

# The Barra

Weekly Newsletter of St. Finbar's Catholic Parish, Glenbrook  
1st Sunday of Lent—Year A  
25th & 26th February 2023

**Genesis 2:7-9, 3:1-7; Ps 50; Romans 5:12-19; Matthew 4:1-11**

## FR JOE'S MUSINGS

### Origin of Lent

In late winter, many Christian denominations observe a 40-day period of fasting and prayer called Lent. This is in preparation for the spring celebration of Easter, a religious holiday commemorating the resurrection of Jesus Christ from the dead.

The word "Lent" has Germanic roots referring to the "lengthening" of days, or springtime. But facts about the early origin of the religious observance are not as well known.

As a scholar who studies Christian liturgy, I know that by the fourth century, a regular practice of 40-day fasting became common in Christian churches.

### Early Christianity

The practice of fasting from food for spiritual reasons is found in the three largest Abrahamic faiths: Judaism, Christianity and Islam. In all three, refraining from eating is intimately connected with an additional focus on prayer, and the practice of assisting the poor by giving alms or donating food.

In the Gospels, Jesus spends 40 days in the wilderness to fast and pray. This event was one of the factors that inspired the final length of Lent. Early Christian practices in the Roman Empire varied from area to area. A common practice was weekly fasting on Wednesday and Friday until mid-afternoon. In addition, candidates for baptism, as well as the clergy, would fast before the rite, which often took place at Easter.

During the fourth century, various Christian communities observed a longer fast of 40 days before the beginning of the three holiest days of the liturgical year: Holy Thursday, Good Friday and Easter.

### Spiritual renewal

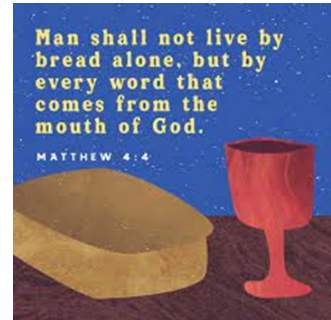
As Christianity spread through Western Europe from the fifth through 12th centuries, the observance of Lent did as well. A few Lenten days were "black," or total, fast days. But daily fasting came gradually to be moderated during most of Lent. By the end of the Middle Ages a meal was often permitted at noon.

Also, bishops and theologians specializing in church law specified restrictions on the kinds of acceptable food: no meat or meat products, dairy or eggs could be consumed at all during Lent, even on Sundays.

The idea was to avoid self-indulgence at this time of repentance for one's sins. Marriage, a joyous ritual, was also prohibited during the Lenten season.

Today, Catholics and some other Christians still abstain from eating meat on the Fridays of Lent, and eat only one meal, with two smaller snacks permitted, on two days of complete fasting. In addition, they also engage in the practice of "giving up something" during Lent. Often this is a favourite food or drink, or another pleasurable activity, like smoking or watching television.

*Please continue reading on page 2*



## PARISH INFORMATION

### Parish Priest: Fr Joseph Lam

E-mail: [joseph.lam@parracatholic.org](mailto:joseph.lam@parracatholic.org)

### Secretary: Juliana Khnouf

E-mail: [secretary@stfinbars.org.au](mailto:secretary@stfinbars.org.au)

### Admin: Peter McMahon

E-mail: [admin@stfinbars.org.au](mailto:admin@stfinbars.org.au)

### PPC:

E-mail: [stfinbarsppc@gmail.com](mailto:stfinbarsppc@gmail.com)

### Office Hours: 9.30am – 3.00pm

Tuesday to Friday

(Closed on Mondays)

Office Phone: (02) 47426958

Emergency Number: 0493 451 990

### Address:

52 Levy Street, Glenbrook 2773

PO Box 123 Glenbrook NSW 2773

### Sacraments

Confessions: Saturday 4.30 – 5.15pm

Baptisms: By Appointment

Weddings: By Appointment

### Web:

[www.stfinbars.org.au](http://www.stfinbars.org.au)

### Facebook:

Glenbrook Catholic Church St Finbars

### Parish School: Principal

Mrs Robyn Clarke

Phone: 4724 3600

## SUNDAY'S BAPTISMS:

The Parish joyfully announces the Baptism of **Jasper Edison Jones and Miller Joshua Lyes** and warmly welcomes them into our Faith Community.

