



PARISH TEAM: Fr Leonard Caldera, Fr Vinco Muriyadan
Carolyn Gutteridge—**Parish Secretary**
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OFFICE HOURS: 10.00AM - 3.00PM on MONDAY - FRIDAY; CLOSED ON WEDNESDAYS

Fourth Sunday in Lent- Year C - 30 March 2025

Dear Parish Family,

In today's gospel we read one of the stories most familiar to us. The parable is about a father with two sons and who lovingly waited for his rebellious son to return home, and at last, when the lost son did come back, the father celebrated his coming home with his family and friends. Jesus used these stories essentially to teach the people that God delights in every sinner who repents and returns to Him, and that God sent him to find the lost sinners. We learn three things about God in this parable:

Our God is saddened by our rebellion against or our disobedience to Him. In this story, the younger son demanded his share of his father's property while the father was still alive which was contrary to the practice among the ancient Israelites. His demand was equivalent to saying, "I wish you were dead." Our Father wants us to love and serve Him freely and joyfully. Therefore, He lets us walk away from our relationship with Him if we desire to do so, even though it breaks His Fatherly heart when we do. He loves us so much that He does not force us to stay in relationship with Him. He did not stop the Israelites who wanted to get far away from Him. So also, He does not stop us if we choose to walk away from Him. His nature is such that He loves us so much that He allows us to make our own choices, even though He knows what the consequences will be. Just as the father in the story grieved because his son walked out, God the Father grieves when even if one of His children breaks his or her relationship with Him.

Our God runs towards us when we come back to Him in repentance. Luke (15:20) says that the father "was filled with compassion and he ran to his son, threw his arms around him and kissed him." The father didn't wait for his son to reach him. Instead he ran to meet his son. He hugged and kissed his rebellious son before the son could say a word. God our Father welcomes us the same way. He runs to meet us when we decide to return to Him. He runs toward us even after we have turned our backs on Him. As the proverb goes, "When we take one step toward God, God takes seven steps toward us." Despite repeated disobedience and rebellion against Him, He loves us and is patiently waiting for us to come back to Him. Despite our smelly past His love covers the stench when we repent.

Our God forgives and restores us when we truly repent. There are two kinds of sin - one is against God and the other is against other people. However, all sins ultimately, are against God. That's why the younger son said to his father, "I have sinned against heaven and against you." This is exactly what God our Father does for us every time we return to Him in repentance. He restores our sense of dignity and reassures us that we are completely forgiven. Among the people who were listening to Jesus some were Pharisees who thought they were sinless - they did not need forgiveness. But there were tax collectors and other sinners there as well. Jesus was trying to tell them God is like a father who would welcome them and lovingly forgive them when they come to Him and repent of their sin.

Fr Leonard

Dear Parishioners, This week I wish to present to the question about fasting, through tradition and modern practice a practical guide to know all about fasting, read about in page 3 of our newsletter.

I am in the process of formulating a list of parishioners who are taking communion to age care homes, sick and elderly parishioners with in our parish. I would greatly appreciate if you can let the parish office know of your details so that I could get a proper understand of the current communion ministers within the parish.

Fr Leonard

WEEKEND MASS TIMES

Saturday 6pm Sacred Heart Church, Newstead

Sunday 7.30am Carmelite Monastery

9am St Patrick's Chapel, Prospect

9am St Finn Barr's Church, Invermay

10.30am Church of the Apostles, Launceston

6.30pm Church of the Apostles, Launceston

WEEKDAY MASSES 31 March—5 April

7.30am Monday-Saturday Carmelite Monastery

Tuesday 12noon Newstead

Wednesday 12noon Apostles

Thursday 12noon Invermay

Friday 12 noon Apostles

RECONCILIATION

Saturday 9.30am-10.30am Apostles

5.15pm- 5.45pm Newstead

MASS LIVE-STREAMED

Every Sunday at 9am

Facebook @catholicparishlaunceston or:

[https://www.facebook.com/pg/](https://www.facebook.com/pg/CatholicParishLaunceston/videos/)

[CatholicParishLaunceston/videos/](https://www.facebook.com/pg/CatholicParishLaunceston/videos/)

Sunday Mass is also televised every Sunday Morning on WIN and WIN HD, 6.00am - 6.30am.

