



First Sunday of Lent

9 March 2025 (Year C)

◆ FR PETER DILLON Administrator, Kangaroo Point East Brisbane and Buranda ◆ FR KEVIN SMITH Parish Priest, Bulimba

So Our Souls Can See Better

Catholics are very familiar with the season of Lent. Many are aware of the need to give up something. Lent can be a time of increased prayer, making time to go to confession, doing acts of charity for those in need and some might even remember to give up meat on Fridays. All these actions during Lent are reminders to make room for God in our lives.

Fasting is a very powerful way for us to cleanse ourselves and take on something new. Fasting is part of many religions, and it is talked about in both Old and New Testaments. Fasting involves doing something less in our lives so that we might be filled with something better.

Catholics are reminded that fasting is an act that we should all be willing to enter. Fasting gives us the opportunity to lessen our need or dependence on things that have over time, taken more control or space in our lives, things that in the end really make life more difficult or even less fulfilling. We can get so used to some things that we are not even aware they take so much of our time and energy. Fasting lets go of something and makes room for something that is even better.

Fasting might involve eating less. On Ash Wednesday and Good Friday all Catholics are asked to fast. Our tradition is that Fridays are days of fasting and abstaining from meat. To eat less reminds us to hunger for the Lord. There is a lot of hunger for things other than food, and much of this hunger is placed before God. Fasting from electronics, from over working, from activities that consume us or make us neglect responsibilities or even the people we love, can help us reprioritize our daily actions.

Fasting makes room for the right things in life. Our relationships can be renewed, and our love is focused not on things, but on people. Fasting from selfish acts can help us turn our acts towards doing good things for others. Fasting can help us be more attentive and less distracted, to become better spouses, parents, partners, children, co-workers and even better neighbours. Without fasting there is no reason to let go of anything to make room for Christ. To say “yes” to God means we say “no” to the little things in life. The end result cannot just be making our lives miserable for six weeks; rather, the intent of fasting and sacrificing is to allow our souls to better see the good things in life.

May these six weeks of fasting lead us towards the seven weeks and more of Easter joy.

God bless
Fr Peter

Liturgy and Prayers This Week 10 March to 16 March 2025

	Bulimba	Buranda	East Brisbane	Kangaroo Point
Wednesday	7pm (Mass)		8am (Mass)	
Friday	8am Mass + Adoration + Benediction	9am (Mass)		
Saturday	9am Mass 5.30pm (Mass)		5pm (Mass)	
Sunday	8am (Mass) 5.30pm (Mass)	8am (Mass)		9am (Mass)

BULIMBA PARISH

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E: bulimba@bne.catholic.net.au

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St Peter and Paul's Church

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Bulimba QLD 4171

BURANDA PARISH

P: 0467 775 862

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St Luke's Church

43 Taylor Street

Woolloongabba QLD 4102

KANGAROO POINT EAST BRISBANE PARISH

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E: kpoint@bne.catholic.net.au

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St Joseph's Church

26-36 Leopard Street

Kangaroo Point QLD 4169

St Benedict's Church

81 Mowbray Terrace

East Brisbane QLD 4169

We acknowledge the traditional owners and custodians, who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationships of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of reconciliation.

AROUND OUR PARISHES

BULIMBA

Prayer Requests

Please pray for our departed loved ones, especially Maureen Cosgrove, Joan Uscinski, Sr Josephine McGarry SGS, Leif Acas Gorres, Lucia Bellucci (in Italy), Basil Christoff, Pat Cook, Jan Hoger, Estrella Siddayao, Rose Buenaventura **recently deceased and also for** Leon Bakunowicz, Patricia Vieyra, Mary Hooper, Emma Moretto, Peggy Teache, Ann Toomey, Harold & Dulcie O'Connell, Robyn Illett, Bill Hanley, Patrick and Clare Dugger, Begley and Bourke families, Bernie Larkin, Begley and Bourke families. Mick Shelton, Noel Nicholson.

Please remember the sick in your prayers— Hazel Langthorne, Pete Waldron, Margaret McLaughlin, Anita Xavier, Lance Tutanoa, Roy Hogan, Catherine Kearney, Madonna Lapez (nee Cullen), Remy Rossi, Carol Visueshwara.

PARISH BAKE STALL Thank you to all parishioners who have kindly supported our Bake Stall last weekend. We raised \$1,182.10 which will go to our parish' Social Justice initiatives.

STATIONS OF THE CROSS will be cancelled on Friday, 14 March.

TAIZÉ PRAYER SERVICE Friday 14 March at 6.00pm. Join us for a special opportunity to experience the prayerful and meditative worship style of Taizé with Brother Merric. **ALL WELCOME.** We hope that many parishioners will come and be part of the event, and that it will be possible to establish an ongoing regular gathering for prayer.

MONTHLY PRAYER SERVICE at Regis Aged Care will be held on Tuesday 11 March at 10.30am. **ALL WELCOME** to attend and support the residents as we lead them in prayer.

DROP IN FRIDAY come and enjoy hospitality with friendly parishioners - Friday 14 March from 10am in the parish hall. Have a chat and enjoy morning tea in a relaxed setting. If you are from a neighbouring parish, consider joining in. **ALL WELCOME.**



LITTLE STEPS SJ INITIATIVE

THIS WEEK'S ACTION

Listen and respond to the cry of the Earth, the cry of the poor and the cry of our future.
Eat Less Processed and Packaged Foods: Cooking from scratch means less packaging waste.