They will be Baptised after Mass this Sunday.



## WELCOME

*all visitors to our church today. We extend our greetings to you. If you wish to join St Finbar's Parish, please make yourself known to one of our Wardens so we can give you our Parish Welcome Pack.*

## WE ACKNOWLEDGE

*the Traditional custodians of this land on which we worship at St Finbar's - The Darug and Gundungurra People. We pay respect to their Elders, past, present and emerging.*

<p><b>Sunday 26 February</b> <i>1st Sunday of Lent Year A</i></p>	<p><b>7.30am Mass</b> <b>9.30am Mass &amp; Welcome back BBQ</b> <b>10.45am Baptisms</b> 3.00pm Children's Choir P/C</p>
<p><b>Monday 27th February</b></p>	<p><b>No Mass. Office is closed</b></p>
<p><b>Tuesday 28th February</b></p>	<p><b>9.15am Mass</b> 5.30pm Cantabile Choir Practice <b>7.30pm Lenten Biblical Studies: the Crucifixion, Death and Resurrection P/C</b> 7.30pm March Baptism Preparation Meeting M/R</p>
<p><b>Wednesday 1st March</b></p>	<p><b>9.15am Mass followed by Rosary</b> 9.30am Playgroup P/C <b>3.30pm Lenten Group P/C—Mila Svehla' s group</b> 7.00pm Bridge Club P/C</p>
<p><b>Thursday 2nd March</b></p>	<p><b>9.15am Mass</b> 1.30pm Bridge Club P/C <b>7.00pm Lenten Group M/R—Louise Debeck' s Group</b></p>
<p><b>Friday 3rd March</b></p>	<p><b>9.15am Mass</b> 1.00pm Bowlers P/C 4.30pm Organ &amp; Concert Committee Meeting M/R <b>7.00pm Lent Adoration</b></p>
<p><b>Saturday 4th March</b></p>	<p><b>9.15am Mass</b> <b>10.30am "Singing is praying twice" - Workshop for Musicians</b> 11.30am Te Deum's Choir Practice 4.30pm Confessions <b>5.30pm Vigil Mass</b></p>
<p><b>Sunday 5th March</b> <i>2nd Sunday of Lent Year A</i></p>	<p><b>7.30am Mass</b> <b>9.30am Mass</b> 11.30am Sunday Soup Day P/C <b>6.00pm Youth Mass</b> <b>Live Streaming Link</b> <a href="https://youtube.com/live/ykme9Af79Ts?feature=share">https://youtube.com/live/ykme9Af79Ts?feature=share</a> 7.00pm Senior Youth Group P/C</p>

Other activities are also suggested, in keeping with the idea of Lent as a time for spiritual renewal as well as self-discipline. These include making amends with estranged family and friends, reading of the Bible or other spiritual writers, and community service.

Though some practices may have changed, Lent in the 21st century remains essentially the same as in centuries past: a time of quiet reflection and spiritual discipline.

At St Finbars, there are various activities that may help you to prepare for Lent:

- ✦ **Biblical studies on the Passion, Death and Resurrection of Jesus according to Matthew** on Tuesday 28 February, 7 March and 28 March at 7.30pm in the parish hall.
- ✦ **Ecumenical Soup Sundays in support of the Blue Mountains Refugees** on 5 March at 11.30am (St Finbars), 19 March at 11.30am (Baptist church), 2 April at 11.30am (Uniting church) at 11.30am
- ✦ **For our Soup Sunday at St Finbars we still need soups.** If you can help, please contact Juliana ([secretary@stfinbars.org.au](mailto:secretary@stfinbars.org.au))
- ✦ **Jesus' Passover Meal** on Tuesday 4 April at 6.30 pm. Registration for catering purpose is essential: [secretary@stfinbars.org.au](mailto:secretary@stfinbars.org.au)
- ✦ **Good Friday Choir and Organ Meditation** on Friday 7 April at 7.30pm.

