



St Michael's Catholic Parish Traralgon

St Michael's Vision Statement: Inspired by Jesus Christ, we are a welcoming Catholic Community seeking to enrich lives. Come and join us!

St Michael's Mission Statement:

To provide opportunities for parishioners –

- to grow in holiness
- to discover and live out their personal and community call to mission to live as Catholics who effectively transform society.

www.smpt.org.au
email: sec@smpt.org.au

Statement of Commitment to the safety of children and vulnerable adults: Central to the mission of St Michael's Parish is an unequivocal commitment to fostering the dignity, self-esteem and integrity of children, young people and vulnerable adults and providing them with a safe, supportive and enriching environment to develop spiritually, physically, intellectually, emotionally and socially. Please contact our Safeguarding Officers, Chris DiCorleto and Shane Reid on 5174 2060 if you have any concerns.

St Michael's Parish Information

Fr Aju Varghese Parish Priest
Parish Centre 5174 2060
Priest's Residence: 5174 6765

Deacon Tony Aspinall

Phone 5174 8167
Email: deacontony8@gmail.com

St Michael's Parish Office

Telephone: 5174 2060
Address: 35 Kay Street, Traralgon
PO Box 103, Traralgon 3844

Office hours –

Tues to Friday 9:00am to 4:00pm
Parish Secretary: Catherine Hill
Email: sec@smpt.org.au
Sacraments / Youth: Jenifer Hanratty
Email: sacraments@smpt.org.au

After office hours - in case of an emergency please call 0499 162 313 and leave a message and your contact details. All non-urgent calls should be made during office hours.

Baptisms: Six weeks notice required

Weddings: Six months notice required

Parish Pastoral Council: Lia Di Corleto, Chairperson, Fr Aju, Steve Kimani, Greg Imhagwe, Watson Gomez, Jenifer Hanratty, Judi McLaughlin, Thomas Mathew, Amanda Reid, Jodie Ware, Michelle Charlton, and Doug Doherty.

Our Schools:

St Gabriel's School 5174 5515
Principal: Mrs Michelle Charlton

St Michael's School 5174 3295
Principal: Mrs Jodie Ware

Lavalla Catholic College 5174 5272
Acting Principal: Mr Doug Doherty
Kildare Campus 5174 8111
St Paul's Campus 5174 7355

Lent Reflection by Father Michael Gilbert CSSR: The Importance of Lent

Lent is a good time to slow down and breathe more deeply. It's a time to stop running around so much in search of distractions. It's a time to be still and remember that God is with us.

Pope Francis has said that Lent is a time for believing, for welcoming God into our lives and allowing him to "make his dwelling" among us. The pope reminds the faithful that the Lenten practices of fasting, almsgiving and prayer make it possible for us to live lives of sincere faith, living hope and effective charity, thereby sharing in Jesus' mission of the salvation of the world.

Lent is traditionally a time for some kind of fasting. For example, we might go without sweets, chocolates or alcohol. It's like training for sport. If someone wants to be a good athlete, they have to train themselves in self-control. They have to be self-disciplined so they can run their best race. Likewise, we need to train ourselves in self-control as Christians. We need to be self-disciplined so we can run our best race as followers of Christ.

Lent is a time to practise self-control.

Lent is also a time to review our lives and repent of any wrongs we have done. It's a time to receive God's mercy, especially in the sacrament of penance.

Lent can help us become more generous towards others. Another traditional practice of this season is almsgiving. When we give to those in need, our own hearts are enlarged. We feel good about ourselves. And our giving can be more than money. For instance, we could give some extra time and attention to someone who's lonely. In this way we grow to be truly loving people.

The third traditional practice of Lent is prayer. By spending extra time in prayer through Lent we can come closer to God.

It's been a tough two years for many because of the pandemic. I hope this Lent helps you become more peaceful, more prayerful, more generous, a better person. I hope this Lent helps you come closer to the people around you and closer to God.

In the words of Pope Francis: Do you want to fast this Lent?

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 trust in God...

Fast from complaints and contemplate simplicity...

Fast from pressures and be prayerful...

Fast from bitterness and be compassionate to others...

Fast from grudges and be reconciled...

Fast from words and be silent so you can listen.

