



# OUR LADY OF THE ROSARY PARISH

Beerwah | Caloundra | Currimundi | Kawana | Landsborough  
Little Mountain | Maleny | Unity

## 1st Sunday of Lent - 17/18 February 2024 - Year B

### 40 Days to a Better You

There is a famous inscription above the door to a monastery, on Mt Athos in Greece, which reads, "If you die before you die, you will not die when you die". The quote essentially means that if we die to ourselves – our instincts, habits, inclinations, etc. while we are still alive, then when we die for good, we will not wind up in hell.

Lent is our time of the year when we get to focus on "dying before we die". The practice strikes me as hard to do wrong provided we do it consistently: if we pick a physical penance, our suffering reminds us to not get too cushy in the fleeting moment we are on this earth. If we pick something internal, such as destructive behaviours, we resume our journey towards being "perfect like my heavenly Father is perfect" (Matt 5:48).

In this regard Lent, if anything, is a permission and space given to us to go on an accelerated program of change. I am reminded here of the infomercials between noontime movies during school holidays which I was subjected to growing up. A frequent theme was exercise machines, which promised "NOTICEABLE RESULTS IN JUST WEEKS! NOT MONTHS!" if you did "ONLY 3 MINUTES A DAY!". So confident were the companies of their product that you needed to pay "ONLY \$14.95 FOR A ONE-MONTH TRIAL". The low price for a trial period, the novelty, the promise of a short turn around with results and only needing to invest a few minutes daily all made for a tempting offer to create a "better you".

Similarly, different figures float around about how long it takes to form better habits within us: some claim it takes as little as 21 days, others say 42. Research from 2012 placed the time needed at about 10 weeks (70 days). The research also named other factors in forming habits – such as triggers around us – places and times of the day which keep our habits alive.

In today's gospel, Jesus sees beasts when he fasts in the wilderness. Perhaps these 40 days are an excellent time to name one of the 'beasts' in our 'wilderness' and do something about them. By virtue of focusing on one 'beast', we too can name the triggers that draw them forth – the places that cue them, the times of day, perhaps the people around whom our beasts come out and so on. The promise of being able to end our fasts in 40 days ought to offer some motivation to keep going. Then like those infomercials – if we have kept the discipline, the ball will lie in our court to keep with the "better you" change or return to the old lifestyles. *God bless, Fr Francis. See you in the week!* 😊

### Service & Outreach

*'We have a dream that our Service and Outreach ministry will show Jesus' radical love to those in the wider community who feel marginalised, disconnected and vulnerable.'*

To help us achieve this dream, we are introducing a simple electronic registration process for existing and new volunteers across the entire parish in all six ministry areas: Service & Outreach, Community Life, Worship, Faith & Formation, Youth & Young Adults, and Children & Families. Are you for example, being called to serve as a reader or welcomer at Mass? Or do you prefer hospitality or maintenance-orientated service? There is a place for you in our parish. We rely on the gifts and talents of parishioners to ensure we thrive as an inclusive and welcoming community that shows Jesus' radical love to others.

The initial launch of this digital volunteer portal is scheduled for late May in conjunction with the celebration of National Volunteer Week. At this time, we will be asking both, parishioners who are already generously volunteering, and those who would like to, to complete their registration online. The newsletter will provide further information regarding this online process and members of our Service and Outreach team will be available to answer any queries regarding the new system during the change-over. This is a big undertaking and so we will be trialling this at 9.30am OLR Mass on 3<sup>rd</sup> March prior to our whole-of-parish roll-out in May.

**Containers for Change:** Just a reminder that you can now add your wine and spirits bottles to the Containers for Change campaign. We would like to thank those of you who have been donating to the parish via this system. Please find your nearest return point and use our scheme ID C11072500 or use the bin near the Dobson Room at OLR.  
**Trish Harding, David Marshall, Anne Devane, Bob Cullen, Ros McWhirter and Mary McMillan**

**Our Parish's Mission is to be a vibrant community that actively accompanies people to encounter Jesus.**

### PARISH MINI MISSION

On Monday we welcome International TV Journalist, and Catholic Evangelist, Jo Hayes, who will lead our Parish Mini Mission over 3 days from the 19-21 February. Daily Mass at 9am, Morning tea at 9:30am sponsored by *Holy Cross Funerals* at Caloundra. Jo will also lead a Mini Mission in the evenings at Stella Maris, Maroochydore from 5pm on the same days.