SACRAMENTAL BOOKINGS

Baptisms, Wedding and Funeral Enquiries
Please contact the Parish Office

Interested in becoming Catholic (RCIA Programme)

Enquiries: Parish Office

CHILDREN'S LITURGY

1st and 3rd Sundays -9am Invermay

2nd and 4th Sundays -10.30am Apostles

FOR YOUNG PEOPLE

Teens Group: Gr 6-12

2nd and 4th Thursdays, St Ailbe's Hall

YAS (age 18-35) 2nd and 4th Sundays in
the Pastoral Centre

Enquiries: Parish Office

We are located on the country of the Tyerenotepanner, the Panninher and the Litarimirina people of the Stoney Creek Nation. We acknowledge and pay respect to the Traditional Owners, who have cared for land, sea, waterways and sky, as the ongoing custodians, for thousands of years. We honour Elders, past and present. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander Peoples to this country and commit ourselves to the ongoing journey of reconciliation.

PARISH ACTIVITIES, INFORMATION AND NEWS

CHRISTIAN MEDITATION will be held in the **Nano Nagle Room, Presentation House** (behind the Pastoral Centre) on **Wednesdays at 11am and at 5pm**. Christian Meditation is a method of prayer to help us set our eyes on God, in silence and grow closer to Him with Gratitude and Love. All are welcome. **Enquires: Tina: 0417305546**

HEALING MASS for all the sick and aged in our parish for all those who are in need of Our Good Lord's anointing and mercy. **Every First Friday at Church of the Apostles at 12 noon.**

MONDAY NIGHT ROSARY **Every Monday in Church of the Apostles at 7.30pm.** Come along and offer your thanks to "Our Blessed Mother Mary" for the Blessings she bestows on us each day. **All Welcome.**

FRIDAY HOLY HOUR Adoration and Exposition of the Blessed Sacrament takes place for one hour every Friday after the 12noon Mass at the Church of the Apostles.

THE CARMEL SHOP: The Carmel Shop, 7 Cambridge St, West Launceston is open between 11am—4pm on Wednesdays.

Join us every Friday at 7pm in the Church of the Apostles to pray the Stations of the Cross, this Lent.

EASTER SERVICES— Lectors and Eucharistic Ministers

Can Lectors and Eucharistic Ministers from all Mass Centres please contact the Parish Office by email: apostles@bigpond.com regarding your availability for Holy Thursday, Good Friday and the Easter Vigil Masses. Please let me know by Tuesday 9th April at the latest. Thanks to those who have already contacted the office with their availability.

Church of the Apostles—Working Bee, 9am, Saturday 12th April

There will be a working/cleaning bee to prepare the church for the Easter Services. Please bring cleaning cloths, a bucket, dusters, gloves and face masks if you are affected by dust. All other supplies will be provided by the parish. Please RSVP to apostles@bigpond.com or contact the Parish office for further information.



FIRST RECONCILIATION REMINDER!

3RD FAITH SHARING SESSION: Monday 31st March or Tuesday 1st April

3 pm -7pm, Church of the Apostles

Enquiries: Rosie Caelli, Sacramental Co-ordinator

email: pltn-sacraments@aohtas.org.au

Church of the Apostles—Maintenance Items

The damaged slate tiles on the roof of the Church of the Apostles will be replaced from early April. Please note that access to parking might be blocked due to this. There also will be some paint work being done inside the church (the Nun's chapel as well as the Sacred Heart chapel) and access will be restricted as work progresses.

LENT PROGRAM— METANOIA—a transformative change of heart inspired by the Gospels

Lent is a time of prayer, penance, renewal of faith and refocusing on God in our life and you are invited to consider joining a group for prayer, reflection and sharing based on the Sunday Gospels as we journey through Lent to Easter.

Monday 10.30am, Thursday, 7pm, Friday 10.30am - Pastoral Centre

\$10 donation for Metanoia resources Enquiries: Parish Office 6331 4377.



