



Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

SUNDAY 21ST FEBRUARY 2021 1ST SUNDAY OF LENT, YEAR B

Sacred Heart Cathedral is the Cathedral Church of the Diocese of Maitland-Newcastle, a church of St Benedict's Parish, Inner Newcastle, and part of the City Pastoral Region.

Our People

Fr Andrew Doohan VG (*Rector of the Cathedral*)
Email: rector@sacredhearthamilton.org.au
Dr Anne Millard (*Director of Music*)

Our Social Media

Website: www.sacredhearthamilton.org.au
Facebook: @SHCHamilton
Twitter: @HeartHamilton
YouTube: SacredHeartCathedralHamilton

Our Bulletin Our Bulletin is published weekly, and is also posted on our website each Saturday.

Please submit any prayer requests or items for inclusion in the Bulletin via the Office by Noon on Wednesdays.

Our Office—St Benedict's Centre

25 Farquhar Street, The Junction
PO Box 6, The Junction 2291
Phone: (02) 4979 1101 Fax: (02) 4962 4644
Email: newcparish@mn.catholic.org.au

Office Staff

Margaret Cox (*Reception & Administration*)
Debbie Ryan (*Reception & Administration*)
Anne Warren (*Business Manager—Finance*)
Jade Simonsen (*Business Manager—Property*)

Sacred Heart Cathedral sits on the traditional country of the Awabakal and Worimi peoples.



We acknowledge their cultural heritage, beliefs and their continuing relationship with the land, pay respect to their Elders past, present and future, and commit ourselves to working together for reconciliation and justice.



POPE FRANCIS' WORDS

Do you want to fast this Lent?

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

CATHEDRAL DIARY...(for the week ahead)

First Week of Lent, Year B

Monday—22 February

Feast of the Chair of St Peter

8:15am Mass

Tuesday—23 February

8:15am Mass

Wednesday—24 February

8:15am Mass

Thursday—25 February

8:15am Mass

Friday—26 February

11am Adoration of the Blessed Sacrament

11am Reconciliation (until midday)

12:05pm Mass

Saturday—27 February

8.50am Rosary

9.15am Mass, followed by Novena to Our Lady of Perpetual Help, and then Reconciliation until 11am

5:30pm Vigil Mass

Sunday—218 February

Second Sunday of Lent

9:30am Mass (Live streamed)

11:30am Polish Mass

5pm Mass

PLEASE BE SURE TO CONFORM WITH SOCIAL DISTANCING PRACTICES BEFORE, DURING, AND AFTER MASS

LIVE-STREAMING NOTICE

The 9.30am Mass from Sacred Heart Cathedral is live-streamed (and recorded) each week. The camera is located under the choir loft and faces towards the sanctuary, though it can be directed to various parts of the Cathedral if needed.

Parishioners should be aware that they may be filmed during the celebration of the 9.30am Mass. This filming will mostly capture their image from behind. We cannot guarantee, however, that their faces will not be featured on the live-stream or recording, particularly the case during the Communion Procession. The live-stream will make use of multiple camera angles to minimise the identification of individuals as much as possible, but this will not eliminate the possibility of being filmed.

Parishioners with concerns about being filmed or recorded should speak with the Cathedral's Rector in the first instance.

PARISH NOTICES

St Vincent de Paul conference thanks parishioners of Hamilton and Tighes Hill for their generous contributions of \$4,602 which was raised for the Christmas Appeal.



The hand of Christ blesses the cup



The hand of love offers the cup



The hand of suffering receives the cup

PRAYING THE SUNDAY GOSPEL: Parishioners in the City Pastoral Region are invited to connect and pray with each other from your own home. God speaks to us through the words of the Gospel and then through artist's images of the Gospel message. Each Wednesday 5.00-5.45pm.