You are all welcome.



### LITTLE BLACK BOOKS

There are still Little Black Books available, for only \$2. They contain short and appropriate daily reflections which are a tremendous companion throughout the days of Lent.

### RECONCILIATION

Forgiveness should be part of everyone's Lenten journey. God's mercy is unconditional!

The Sacrament of Reconciliation is offered **every Saturday at OLR church from 8:30am to 9am.**

Our Communal Rite of Reconciliation takes place at **9am on 23rd March.** Please note, there is **NO 9am Mass** this day.

### PROJECT COMPASSION

A practical and life giving aspect of Lent has always been our ability to financially support, and sacrifice for the less fortunate through the Project Compassion Appeal. Indeed, Project Compassion is something that all individuals and families can be involved in. Envelopes are available at the entrance to each church.

### STATIONS OF THE CROSS

During Lent, we will have Stations of the Cross after morning Mass at **OLR** each Friday and **Maleny** each Tuesday.

### LENTEN GROUP

There will be a Lenten Discussion group held in the Pat Daley Centre Maleny, each Tuesday of Lent from 1:30pm.

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### Join Us for a Lector's Workshop!

Are you ready to deepen your connection to the Word of God and enhance your ministry and participation in the Mass? The Parish is thrilled to invite you to our upcoming Lector's Workshop. Whether you're a seasoned lector or simply intrigued by the opportunity to proclaim the Word of God, this workshop is designed for you. Led by an instructor with over 55 years' experience in proclaiming the Word of God, this immersive event promises to refine your skills, bolster your confidence, and enrich your understanding of scripture. Discover the art of effective storytelling, learn techniques for engaging delivery, and delve into the spiritual significance of your role as a lector. This opportunity is open to all parishioners and individuals across the Parish eager to embrace the sacred responsibility of proclaiming God's message.

Join us as we come together to deepen our connection to the Word and strengthen our community through the power of proclamation. Don't miss out on this enriching opportunity to grow in faith and fellowship. Reserve your spot today and let your voice resonate with the Divine!

**When: Wednesday, 28 February 7pm - 8pm Where: OLR Church.**

**Please register via [LinkTree](#)**

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### Pastoral Care Volunteer Program

Become a Pastoral Care Volunteer with **@SouthernCrossCareQld** and help make a difference to the lives of aged care residents at their Caloundra home. They are seeking expressions of interest from caring and supportive people of faith to join their Pastoral Care Volunteer Program to help residents with their emotional or spiritual needs. Successful applications will take part in an 8-week training course (commencing March 2024, and only 2 hours per week). Come join a great community of spiritual care volunteers. Contact **Kristie McManus** on **0467 717 153** for more information.



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### Palm Sunday

Calling all gardeners – does anyone have Palms that can be used for Psalm Sunday 24/3/24. Please email the Parish Office if you can assist. Thanks.

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### Safeguarding News

*The Safeguarding Commitment for the Archdiocese of Brisbane and Caloundra Catholic Parish is:* Zero tolerance for all forms of abuse and strives to safeguard all who interact with its ministries & services. Special priority is given to the safety & wellbeing of children & adults at risk. In an emergency, please call the Police 000 or information can be provided to STOpline anonymously.

Phone: 1300 304 550 Email: [AQB@stopline.com.au](mailto:AQB@stopline.com.au)

Online: [www.bnecatholic.stoplinereport.com](http://www.bnecatholic.stoplinereport.com) <https://brisbanecatholic.org.au/safeguarding/safeguard/>

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We acknowledge the First Peoples of the land on which we celebrate our Eucharist and live out our faith.

The photo on the back cover of 'The Heart on the Hill' was mistakenly attributed to Peter Erdmann. The photo was taken by Jeanette Nobes as part of a Project coordinated by her in 2000 called 'MALENY - 2000 A PORTRAIT OF ITS PEOPLE'. That collection is held at the State Library in Brisbane.

