

CAPRICORN COAST CATHOLIC PARISH

18 February 2024 - 1st Sunday of Lent, Year B



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Sacred Heart Church

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Mary Immaculate Church

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GOSPEL MEDITATION:

When I feel down, I sometimes watch the famous “Double Rainbow” video on YouTube to feel better. It’s hilarious. A young man camping in Yosemite Park sees two rainbows stretching across the sky. He bursts into a kind of ecstasy. “Double rainbow, all the way! Oh my God!” he announces. Then he starts to weep. He cries out, “What does it mean?” Beneath the humor of his glorious overreaction is the deep intuition we all have, I think, when we see the colorful bow in the sky. This Sunday, God sends a rainbow to Noah, and to us. What does it mean?

Long before YouTube had the double rainbow, Dante’s medieval poem *The Divine Comedy* featured one in his image of paradise. Seeing two rainbows, he muses that one is born of the other. The bow is God’s promise of peace. For Dante, it’s even more: nature’s encrypted image of the Trinitarian God. One visible rainbow (God the Son) is begotten of another usually invisible one (God the Father) united by invisible light between them (God the Spirit). Like invisible light, Trinitarian glory surrounds us in every moment — but Jesus has made it visible in his glorious body.

Lenten challenge: This might seem silly, but this Lent I invite you to find a rainbow and meditate on it. You might have to make one yourself, like this current desert-dweller will. Gaze on it. See there a natural gift from the Creator, saying to you, “Here I am! I will love and protect you, surrounding you in My glory.” This Lent let’s embrace that with confidence, rain, or shine. - Father John Muir ©LPi

The worshipping communities of Sacred Heart, Yeppoon & Mary Immaculate, Emu Park acknowledge the Darumbal People the traditional custodians of the land on which we gather, and pay respect to their elders: past, present, and emerging.

For we too are one in land, one in spirit, one in faith, united in God’s love.

Pray for

The sick:

Renaë Ellaway (Duffy), Scott Mahosky, Kevin Lacey, Terry Groser, Ollie Miles, Jo-Anne Coxon, Ronnie Camenzuli, Alan Davids, Adam Loch, Carolyn Perkins, Veronica Loudon-Riley.

The recently deceased:

John Simmons, Norma Toon, John Slade, Michael Jones, Rita Clare Carsten, Robin Holmes (Gladstone), Gerard Pierce (Emerald), John Holland, Ken Holmes, Susan McCamley, Merle Donovan, Kevin Davids.

Those whose anniversary occurs

at this time:

Fintan Real, Christine Gynther, Brendan Williams, Vince Murphy, Shirley Kruger, Bill Shields, Jeff Shields, Clem Hampstead, Genny Hampstead, John Hampstead, Iris Crickmore, Di Black, Colin Shaw, Vince O'Brien.

The Lenten Season Begins

Entering a season of waiting and longing inevitably arouses resistance within us. Join Henri Nouwen as he prayed for God's help to choose to open himself to the invitation of the Lenten journey:

The Lenten season begins. It is a time to be with you in a special way, a time to pray, to fast, and thus to follow you on your way to Jerusalem, to Golgotha, and to the final victory over death.

I am still so divided. I truly want to follow you, but I also want to follow my own desires and lend an ear to the voices that speak about prestige, success, human respect, pleasure, power, and influence. Help me to become deaf to these voices and more attentive to your voice, which calls me to choose the narrow road to life.

I know that Lent is going to be a very hard time for me. The choice for your way has to be made every moment of my life. I have to choose thoughts that are your thoughts, words that are your words, and actions that are your actions. There are no times or places without choices. And I know how deeply I resist choosing you.

Please, Lord, be with me at every moment and in every place. Give me the strength and the courage to live this season faithfully, so that, when Easter comes, I will be able to taste with joy the new life which you have prepared for me. Amen.

Henri J.M. Nouwen, Show Me the Way - Daily Lenten Readings, 1992

LITURGIES

Date	Time	Mass
Tues 20 Feb	5:00pm	St Brendan's College
Wed 21 Feb	9:00am	Mass, Adoration & Rosary, Sacred Heart
Thurs 22 Feb	10:00am	Ordination: Dcn Peter Doherty, St Joseph's Cathedral, R'ton
Fri 23 Feb	9:00am	Mass of Thanksgiving, St Joseph's Cathedral, R'ton
	2:00pm	Rosary, Sacred Heart
Sat 24 Feb	5:15pm	Mary Immaculate
Sun 25 Feb (2nd Sun of Lent)	8-8:30am	Reconciliation, Sacred Heart
	9:00am	Sacred Heart
	5:00pm	Sacred Heart