You and your friends are welcome to join via the internet: <https://mncatholic.zoom.us/j/96144217758>
Password: pray

RCIA RITE OF ELECTION

The Diocesan Rite of Christian Initiation of Adults (RCIA) team advises that this year's Rite of Election at Sacred Heart Cathedral, Newcastle West will be held on **Sunday 20th February at 2.30pm**. All Clergy, RCIA participants and their families, Parish RCIA ministers, Parishioners and other interested persons are welcome to attend. Please RSVP to sharon.murphy@mn.catholic.org.au or P 4979 1134

ST BENEDICT'S PARISH BOOKCLUB

Will meet Sunday 7th March at 6PM to discuss Infinite Splendours by Sofie Laguna. If you would like to participate in book club meetings, please email newcparish@mn.catholic.org.au

CHRISTIAN MEDITATION

Meditation will not instantly solve all problems. But it changes how we view and deal with the challenges we face. It helps us to 'set our troubled minds at rest' and to find the authentic, interior peace that stabilises us when we are in turmoil.

Meditation is recommencing at Living Waters, Kenrick St., The Junction.

Wednesday, February 24th, 7.30 am

Friday, February 26th, 11.00 am

Monday, March 1st, 6.30 pm

Contact: annecuskelly@hotmail.com or 0407 436 808

BIBLE STUDY

Fr Peter Street will commence Bible Study Group on Thursday 8 April, using the text Unlocking the Mystery of the Bible. Contact the office if you'd like to participate.

STATIONS OF THE CROSS

Join Father Peter Street for Stations of The Cross each Wednesday at 6:30pm during Lent. A period of adoration follows the Stations of the Cross, during which Father Peter will be available for the Sacrament of Reconciliation. Vespers and Benediction with the Blessed Sacrament concludes the evening. The Stations of the Cross will alternate between St Mary's Star of the Sea Newcastle and St Joseph's The Junction.

Wednesday 24 February	St Joseph's The Junction
Wednesday 3 March	St Mary's Star of the Sea
Wednesday 10 March	St Joseph's The Junction
Wednesday 17 March	St Mary's Star of the Sea
Wednesday 24 March	St Joseph's The Junction
Wednesday 31 March	St Mary's Star of the Sea

BUILDING THE KINGDOM OF GOD TOGETHER, OUR JOURNEY

Diocesan Contemplative Dialogue Reflection Program during Lent. From Lent until Pentecost the people of the diocese are invited to engage in the process of contemplative dialogue, to discern more fully the framework for considering 'Building the Kingdom of God Together, Our Journey' in our diocese.

For those wanting to connect with this program online, you are invited to register on a weekly basis for the session that best suits your availability. To register for each session throughout Lent go to:

<https://www.eventbrite.com.au/e/diocesan-lenten-reflection-groups-registration-136552114049>

For more information go to:

<https://www.domnsynod.com.au/get-involved/lent-2021-reflecting-together/>

LENTEN GROUPS

Father Peter Street is hoping to conduct two Lenten Groups one on Tuesdays and the other on Thursdays at 10:30am. These Groups will be held at the Parish Office in Farquhar St, The Junction. Group numbers will be limited to 10 people per Group. As a Delegate for the Synod Father Peter would like to hear the thoughts, feelings, aspirations and opinions of Parishioners as he prepares for the 2nd and 3rd Sessions of the Synod. To register for these Groups please contact the Parish Office on 4979 1101

PROJECT COMPASSION

Project Passion Boxes are available at the back of the Cathedral

PROJECT COMPASSION
BE MORE

Each week during this Lenten season, Caritas Australia is holding Virtual Immersion opportunities for parishes via Zoom video conferencing. These digital engagements will allow participants to focus on prayer and reflection, Catholic Social Teaching, and an interview and Q & A with Caritas International Program staff.

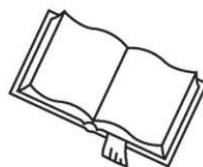
Sessions will run Tuesdays and Thursdays for one hour across Australia. You can register for a Virtual Immersion at:

<https://lent.caritas.org.au/virtualimmersions>

NEXT WEEK'S READINGS:

Sunday 28 February 2021

2nd Sunday of Lent, Year B



Genesis 22: 1-2,9-13,15-18

Romans 8: 31-34

Mark 9:2-10

The words 'quarantine' (from the Latin for 40) and 'testing' have become part of our everyday vocabulary, but their original Gospel use is quite different.

Jesus' time in the wilderness was Spirit-driven, not imposed by civic authority. His testing was not for a dangerous virus, but for faithfulness to his God-given mission.



