



# Sacred Heart of Jesus Cathedral

DIOCESE OF MAITLAND-NEWCASTLE

**Inner Newcastle Parish:** Sacred Heart Cathedral, Newcastle West; St Joseph's Church, The Junction; St Mary, Star of the Sea Church, Newcastle; Immaculate Heart of Mary Church, Tighes Hill; St Laurence O'Toole Church, Broadmeadow. **Mayfield Parish:** Christ the King, Mayfield West. **Stockton Parish:** St Peter-in-Chains, Stockton.

## SUNDAY 19 FEBRUARY 2023

### 7TH SUNDAY OF THE YEAR, YEAR A

#### Our Clergy

Fr John Lovell  
Fr Paul Chackanikunnel  
Fr Raphael Madukwe

#### Regional Office—St Benedict's Centre

25 Farquhar Street, The Junction  
PO Box 6, The Junction 2291  
P: (02) 4979 1101 F: (02) 4962 4644  
E: [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)  
W: [www.newcastlecatholic.org.au](http://www.newcastlecatholic.org.au)  
W: [www.sacredhearthatilton.org.au](http://www.sacredhearthatilton.org.au)

#### Our Staff

Margaret Cox (*Reception & Administration*)  
*Monday, Tuesday, Friday*

Anne Warren (*Business Manager Finance*)  
*Tuesday and Thursday*

Jade Simonsen (*Business Manager Property*)  
*Monday*

Dr Anne Millard (*Music, Liturgy, Sacraments, Bulletin*)

#### Other Contacts

**Lingard Hospital Team:** Contact the Parish Office

**Mercy Pastoral Team:** Sr Patricia Whitten rsm  
0448463679

**St Joseph's Pastoral Team:** Contact the Parish Office

**Parish Bulletin:** Prayer requests and items for the Bulletin should be received at the Parish Office by 5pm on Wednesdays.



Our First Reading this Sunday from Leviticus exhorts us to: "Be holy, for I, the Lord your God, am holy". To which we might reply: What does He really mean by being holy? For I think most of us might be turned off by certain old-world notions of piety that seem sugary, artificial and out-of-touch with ordinary people. A more accurate understanding of holiness would be that of having the goal of conforming ourselves more and more to the likeness of God, by being: all-loving, all-forgiving and all-merciful. If we model ourselves on Jesus and the saints, and can rid our hearts of all hatred, we will be well on our way in responding to this call to holiness.

*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.*

## THE PARISH DIARY...(for the week ahead)

*Seventh Week of Ordinary Time, Year A*

Monday—20th February

8:15am Mass @ The Cathedral

Tuesday—21st February

8:15am Mass @ The Cathedral

8.30am Mass @ Stockton

10:00am Funeral Mass for Madge Humphreys @  
Mayfield West

10:30am Caritas Launch @ The Cathedral

Wednesday—22nd February

*Ash Wednesday*

8:15am Mass @ The Cathedral

9:00am Mass @ Mayfield West

12 noon Mass @ The Cathedral

5:30pm Mass @ Tighes Hill

6:00pm Mass @ The Cathedral (POLISH)

Thursday—23rd February

8:15am Mass @ The Cathedral

8:30am Mass @ Stockton

Friday—24th February

9:30am Funeral Mass for Rosa Luciana @ The  
Cathedral

9:50am Rosary for Ukraine @ The Junction

10:15am Mass @ St Joseph's

11:00am Exposition, Adoration & Reconciliation @  
The Cathedral (until 12pm)

12:05pm Mass @ The Cathedral

6:00pm Stations of the Cross @ The Cathedral  
(POLISH)

Saturday—25th February

9:15am Mass @ The Cathedral, followed by the  
Novena to Our Lady of Perpetual Help  
(followed by Reconciliation)

5:30pm Mass @ The Cathedral

5:30pm Mass @ The Junction

6:00pm Mass @ Mayfield West

Sunday—26th February

*First Sunday of Lent, Year A*

7:30am Mass @ St Mary's

8:00am Mass @ Tighes Hill

9:00am Mass @ Stockton

9:30am Mass @ The Cathedral \*

11:00am Mass @ The Junction (*Italian*)

