



CATHOLIC PARISH
LAUNCESTON

PARISH TEAM: Fr Leonard Caldera, Fr Vinco Muriyadan
Carolyn Gutteridge—**Parish Secretary**
Rosie Caelli —**Sacramental Co-ordinator**

FACEBOOK: @CatholicParishLaunceston

PARISH OFFICE: 44 Margaret Street, Launceston 7250

PHONE: 6331 4377

E-MAIL: apostles@bigpond.com

OFFICE HOURS: 10.00AM - 3.00PM on MONDAY - FRIDAY; CLOSED ON WEDNESDAYS

First Sunday in Lent- Year C - 9 March 2025

Dear Parish Family,

The Golden Rule of Jesus

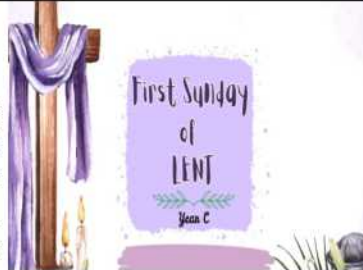
In today's Gospel from Luke 6:27-38, Jesus gives us a radical message about love, forgiveness, and kindness that challenges how we usually think and act. He calls us to love not just those who love us, but even our enemies, and to do good to those who might not treat us kindly. It's a message that pushes us beyond our comfort zones and calls us to act with compassion and mercy in every situation. Jesus tells us to "love your enemies" and "pray for those who mistreat you." This isn't easy. Our natural instinct might be to retaliate when someone hurts us or treats us unfairly. But Jesus teaches us that true love and forgiveness come when we choose to respond with kindness and understanding, even in the face of hurt. By doing this, we reflect the love that God shows us every day—unconditional, endless, and full of mercy.

Jesus also tells us to "do to others as you would have them do to you." This is often called the "Golden Rule." It's a simple yet powerful reminder that the way we treat others is a reflection of the love we want to receive. If we want to be treated with kindness, respect, and compassion, we must offer the same to those around us, even when it's difficult. The Gospel continues with a reminder that God is generous and merciful to all. When we act with love, kindness, and forgiveness, we are imitating God's own love. Jesus tells us that if we show mercy, we will receive mercy in return, pressed down, shaken together, and running over. God promises that our acts of kindness are never in vain, and they will always be rewarded—though not always in ways we might expect.

As we reflect on this reading, let us ask ourselves: How can we show love to those who are difficult to love? How can we be a source of mercy and kindness in our homes, schools, and communities? Jesus calls us to a love that is selfless and generous, one that doesn't count the cost but gives freely, just as God gives to us. May we be inspired by these words to go out into the world as people who reflect God's love—showing kindness, forgiveness, and mercy to all we meet. In doing so, we will bring God's light and peace into the world.

God bless you all

Fr Vinco



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 3– 8 March

7.30am Monday-Saturday Carmelite Monastery
Tuesday 12noon **NO MASS** 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/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

Dear Parish Family,

We are in the 1st Sunday of Lent, a call to set aside time for our spiritual communion with God, a time to enter into the wilderness and get away from the noise and distractions and let God speak to your heart. This Sunday I would like to present to you the Stations of the Cross for your consideration as a means of growing deeper in our reflection of the paschal mystery of Christ.

May I invite you for to join me in praying the Stations of the Cross every Friday in Lent at the Church of the Apostles at 7.pm.

Fr Leonard

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

CATHOLIC WOMEN'S LEAGUE Launceston Branch, will hold its March meeting on **Tuesday, 11th March, 2025**, at The Emmanuel Centre meeting room, starting with Rosary at 12.30pm and the meeting proper at 1pm. New comers welcome. For all enquires ph Victoria: 0408398785 Or Rosa:0427692929

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.

Please collect the latest edition of Australian Catholics

NO MASS— Tuesday 12noon at Newstead. Mrs Freemans funeral Mass at 11.30am, St Finn Barr's Church.

PARISH OFFICE HOURS THIS WEEK: please note the office will be closed on Monday (holiday) and Tuesday.

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 From Monday 3rd March.

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

PROJECT COMPASSION LENTEN PRAYER

God of our journey
we are all pilgrims of hope
brought together by your love
and your wish that we may all be one.