### A Special Invitation

In Lent, our parish offers a special evening of quiet prayer in the style of Taizé. Short mantra-like songs can refresh us in body, mind and spirit. Through gentle repetition, the meaning of the words gradually penetrates our whole being. In song and silence, we listen more deeply. The simple chants allow the light of Christ to shine on our lives as we journey together towards Easter. Come and relax in this beautiful prayer at OLR on **Tuesday 27 February at 7pm.**

### Your Prayers Needed

In parts of Nigeria, ongoing conflicts between communities, marked by threats to safety and security, are all too common. Poverty, food insecurity, violent extremism, and tensions among ethnic groups have contributed to instability and violence. Beyond these challenges, our missionaries in Nigeria are facing fear and violence. In 2022 alone, four priests were killed, and 28 others were kidnapped. Amidst this danger, there are young seminarians who continue to answer their calling to the priesthood and peace. *I invite you to pray this "Prayer for Peace" for Nigeria. Fr Josh*

### Prayer for Peace

Loving God, we pray for peace and reconciliation in Nigeria, seeking hope amidst the despair. Grant strength to those who have lost family and friends, bringing comfort in their sorrow. Grant eternal rest to those whose lives have been lost due to violence and conflict. Hear the heartfelt prayers of those enduring instability, to those grappling with fear and uncertainty. Be their steadfast rock and shield. Give freely to your people the wisdom to navigate difficult times and to find a way forward. Give your people the courage to be peacemakers, and guide them toward peace. *Amen.*

### Young Adults Sisterhood Group

As this Lenten season begins, a group of young women from our parish's young adults group will be journeying together in prayer and fellowship. Throughout Lent, this group will aim to meet up weekly where possible to chat about their prayer life together. If you are a woman aged 18-30 years old and are interested in joining this group, please feel free to contact Erin, a member of our Youth and Young Adult team in the parish, via her email [erinossie@icloud.com](mailto:erinossie@icloud.com)

### Term 2 Confirmation

All baptised children from grade 3 or older are welcome to celebrate their Confirmation in Term 2. The program starts on **23rd April at 5-6pm in the OLR Church**, and runs for 7 weeks with the Confirmation ceremony on **Friday 7th June.**

You will need to attend all sessions to be able to celebrate the sacrament. Stella Maris Parish, Maroochydore, is running the same program a day apart so you are welcome to attend there or here. To register please visit our website

<https://caloundracatholicparish.net/confirmation/>

Complete the registration form signed by both parents and attach a copy of your child's baptism certificate. Please note you will have to do it from your computer, as mobile phones don't work. For any questions please contact the Parish office on [caloundra@bne.catholic.net.au](mailto:caloundra@bne.catholic.net.au)

### On the Journey

We welcome *Alfred Burl-Ward, Rome Warlow & Harper Hosnell* who will be baptised at OLR this weekend.

## Parish Diary

### Monday 19 February

Mass (OLR) 9am  
Adoration (OLR) 9.30am

### Tuesday 20 February

Mass (OLR) 9am  
Rosary (OLR) 9.30am  
Adoration/Rosary (Maleny) 8am  
Mass (Maleny) 9am

### Wednesday 21 February

Mass (UNITY) 7.50am  
Mass (OLR SCHOOL) 9am  
Mass (Lt Mt) 9.30am

### Thursday 22 February

Mass (OLR) 9am  
Rosary (OLR) 9.30am  
Mass (Currimundi) 9.30am

### Friday 23 February

Mass (OLR) 9am  
Stations of the Cross (OLR) 9.30am  
Adoration/Rosary (Lands) 8am  
Mass (Landsborough) 9am

### Saturday 24 February

Mass (OLR) 9am

#### Vigil Mass

Mass (OLR) 5pm  
Mass (Beerwah) 5pm

### Sunday 25 February

#### *2nd Sunday of Lent*

Mass (OLR) 6.30am  
Mass (Landsborough) 7am  
Mass (Unity) 8am  
Mass (Kawana) 8am  
Mass (Maleny) 9am  
Mass (Currimundi) 9.15am  
Mass (OLR) 9.30am  
Mass (Lt Mt) 10.30am  
Mass (Unity) 5pm

### Linktree QR



#### PARISH OFFICE

Ph: 07 5430 9390

(After hours pastoral emergency  
0431 099 854)

#### OFFICE HOURS

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