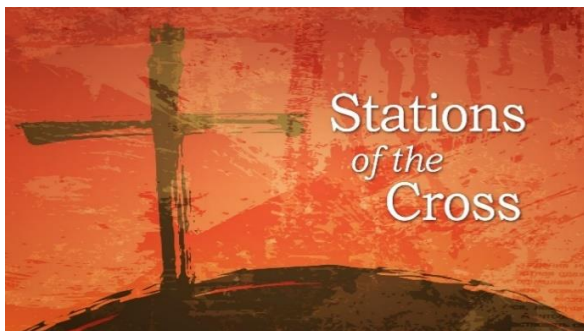
Sunday Mass Times	
Saturday	5:00pm Mass
Sunday	9:30am & 5:00pm Mass
Booking to attend Masses is no longer required.	
Weekday Mass Times	
Tuesday Mar 08	9:30am Mass
Wednesday Mar 09	11:00am Adoration 12:00pm Liturgy of the Word (No Mass)
Thursday Mar 10	9:30am Mass
Friday Mar 11	9:30am Mass

PLEASE PRAY FOR: We remember those who have died recently, and those whose anniversaries occur at this time including Frank Valencic, Antonio Panozzo-Tile, Joseph Lapuh, and Pietrangelo DiCiero.

Lord, let your perpetual light shine upon them. May they rest in peace. Amen.



WE PRAY FOR THOSE WHO ARE SICK including Maria Alessandrini, Conceicao Carvalho, Peter Dal Pra, Ann-Maree Daly, Anthony Derham, Gary Donchi, Bill Edgar, Kevin Fitzsimon, Bernadette Formaran, Fr Frank Freeman, Marj Gilbert, Carolyn Gleeson, Jacqui Granville, Barbara Greaves, Ellen Hammond, Jenny Hansch, Robert Hazelman, Imogen Hillier, Joyce Martin, Ivy May, Deborah Mc Kerchar, Ben Melenhorst, Maree Morris, Henry Polo, Joan Riggall, Theresa Rosello (Phillipines), Kath Ryan, Jerry Templer, Damiano Tripodi, Julie Vaz, Brian Vivian, Celie Smith, Sharon Veleff, George Walkan, Roy Ward, Kelly Maher, Victoria Rohli, Tony Tactor and Anne Turra, and all those we hold dear in our hearts.



Fridays during Lent @ 7pm in the Church

COVID-19 UPDATE:

Face coverings are no longer mandatory within places of worship or workplaces, and you no longer need to check in using the QR code or the sign in sheet. This applies to both the church and the parish office. However it is still recommended that you wear one where social distancing is not possible or you are with vulnerable people. We ask you to continue using the hand sanitiser located at the entrances to both the church and parish office, and to maintain social distancing wherever possible. We are now able to use the school toilets next to the hall during weekend masses, as well as to park cars in the school yard on Sunday mornings during Mass. As always, if you are feeling unwell please keep our parish community safe and stay at home.

THIS WEEK'S EVENTS:	
Tuesday March 08	
7:00pm	Baptism Preparation Meeting, St Michael's Church
Wednesday March 09	
All Day	Clergy Retreat Day- Fr Aju away
7:00pm	Parent Information Night: First Reconciliation St Michael's Church
Thursday March 10	
10:30am	Charismatic Prayer Meeting, St Michael's Church
7:30pm	RCIA Meeting, Parish Centre
Friday March 11	
7:00pm	Stations of the Cross, St Michael's Church

BAPTISMS:

This weekend we welcome for Baptism, Ella Hughes, daughter of Chris and Daniella, and Huxley Bosma, son of Michael and Tracy. Congratulations from us all.



The next Baptism Preparation Meeting will be held on **Tuesday March 8 at 7:00pm** in the Church. Please contact the Parish Office on 5174 2060 if you are interested in attending.

RECONCILIATION:

Sacrament of First Reconciliation will be celebrated at St Michael's Church on the 29th, 30th and 31st of March 2022, for Grade 3 students and above. An information session will be held this **Wednesday March 9th** for parents of children interested in taking part in the sacrament of first reconciliation in 2022. The meeting will be held in the Church at 7pm, all who are interested are encouraged to attend. Enrolment forms and further information can be collected from the parish office or by contacting Jen on 5174 2060 or via email at sacraments@smpt.org.au

R.C.I.A.:

(Rite of Christian Initiation of Adults)

RCIA continues to meet on Thursday evenings at 7:30pm in the Parish Centre. This Sunday, Laura Andreou, Alyssa Bell and Kyle Alcock, will be blessed in the Rite of Sending here at St Michael's, before attending the Rite of Election at St Mary's Cathedral Sale. Please keep them and the RCIA team in your prayers.