Vinnies
good works

DINING WITH FRIENDS

6pm, Tuesday 1st April in the Pastoral Centre. Bookings are essential for catering purposes with St Vincent de Paul Society Office: 6326 5551

Please note the dining room will be open at 5.45pm



YOU ARE ASKED TO PRAY

FOR THE NEWLY MARRIED Congratulations, prayers and encouragement to **Annabel Eastoe and Thomas Loone** who will celebrate their Marriage in our parish this week.

FOR THOSE WHO ARE SICK: Christina Waiss, Kath Aldred, Ruth Adams, Fr Edwin Thundathil, Sonya Byrne, Angela Medwin, Joanne Foley, Margaret Grossmith, Therese Brennan, Irene LaPalombara, Kees Moolenschot, Egidio Tosello, Brigitte, Pat McCarthy, Shirley O'Byrne, Cheryl Dawtrey, Kevin Quadros, Will Smith, Merrill Thompson, Tina La Palombara, Noelene Bye, Peter Brumby, Maria Holton, Louisa Buttazoni, Alex Thrower, Alida Moolenschot, Sharon Manzone, Suzy Fenton, Elizabeth Nettlefold, Shirley Ambrose, Bev Callahan, Helen Wright, Alfred Weeding, Maureen Saunders, Scott Bailey, Ralf Roston, Jennifer Dowell, Andrew Campbell, Bill Lewis, Eduardo Bilanes, Brian Beardwood, Jane Gillard, Joel Wilkinson, Jesse Moore, Elaine Blake, John Walsh, Clare Maddox, William Siegrist, Anne Harris, Jane Savaro, Amelia Eckert, Allison Thambugala, Ava Woolley, David Lewis, Christian Barrett, Xavier Banks, George Donovan, Jan McClean, Peter Marshall, Ellen Bortolot.

FOR THOSE WHO HAVE DIED Fr Phil McCormack and Dympna McCann who have died recently, Sr Val Burns, Teresa McMahon, Elizabeth Hecksher, Warren Dargusch, Jan Berlese, Nina Brzeski, Steve Vella, Mary Summergreene, John Krushka, Michael Saunders, Leslie Phillips, Laurence Geard, Shane Welch, Leslie Broad, Jennifer Bond, Bernice Russell, Heinz Binder, Brian Mooney, Lili Sernaggio, Thomas O'Malley, Alwyn Gatherole, and we remember all those anniversaries which occur at this time.

FOR OUR PARISH FAMILY AND THE WIDER COMMUNITY: We continue to pray for the gift of healing and peace for all who contract the virus, especially for those who are in hospital, and for their families.

FAITH AND CATECHESIS Fasting in Catholicism: Through Tradition and Modern Practice

As Catholics, we are called to a life of faith that is both deeply personal and richly communal. Within this journey, the practice of fasting holds a unique place. It's a discipline that connects us to the earliest Christians, strengthens our spiritual resolve, and deepens our relationship with God. This article will explore the historical context of fasting, outline the current rules as defined by Canon Law, provide practical examples, and delve into the spiritual significance of this ancient practice.

A Historical Glimpse: Fasting is not a new concept within Christianity. It's a practice rooted in the Old Testament, where figures like Moses and Elijah fasted as a sign of repentance and seeking God's guidance. Jesus himself fasted for 40 days in the wilderness, setting an example for his followers.

In the early Church, fasting was a central part of Christian life. While specific practices varied, the general principle was to abstain from food for a certain period, often in preparation for important feasts or as a sign of penance. Over the centuries, the Church formalized these practices, establishing guidelines for fasting that were both spiritually meaningful and practically manageable.

The Current Discipline: Today, the Catholic Church's rules on fasting are primarily outlined in the Code of Canon Law. While the tradition of fasting is ancient, the specific regulations have evolved over time. Currently, the law of fasting binds Catholics from the age of 18 until the beginning of their 60th year. The most prominent days of fasting in the Catholic Church are Ash Wednesday and Good Friday. On these days, the faithful are permitted to have one full meal, as well as two smaller meals that together do not equal a full meal. Some amount of food may be taken at any time, but not between meals. Liquids are allowed. In addition to fasting, the Church also emphasizes abstinence, which is the practice of refraining from eating meat. This applies to all Fridays during the year, as well as Ash Wednesday and Good Friday, for those 14 years of age and older.

