show **Empathy** and practice **Mindfulness**.

Some of the practices include students, sharing at the end of the day, one thing they are grateful for. Practicing being grateful each day forms a habit to look for the positives in life and be thankful for those gifts.

Here is year 3P Gratitude tree. On the leaves are things, people, and experiences that they are grateful to have in their lives. The title for the tree is: Within the feeling of GRATITUDE is the seed of kindness!



Stella Maris Primary School

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



Our Year 6 students were part of the decision-making process this year, to determine which student ministry groups would most support our school needs. Those selected include:

Liturgy and Outreach;
Media; Wellbeing; Sport; Performing Arts; and Sustainability. The students were able to choose whether or not they wanted to commit to a ministry and also whether they wanted to commit to more than one. After time to reflect (on their options and interests, as well as their prior commitments) and discuss their thoughts with their families, the students put in their nominations. We were so impressed with their readiness and enthusiasm to step up to serve their community (and others).

Already, we have had our Liturgy and Outreach Ministry students promoting Project Compassion, preparing care packs to be shared at the Parish BBQ and planning Holy Week services. We've had members of the Wellbeing Ministry providing playground support to students across the school and teaching students how to play handball the Stella friendly way. Our Media Ministry students have been leading assemblies and planning how to communicate key messages across the school. We can't wait to see what else lies ahead.



Siena Catholic College

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



We have officially passed the half-way mark of term and none of us are slowing down! Tuesday was the second of our Caritas fundraisers, with Catherine House selling the renowned Kenilworth doughnuts in support of this worthy cause. Our talented musicians provided the entertainment for those waiting to purchase their sugary treats. Well done to all involved in this sell-out event!

Wednesday was our Assembly, in which we had the opportunity to pause in prayer, to congratulate students for their achievement, and to let the community know of our many upcoming events. On Wednesday night, a number of parents gathered to socialise, but also to meet our new Principal and to hear of the College's plans for the year ahead.

On Thursday and Friday, our Year 12 Geography class travelled to Fraser Island for an excursion – and what a great opportunity it was to explore the features of our local area. On Friday afternoon, a large group of students participated in the Clean-up Siena initiative, working hard to ensure our school spaces are being kept clean and tidy. To round off a busy week, today (Sunday) families interested in enrolling their children at Siena are gathering for an Open Day and a chance to hear about the College and to tour its facilities.



TEN COMMANDMENTS

1. I am the Lord your God, you shall have no strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.