Or, you may want to join one of three Weekly Lent Reflection Groups: Wednesday at 3.30pm, Thursday at 7.00pm and Saturdays at 9.30am in our parish meeting room.

### ECUMENICAL LENTEN SOUP SUNDAY

Our Ecumenical Lenten Soup Sunday has been a great success in the past. It has created waves in our local area and beyond.

It fosters our ecumenical ties and helps the disadvantaged in our community.

This year, the Ecumenical Lenten Soup Sunday kicks off on 5 March, here at St Finbar's, followed by our friends of the neighbouring Baptist church on 19/3 and will conclude on 2 April with our good friends at the Uniting church.

We would appreciate it if you can support us and provide soups of various tastes. Please contact the parish office for further details.



### PROJECT COMPASSION BOXES

Are available for collection from the Narthex.

Please remember to take yours home today



# ST. FINBAR'S PARISH NEWS

## 2023 SACRAMENTAL SCHEDULE

Please note that 2023 Sacramental program will on the following dates:-

Parents information night : Monday the 6th of March at 7.30pm in the Parish Hall

The Sacrament of Reconciliation will be on Saturday the 13th of May at 2.30pm.

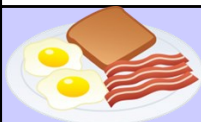
The Sacrament of Holy Communion will be on Sunday the 2nd of July at 9.30am Mass

The Sacrament of Confirmation will be on Sunday the 17th of September at 9.30am Mass, Bishop Vincent will be celebrating this year.

If you would like to enrol your child at any of the above Sacraments, you need to attend the parent's information night to get the registration forms and the preparation schedule. Thank you

## A MESSAGE FROM THE 2023 EPIPHANY PILGRIMS

Thank you for making us feel so welcome at St Finbars during our recent Epiphany Pilgrimage - we were so blessed by the hospitality of your community. A particular thanks to all those who assisted with the Finnie's Fiesta: it was such a joy-filled way to begin our seven days of pilgrimage through the bushland of the mountains. Thank you to Fr Joe and Juliana for their generous assistance, to Cate, Danni and Keren for making the day both fun and spiritually rich for the children, and to Claire and the youth band for leading us in Adoration. Thanks especially to Lucie and Matt for coordinating our time with your community, to the many parishioners who contributed so generously to the delicious feast we enjoyed together and to all those who joined us for the celebrations and made us feel so welcome. What a joy and privilege it was to begin 2023 in prayer and friendship with one another in Christ as we journeyed in the spiritual footsteps of the Magi. You can check out some photos from the pilgrimage by scanning the QR code or visiting <https://www.epiphanypilgrimage.org/photos-2023.html>



## ST FINBARS MEN'S BREAKFAST

Date - Saturday 11th March 2023

Time - 7:30 am – 9:00 am - Venue - Parish hall



The parish is holding another Men's breakfast as an opportunity for parishioners to meet and get to know one another. This invitation is open to all male parishioners and any of their sons, grandsons, neighbours and friends. For catering purposes we will need to confirm numbers by Sunday 5th March 2023. Please add your name to the list on the warden's table. Any questions please contact the organisers, Carl Moll 0417 471 137 or John De Mattia 4739 6775

Brad Waugh is the General Manager of Panthers on the Prowl, he was guest speaker at the last Men's Breakfast. Brad spoke about the Building Young Men program and he would kindly ask those interested in becoming a mentor for the boys in the program for this year to attend an information night on Tuesday the 28th of February at Panthers stadium at 6.30pm. Contact is Brad Waugh [E.brad.waugh@panthers.com.au](mailto:E.brad.waugh@panthers.com.au) Brogan Mulhall on 0405521022.