Navigating Fasting in Daily Life: For many Catholics, the idea of fasting might seem daunting. However, it's helpful to remember that fasting is not simply about going hungry. It's about intentionally choosing to forgo certain things in order to focus more deeply on God. Here are some practical examples:

A typical fasting day: You might have a light breakfast, a more substantial lunch, and a small evening meal. The key is to ensure that the two smaller meals combined do not equal the size of the main meal.

Abstinence from meat: On days of abstinence, Catholics often choose to eat fish, vegetables, or other non-meat options. Many parishes even organize "fish fries" on Lenten Fridays as a community event.

Beyond food: While the traditional focus of fasting is on food, the principle of self-denial can be applied to other areas of life. For example, some people choose to fast from social media, television, or other forms of entertainment during Lent.

Spiritual Dimensions and Deeper Meanings: At its core, fasting is a spiritual discipline. It's a way of humbling ourselves before God, acknowledging our dependence on Him, and opening ourselves to His grace. By denying ourselves certain things, we create space for God to work in our lives in new ways. Fasting can also be a powerful form of prayer. Moreover, fasting can be an act of solidarity with those who are less fortunate. By experiencing a small degree of hunger, we can gain a greater appreciation for the struggles of those who go without food on a regular basis. This can inspire us to greater acts of charity and justice.

A VOCATION VIEW

God welcomes us home with extravagant love. Let the call to holiness draw you home into a deeper relationship with God. (Luke 15:1-3, 11-32)

MASS FOR THE POLISH COMMUNITY

Palm Sunday, 13th April, 3pm
Church of the Apostles.



SAVE THE DATE
PALM SUNDAY
PILGRIMAGE
SUNDAY 13 APRIL 2025
After the 10:30 am Mass
@ Church of the Apostles

Stephen Kirk Unplugged Concert – Launceston Friday, 4 April

The evening promises to be a time of reflection and connection through the power of transcendent music, offering a moment of peace and spiritual renewal amid the business of life. Light refreshments are included in the price of the ticket. Drinks will be available for purchase from the bar. **Please register by Tuesday 1 April for catering purposes**
7 pm – 9 pm (doors open at 6 pm), Room 4, Hotel Grand Chancellor, Cameron Street, Launceston **COST:** \$20 per adult, \$15 concession. To purchase tickets - <https://events.humanitix.com/stephen-kirk-unplugged-launceston>

Music in the Eucharist Workshop – Launceston Saturday 5 April, 10am—1pm, Pastoral Centre

Inviting all musicians, liturgists, and anyone seeking a deeper understanding of the role of music in entering into a more profound participation in the Eucharist! This free workshop led by Stephen Kirk will explore the vital role of music in the liturgy and provide practical guidance on enhancing the Mass through thoughtful musical selections. **A light lunch will be provided, so registrations by 1 April are essential.** Cost: Free
To register - <https://events.humanitix.com/music-in-the-eucharist-workshop-launceston>



The Catholic Parish of Launceston embraces and whole-heartedly supports the Archdiocese of Hobart Safe Communities Policy and Framework.

*Enquiries: Safe Communities officer- Parish Office 63314377 or email: launceston@aohtas.org.au
Safe Communities Information flyer available in the Church or visit: SafeCommunitiesTas.com.au*

Fourth Sunday in Lent

FIRST READING

Joshua 5:9-12 GOSPEL

Luke 15:1-3, 11-32

The Lord said to Joshua, 'Today I have taken the shame of Egypt away from you.' The Israelites pitched their camp at Gilgal and kept the Passover there on the fourteenth day of the month, at evening in the plain of Jericho. On the morrow of the Passover they tasted the produce of that country, unleavened bread and roasted ears of corn, that same day. From that time, from their first eating of the produce of that country, the manna stopped falling. And having manna no longer, the Israelites fed from that year onwards on what the land of Canaan yielded.

