

Ordinariate Parish of the Most Holy Family



HOLY FAMILY OF NAZARETH, make our family one with you

1st Reading: Isa 49:14-15

Gradual:

L: Thou art the God that doeth wonders: and hast declared thy power among the people

R: Thou hast mightily delivered thy people
Even the sons of Jacob and Joseph

2nd Reading: 1 Cor 4:1-5

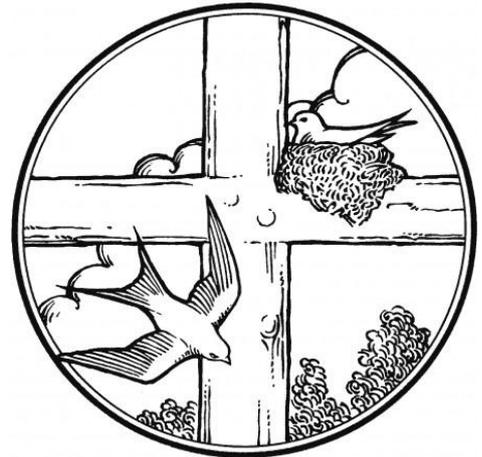
Tract:

L: O be joyful in the Lord, all ye lands; serve the Lord with gladness

R: Come before his presence with a song; be ye sure that the Lord, He is God

R: It is he that hath made us, and not we ourselves; we are His people, and the sheep of His pasture

Gospel: Matt 6:24-34



Prayers of the People:

- For a return to Magisterial teaching, reverence for the sacraments, and a return to traditional catholic values;
- Growth for the Ordinariate in Gippsland; for Msgr Harry; for all who worship with us, that we may continue in our love for Christ
- For those who have asked our prayers, the Lear family and for the sick and suffering that they may be made whole in Christ: Bill, Louis & Nina Evans and family, Sr Barbara, Yvonne, George, Barney, Lyn, Gordon, and very ill children with DIPG (a rare terminal brain cancer) MacKenzie, Emily, Mason, Shawn, Aiden, Ray, Alicia, Faith
- For Dennis Bolton recently departed; the faithful; especially our family members, friends, and benefactors of this parish.

Masses/Events this week:

Ash Wednesday: 1st March: Cowwarr

- 10.00am Mass/Adoration
- 6.30pm Mass

Friday: 3rd March: Heyfield

- 6.30pm Stations of the Cross

Friday: 3rd March: Cowwarr

- 7.30pm 1st Friday Mass and adoration till midnight

Saturday: 4th March

- 10.00am 1st Saturday Mass and adoration/devotions

LENT

Stations of the Cross:

Fridays during Lent: Heyfield

- 6.30pm St Michael's:

HOLY WEEK

Maundy Thursday: 13th April:

Cowwarr

- 7.30pm Mass of the Last Supper
- Adoration till midnight/Vigil till 10am Good Friday

Good Friday: 14th April: Cowwarr

- 10.00am Stations of the Cross
- 1.00pm Good Friday Liturgy

Easter: 16th April

- 5.00am Lighting of new fire/Mass of the Resurrection: Cowwarr
- 10.00am: Mass: Heyfield

Heyfield:

Sundays:

Holy Mass: 10.00am

4th Sunday

Evensong Benediction

4pm (cancelled until we move to Cowwarr)

Cowwarr:

Wednesday:

Holy Mass & Adoration,
10.00am – 11 am

1st Friday Devotions in honour of the Sacred Heart: 7.00pm except during Lent (7.30pm)

1st Saturday of the Month: Five First Saturday Devotions: Cowwarr

9.30am: Confession:

10.00am: Mass

**Mass for Major Feast Days:
as announced.**

Giving:

19th February:



\$135.00

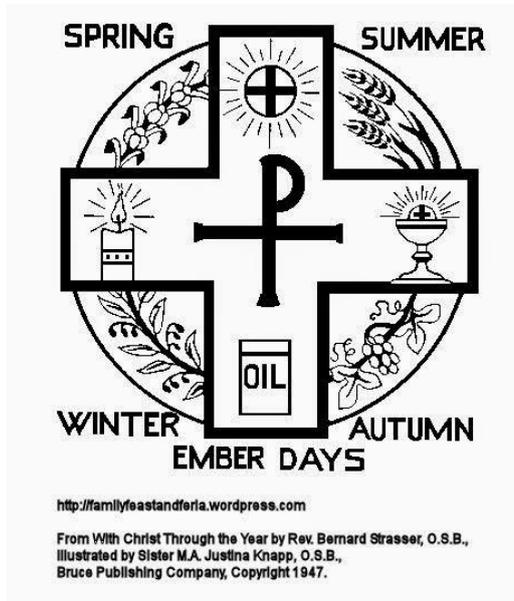
Prayer please:

- Growth for our parish
- For support of our mission
- That the Motel sells, and the move to Cowwarr be without any great difficulty

Fr Ken Clark OLSC
Parish of the Most Holy Family
Tel: 0403383873

On the 8th, 10th, 11th March we celebrate the first of our Ember Days:

The Power Of Ember Day's Prayers, Fasting And Abstinence Mostly written by Fr Carota for <http://www.traditionalcatholicpriest.com/>



The Ember days are true Catholic tradition dating actually dating back to the Apostles, (Pope Leo The Great claims it was instituted by the Apostles). Pope Callistus (217-222) in the “Liber Pontificalis” has laws ordering all to observe a fast three times a year to counteract the hedonistic and pagan Roman rites praying for:

1. a good harvest (June),
2. a good vintage (September),
3. a good seeding in December.

By the time of Pope Gelasius, (492-496), he already writes about there being four times a years, including Spring. He also permitted the conferring of priesthood and deaconship on the Saturdays of Ember week. This practice was mostly celebrated around Rome, from Pope Gelasius’ time, they began to spread throughout the Church.

St. Augustin brought them to England and the Carolingians into Gaul and Germany. In the eleventh century, Spain adopted them.

It was not until Pope Gregory VII (1073-1085), that these Ember days were prescribed for the whole Catholic Church as days of fast and abstinence. He placed these “four mini Lents” consisting of three days; Wednesday, Friday and Saturday:

- after St. Lucy’s Feast Dec. 13,
- After Ash Wednesday,
- following Whitsunday, (Pentecost),
- and after Sept. 14, the Exaltation of the Cross.

The purpose of these “mini Lents” was to pray, fast and to thank God for the gifts He gives us through nature. They follow the four seasons of the year with

the beauty and uniqueness of each particular season. They are here for us to teach us to use, with moderation, what God gives us through nature, and to also share these gifts with the poor.

After Vatican 2, these Ember days were completely removed but they have been reinstated in the Ordinariate Rite and we need to take full advantage of these few days to pray, fast and abstain for the conversion of sinners. We participate in these days because we are asking God to do great things and we need great faith that He will work mightily.

- Wednesday, Friday and Saturday it is 2 small meals and 1 regular.
- Wednesday and Saturday, only meat at the regular meal.
- Friday no meat at all like all Fridays.

We are so blessed to be Ordinariate Catholics and to have these powerful leverages like Ember Days.



From Fr Glen Tattersall

Lent is upon us this week. According to the Catholic Encyclopedia, “the real aim of Lent is, above all else, to prepare men for the celebration of the death and Resurrection of Christ...the better the preparation the more effective the celebration will be. One can effectively relive the mystery only with purified mind and heart. The purpose of Lent is to provide that purification by weaning men from sin and selfishness through self-denial and prayer, by creating in them the desire to do God’s will and to make His kingdom come by making it come first of all in their hearts.”

Lenten regulations: the penitential season of Lent commences on Ash Wednesday, 1st March. Ash Wednesday and Good Friday are days of Fasting, and Abstinence from meat. One full meal and two collations (light snacks) are permitted on Fast Days. The other days of Lent are also days of Penance, **except for Sundays, and the Solemnities of St Patrick, St Joseph and the Annunciation.** On Days of penance, the law is fulfilled by performing any of the following: prayer, self denial (e.g. fasting or abstinence), or the spiritual and corporal works of mercy. All who have completed their eighteenth year and have not begun their sixtieth year are bound to fast on the prescribed days. All who have completed their fourteenth year are bound to abstain.