The season of Lent returns us to these ancient meanings. The fruit it will bear in our personal and shared lives depends on our letting the Spirit lead us to a space where the truth of our relationship with God, others and creation can be laid bare. It's full of promise.

The Cathedral is served by a hearing loop—use the setting marked "T".

THE RAINBOW

by Fr Michael Tate

I remember after a terrible earthquake in southern Italy in which hundreds of people were killed, the local bishop claimed that the unleashing of such devastating natural forces was God's punishment for immoral activity.

What sort of cruel despot do those sort of preachers worship?

Certainly they defame God as portrayed in today's first reading.

The setting is the Book of Genesis. We are in the realm of the wonderful stories told by the Jewish people. They were inspired to use their poetic imagination to tell how God and humanity and the rest of creation interact and what this reveals about God.

The familiar story of Noah's ark leads to a marvellous interpretation of the Rainbow.

After the storm and chaos of the Great Flood Noah receives a Divine promise.

God will never cause such natural forces to engulf the whole earth – in the context, God will never threaten humanity with annihilation, wipe out human beings, because of their wrongdoing, as retribution for their sins.

God 'signed off' on this promise, appended his 'signature' to the treaty or covenant with Noah, writing his distinctive mark in the sky: The Rainbow.

So Genesis assures us that *God* will never send natural forces to destroy humanity, to make this planet a place in which human beings can no longer flourish. But what about human beings?

The same Book of Genesis also tells us that we are made in the image and likeness of God. Which means that we are required to image God's rainbow relation to nature, to be like God in relation to creation.

And this is the basis of our responsibility to the environment.

We must never engage in practices, we must never support policies which destroy or severely damage the fragile ecology which supports life on this planet.

One thinks of the pesticide pollution of several great inland seas in the former Soviet Union, or of the deforestation of the slopes of the Himalayas which lead to great mudslides and such volumes of runoff water as to cause severe flooding in Bangladesh and India, killing tens of thousands each year.

Those practices break humanity's role in keeping the Divine Covenant with Noah.

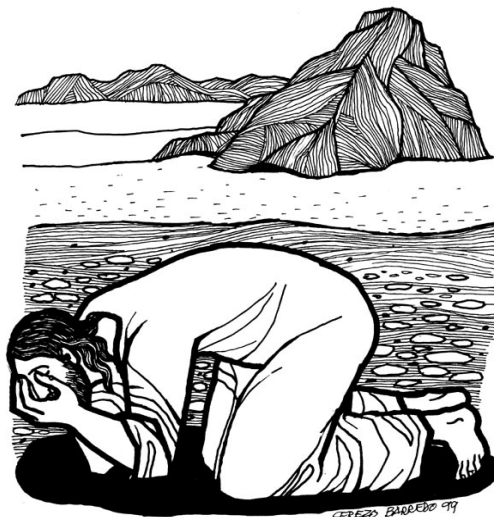
As human beings made in the image of God, as Christians inheriting the Jewish story of The Rainbow, there is a special dimension to our participation in the policy debates surrounding similar issues.

And we can pray. But, be careful. I never pray for rain or sunshine. I am not a witchdoctor trying to influence a weather god!

I can and do pray for human beings given the task of making policy and enacting laws to minimise the catastrophic effects of various natural phenomena, for human beings bending their energy and skills to avert disaster.

And in our prayer, we can derive great solace from this Genesis story. The sun, source of light, may not be seen but we are aware of it and it revives our hope as we see its light refracting in The Rainbow. For we know that, just as after a storm and dark clouds, light penetrates the misty sky and the beautiful bow of colour appears, the same phenomenon can occur in our own lives.

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*The Spirit
drove Jesus
out into the
desert,
and he
remained in
the desert
for forty
days.*

(Mark 1:12-13)



**IN YOUR CHARITY,
PLEASE REMEMBER IN
YOUR PRAYERS:**

RECENTLY DECEASED: Annie Cronin and all those who have died due to COVID.

ANNIVERSARIES: Ailene Sutton, Angela Worthington-Smith, Sr Elsie Krelle rsj, Victor Fernando, Sam Broad, Wallace Humphreys, Vera Humphreys

SICK: Tom Towers

Names may be placed here by contacting the Parish Office. Please refer to the Policy Document on the Parish website—visit www.newcastlecatholic.org.au/downloads.

