



# THE VOICE

3rd February, 2008

Fourth Sunday in Ordinary Time, Year A

Psalter Week 4

## An early Lent

Lent begins this Wednesday. *Ash Wednesday Masses* will be celebrated at 7.45 a.m., 10.00 a.m. (with the Parish School) and 7.30 p.m.

Ash Wednesday is also a day of *fast and abstinence*.

There are now only two days in Australia on which we are obliged to fast and abstain: Ash Wednesday and Good Friday.

Fasting is about *how much* we eat and drink; abstinence is about *what* we eat and drink.

The only penitential abstinence required of us these days is from meat.

Fasting now entails only that we have no more than one full meal and two lighter meals.

Everyone over the age of fourteen is bound to abstain from flesh meat.

Everyone between the ages of 18 and 59 is bound to fast.

Whether one is younger or older than these groups, there is still the general obligation to do penance during Lent.

Every Friday throughout the year is a day of penance, and the whole of Lent is a season of penance. This makes the Fridays of Lent of particular significance.

We have the custom here of making the *Stations of the Cross* on the Fridays of Lent. We start this Friday, at 7.30 p.m.

Because Lent is a penitential season, Catholics have long had the habit of attending *daily Mass during Lent*. Daily Mass here is at a convenient time, and everyone is encouraged to attend.

As I mentioned last week, the Blessed Sacrament chapel is now more generally available. It will be open before and after services and during office hours. *Visiting the Blessed Sacrament* is highly recommended at any time of the year, but it is especially appropriate during Lent.

Another traditional Lenten exercise is *spiritual reading*. You will find a good range of suitable material in the CTS pamphlet rack near the main doors of the church.

What I have mentioned so far falls into two of the three traditional categories of Lenten observance: prayer and fasting. The third is *almsgiving*, and our way of observing that is *Project Compassion*. Boxes and sets of envelopes for Project Compassion are available on the table in the gathering area as you leave the worship space. Let us use them generously. After all, what we save through self-denial in Lent does not go into our bank account: it goes to the poor.

Finally, I would like to welcome our supply priest for the month: Father Tom Chapman. I am sure that we shall all do our best to make his time among us a pleasant one.

FR JOHN HILL, P.P.

### PLEASE REMEMBER IN YOUR PRAYERS

- **Recently deceased:**  
Walter Meek, Doreen Fletcher-Jones, Margaret Warby.
- **Anniversaries:**  
Mary Doyle, Frank McMahon, Don Treble.
- **Remembrances:**  
Kevin Garnett.
- **Sick:**  
Bill Finlayson, Max Cunningham, John Ward, John Stevens.

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### Psalm Response

© Colin D. Smith cfc

Hap - py the poor in spi - rit, the king - dom of heav'n is theirs

### Gospel Acclamation

*Alleluia, alleluia!* Rejoice and be glad; your reward will be great in heaven. *Alleluia!*

# Around the Parish



**An Ecumenical Shrove Tuesday/Mardi Gras/Carnervale/Pancake Day.** Come and celebrate with pancakes and bubbly Tuesday, 5th February at 7.00pm in the Ethel Cox Centre. Bus is available for pick up to those who wish to attend. Please notify the Parish Office.

**Bus Fund Cake Stall** will be operating at morning Sunday Masses this weekend 3rd February.

**Volunteer Cleaners Rosters** available in the Altar Servers room for your collection.

**Junior Servers Rosters:** Extra copies are now in the Servers room for your collection

**February Bus Outings:** Bus trips to Bobbin Head and

Picnic lunch. Wednesday 13th February and Thursday 21st February. Bus leaves at 9am Peninsula Community Centre. \$15 includes lunch. Enquiries or bookings contact Susie Casey 4342 3893 or 0403 417 639.

**Caritas: Compassion in action:** Jesus stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it is written: *"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour."* Then

he began to say to them, *"Today this scripture has been fulfilled in your hearing."* (Luke 4: 16-19,21)

Caritas Australia will work towards the creation of a world that God desires to be just and compassionate. Caritas will work for the freedom of those who are oppressed by injustice, bringing 'sight' to both who are powerless and powerful and proclaiming to the poor the good news of their human dignity. This work will be undertaken principally through the life-giving activities of aid and development.

**Project Compassion** boxes and envelopes available now. Your generosity will be greatly appreciated.

## Social Justice

**Ash Wednesday** marks the beginning of Lent.

Each year, Lent offers us the opportunity to share what we have with those who have less...There are many distressing things that happen in our world today that prompt us to ask serious questions.

Why do so many people still go without clean drinking water?

Why are there still over 1 billion people living on less than \$1 a day?

Why are men, women and children still being used as weapons of war?