## WORLD DAY OF PRAYER 2023 (TAIWAN)

When: 7pm on Friday 3 March 2023

Location: Blaxland Uniting Church

Notes: Supper will be provided. All welcome.

For more information please contact Todd ([todd.stanford7@bigpond.com](mailto:todd.stanford7@bigpond.com))

**24 HOUR FOR THE LORD EVENT AT SCHOENSTATT, MULGOA.** Come and spend some time with Our Lord and Our Lady in the Schoenstatt Shrine: Friday 17 March 6pm Mass, then Reconciliation 7:15 – 10.00pm. On Saturday Reconciliation 10am-12pm, and 3-4.45pm with a Vigil Mass at 5pm. The Shrine will be welcoming people for prayer for the full 24 Hours. Groups to lead prayer are welcome. Contact [paulandramani@gmail.com](mailto:paulandramani@gmail.com)

## Bateman Battersby

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[Gerard.Morson@turnerfreeman.com.au](mailto:Gerard.Morson@turnerfreeman.com.au)



**PLEASE PRAY FOR THE RECENTLY DECEASED:**

Paul Walker, Esme Kramhoft, Christopher Auckett, Matthew Tuckleman, George Hauswirth, Mary Nelson, Barry Wylie, Peter & Anna Friel (Maire Griffin relatives) and John Mullane.

**PLEASE PRAY FOR SICK PARISHIONERS, RELATIVES & FRIENDS:**

Pat Bell, Jeanette Russell (Margaret Rivas' Friend), Joan Pace & Dorothy Collins (Janice Smith's Cousins), Chris Paine, Margaret Stevens, Lyn Beltran, Margaret Christensen, Mark Bates, Colleen & Michael Nolan, Lyn Downes, Terry Stevens, Jacqui Visser, Joanne Macrae, Sophie Hollies, Catherine Kirk (Cameron), Harrison Maddison Farrugia, Harrison Aggar (Margaret & Ian Dickson's Grandson), Diosdado Roque (Geraldine Agahari's Father), Rhondda Masters (Janice Smith's Sister), Joan and Hubert Periera (Marcia Periera's Sister & Brother).

**PLEASE PRAY FOR THOSE WHOSE ANNIVERSARIES OCCUR AT THIS TIME:**

John Venn, Zdenka Polak, Eva Lynch, William Wilson, Petrus Zwegers, Michael Yabsley, William Cummins, Brett Hopson, Eunice Shaw, Grace Buckley, Margaret Feld, Gloria Miles, Kenneth Moore, James Hurley, Mary Mulvey and Nellie De Mattia.

**LITURGICAL ROSTER FOR 4TH & 5TH MARCH 2023**

Liturgical Ministries	5.30pm	7.30 am	9.30 am
Sacristan	Vince Dobson	Carl Moll	Gerard Egan
Senior Server	Vince Dobson	Carl Moll	Joseph Sukkar
Junior Servers	Alex & Luc Nilsson	N/A	Xavier Rajnoch & Patrick Sukkar
Warden	Vince Dobson	Volunteer Please	Justin Dowling
1 <sup>st</sup> Reading	Beth Culliver	John De Mattia	Pearse Cremin
2nd Reading	Eileen Jones	John Killeen	Amanda Moore
Intercession	Greg Rowe	Kevin Flynn	Justin Dowling
Music	Naomi's group	N/A	Jenny Long & Anne Hobbs
IT Operators	Eleanor Thompson	Joseph Wilson	Patrick Watson
Gifts	Noreen Taylor & Janice Smith	Maria Heinzl & Stanis Drobiszewski	Volunteers Please
Communion	Volunteer Please	Colleen Fuller	Garry Pursehouse
Cashiers	Bernadette Shalala & Erika McNay		
Children's Liturgy	Danielle		
Piety Stall	Carmel Higgins		
Church Care	Volunteers Please		
Hospitality	Lina Wiecek, Vicky Ang, Tamar Apkarian & Karen Sukkar		
Lawn Mowing	Tony Doyle, Darren Dukes & Paul Geftakis		

**Ballimino's**  
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