11:30am Mass @ The Cathedral (*Polish*)

2:30pm Rite of Election @ The Cathedral

5:00pm Mass @ The Cathedral

6.00pm Mass @ Mayfield West (*Vietnamese*)

\* *Livestreamed on the Cathedral's YouTube channel—  
[www.youtube.com/c/SacredHeartCathedralHamilton](http://www.youtube.com/c/SacredHeartCathedralHamilton)  
and on the Diocese website*

## PRAYER REQUESTS

**RECENTLY DECEASED:** Madge Humphries, Michael Carroll, Jim Donnelly, Jose Chia Uy, Consolacion Dagpin Uy, Herminio Uy, Linda Martin, Douglas Harper, William (Bill) Warren, Kevin Murphy

**ANNIVERSARIES:** Sam Scorer, Kevin & Zoe Lawler, Michael Lennan, Edith Raymond, Ray Howard, John Tully

**SICK:** Peter Kefcecek, Roslyn McGovern, Patricia Quayle, Christine Dowling,

\*\*We have removed names that have been here for over six weeks. Call the office if the name needs to be returned to the list.

*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](http://www.newcastlecatholic.org.au/downloads).*

## THE BREAKFAST CONVERSATION

**2023 brings us back to the Parish Centre, AND we will resume providing a very light breakfast – Tea, Instant Coffee, Juice, toast, and spreads.**

**All welcome.**

**What? Jane Dunn, Director of the Tribunal (previously known as The Marriage Tribunal)** will tell us of her experiences in that role since 2006, and there will be plenty of time for questions

**When? Monday 20th Feb** commencing at: 7.00am – finishing before 9 am.

**Where? Parish Centre, 25 Farquhar St, The Junction (Back door).**

**Why? Very Light breakfast, Fellowship, Guest Speaker & Q & A**

**Compliance?** *Please take Covid precautions that are usual now. Consider masks, and do not attend if you are unwell.*

Enquiries to Neil Jones: [neil.jones@bigpond.com](mailto:neil.jones@bigpond.com) or 0410 572579

## PREPARING FOR EASTER

The Parish **Lenten** Group will be meeting @ 9.30 am starting **Thursday, 23 February** in the Parish Centre and continue the weeks of Lent. Please see Gwen Haggerty (4967 5010) if you are interested in joining the group as booklets need to be ordered.

## ROSARY FOR UKRAINE

Pray the Rosary from 9.50am on Fridays at St Joseph's Church, The Junction.



## WE GRIEVE

Experiences of grief are stepping-stones in our human journey 'We Grieve' is an opportunity to explore our understanding of change, loss and grief



*We have all experienced change and loss these last three years because of COVID and the normal rhythm of life.*

*Seasonal changes in nature provide us with rich insight into how life is constantly evolving. This eternal cycle of change and loss offers a message of hope.*

*Using the Seasons for Growth educational program as the foundation for this 3-hour session we invite you to join the conversation – to share and learn together, to gain some new insights or perspectives, and to move towards healing and growth.*

**All are welcome: family, friends, neighbours ...**

FACILITATOR: Benita Tait

Wednesday 1 March 2023 @ 5.30 – 8.30 PM

OR

Saturday 4 March 2023 @ 2.00 – 5.00 PM

Both held in the Toohey Room @ Cathedral House,  
841 Hunter St Hamilton (beside the Sacred Heart  
Cathedral)

REGISTER & ENQUIRIES: by 17 February 2023

P: 4979 1101

[newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

## HUNTER COMMUNITY ALLIANCE CANDIDATE FORUMS – 8 AND 9 MARCH

On 8 and 9 March the Hunter Community Alliance will host two Candidate Forums to hear how our Hunter candidates will address community concerns about climate change and housing. The event will see people share stories and expertise about housing, homelessness, and climate change. The group will present policy proposals that they have developed this year to help solve and alleviate these pressures. Then the Alliance will negotiate those proposals with Hunter region candidates for the NSW election and seek commitments to make them happen.

