



# Catholic Parish of Christchurch South

## 26th February 2023— 1st Sunday of Lent

### Praying with the Scriptures

Prayer, fasting and Almsgiving are commonly called the three pillars of Lent. But I think one of these pillars is slightly more important, Prayer. St. Augustine described fasting and almsgiving as *'the two wings of prayer.'* This is because they both help us to detach ourselves from worldly things and grow in humility and charity. Almsgiving helps us to detach from our possessions, and fasting helps us detach ourselves from bodily comforts that we have gotten accustomed to over the year. Both can sometimes be a distraction from prayer, when we get side-tracked by our possessions (phone, tv) or our body (hunger, thirst). Lent helps us to grow in our resilience and to strengthen our ability to say no. Pope Francis said, *'Lent is a privileged time for prayer'* and it is an opportunity to deepen our relationship with God through prayer. A big part of Christian prayer is the Scriptures. The Our Father is the prayer that Jesus taught His disciples. The Hail Mary is what the Angel Gabriel and Elizabeth said to Mary. Jesus himself, like most Jews, would have prayed the Psalms very often. The early Church prayed with the Scriptures. Monasteries would gather to pray the psalms together, and to meditate on parts of the gospel. This is something that is still done today in monasteries all over the world.

Lent is a time when we too can prayerfully return to the scriptures. When we read the bible, we don't read it like we read a novel, or the newspaper, because it is The Word of God. The scriptures have the power of God, to change hearts and minds. If you're a bit rusty with prayer or scripture reading, it's always good to begin with something familiar. The birth of Jesus, or the feeding of the 5000 or the Prodigal son. Choosing the right passage is an important part of preparation for prayer. Then set aside a period of time, and remove any foreseeable distractions (Phone, TV). Then sit quietly and begin by praying to the Holy Spirit, the author of the Scriptures, to lead and guide you. Once you have settled yourself, slowly read the first line, and stop for a minute. Then the second and stop for another minute. It is important to create a prayerful cadence when praying with the scriptures, this is not just the news, it's the Good News! Then once you have finished the whole passage, pray again to the Holy Spirit, that His light may reveal to your heart the truth of the passage in the silence of your heart. If you have time, repeat the slow reading of the scriptures again, and a third or even a fourth time if you can.

There will be times when you will be blessed with an insight, and times when you won't. You can even write these down in a journal. But getting an insight is not the main reason we pray with the bible, the main reason is just to spend time with God, to learn about him and let his word slowly change our hearts.

Try praying with the Scriptures this Lent, you could even add it to your rosary or family prayer. It is not something that you will regret!

**Fr Ben D'souza sm**  
**Assistant Priest**

Do you want to build your faith this Lent?  
Check out [formed.org](http://formed.org) [watch.formed.org](http://watch.formed.org)

## EXPLORE LENT ON FORMED



**READINGS (Year A )** Gen 2:7-9; 3:1-7;  
Rom 5:12-19; Matthew 4:1-11

**Response:** *Be merciful, Lord, for we have sinned.*

Next Week: (Year A ) Gen 12:1-4;  
2 Tim 1:8-10; Matthew 17:1-9



*These are also on the Parish App under Readings.*

#### Parish Priest

Fr Peter Head sm  
phead@now.net.nz  
(03) 338 8395

#### Assistant Priests

Fr Ben D'souza sm  
Fr Barry Malone sm

#### In Residence:

Fr Allan Jones sm

#### Leadership Team Chairperson

Pamela Arthurs  
Leadership@  
christchurchsouth.org.nz

#### Parish Secretary:

Janice Beban  
secretary@  
christchurchsouth.org.nz  
Ph 338 8395

#### Parish Administrator

Judy O'Regan-Lockington  
administration@  
christchurchsouth.org.nz

#### Coordinator of Pastoral Care

Joanne Hope  
pastoralcare@  
christchurchsouth.org.nz

#### Coordinator of Sacramental Ministries

Tim Malone  
sacramental@  
christchurchsouth.org.nz

#### Parish office

Ph: 03 338 8395  
secretary@  
christchurchsouth.org.nz

#### Office Hours:

9.00am–3.00pm

70 Spencer St, Addington  
Postal: PO Box 9055,  
Tower Junction,  
Christchurch 8149



Parish Website  
[Christchurchsouth.org.nz](http://Christchurchsouth.org.nz)



Parish App  
The Catholic Parish of  
Christchurch South



[https://www.facebook.com/  
CatholicChchSouth/](https://www.facebook.com/CatholicChchSouth/)

## PARISH NOTICES

### CUP OF TEA AFTER 10.30AM MASS AT ADDINGTON 5th February 2023.



One of our parish goals is to grow our community and provide opportunities to connect. Come over for a coffee / tea and a chat after Mass.