BAPTISM FOR SCHOOL AGED CHILDREN:

(RCIC- Rite of Christian Initiation of Children)

A course of the Rite of Christian Initiation of Children will be offered in the parish for children of school age who have not been baptised. An important preparation meeting will be held on Wednesday March 16th in the Parish Centre from 4pm – 530pm for parents and children. The Baptism service will then be celebrated on Sunday March 20th at 11am. Please contact the parish office on 5174 2060 for further details and to enrol your child.

MARK'S ORDINATION TO THE DIACONATE:

The Ordination to the Diaconate of Mark Hughes will be held next Saturday March 12th at St Agatha's Church, Cranbourne at 11am. A bus has been arranged with St Mary's Sale to take parishioners to Cranbourne, picking up at 830am from St Michael's Traralgon and returning at approximately 4-430pm. Thank you to those parishioners who have already added their name to the list, we still have three places left if anyone is interested.

The cost of the bus is \$30 which can be dropped to the parish office this week.

SYNOD 2021-2023 LET'S WALK TOGETHER:



The Big Questions: How do we journey together? How might we do it better?

Have your say by March 13, 2022!
<https://tinyurl.com/HavingASay>

Don't miss out on this opportunity to take part in a global conversation about the Catholic Church. How are we called to walk together as Christians? How can we listen to one another in making important decisions about our faith and our mission? The deadline for online submissions in the local consultation for the international Synod on Synodality is Sunday, March 13. Find out more and share your contribution at: <https://catholic.org.au/synodalchurch>

ONLINE LENTEN SERIES- EMMAUS SPIRITUALITY MISSION

Restoring freshness in the time of Lent by Michael Elligate, presented by Emmaus Spirituality Ministry. This online program began last Thursday, and will continue for the next 5 Thursdays during Lent (March 3rd, 10th, 17th, 24th 31st and April 7th) where you can choose between a morning or afternoon session, 10:30am or 7:30pm. Facilitated by Theresa Denny & Geraldine Naismith, email salespirituality1@gmail.com for bookings, or theresa.m.denny@gmail.com if you have any questions or would like a face-to-face group made available which Theresa would be happy to facilitate. Cost is \$25 per session, all are welcome so don't let cost prevent you from participating. You are also invited to pay for others to participate who may be in financial need. Emmaus is a joint ministry of the Catholic Diocese of Sale and Jesuits and Ignatian Spirituality Australia.

STEWARDSHIP MATTERS:

"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." (Deuteronomy 26:10)

This line from the Old Testament offers two challenges. First, do you give to God from your "first fruits", the best that you have to offer, or do you give from what is leftover? Second, do you recognize that everything you have has been given to you by God? Ask God for a grateful and generous heart, every day, in all circumstances.



PROJECT COMPASSION 2022



Please take home a Project Compassion box and a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and **For All Future Generations**.

With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction. Project Compassion 2022 reminds us that the good that we do today will extend and impact the lives of generations to come to build better future for all.

As St Pope John Paul II said,
"The future starts today, not tomorrow."

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations**. You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting lent.caritas.org.au, or by calling 1800 024 413.

Rosters for March 12 th & 13 th 2022		Second Sunday of Lent, Year C		
	Lector	Commentator	Usher/Welcomer	Musicians
Saturday Mar 12 5:00pm	B O'Brien	B Purcell	A Ryan	
Sunday Mar 13 9:30am	E Babu	A Thomas	J & P Dal Pra	
Sunday Mar 13 5:00pm	E & M Joseph	J Fleming	M Noone	
<i>Mick's Kitchen:</i>	10 th March- Van Berkel Team		17 th March- Scholtes Team	

Entrance Antiphon Cf Ps 90:15-16

*When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.*

First Reading Dt 26:4-10

A reading from the book of Deuteronomy

The confession of faith of the elect.

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 Rv15

(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** Rom 10:8-13

A reading from the letter of St Paul to the Romans

The confession of faith of the believers in Christ.

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 Mt 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

A reading from the holy Gospel according to Luke
Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.

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.