You can register for one or both of the following forums:

**Wednesday 8 March:** Wallsend, Cessnock, Maitland and Port Stephens: <https://www.eventbrite.com.au/e/community-forum-for-affordable-housing-and-climate-action-march-8th-tickets-482325898747>

**Thursday 9 March:** Newcastle, Lake Macquarie, Charlestown and Swansea  
<https://www.eventbrite.com.au/e/community-forum-for-affordable-housing-and-climate-action-march-9th-tickets-482336169467>

## FOOD BASKET FOR THE NEEDY

Items of dry goods or tin food e.g. (Vegemite, cornflakes or breakfast foods, sugar, packet or tin soup, sardines, tea, coffee, tin fruit etc but NOT PEANUT BUTTER), can be placed in the basket at the back of **St Joseph's Church**, The Junction. St Vincent de Paul members will pick up for distribution to the needy who are very grateful to receive the items. When donating please check expiry dates. Thank you  
Questions to Sr Carol Woodland rsj (mob) 0423 700 523/4967 2998

Collection baskets also at Tighes Hill

CatholicCare Social Services Community Pantry food donation bins have been placed in the Sacred Heart Cathedral and St Mary's Star of the Sea Church. These are blue flip-top bins with our flyer on the lid, suggesting the types of foods that could be donated.

We are appealing to the parish community to support people in need in our wider community by donating non-perishable food items. These donated items are put into our 'Community Pantry', from which we are able to provide emergency food hampers. We are desperately low of all foods in our pantry at the moment as we have seen an unprecedented need lately for this service. Ideal foods to donate are: UHT Milk, Breakfast cereals, Rice, Pasta, Pasta sauce, Sweet and savoury biscuits, Instant coffee, Tea bags, Canned soups.

## TURKEY-SYRIA EARTHQUAKE DISASTER

A 7.8 magnitude earthquake has unleashed devastation on Turkey and Syria, leaving thousands of people dead with this number expected to rise dramatically. After 12 years of war, Syria is at breaking point and desperately needs assistance.

We must act NOW and help those affected by this catastrophe.

Your generous donation means our partners in Turkey and Syria can respond swiftly to support the survivors of this unimaginable tragedy.

Visit: [www.caritas.org.au/syria-turkey](http://www.caritas.org.au/syria-turkey) or call 1800 024 413 toll free to donate now.

**THANK YOU** to those who have so generously contributed to Children's Mission Partners. \$670 has been raised in the quarter Nov, Dec, Jan. The grand total is now \$46,000. Well done!



## BISHOP MICHAEL KENNEDY

Bishop Michael Kennedy will be installed as our next Bishop on Friday 17 March 2023. @ 6pm



### ASH WEDNESDAY, 22ND FEBRUARY MASS TIMES

8:15am	Mass @ The Cathedral
9am	Mass @ Mayfield West
12 noon	Mass @ The Cathedral
5.30pm	Mass @ Tighes Hill
6:00pm	Mass @ The Cathedral (POLISH)

### CAN YOU HELP?

Do you have an hour a week you can spare to enhance the life of another?

Mercy Services are currently looking for volunteers throughout our diocese to provide social support for some of our more isolated community members.

Activities such as Bus lunch outings, transport to medical appointments, assisted shopping, going out for a cuppa, or even to regularly visit someone's home and have a chat.

If this sounds like something you would like more information on, please call **Aine Beard** on 0439 584 257 Tuesday- Thursday or email [aine.beard@mercyservices.org.au](mailto:aine.beard@mercyservices.org.au)

### PRAYING THE GOSPELS

You are invited to connect and pray with each other across the Diocese from your own home. God speaks to us through the words of the Gospel and then through artist's images of the Gospel message.

Commencing February 8.

Join us each Wednesday 5.00-5.45pm.

Zoom link: <https://mncatholic.zoom.us/j/68191395109>

Password: 316071

For more information contact:

[rose.mcallister@mn.catholic.org.au](mailto:rose.mcallister@mn.catholic.org.au)

### STATIONS OF THE CROSS (IN POLISH)

Each Friday in Lent (except March 17) at 6pm in Sacred Heart Cathedral.