RESPONSORIAL PSALM

Ps 33:2-7. R. v.9

(R.) Taste and see the goodness of the Lord.

SECOND READING

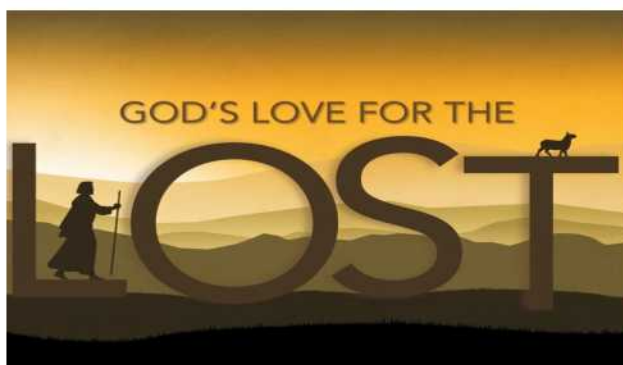
2 Corinthians 5:17-21

For anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here. It is all God's work. It was God who reconciled us to himself through Christ and gave us the work of handing on his reconciliation. In other words, God in Christ was reconciling the world to himself, not holding men's faults against them, and he has entrusted to us the news that they are reconciled. So we are ambassadors for Christ; it is as though God were appealing through us, and the appeal that we make in Christ's name is: be reconciled to God. For our sake God made the sinless one into sin, so that in him we might become the goodness of God.

GOSPEL ACCLAMATION

Luke 15:18

*Praise and honour to you, Lord Jesus Christ!
I will rise and go to my Father and tell him:
Father, I have sinned against heaven and against you.
Praise and honour to you, Lord Jesus Christ!*



The tax collectors and the sinners were all seeking the company of Jesus to hear what he had to say, and the Pharisees and the scribes complained. 'This man' they said 'welcomes sinners and eats with them.' So he spoke this parable to them: 'A man had two sons. The younger said to his father, "Father, let me have the share of the estate that would come to me." So the father divided the property between them. A few days later, the younger son got together everything he had and left for a distant country where he squandered his money on a life of debauchery. 'When he had spent it all, that country experienced a severe famine, and now he began to feel the pinch, so he hired himself out to one of the local inhabitants who put him on his farm to feed the pigs. And he would willingly have filled his belly with the husks the pigs were eating but no one offered him anything. Then he came to his senses and said, "How many of my father's paid servants have more food than they want, and here am I dying of hunger! I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your paid servants." So he left the place and went back to his father. 'While he was still a long way off, his father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him tenderly. Then his son said, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son." But the father said to his servants, "Quick! Bring out the best robe and put it on him; put a ring on his finger and sandals on his feet. Bring the calf we have been fattening, and kill it; we are going to have a feast, a celebration, because this son of mine was dead and has come back to life; he was lost and is found." And they began to celebrate. 'Now the elder son was out in the fields, and on his way back, as he drew near the house, he could hear music and dancing. Calling one of the servants he asked what it was all about. "Your brother has come" replied the servant "and your father has killed the calf we had fattened because he has got him back safe and sound." He was angry then and refused to go in, and his father came out to plead with him; but he answered his father, "Look, all these years I have slaved for you and never once disobeyed your orders, yet you never offered me so much as a kid for me to celebrate with my friends. But for this son of yours, when he comes back after swallowing up your property – he and his women – you kill the calf we had been fattening." 'The father said, "My son, you are with me always and all I have is yours. But it is only right we should celebrate and rejoice, because your brother here was dead and has come to life; he was lost and is found.'"

NEXT SUNDAYS READINGS: Fifth Sunday in Lent

Isaiah 43:16-21
Psalm 125
Philippians 3:8-14
John 8:1-11



Bank details for direct debit donations to support the financial needs of your Parish:

Account Name: Launceston Catholic Parish
BSB: 067 000; **Account No:** 1031 6153.
Reference: "your surname"

PRAYER FOR SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. AMEN..