SACRAMENTAL PROGRAM ENROLLING NOW

In the Diocese of Maitland-Newcastle the Sacraments of Initiation for children are administered according to the diocesan policy 'Becoming Disciples'.

Baptism is the first sacrament of Christian Initiation. In baptism we are made one with Christ and a member of the Church. We are claimed by Christ when we are marked with the sign of the cross and joined to Christ as we are baptised with water – in the name of the Father, the Son and of the Holy Spirit.

We are anointed with oil, clothed in our baptismal garment and given our baptismal candle. All these actions are signs that we have committed ourselves to the life-long journey of putting on Christ and making the mind of Christ our own.

Confirmation is the second Sacrament of Christian Initiation. The Bishop, as leader of the diocesan Church community (or his delegate) administers confirmation. Through the Laying on of Hands and Anointing with Chrism our baptismal commitment is confirmed. Through the gifts of the Holy Spirit – wisdom and understanding, counsel and fortitude, knowledge, piety and fear of the Lord – we are strengthened to live more truly and responsibly as disciples of Jesus and members of the Church committed to pursuing the mission of Jesus today.

The process of Christian Initiation is completed when the person comes to the table to receive communion for the first time.

SIGNS AND SACRAMENT

As human beings, we live our lives within a vast network of signs and symbols. Every word we speak, every gesture we make, every letter we read or voice we hear is a sign or symbol, designed to communicate, to express a message.

When people gather together, they invariably do something of a symbolic nature: celebrate an anniversary or a birthday, a wedding or a funeral. Religious rituals, or liturgies, belong to this same form of human ritual celebration.

The religions of the world bear testimony to many types of rituals: water rituals and rituals of initiation, ritual meals, and ritual sacrifices, atonement and healing rituals, marriage, funeral and ordination rituals. But only Christians call these Sacraments.

In the Catholic tradition, these formal ritual celebrations, or sacraments are messages of God's love and presence at different stages of our lives.

They are called: Baptism, Confirmation, Eucharist, Reconciliation (or Penance - formerly referred to as Confession), Anointing of the Sick, Holy Orders and Matrimony (Marriage).

In the years leading up to the Second Vatican Council, (1962-65) theologians reminded us that both Christ and the Church are the two basic sacraments from which all other Christian sacraments flow. Jesus Christ is the clearest sign and sacrament of God's saving presence in the world, and the members of the Christian Community, the Church, are meant to act as 'the face of Christ' to that same world.

OUR SACRAMENTAL PROCESS

The Parish hosts a family-based and Parish-supported sacramental program for the children of our Parish, in conjunction with parents, who are the first educators of their children in the faith. We undertake the formation and education of children to receive the Sacraments of Reconciliation (Penance, formerly known as Confession), Confirmation, and First Communion.

The Parish works with parents to help them educate their children in the faith. In this, we are supported by the Principals and teachers in our four Primary Schools, together with our Parish Catechists who teach Special Religious Education in local State Schools.

This year, in trying to cope with COVID, preparation for the sacraments is fully online. While we understand this change may require some adjustment, we feel it's very important to keep everyone safe. The ceremonies wherein the children receive the three sacraments will, of course, be in person and not online.

The first step towards involving your child in the sacramental process is to register your interest by completing the online form:

<http://www.newcastlecatholic.org.au/sacramental-enrolment-form/> or contacting the Parish Office on 4979 1101. Once you enrol, you will receive an information packet, which will then assist you to log into MOODLE, wherein you will find all the information about the program, and sign up forms for the ceremonies. Support is available for parents during this program 7 days per week.

If you registered for the 2020 Program your enrolment will be carried forward and you will be contacted in the next week.

The program will officially commence on March 1st if you would like to be part of the program, please enrol prior to Feb 28.

GATHERING CHANT

Cantors:

When he calls to me, I will answer him; I will rescue him and honour him; with long life will I satisfy him.