### BEQUESTS

To help our Catholic Pastoral Region of Parishes continue its important mission of proclaiming the Good News of Jesus, you might consider including us in your Will. You would just need to specify which parish or parishes you would like to help with your bequest. Thank you!

## DOCUMENT CLUB

The Second Vatican Council promulgated sixteen major documents. The reception of those documents, and all that flows from them, continues to be the work of the Church in every place and through every unfolding year and decade.

What are these documents and what wisdom do they reveal to us today? An enjoyable way to read and reflect on these texts is in the tradition of a book club, or 'document club' in this instance. In 2023 you might consider forming a document club in your parish with a focus on the *Constitution on the Sacred Liturgy*. The Diocesan Liturgy Council (DLC) has prepared a simple reading plan that anyone can use to guide their own 'document club' and can offer support in getting started.

If you like the idea of forming and/or joining a 'document club' and want to see one in action, the DLC is offering a 'document club' on Zoom which will be hosted by Fr Andrew Doohan, <https://mnnews.today/media/2862516/dlc-document-club-invitation-updated.pdf> for details to join. There are limited places available.

It is hoped that several document clubs may spring up throughout this year. To bring our document clubs to a close the DLC is looking to host an in-person 'fun' gathering on Monday evening 4 December 2023. To receive your invitation you may like to send the names and email addresses of your document club members to [sharon.murphy@mn.catholic.org.au](mailto:sharon.murphy@mn.catholic.org.au)

For full details read 7 Feb Liturgy Matters article at <https://tinyurl.com/mndocclub>.

### RITE OF ELECTION – 26 FEBRUARY 2023

The Rite of Election on Sunday 26 February 2023 is an opportunity to welcome all the catechumens who will be baptised in their parishes at the Easter Vigil [a catechumen is an unbaptised person whose search for meaning has brought them to the Catholic Church]. You are invited to join the People of God in witness and prayerful support of those who choose to be Catholic from 2.30pm at Sacred Heart Cathedral Newcastle West, followed by afternoon tea. Please RSVP for catering to E [sharon.murphy@mn.catholic.org.au](mailto:sharon.murphy@mn.catholic.org.au) P 4979 1134.

### NEXT WEEK'S READINGS:

Gen 2:7-9, 3:1-7

Rom 5:12-19

Mt 4:1-11

## PROJECT COMPASSION LAUNCH

**Date: Tuesday 21 February 2023**

**Time: 10:15am for 10:30am – 12:30pm**

**Location: Sacred Heart Cathedral, 841 Hunter Street, Newcastle West Followed by complimentary pancakes in The Southern Cross Hall**

The Diocese of Maitland-Newcastle will be launching the Caritas Australia Project Compassion Lenten Appeal at a special Shrove Tuesday Liturgy presided by Diocesan Administrator, Fr. Greg Barker.

In 2023, we are being called to step up and make a difference "For All Future Generations".

Our world is hurting. With escalating conflicts, rising cost of living, poverty, homelessness, climate crisis, loneliness, re-gathering in a post Covid world, we want and need to make a difference. Lent comes as an opportunity to prepare our hearts to be more compassionate, more generous, and more loving of our neighbours.

As a community of communities, we welcome and invite all members of our Clergy, Leaders, Chaplains, School Leaders, Students, Parishioners, Religious Orders, Catholic organisations, staff across our Diocese and wider community to gather "For all Future Generations" this Lent. All in attendance will be called up to receive a project compassion appeal box during the Liturgy.

To commemorate Shrove Tuesday and the launch of Project Compassion, pancakes will then be served in The Southern Cross Hall for all.

Please RSVP your attendance by using the Eventbrite link: <https://PC2023.eventbrite.com.au> or by email to Kate [kate.crncevic@mn.catholic.org.au](mailto:kate.crncevic@mn.catholic.org.au)

We look forward to seeing you there.