We pray that in this Year of Jubilee
when we are called to greater justice
and care for our common home
that we may **Unite Against Poverty**.

May we work in unity for the freedom
of the oppressed and the renewal of creation.

May our compassionate minds
and generous hearts help bring about a
world where all can live in peace.

May our Lenten pilgrimage of
fasting, almsgiving and prayer
bring us closer to your loving heart.

We ask this in the name of Jesus.

Amen

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this Lent

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Prayer for the Holy Father

We thank you for the loving service of Pope Francis and the hope he has inspired in so many ways in your great mercy, we place him into your hands at this time, trusting in your eternal care.

May the Holy Father be comforted by the love of the church and the prayers of all the faithful. We ask you through the intercession of the Blessed Virgin Mary, that his recovery be swift, and his spirit be strengthened in your peace.

May Your healing power be with him always and your will be done in his life. Through Christ our, Lord. Amen.

YOU ARE ASKED TO PRAY

FOR OUR NEWLY BAPTISED especially **Sadie Glover** (Jack and Ellie), who will celebrate the Sacrament of Baptism within our parish this weekend.

FOR THOSE WHO ARE SICK: Ruth Adams, Fr Edwin Thundathil, Sonya Byrne, Angela Medwin, Joanne Foley, Paul House, Margaret Grossmith, Therese Brennan, Kath Aldred, Irene LaPalombara, Kees Moolenschot, Egidio Tosello, Dymna McCann, Brigitte, Pat McCarthy, Shirley O'Byrne, Qian Zhang-Allchin, Cheryl Dawtrey, Kevin Quadros, Will Smith, Merrill Thompson, Tina La Palombara, Noelene Bye, Peter Brumby, Maria Holton, Louisa Buttazzoni, 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 Mary Freeman and Valeria Bortolot who have died recently, Joe Hallam, Emil Johnston, Herminigildo Villamor, Alejandra Usaraga, James Wallace, Len and Margaret Dix, Wim Van Galem, Douglas Clayton, Jeanette McGann, Janice Higgins, Mary Meredith, Tony Benneworth, Margaret Muir, Maria Bordin, Lenore McKay, Fay O'Malley, Milka Njegac 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

Discovering the Stations of the Cross this Lent

Lent is often a time when we are invited to pray the Stations of the Cross, a devotion that has multiple lessons we can learn about the spiritual life. One of the most popular devotions during Lent is the Stations of the Cross. Parishes around the world will hold special times when the faithful can come to the Church and pray the Stations together. It is a devotion that simply "makes sense" during Lent, as it is focused on the intense passion and death of Jesus Christ.

The Directory on popular piety and the liturgy explains that it is a "synthesis" of various Lenten devotions:

The Via Crucis is a synthesis of various devotions that have arisen since the high middle ages: the pilgrimage to the Holy Land during which the faithful devoutly visit the places associated with the Lord's Passion; devotion to the three falls of Christ under the weight of the Cross; devotion to "the dolorous journey of Christ" which consisted in processing from one church to another in memory of Christ's Passion; devotion to the stations of Christ, those places where Christ stopped on his journey to Calvary because obliged to do so by his executioners or exhausted by fatigue, or because moved by compassion to dialogue with those who were present at his Passion.

While it certainly is focused on Jesus' passion, the Directory notes four additional lessons that we can learn from it.

Life as a Pilgrimage - The Directory explains that the Stations of the Cross can open us up to the idea of, "life being a journey or pilgrimage." When praying the Stations of the Cross, it is common to move from one station to the next. This physical movement is sometimes made even more dramatic when praying at outdoor stations that wind its way up and down a hill.

Our life is a journey, a pilgrimage, that will be difficult at times, but will lead us to our ultimate home.

Preparation for Heaven - Connected to the previous lesson, the Stations can remind us that our life is "a passage from earthly exile to our true home in Heaven." Life can be difficult and Jesus' passion puts this suffering on full display. When praying the Stations, we can reflect on our own lives and how the many sufferings we experience prepare us for our true home.

Uniting ourselves to Jesus' Passion - The Stations have an obvious lesson of igniting within us "the deep desire to be conformed to the Passion of Christ." While we may not always feel a great inner desire to be united to Jesus' Passion, the Stations are a reminder to us that Jesus invites us to be with us at the cross.