Spoken:

He who abides in the shelter of the Most High, shall remain under the protection of the God of Heaven

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen

LITURGY OF THE WORD

FIRST READING: Genesis 9: 8-15

I will recall the covenant between myself and you... the waters shall never again become a flood to destroy all flesh.

We pause for silent reflection.

RESPONSORIAL PSALM

Your ways, O Lord, are love and truth to those who keep your covenant.

Lord, make me know your ways., teach me your paths. and keep me in the way of your truth, for you are God my Saviour.

For the Lord is good and righteous, revealing the way to those who wonder, gently leading the poor and the humble.

To the ones who seek the Lord, who look to God's word, who live God's love; God will always be near and will show them mercy.

Text: Psalm 25: 4-5, 8-9; Marty Haugen, © 1982, GIA Publications, Inc.; refrains trans. © 1969, ICEL Music: Marty Haugen © 1982, GIA Publications, Inc. Reprinted under One Licence #625242

SECOND READING: 1 Peter: 3: 18-22

The water of the flood is a type of the baptism which saves you now.

We pause for silent reflection.

GOSPEL ACCLAMATION

**Praise to you, Lord Jesus Christ.
King of endless glory!**

One does not live on bread alone,
But on every word that comes forth from the mouth of God.

**Praise to you, Lord Jesus Christ.
King of endless glory!**

Music: Ronald E Krisman, © 2010 GIA Publications., Inc Reprinted under One Licence #A625242

GOSPEL: Mark 2: 12-15

He was tempted by Satan and the angels looked after him.

We pause for silent reflection.

THE NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

APOSTLES' CREED

I believe in God,
the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
Who was conceived by the Holy Spirit, (*all bow*)
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into Hell;
on the third day He rose again from the dead;
He ascended into Heaven,
and is seated at the right hand of God, the Father almighty; from there He shall come to judge the

living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.

LITURGY OF THE EUCHARIST

PREPARATION OF GIFTS

LORD WHO THROUGHOUT THESE 40 DAYS

C F Hernaman

MEMORIAL ACCLAMATION

Save us Saviour of the world for by your Cross and Resurrection, you have set us free.

COMMUNION HYMN

RETURN TO GOD Martyr Haugen

TAKE UP OUR CROSS Curtis Stephen

INTO THE DESERT Curtis Stephen and Sarah Hart

RECESSIONAL: In silence.

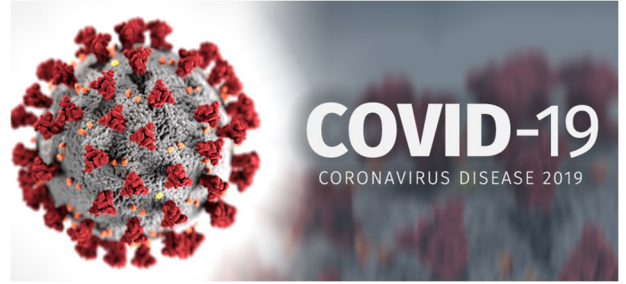
For Lent, we ask you to be still during the recessional procession.

HISTORICAL CONTEXT

The Wilderness

The Jordan Valley was a relatively fertile area. However, Jesus would not have had to travel too great a distance to find himself in very arid, desert-like wilderness. Crossing the River Jordan and climbing out of the Jordan Valley to the east, Jesus would have emerged onto the northern part of the TransJordan Plateau and the edge of the Syrian Desert. The area was not only geographically rough but it was also full of bandits and rebels. It was a dangerous place to be. However, the desert wilderness holds great significance in the Bible as a place of preparation for a new stage of life or a new relationship with God.

COVID-19-RELATED INFORMATION



Maximum Number of Persons in Cathedral

Under the current Public Health Order, the limit on the number of persons who can be present in a church is now calculated by allowing 2 square metres per person within the building (with no upper limit).

In the Cathedral, that limit is **221 persons**.

The limit applies to all Masses and other liturgical celebrations.

Provision of Contact Details

The Public Health Order requires the collection of contact details for those who attend any liturgical celebration in a church (e.g. Mass, weddings, funerals, Baptisms, etc.).

Every person must provide their contact details or have them provided by someone else (i.e. a parent for a child, a wife for a husband, etc.).

The contact details that are required are defined as a) name, b) phone number or email address, and c) the time of arrival.