### BOOK CLUB

**Sunday, 5 March @ 6:15pm:** Bookclub meets to discuss *Exiles* by Jane Harper. If you would like to participate in book club meetings, please email the office



### WORLD DAY OF PRAYER

The World Day of Prayer for the Inner City region will be held on 3rd March, 2023 @10am in St Augustine's, Merewether.

### THE CHUCKLE



Spotted on a church marquee: "Love your enemies; After all, You made them."

## ENROLMENTS FOR 2023 SACRAMENTAL PROGRAM

A child's catholic faith journey began with the Sacrament of Baptism and continues with the reception of the Sacraments of Initiation: Confirmation and First Eucharist.

The preparations for these sacraments in the Inner Newcastle Parish run between February and June of every year and are designed for children going into Year, 4, 5 or 6 in 2023. Preparations are completed as a family with online activities and volunteer work within the community.

Enrolments are now open for the 2023 program. If you are interested in being a part of the program this year please visit the parish website and complete the online enrolment form.

<https://www.newcastlecatholic.org.au/sacramental-enrolment-form/>

For more information please contact the office on 49791101 or [newcparish@mn.catholic.org.au](mailto:newcparish@mn.catholic.org.au)

The program launched this week. Sign up now!

### MISSION: CHANGE THEIR LIVES ... AND YOURS.

Communities in Africa, Asia or the Pacific are seeking Australians from a variety of professions and trades to share their skills with those who have less opportunity to develop their talents.

- You will re-ignite your professional passion as you share skills with colleagues abroad;
- You will strengthen individuals and organisational processes and procedures so that generations of people will have opportunities for growth long after you return home.
- You will Learn. It is a life changing opportunity to work with and live amongst some of the most appreciative and resilient people you will ever meet.
- You will be Supported. Since 1961, Palms Australia has supported qualified and experienced Catholics motivated to undertake this Mission.

Explore 35 positions by scanning the QR code below. On our website you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa and Thailand.

Please enquire further about potential assignments for you or someone you know: RING: 02 9560 5333 or 0422 472 567. WEB: [www.palms.org.au](http://www.palms.org.au)



Palms Australia



## REFLECTION

by Dianne Bergant CSA

At times it seems we have rewritten the 'Golden Rule' to say: Do unto others before they can do unto you! In saying this we are not encouraging each other to do good, but to be defensive. Jesus tells us to go the extra mile, turn the other cheek, outdo ourselves in generosity and rise above the fray. He is not suggesting that we allow ourselves to be abused, but that we not perpetuate the antagonism out of which the mistreatment arose. He is not advocating passivity, but he is saying that we should not retaliate. Jesus is describing what we today would call active non-resistance, the attitude taught by Gandhi and Martin Luther King.

We are familiar with the answer to the question: Who is my neighbour? We usually interpret it to mean those we do not particularly like. It is important to love them, to be kind to them, to help them when they are in need. But these are not the people whom Jesus is talking about in today's reading. He tells us that the neighbours whom we are to love are those people who do not like us. We are to love those who deliberately exclude us from their social circles, who talk about us behind our backs. We are to love those who make us feel that we are not good enough for them, those who resent us for our accomplishments. We are to love those who exploit us or do us harm. This is indeed a radical teaching.

© Dianne Bergant CSA

**Dianne Bergant CSA** was a Professor of Biblical Studies at Catholic Theological Union in Chicago, where she taught from 1978 to 2014. She holds a BS in Elementary Education from Marian College, Fond du Lac, WI; an MA and PhD in Biblical Languages and Literature from St Louis University. Amongst other things, she served as President of Catholic Biblical Association of America (2000-2001) and has been awarded honorary doctorates from several other universities. She was an active member of the Chicago Catholic/Jewish Scholars Dialogue (1988-2017) and sat on the editorial boards of *The Bible Today* (1979-2005), *Biblical Theology Bulletin* (1990-2014), *Catholic Biblical Quarterly* (1992-2001), *New Theology Review* (1997-2003), *Teaching Theology and Religion* (2003-2005), and *Chicago Studies* (2003-2009). She has taught and lectured in many places in the United States and abroad and has written numerous books, articles and chapters in books.

