

## EVENTS/FEASDAYS IN LENT

- ♦ Lenten Adoration Kotara —5.30 to 6.30pm each Wednesday and Thursday during Lent.
- ♦ Stations of the Cross at Cardiff—6.30pm each Tuesday during Lent

13th March	Penitential Service at St Kevin's followed by Pikelet Supper
14th March	ASH WEDNESDAY
17th March	St Patrick's Day
19th March	Feast of St Joseph
25th March	Palm Sunday
27th March	Chrism Mass Sacred Heart Cathedral



## HOLY WEEK BEGINS

### PALM SUNDAY 25 March 2018

Masses commence outside churches in grounds for blessing of Palms and Procession into Church.

#### Masses

Saturday 24 March	Kotara	5.30pm
Sunday 25 March	Kotara	8.00 am
	Cardiff	9.30am
	Adamstown	9.30am
Tuesday 27 March	Hamilton	7pm
	Mass of the Oils	
	Sacred Heart Cathedral	
Wednesday 28 March	Kotara	7am
	Adamstown	9.30am

## SACRED TRIDUUM

### HOLY THURSDAY 29 March 2018

#### Mass of the Lord's Supper

Cardiff                    7.00pm  
*Concludes with Adoration and Night Prayer*

### GOOD FRIDAY 30 March 2018

#### Stations of the Cross

Only One Outdoor Stations at Kotara 11am

#### Liturgy of the Passion (*The principal Service*)

Adamstown	3pm
Cardiff	3pm
Kotara	3pm

### HOLY SATURDAY 31 March 2018

#### Polish Blessing of Food

Cardiff	10am
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### EASTER SUNDAY 31 March / 1 April 2018

#### Easter Vigil (Saturday 31 March)

Kotara	7pm
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#### Mass of the Resurrection (Sunday 1 April)

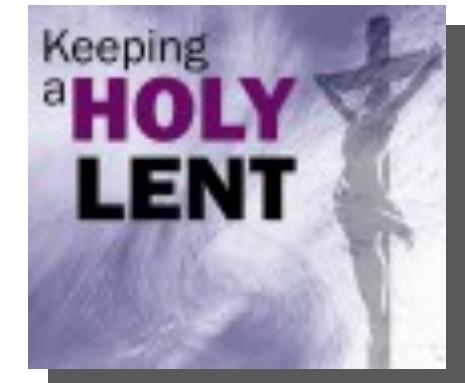
Kotara	8.00am
Cardiff	9.30am
Adamstown	9.30am

### EASTER MONDAY 2 April 2018

#### Polish Mass

Cardiff	8am
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## LENT TO EASTER 2018



## ALL SAINTS PARISH BLACKBUTT SOUTH

### What is Lent?

Lent is a penitential season in the Church Calendar. It extends for the forty days leading up to the celebration of the Lord's resurrection on Easter Sunday. In the early Church Lent originated as a period of penitence for those preparing for baptism. Today, the whole Church unites in a spirit of repentance and renewal as we reflect upon Christ's saving death and resurrection and its implications for our lives. It is a time for renewing our vision, seeking healing and reconciliation, and confirming our love for God and God's people.

# Tips for making a Lenten Commitment!

## What are we asked to do?

In the Lenten calendar, Ash Wednesday and Good Friday are designated days of fast and abstinence. Also we are strongly encouraged to approach Friday as a traditional day of penance through

- Prayer
- Self-denial
- Helping others

## Why do we make sacrifices at Lent?

People make sacrifices for many reasons. The pump iron to get fit. They study long hours to forge a career. They diet to shed those extra kilos. When our goals are important and clear enough, we are willing to "take on" whatever draws us closer to them and "go without" whatever pulls us away.

Lent is a time for making sacrifices. It is a time for "taking on" extra commitments and "giving up" distractions so that we may draw closer to the heart of Christ. Through prayer we build up our spiritual "muscles". Through self-denial, we shed unessential "baggage". By reaching out to others, we become other-centred. We do these things, not for negative reasons, but to open us to the never ending possibilities of God's love taking hold of our lives. By our Lenten commitments we are "training" our attitudes and behaviour patterns into a gospel lifestyle.

## Tips for making a Lenten Commitment

Don't let Lent slip away unnoticed. Take time to plan a specific commitment that will help prepare your heart for Easter.

### 1. Make a Decision

The best way to start is to start! Before today is over, take a moment to stop, pray and plan your Lenten commitment.

### 2. Seek the Support of a Friend.

Our faith is never purely private affair. It involves a faith community, the body of Christ.

Ask a supportive friend spouse or relative to encourage and challenge you in your commitment. Be accountable to the people of God.

### 4. Make it specific.

A commitment to 'be more loving' is a good start, but it is rather vague. How and who will you love better? A specific commitment (e.g. To praise my teenager son once a day, or to visit an elderly neighbour each week) is more likely to translate into concrete action.

### 5. Make it practical

Unrealistic goals can easily lead to discouragement. Make your commitment practical enough to be achievable. For example 'I will pray for 2 hours a day' may be fine if you're a contemplative monk, but not always possible if you're a husband and father of four little ones! How about a different 2 hour commitment e.g. 'I will take my children to the park for an hour each weekend'. (It will be two hours when you add the time required to pack footballs, hats, sunscreen, dummy, teddy bear and actually leave the house!)

### 6. Stretch yourself

It is also important that a Lenten commitment be sufficiently challenging. While it must be small enough to be achievable, it must be big enough to stretch ourselves beyond our 'comfort zones'. For example, if you are a person who is always doing things, how about committing yourself to longer time in daily prayer? **Why not make a commitment to a weekday Mass.** On the other hand, if daily Mass is already a regular habit, how about making a commitment to talk to one new person after Mass each day?

**Lenten Adoration** – Please join in some silent prayer, and some quiet music at times, in front of the Blessed Sacrament to prepare for Easter, and to pray for our Parish and our families, at St Phillip's Church Kotara on Wednesdays and Thursdays during Lent from 5:30 – 6:30pm. You are welcome to drop in at any time and stay as long as you like.

**Stations of the Cross** each Tuesday of Lent at 6.30pm at St Kevin's Cardiff. All in the parish are invited to come and make your Lent meaningful.

## PENITENTIAL SERVICE

### Shrove Tuesday 13th February

Will be held **St Kevin's Church** 8pm followed by Pikelet Supper in MacKillop Room St Kevin's Cottage.

An opportunity for all in the Parish to prepare for Lent. Includes burning of Palms from last year, which may be left at churches.

## ASH WEDNESDAY MASSES

14th February 2018

Day of Fast and Abstinence

- Kotara 7am
- Adamstown 9.30am
- Cardiff 6pm