Why do so many women die in childbirth?

Let us stand together this Lent as we hear the call to work toward a more just world.

*Caritas Australia Chair, Archbishop Doyle, Project Compassion 2008 Letter.*

## From the Diocese and beyond

**Pope Benedict XVI's Encyclical "Spe Salvi" On Christian Hope:** The seminar is one of a series on major church documents and is designed to highlight and explain the key ideas of the encyclical. and will be held Tuesday, 12th February, 7.30pm at Catholic Centre, 3 Keating Street, Lidcombe. RSVP Friday 8th February. Maree Cadogan 9643 3660. Fax (02) 9643 3669. [maree@caec.com.au](mailto:maree@caec.com.au) Sug-

gested donation \$5—supper included. Speakers are Fr. John Flader and Ray Reid of Centacare, Parramatta.

**Palms Australia** is interested in meeting Teachers, Doctors, Nurses and other professional, technical and trades people willing to share their skills for 1-3 years in Asia, Africa or the Pacific. Come to a Palms Information Session at the Fair Trade Coffee Company,

33 Glebe Rd., Glebe Tuesday 12th February at 6.00pm or contact Jennifer Murphy on 9518 9551 or [jenni@palms.org.au](mailto:jenni@palms.org.au)

**World Day of Prayer** St. David's Presbyterian Church "Heritage" Hall, 120 Blackwall Rd., Woy Woy. Friday 7th March, 11am preceded by morning tea at 10am. All parishioners are invited. See notice board.

# To drink the cup of salvation

Eliot Kapitan

Anyone who has crossed a desert knows the importance of taking enough water. While I was still in grade school, our family crossed the Badlands on the way to the Black Hills. All across South Dakota we saw signs for free ice water at Wall Drug. When we finally got there, oh, how good it was. We kept getting back in line to drink and drink again.

## How the church prays

Believers know what it means to thirst. Those who keep Ramadan and Yom Kippur know what it means to forego food and drink. Those who keep Ash Wednesday, all of Lent, and other penitential days know what it means to fast and abstain.

In the church's liturgy, Christians often pray two Hebrew psalms at both Mass and the Liturgy of the Hours.

Like the deer that yearns  
For running streams,  
So my soul is yearning  
For you, my God.  
My soul is yearning for God,  
The God of my life;  
When can I enter and see  
The face of God? (Ps 42:2-3, Grail)  
O God, you are my God,  
for you I long;  
For you my soul is thirsting.  
My body pines for you  
Like a dry, weary land without water.  
So I gaze on you in your holy place  
To see your strength and your glory  
(Ps 63:2-3, Grail translation)

On Holy Thursday, in the Evening Mass of the Lord's Supper, we sing from Psalm 116:

**Resp.** Our blessing-cup is a communion with the Blood of Christ.  
How shall I make a return to the Lord for all the good he has done me?

## Devotions

**150th Anniversary of Lourdes Monday**, 11th February, 2pm-2.30pm, near the Lourdes Grotto outside the Holy Cross Convent Chapel at Kin-cumber. Joyful Mysteries and Jubilee Prayers. Please bring a fold-up chair,

The cup of salvation I will take up, and I will call upon the name of the Lord.

**Resp.** Our blessing-cup is a communion with the Blood of Christ.

And then the whole church gathers around the table of the Lord, gives voice to the eucharistic prayer, and moves in holy procession to eat and drink the Body and Blood of Christ.

## What the church believes by praying

Our ritual thirsting is much more than liturgical diet. We do it to be more open to the divine. We do it to hear God's voice and know God's will. We do it to see God face-to-face—now as best we can and on the last day for ever.

## What the church learns by believing

Holy Thursday teaches this great progression of belief.

- Physical thirst is transformed to spiritual thirst. We yearn and thirst for God. Always. For ever.
- Like the Hebrews before us, eating and drinking the paschal meal transforms us from a life of bondage to one of freedom. We are strengthened for our lifelong procession to God.
- Blessing cup is transformed to communion cup. We become what we drink.
- Communion with the Blood of Christ transforms us, empowers us to behave like Christ. We wash feet. We serve. We minister to others. No response to human need or kindness, no activity is beneath the dignity of Christians.

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“There he sat down”

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Blessed are they who are what they are and do what they do for the sake of the kingdom! The Gospel today assures good stewards that their suffering and their service on behalf of the kingdom *will* be rewarded!

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“Seek the Lord”

an umbrella (for shade/if raining), and a flower.

In the **Readings**, the table of God's word is laid for the faithful and the riches of the Bible are laid open for them. *GIRM 57*

## Catholic Parish of Woy Woy Peninsula

Woy Woy, Umina, Ettalong, Koolewong, Tascott, Blackwall, Booker Bay, St Hubert's Island, Empire Bay, Horsfield Bay, Pearl Beach, Patonga, Woy Woy Bay, Daley's Point and Phegan's Bay.