## TAIZE SERVICE

Sunday March 5: Immaculate Heart of Mary Catholic Church Tighes Hill 5.00pm – 6pm *followed by a shared supper.*



## aMeN caMiNo

The aMeN CaMiNo offers an opportunity to become a local pilgrim in your own diocese, to encounter God through nature, to escape from the busyness of life and to connect with others. During this one-hundred-kilometre experience you will walk with others over a variety of terrain, exploring bush, beach, lake and mountains. As the days pass and you experience self-emptying, an awakening of the senses is heightened, allowing you to fully immerse yourself in the wonder and awe of God's creation. There will be many moments to reflect, pray, journal and be still, all within our very own Maitland-Newcastle Diocese.

For more information, visit: [www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino/](http://www.mn.catholic.org.au/church-mission/catholic-life/faith-formation/amen-camino/) Expression of Interest close on 24 February: <https://forms.office.com/r/ZysE5V5Fiy>

## SISTERS IN FAITH DINNER

The Diocesan Ecumenical and Interfaith Council would like you to join us for our Sisters in Faith Dinner to mark International Women's Day. It's an opportunity for all women of faith to come together to form friendships.

Date: Wednesday 8 March

Time: 6pm to 9pm

Location: Victor Peters Suite, 841 Hunter St, Newcastle West

Cost: \$30 per person

RSVP by: 1 March

Registration is open now: [www.eventbrite.com.au/e/sisters-of-faith-dinner-tickets-513511305137](http://www.eventbrite.com.au/e/sisters-of-faith-dinner-tickets-513511305137)

## PARISH PASTORAL CARE TEAM MEETING

Thursday 23rd February at 2.30pm in the Parish Centre (The Junction). Please consider joining this important ministry which offers the elderly & housebound pastoral care and visitation. For more information please contact Margot via the parish office (4979-1101). New members most welcome and support will be provided.

## CARITAS NEWSLETTER

The latest edition of the Caritas Newsletter is available :

[https://www.caritas.org.au/media/nqajalisp/caritasnews\\_summer-2023\\_digital\\_4th-revision.pdf](https://www.caritas.org.au/media/nqajalisp/caritasnews_summer-2023_digital_4th-revision.pdf)

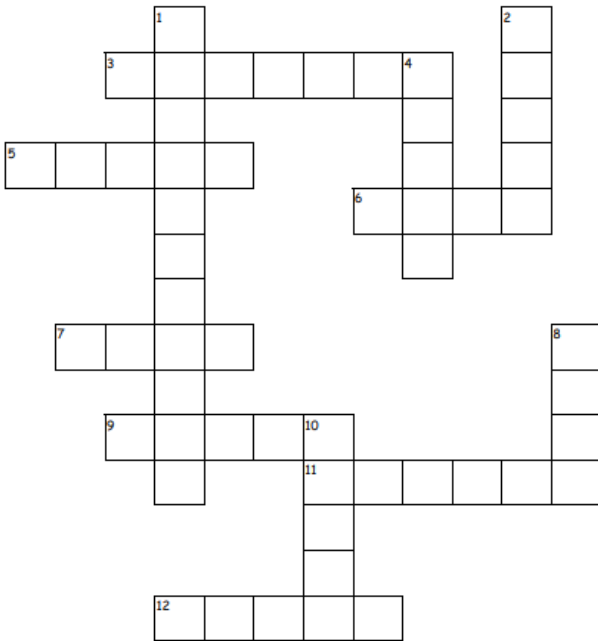
## VIEW, CHEW, AND CHAT:

Meets 1st March to continue the Diocesan Lenten Program available at: <https://tinyurl.com/mnlent23>

**CROSSWORD**

**Love your enemies**

Mt 5:38-48



**Across**

- 3: those who are against you
- 5: the side of your face
- 6: to communicate with God
- 7: God is \_\_\_\_\_
- 9: incorrect
- 11: a gift for good deeds
- 12: "an eye for an eye, a \_\_\_\_\_ for a .... "

**Down**

- 1: people who do not believe
- 2: what we use to buy things
- 4: clothing worn over the upper body
- 8: to loan something to a person
- 10: welcome

