

CAPRICORN COAST CATHOLIC PARISH



Sacred Heart Church
YEPPOON

Parish Priest: Fr Matthew Moloney

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Mary Immaculate Church
EMU PARK

1ST SUNDAY OF LENT - 21 FEBRUARY 2021

[Fr Matthew's Weekly Video Message](#)

Hello from my home to yours, Peace be with you.

We have begun our Lenten journey and on Ash Wednesday in our Gospel it said
'to pray, to fast, and do works of charity.'

This weekend as we gather on the first Sunday of Lent, we hear in our Gospel Jesus saying,
'Repent and believe in the Good News'. This time of Lent is a time and journey towards
Easter, is a time of preparation and renewal of our journey of faith.

We hear in our first reading too, the new covenant that has come, that's the good news,
the good news that Jesus is with us in all that we do, in all our actions and in all our journey.

May as we journey this Lent, may it truly be a time where a renewal of our hearts and minds
and our faith be part of who we are. May as we do those works of prayer, fasting and alms
giving, may the words of Pope Francis guide us and helps in our prayers and actions:
To be able to share in **kind words**, to be **grateful**, to be **patient**, to be **hopeful**, to **trust** in his
word, to **live simply, prayerfully, joyfully**, for **reconciliation** for those in our lives and in our
world and at times to be **silent, to listen**.

May this journey of Lent be a time of renewal for us all, God Bless.

From my home to yours, Peace be with you.

Fr Matthew

SycamOre

A new catholic Program developed to provide a flexible resource for formation of parishioners.

Each Friday 6:30pm or Sunday 6:15pm
Sacred Heart Church Yeppoon

Alpha

An 11week course where people gather to have a conversation about faith life & God.

Each Tuesday 3:30pm
Mary Immaculate Church Emu Park or
Sunday 12:00pm Sacred Heart Church Yeppoon



WORLD DAY OF PRAYER

10am Saturday 6 March 2021
Capricorn Coast Uniting Church
17 Lorikeet Avenue Yeppoon



St Benedict's Primary School
07 4930 2744
info@skyrok.catholic.edu.au



Sacred Heart Primary School
07 4994 8215
shy@rok.catholic.edu.au



St Ursula's College
07 4939 9600
ursulas@stursulas.qld.edu.au



St Brendan's College
07 4939 9300
administration@sbc.qld.edu.au

CAPRICORN COAST CATHOLIC PARISH

TIME	DAY	MASS
5:00pm	Tuesday	St Brendans College
11:00am	Wednesday	Rosary & Adoration
12:00pm		Sacred Heart Church
9:00am	Thursday	St Benedicts Primary School @ School
12:00pm	Friday	Sacred Heart Church
8:00am	Saturday 27/2/21	Mary Immaculate Church
8:00am	Sunday 28/2/21	Confessions (8:00am – 8:30am)
9:00am		Sacred Heart Church
5:00pm		Sacred Heart Church

Lenten Prayer

God of all peoples and nations,
As you accompany us on our
Lenten journey,
May our fasting strengthen our
commitment to live in solidarity,
Our almsgiving be an act of justice, &
Our prayers anchor us in love and
compassion.
Through living simply and loving
generously,
May we care for our global family
and our common home, as we

**"Aspire not to have more,
but to be more." ***

We ask this in Jesus' name.
Amen.

*Saint Oscar Romero

(Exert from Project Compassion Caritas Australia resources)



ONLINE BOOKING LINK

trybooking

[Sunday Mass Online Booking Link](#)

Stations of the Cross

Sacred Heart Church 7:00 pm Wednesdays
Mary Immaculate Church 5pm Tuesdays

BISHOP'S MASS - YOUTUBE LINK [Bishop's Mass You Tube Link](#)

We Pray for those who are SICK & those who have DIED

We Pray for those who are SICK:

Meegan Sommerfeld, Margaret Lamberick, Nola Davies

We Pray for those who have DIED:

Shirley Kruger, Marie Messer (Blackall), Rhys Yore, Peter Bartlett, William (Bill) Conaughton & Noreen Parer

Anniversary of the Deceased:

Joan McCusker, Iris Crickmore, John Pearson, Tomas & Ventura Cossid, Lourdes & Phil Hunt

The Catholic Diocese of Rockhampton abides by the principles of the **National Catholic Safeguarding Standards** (2013), and is committed to safeguarding, with a specific focus on protecting children and vulnerable adults. For further information or support please contact the Diocesan

Professional Standards and Safeguarding Office: Response Line: 1800 830 113 (free call) or email: pssoadmin@rok.catholic.net.au

Diocesan Website for more information: <https://rok.catholic.net.au/our-diocese/safeguarding/>

To view the **Diocesan Safeguarding Children and Vulnerable Adults commitment statement and Policy:** <http://www.rok.catholic.net.au/safeguarding-policies.html>

Queensland Professional Standards Office: www.psoqld.catholic.net.au/

**Come Holy Spirit,
fill the hearts of your faithful,
enkindle in them the fire of your love.
Send forth your Spirit
and they shall be created.
And you shall renew the face of the earth.**



**Let us pray.
O God, who instruct the hearts of the faithful
by the light of the Holy Spirit,
grant us in the same Spirit to be truly wise,
and ever to rejoice in your consolation.
Through Christ, our Lord. Amen**

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

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 have trust in God.

Fast from complaints; contemplate simplicity.