NB: It is important that you write your FULL name, and print clearly so that it can be easily read by someone from outside the Parish (if necessary).

A Contact Details Form will be provided at the door to permit the collection of these details. It is also possible to use your mobile phone via the Service NSW QR Code or the third-party QR Code.

General Requirements

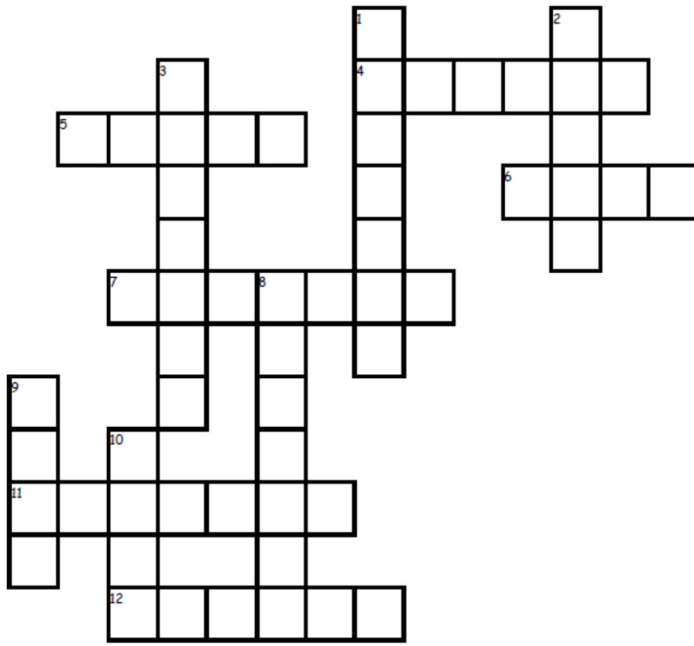
While in the Cathedral, you must observe physical distancing, refrain from physical acts of devotion, avoid unnecessary contact with other parishioners, and not gather with others unnecessarily.

We ask those who are particularly at risk – the elderly, those with compromised health, those who are sick – to refrain from returning to Mass for the sake of their own health. The dispensation from the obligation to attend Sunday Mass given by the Bishop remains in place in these circumstances.

CROSSWORD

I will remember my promise

Gen 9:8-15
Ps 25:4-5abc, 6 & 7cd, R. see v.10
Mk 1:12-15



Across

- 4: when Jesus was being tested, _____ took care of him
- 5: Jesus was in the desert for this many days
- 6: this transports people across water
- 7: Jesus said to the people of Galilee, 'God's _____ will soon be here.'
- 11: cats, dogs, horses, and monkeys are all _____
- 12: Jesus went into the _____ for forty days

Down

- 1: coloured lines that appear in the sky form a _____
- 2: Noah and the animals were safe from this inside the ark
- 3: God made a _____ to Noah that he would never again let flood waters destroy all life
- 8: when Jesus left the desert he went to this place
- 9: this man built an ark to protect animals from a flood
- 10: this animal has wings and a beak

SENIOR WORDSEARCH

I will remember my promise

Gen 9:8-15
Ps 25:4-5abc, 6 & 7cd, R. see v.10
Mk 1:12-15

F E T D R E A I J B X B Z U X W H
Q I C F U X R Y S V X J L S B J I
P E M W Q D A F I B P O Z P J X S
S E N D O S E I N F O I N I S Q I
E L P O X T S S U W L P C E F T R
G I U W U M E D E P S O R J S Y W
M L H R U O V A B R Q J O G M E L
V A J P G D B U H G T H O D Z H I
R G Q I L G G A L N M M S N U E F
B F B J T N Y K N M U G A L E S O
D O T T Y I B R A I N B O W J B S
G L A I K K T I F R M N O A H D K
L J M T D Q O O R X R A H J J U G
E K U U W Y R U L D O U L H Y Z Z
Z B F R I T X G M L D A M S K R Q
E J N W Y K X A D P R O M I S E P
C O Z F E Q B D B A N G E L S J L

Try to find these words:

- angels
- animals
- bird
- boat
- desert
- flood
- forty
- Galilee
- kingdom
- Noah
- promise
- rainbow