UNITE AGAINST POVERTY this Lent—your Project Compassion donations support Caritas Australia's relief programs with communities around the world. Donation envelopes and boxes available at the church door. Please take yours home today.

START ANEW IN CHRIST - Daily Reflections for Lent. This pocket-sized resource will help guide readers through 5 to 10 minutes of daily contemplation inspired by a short text of Scripture from the day's Gospel reading, as well as reflections on how to put the Word into practice, and prayer. Copies are available from the parish office at a cost of \$5 each.

LENTEN DISCUSSION GROUP—Fr Kevin is happy to host a group on Wednesday mornings (commencing 12 March) from 10.30am provided we have a minimum of four in attendance. **Please contact the parish office with your expression of interest.**

PARISH SACRAMENTAL PROGRAM FOR 2025

FIRST COMMUNION (Year 4 children)

Parent information sessions

1 May 7pm **OR** 2 May 9:30am

Celebration of First Holy Communion 14-15 June

CONFIRMATION (Year 3 children)

Parent information sessions

24 July 7pm **OR** 25 July 9:30am

Celebration of Confirmation—Thursday 28 August

KANGAROO POINT/EAST BRISBANE . BURANDA

Prayer Requests

We ask you to pray for the recently deceased Brian Prove, Marion White, Peter Hunt, Betty Bryne Henderson, Norm Clark, Lynnette Prosser, Joan Lemas, Sr Joan Cusack pbvm **and for those whose anniversaries occur at this time**— Noreen Rawlings. **Please remember the sick in your prayers** - Michael Mulligan, Jeanette McMahon, Leo Rawlings, Tony Cotter, Paul Mann

PARISH LUCKY NUMBER (KPEB)

The winner of last week's lucky number was: **HELEN CASWELL**

Any parishioners interested in being part of the Lucky Number Draw simply need to speak with Isobel at the foyer of St Benedict's Church at Mass on Saturday evening. Proceeds of the lucky number draw go to support St Vincent de Paul and other social needs in the Parish.

GOOD LUCK!!!

LENTEN GROUP every Tuesday during Lent until 8th April at 7pm in St Benedict's church as we prepare for Easter. This is a friendly relaxed evening where we come together to engage in discussion and share thoughts on the Gospel.

SAVE THE DATE— for the next **LADIES LUNCH** on Thursday 29 May at the Pineapple Hotel. A reminder will be sent out a few weeks before. Everyone is very welcome.

INTERNATIONAL WOMEN'S DAY FUN RUN is on this Sunday, 9th March. Please be aware of road closures during the event, which will impact those who attend 9am Mass at St Joseph's.

LOOKING AHEAD....

11 March Lenten group at 7pm in St Benedict's Church

19 March Mass at 8am (East Brisbane)—**CANCELLED**



First Sunday of Lent
8th and 9th of March 2025

Project Compassion 2025 shares three stories from around the world. We'll meet **Toefuata'iga** - (*Toy-foo-ah-tah-ing-ah*) from Samoa, **Lam** from Vietnam and **Irene** from the Democratic Republic of the Congo (DRC).

Each of this year's stories reflects diverse challenges, yet they are united by the shared determination to overcome adversity and create better futures for themselves and their communities.



Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Or online at: caritas.org.au/project-compassion

Or by calling: 1800 024 413

HOW TO SUPPORT YOUR PARISHES

As a Catholic community, we are deeply grateful for the goodwill and generosity that sustain our mission and service to others. Your continued support is vital to our work, helping us to live out Christ's love in Bulimba, Buranda, and Kangaroo Point/East Brisbane. To arrange planned giving for your parish, we invite you to reach out to the parish office for more information.

Thank you for being a cherished part of our faith journey.

AROUND THE ARCHDIOCESE



A VOCATION VIEW: God brings us through difficult experiences and always leads us to life. Depend on the Holy Spirit to guide you on the path of life (Luke 5:1-13). Scan the QR code to find out more or contact the vocation office on 1300 133 544 or www.vocationbrisbane.com Follow us on @vocationbrisbane

TWO MINUTE HOMILY by priests from across the Archdiocese of Brisbane. You are able to watch this week's homily [here](#).

PENITENTIAL ACT

I confess to almighty God and to you,
my brothers and sisters, that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault, through my most grievous
fault; therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God.

Lord have mercy.
Christ have mercy.
Lord have mercy.

RESPONSORIAL PSALM

Be with me, Lord, when I am in trouble.

GOSPEL ACCLAMATION

Praise and honour to you, Lord Jesus;
Praise and honour, Lord Jesus Christ!
No one lives on bread alone, but on every word that comes
from the mouth of God.
Praise and honour to you, Lord Jesus;
Praise and honour, Lord Jesus Christ!

NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth, of all things visible and invisible.
I believe in one Lord, Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light, true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation he came down from heaven,
by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried, and rose again on the third
day in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son, is adored and glorified,
who has spoken through the Prophets.
I believe in one, holy, catholic, and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

SANCTUS

Holy, holy, holy, Lord God of hosts,
Heaven and earth are full of your glory.
Hosanna in the highest.
Bless'd is he who comes in the name of the Lord.
Hosanna in the highest.

MEMORIAL ACCLAMATION

We proclaim your Death, O Lord, and profess your Resurrection
until you come again.

FIRST READING

Deuteronomy 26:4-10

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.'

SECOND READING

Romans 10:8-13

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

Luke 4:1-13

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.