**St John the Baptist Church**, corner of Blackwall and Victoria Roads, Woy Woy

Parish Office Ethel Cox Parish Centre  
P.O. Box 264 100 Blackwall Road.  
54 Victoria Road  
WOY WOY N.S.W. 2256

Phone: (02) 4341 1073  
Fax: (02) 4341 0214  
Email: parish@woywoycatholic.org.au

*"He must increase, I must decrease"*

Dr John Hill, *Parish Priest*

Fr Barry Nobbs, *Assistant Priest*

*Parish Secretaries:* Beate Loftus & Libby McManus

*Parish Office Hours:* 9.00 a.m.—12 noon and 1.30-4.30 p.m., Monday to Friday

*Deadline for The Voice:* 4.30 p.m. Wednesday

### SUNDAY MASS TIMES

Vigil Saturday 5pm; Sunday 7.45am, 9.15am, 6pm.

### WEEKDAY MASS TIMES

Monday-Friday 7.45am (Monday & Tuesday with Lauds); Saturday and Public Holidays 9am; First Friday 4pm (with Anointing of the Sick).

### SACRAMENT OF PENANCE

Friday after morning Mass; First Friday, 3.30 p.m.; Saturday 11.30am; & 4.30pm; Sunday 7.15 a.m.

### SACRAMENT OF BAPTISM

1st & 3rd Sundays, 11am; 5th Sunday, during 9.15 a.m. Mass. Godparents are examples of faith to the child. They must be confirmed and practising Catholics, at least sixteen years old. If there is at least one godparent, a non-Catholic may act as a Christian witness. Parents and godparents must attend a prebaptismal instruction, held on the 2nd and 4th Sunday of each month at 10am.

### EXPOSITION OF THE BLESSED SACRAMENT

Every Saturday after 9am Mass until 10am; every Monday until 9am (Public Holidays 10.15am).

**CENTACARE** Marriage & Family Counselling, Pregnancy help—20 Watt St, Gosford. Phone: 4324 6403.

**MARY MAC'S PLACE** Volunteers provide nutritious, freshly cooked meals and information and referrals to appropriate community services. Open Monday to Friday, 11am-1pm, at the Ethel Cox Parish Centre. For more information, please contact Robyn on 4341 0584.

**CASH HOUSIE** every Saturday night at St Mary's Hall, Ocean View Rd, Ettalong (opposite Palm Beach Ferry Wharf). Games start at 7.30 p.m. and finish approx 10.15 p.m., cash prizes. Ticket sales from 6.00 p.m. Proceeds benefit Parish. Enquiries 43690626.

**ST JOHN THE BAPTIST YOUTH GROUP**— every Friday night Ethel Cox Parish Centre, 6.30-8.30 p.m. All high school students welcome! Contact Robyn on 0432 619 182.

**PARISH CHOIR**— Practice Wednesday nights in the church, 7 p.m. Enquiries: 4341 3367.

## To drink the cup of salvation

(continued)

(Continued from page 3)

Since we are summoned by the Lord Jesus to eat *and* drink his Body *and* Blood in holy communion, we must make every effort to make this possible to our assemblies. Here is what the church needs:

1. Enough wine is prepared at each Mass.
2. Enough ministers are prepared to offer the cup. This means that for every paten with the Body of Christ there are at least two chalices with the Blood of Christ.
3. When talking about holy communion, we never speak only of the Body but always of the Body and Blood. (We no longer use the older title *Corpus Christi* for the solemnity, but we say *Sanctissimi Corporis et Sanguinis Christi*, "The Most Holy Body and Blood of Christ.")

4. During communion, we choose to sing songs that address the complete mystery, the whole reality. The beat refrains the assembly will sing (and thus remember) include the whole truth.

At every Mass, let us come to both plate and cup. Let us eat and drink the Body and Blood of Christ. In so doing, let us take up the psalmist's song:

What gift can ever repay  
God's gift to me?  
I raise the cup of freedom  
As I call on God's name. (Ps 116:12-13,  
Grail) **ML**

Eliot Kapitan oversees liturgy and the catechumenate for the Diocese of Springfield in Illinois as director in the Office for Worship. He teaches, writes and is a workshop presenter on liturgy, catechumenal ministry and adult learning. He brings to this work both parish and diocesan experience. From *Ministry & Liturgy*, copyright © Resource Publications, Inc. All rights reserved. Reprinted with permission under licence number 6744.

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[www.woywoycatholic.org.au](http://www.woywoycatholic.org.au)



Diocese of  
Broken Bay