**SCHOOL ATTENDANCE DUES 2023:** The parish supports a number of students in our 3 parish schools with Attendance Dues. If you would like to assist a family in need this school year, donations can be made to the parish account, ref **ATT DUES**. If you require a receipt, please let us know. The cost per Term for one child is \$130. *Thank you.*

**CHRISCHURCH SOUTH PARISH FRIENDSHIP GROUP:** will met on **Thursday 2<sup>nd</sup> March at 10am at Oderings Nurseries, Barrington Street.** All welcome. Please ring Metra on 338 8937 for further information.

**PREFERENCE CERTIFICATES:** If you require a Preference Certificate for your child please go to our website to complete an online form.

<https://christchurchsouth.org.nz/our-schools/enrolment-preference/> Once this has been received by the Secretary you will be rung for an appointment. No appointments can be made until the form has been received by the office.

### TAKING COMMUNION TO THOSE WHO ARE HOUSEBOUND OR SICK: Many elderly parishioners are grateful



that someone from the parish visits them regularly, bringing them Holy Communion and keeping them in touch with the parish community. We're grateful for the number of people who undertake this ministry across the parish, and are looking to grow our numbers as the need increases. We will be holding two formation sessions **15<sup>th</sup> and 22 March**. If you would like to discuss whether this is something you could do, please contact Joanne Hope [pastoralcoordinator@christchurchsouth.org.nz](mailto:pastoralcoordinator@christchurchsouth.org.nz) or leave your contact details with Janice ph 338 8395.

**PASSIONIST FAMILY GROUP MOVEMENT :** It's wonderful to see so many people responding to the recent PFGM promotion and each family will be contacted personally very soon. There will also be a meeting to explain more about the background to and exactly how the PFGM works, that anyone and everyone is welcome to attend. The date of this meeting will be in next week's newsletter. If you'd like to join the PFGM and haven't yet done so, please click on this link <https://tinyurl.com/mse7psdr> or just call the parish office on 338 8395.



## Catholic Parish of Christchurch South: Mass Times

### Addington - Sacred Heart

70 Spencer Street  
 Monday 6.00pm  
 Wednesday 9.00am  
 Friday 9.00am  
 Saturday 9.00am  
 Saturday Vigil 5.00pm  
 Sunday 10.30am

### Sacrament of Reconciliation

Sacred Heart:  
 Saturday 10.30am–11.30am  
 or by appointment with a Priest

### Exposition at Sacred Heart

Friday 9.30am until 10.30am  
 Saturday 9.30am until 11.30am

### Beckenham - St Peter's

11 Fisher Avenue  
 Sunday 9.00am  
 Thursday 11.00am\*  
 (\*School Term only)

### Carmel Monastery

52 Halswell Road  
 Daily 8.30am

### Halswell - Sts Peter & Paul

56 Nicholls Road  
 Thursday 9.00am  
 Saturday Vigil 6.00pm  
 Sunday 10.30am

### Hoon Hay

#### Our Lady of the Assumption

170 Hoon Hay Road  
 Sunday 9.00am  
 Friday 11.00am\*  
 (\*School Term only)

### Baptisms 2nd Sunday of the month.

Contact the Parish Office on 338 8395

### Primary Schools

Our Lady of Assumption  
 Ph 338 9503,  
[www.ola.school.nz/Home/](http://www.ola.school.nz/Home/)  
 Sacred Heart, Ph 338 3247,  
[www.sacredheartchch.school.nz](http://www.sacredheartchch.school.nz)  
 St Peter's, Ph 332 7598,  
[www.saintpeters.school.nz](http://www.saintpeters.school.nz)

You must worship the Lord your God, and serve him alone.

Matthew 4:10

### Parish Collections 19 February

Parish \$2,051 Clergy Fund \$1,025

### Next Special Collection:

Good Friday – for Holy Places

### Parish account for donations

Westpac 03-1592-0207148-20 *Thank you*

**Mass Intentions:** Joan Chunn, William Jenner, Len Sullivan & Heather Boaz, Thanksgiving, Rosemary & Bud Grose, Souls in purgatory

**Please Pray for all those with Anniversaries at this time:** Joan O'Laughlin, Blair O'Connor & other 2011 Earthquake victims

### Please Pray for Recently Deceased:

Bill Jenner, Jan Shepherd, Stephen Cuttance, Zander Scobie-Alford, Ursula Mahoney

### BISHOP MICHAEL LAUNCHES GABRIELLE RELIEF APPEAL:

Since Bishop Michael reached out to ask for your most generous support of the Auckland Flood Appeal, the North Island has been ravaged again – this time by Cyclone Gabrielle. Once more, we ask you to answer the call to assist those most unfortunate in the same way those in the North Island reached out to help us in the aftermath of the earthquakes which hit our Diocese in 2010, 2011 and 2016. Bishop Michael has launched the Cyclone Gabrielle Relief Appeal, which will support the disaster relief efforts, remediation and recovery work, and the physical, mental and financial support services of the Dioceses of Auckland, Hamilton and Palmerston North.

If you would like to support the Appeal, please donate online at [www.cdcc.nz](http://www.cdcc.nz). You can also donate by scanning the QR Code with your phone. Thank you for your generosity in helping those that are struggling as a result of another tragic event.



SCAN ME TO DONATE