WEEKEND ROSTER

This weekend - 1st Sunday of Lent, Year B 17/18 Feb			
	5.15pm Sat Mary Immac.	9am Sunday Sacred	5pm Sunday Sacred Heart
Commentator	Rene Veltmeyer	Barbara Pearson	Mark Kennedy
1st Reader	Marian Robinson	John Quinn	Parishioner
2nd Reader	John McKenna	Karen Quinn	Parishioner
Next weekend - 2nd Sunday Lent, Year B 24/25 Feb			
Commentator	Gail Goodman	Deb Bayliss	Margaret McAuliffe-
1st Reader	Jan Mussig	Max Martin	Parishioner
2nd Reader	Janelle Pinch	Marie Martin	Parishioner

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



This year, Project Compassion brings you the stories of three resilient women from three different corners of the world. They are facing vastly different challenges, but are all united by one dream: to create a better tomorrow *for all future generations*.

Meet **Ronita** from the Philippines. Ronita is a mother of two young boys living in a slum in Quezon City. She went back to school to finish her education so that she could earn income to support her children.

Meet **Leaia** from Samoa. Not having access to a reliable source of clean water was very difficult for Leaia and her family. But, with the support of Caritas Australia, a water tank was installed at their home, improving their health and living conditions.

Meet **Memory** from Malawi. Memory, the eldest daughter from a rural Malawian family, trained to become a carpenter and is now a trailblazer for future generations of women in her village.

Throughout Project Compassion, you will get to know the stories of Ronita, Leaia and Memory. Journey with them as they forge a path to a brighter future for all generations.

Please donate to Project Compassion.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion or by calling 1800 024 413.

Photo: Richard Wainwright/Caritas Australia



*Most Reverend Michael McCarthy
Bishop of Rockhampton*



*invites the people of the Diocese to the
Presbyteral Ordination of*

Rev Peter Duncan Doherty

*10.00am, Thursday 22nd February 2024
St Joseph's Cathedral*

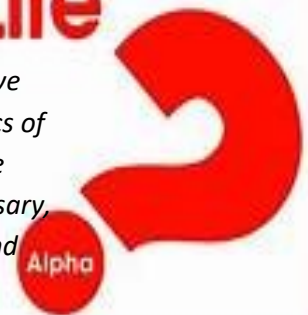
*Rev Peter's Mass of Thanksgiving will be
celebrated Friday 23rd February at
9.00am at St Joseph's Cathedral*

For those unable to join in person, both events can
be watched online at:

<https://www.youtube.com/user/StJosephsCathRton>

Got Questions About Life

*Alpha is a series of interactive
sessions that explore the basics of
the Christian faith. ALL are
welcome, no experience necessary,
just an openness to learn and
journey in faith.*



Hail Holy Queen, Mother of Mercy,
Our life our sweetness and our hope.
To thee do we cry, poor banished children of Eve;
To thee do we send up our sighs,
mourning and weeping in the valley of tears.
Turn then most gracious advocate,



Thine eyes of mercy towards us
and after this our exile, show unto us the
blessed fruit of thy womb Jesus.
O clement, O loving, O sweet Virgin Mary!
Pray for us, O Holy Mother of God.
That we may be made worthy of
the promises of Christ.

THIS WEEK'S READINGS

1ST SUNDAY OF LENT

1st 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.

Psalm 24:

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

2nd Reading:

1 Peter 3:18-22

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

Gospel:

Mark 1:12-15

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

NEXT WEEK'S READINGS

2ND SUNDAY OF LENT

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

Psalm: 115

2nd Reading: Romans 8:31-34

Gospel: Mark 9:2-10



MUSIC WORKSHOP

WITH TINK BOYD

SUNDAY 25th FEB

3pm TIL MASS



STATIONS of the CROSS

Please join our Parish in reflecting on the Stations of the Cross.

Sacred Heart: 5pm each Wednesday of Lent

Reflections include Montessori meditations, a traditional walk of the Way of the Cross and contemplations using many hand-crafted presentations in the form of plaques and silhouettes.

Mary Immaculate: 8am each Tuesday of Lent

We walk with Jesus in prayer, the way of His cross, so to draw closer to Him in faith, hope and love.

PROJECT COMPASSION PRAYER 2024

God of all hope,
we pray for our world with all its beauty and need.
We thank you for the love in our lives that is
a mirror of your unending love.

May all creation know your compassion this Lent
and may we take courage to share it, especially with
those who don't have what they need.

In our time, we hear the same words you spoke to Moses:
'I will be with you,' when you ask us to do courageous things.

Through our prayer, fasting and almsgiving,
move us to act in the company of your Spirit,
showing compassion and acting for justice
to renew the face of the Earth,
now and for all future generations.

We ask this in the name of Christ.
Amen.

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 & 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 & Vulnerable Adults commitment statement & Policy: www.rock.catholic.net.au/safeguarding-policies.html Queensland Professional Standards Office: www.psoqld.catholic.net.au/



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