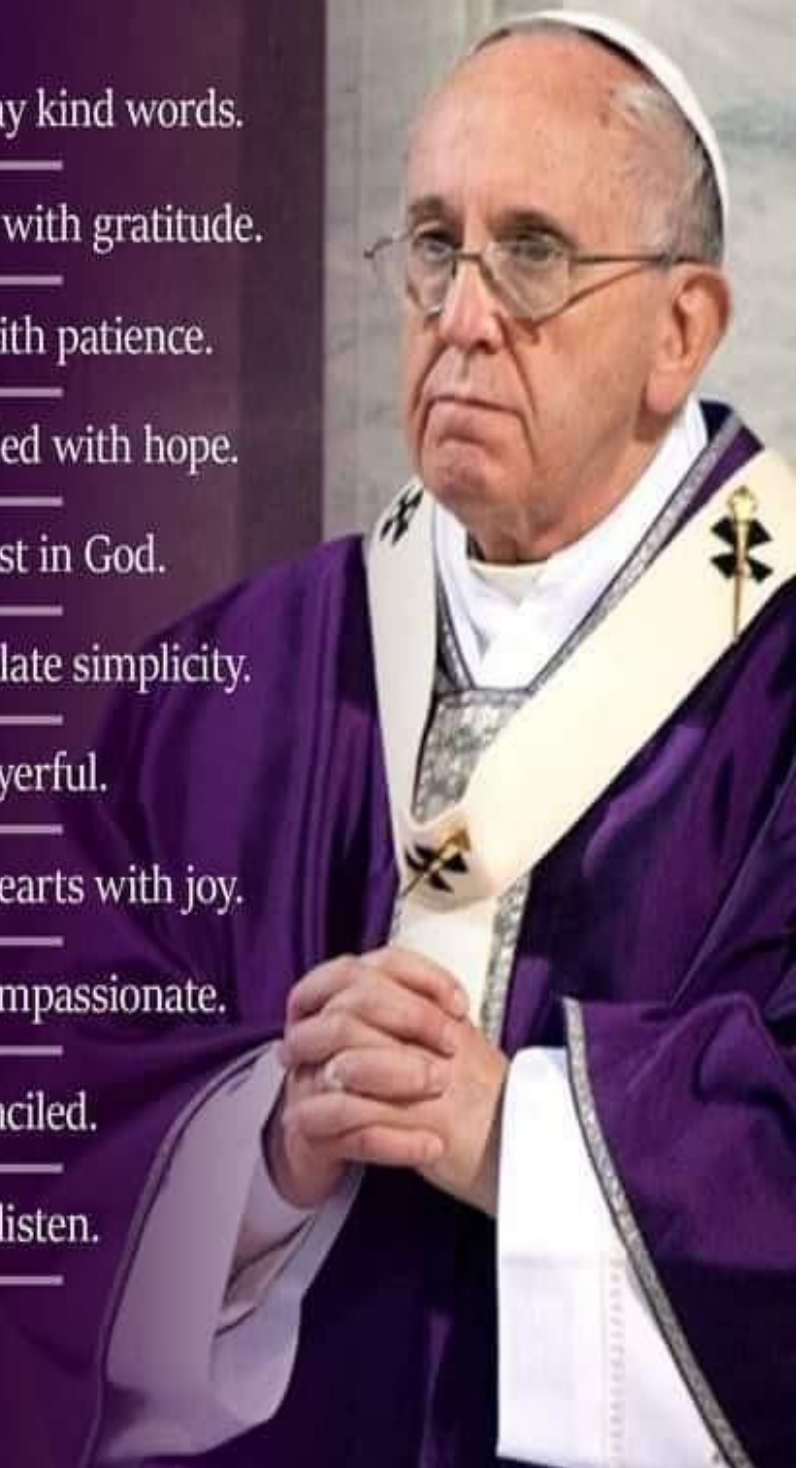
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



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First Sunday of Lent
21st February 2021



Jamila is a Rohingya refugee living in a camp in Bangladesh with her elderly mother and baby daughter. With the support of Caritas Australia, and through Caritas Bangladesh, Jamila has been able to access emergency food, shelter, counselling, and vocational training that will help to support her family.

Please donate to Project Compassion 2021 to help mothers like Jamila be more for her family and her community.

You can donate through Parish boxes and envelopes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.

Experience Lent with love: Pope Francis



Pope Francis celebrates Mass in the chapel of the Casa Santa Marta during Lent last year (Vatican Media)

Pope Francis has encouraged Catholics to practise charity during Lent this year by caring for those affected by the coronavirus pandemic. Source: CNA.

In his message for Lent 2021, the Pope asks people to “experience Lent with love,” which “rejoices in seeing others grow.”

“To experience Lent with love means caring for those who suffer or feel abandoned and fearful because of the COVID-19 pandemic. In these days of deep uncertainty about the future, let us keep in mind the Lord’s word to his Servant, ‘Fear not, for I have redeemed you’ (Isaiah 43:1). In our charity, may we speak words of reassurance and help others to realise that God loves them as sons and daughters,” Pope Francis wrote in the message published on Friday.

He emphasised that even a small amount of almsgiving when offered with “joy and simplicity” can multiply, as did “the loaves blessed, broken and given by Jesus to the disciples to distribute to the crowd”.

“Love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers, or sisters. A small amount, if given with love, never ends, but becomes a source of life and happiness,” the Pope said.

The liturgical season of Lent will begin this week on Ash Wednesday. The Vatican has instructed priests to distribute ashes by silently sprinkling them on people’s heads this year due to the pandemic.

FULL STORY

[Pope Francis: ‘Experience Lent with love’ by caring for those affected by pandemic](#) (By Courtney Mares, CNA)