**JUNIOR WORDSEARCH**

**The Lord is kind and merciful**

Lev 19:1-2, 17-18  
 Ps 103:1-2, 3 and 11  
 Cor 3:18-20  
 Mt 5:38-48

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

Try to find these words:

- enemies
- foolish
- greet
- guilty
- Israel
- Scriptures
- reward
- sin
- shirt
- unbelievers
- wisdom
- wrong

## TODAY'S LITURGY

### Entrance Antiphon: Ps 12:6

O Lord, I trust in your merciful love.  
My heart will rejoice in your salvation.  
I will sing to the Lord who has been bountiful with me.

### First Reading: Lv 19:1-2. 17-18

*You must love your neighbour, as yourself.*

### Responsorial Psalm: Ps 102:1-4. 8. 10. 12-13. R. v.8

(R.) The Lord is kind and merciful.

1. My soul, give thanks to the Lord,  
all my being, bless his holy name.  
My soul, give thanks to the Lord  
and never forget all his blessings. (R.)
2. It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love and compassion. (R.)
3. The Lord is compassion and love,  
slow to anger and rich in mercy.  
He does not treat us according to our sins  
nor repay us according to our faults. (R.)
4. As far as the east is from the west  
so far does he remove our sins.  
As a father has compassion on his sons,  
the Lord has pity on those who fear him. (R.)

### Second Reading: 1 Cor 3:16-23

*All things are yours, but you belong to Christ  
and Christ belongs to God.*

### Gospel Acclamation: 1 Jn 2:5

Alleluia, alleluia!  
Whoever keeps the word of Christ,  
grows perfect in the love of God. Alleluia!

### Gospel: Mt 5:38-48

*Love your enemies.*

### Communion Antiphon: Ps 9:2-3

I will recount all your wonders,  
I will rejoice in you and be glad,  
and sing psalms to your name, O Most High.

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The English translation of the Psalm Responses, the Alleluia and Gospel Verses, and the Lenten Gospel Acclamations, and the Titles, Summaries, and Conclusion of the Readings, from the Lectionary for Mass © 1997, 1981, 1968, International Committee on English in the Liturgy, Inc. All rights reserved.

The prayers are from the English Translation of the Roman Missal © 2010 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved.

## SAVE THE DATE

### TORONTO MEN'S WEEKEND

A MenALIVE Men's Weekend will be held at the St Joseph's Toronto Parish on the weekend of 25 and 26 March 2023. The weekend is suitable for all men from 18 years of age and provides an opportunity for attendees to explore what makes them feel fully alive.

More information including how to register will be provided closer to the date. For more information on MenALIVE, visit: [www.menalive.org.au](http://www.menalive.org.au)

### MEDITATION GROUPS AT LIVING WATERS CENTRE

34 Kenrick Street, The Junction, on Wednesday at 7.30am and Friday at 11.00am. All are welcome, including new meditators.

### CHRISTIAN MEDITATION AT TIGHES HILL

This is non-denominational and everyone is very welcome. Please come.

WHEN: Monday afternoon 3.30 for 3.45 start

WHERE: Mercy Offices

20 Union Street

(Next door to Mercy Services)

Off street parking available

The Meditation session begins with short guided relaxation exercises then we have a reading from Fr. John Main which leads into 20 minutes of silent meditation

### INVITATION TO JOIN THE CATHEDRAL CHOIR

A beautiful statement attributed to St. Augustine says: "Those who sing pray twice". A song by Celtic Thunder claims: "All God's creatures got a place in the choir, some sing low and some sing higher, some sing out loud on a telephone wire, some just clap their hands!"



We have a place for you in the Cathedral Choir! We sing every Sunday at the 9:30am Mass. Choir practice is Thursday evening at 6pm and again Sunday morning at 8:45am.

Why not join us for the Bishop's Installation on March 17? And/or Lent and Easter? Ash Wednesday is February 22. Join the choir on February 23 and learn the music for the Installation and the Easter Triduum on April 6, 7, and 8. It's an amazing experience!