In many ways Jesus looks out to us and asks us to be like Simon of Cyrene and walk with him to Calvary.

Carrying our own cross daily - Another lesson is to remember, "the demands of following Christ, which imply that his disciples must follow behind the Master, daily carrying their own crosses." The Stations can remind us of our own crosses that we are having a difficult time to carry. It is simply a part of life on this earth, and only increases as we embrace our Christian vocation.

If we want to follow Jesus, we need to carry our own crosses.

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

Young Apostles Society (YAS)

We are excited to announce that the **Young Apostles Society (YAS)** will be gathering every 2nd and 4th Sunday of the month at the Church of the Apostles Pastoral Centre in Launceston.

On the 4th Sunday of the month, we will also celebrate a Youth Mass at 6.30 pm in the Church of the Apostles.

The focus of YAS is to welcome young adults into a community where we can share faith, build friendships, and enjoy fun through prayer, fellowship, care, and formation.

Come and be a part of this vibrant community! We look forward to seeing you there.

Fr Vinco Muriyadan (Youth Co-ordinator)
Launceston Parish & University of Tasmania

Pilgrims of Hope – celebrating a remarkable and lifegiving Synod

Saturday 15th March, Tailrace Centre, Launceston,
9.45am for 10am to 12.30pm

Professor Susan Pascoe AM, member of the Vatican's Methodology Commission for the Synod on Synodality and a facilitator at the Synod Assemblies, will speak about the outcomes of the synod, already accepted by Pope Francis. How will we and our communities be affected?

Registrations: Donna: donna_mckilliam@yahoo.com.au or by phoning 0418 761 922 by Tuesday March 11th.

Hosted by Concerned Catholics Tasmania.

2025 St Patrick's Pilgrimage—15th/16th March 2024

Colebrook to Richmond

Join Archbishop Julian Porteous for the 2025 St Patrick's Pilgrimage. Open to all young adults between the ages of 16 and 35, pilgrims will set out from St Patrick's Church, Colebrook on an overnight walk to St John the Evangelist Church, Richmond.

Cost: \$55 **More information:** Email: youth@aohtas.org.au

Register: <https://events.humanitix.com/st-patricks-pilgrimage-2025>

Endow Women's Group: Come and learn about the extraordinary life and works of St Edith Stein, a Jewish philosopher who became a Catholic Carmelite nun, and who was martyred at Auschwitz during WWII. Enjoy a discussion and reading of the study guide, along with fellowship.

When: Mondays starting **24th March**, 2-3.30pm, fortnightly for 8 sessions. **Cost:** \$30 includes study guide.

Where: Emmanuel Centre, 123 Abbott St, Newstead.

Register: Liz Linnemans: Aldebaranza@protonmail.com.



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

First Sunday in Lent

First Reading

Deuteronomy 26:4-10

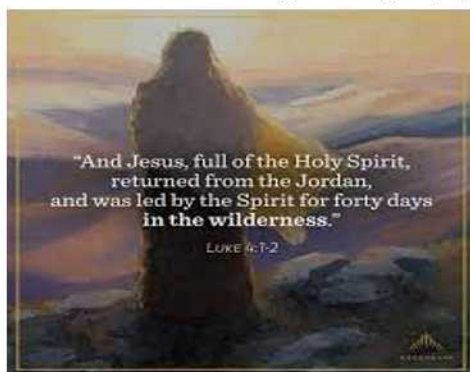
Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement: "My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

Responsorial Psalm

Ps 90:1-2. 10-15. R. v.15

(R.) Be with me, Lord, when I am in trouble.

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!' (R.)
2. Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. (R.)
3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. (R.)
4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory. (R.)



Second Reading

Romans 10:8-13

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

Gospel Acclamation

Matthew 4:4

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone, but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel

Luke 4:1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.' Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says: You must worship the Lord your God, and serve him alone.' Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.' But Jesus answered him, 'It has been said: You must not put the Lord your God to the test.' Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

A VOCATION VIEW

God brings us through difficult experiences and always leads us to life. Depend on the Holy Spirit to guide you on the path of life. (Luke 4:1-13)

NEXT SUNDAYS READINGS: Second Sunday in Lent

Genesis 15:5-12,17-18
Psalm 26:1,7-9,13-14
Philippians 3:17-4:1
Luke 9:28-36



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..