

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.

The Gospel of the Lord.

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### Gospel thoughts

by Dianne Bergant CSA

**L**ent is a time when we are reminded that there is nothing we can do to win our salvation. It is a pure gift from God. Like Jesus in the wilderness, we are to allow God's plan to unfold in and through us. Lent is a time for us to enter actively into the mysteries of the death and resurrection of Jesus, and there to marvel at what God has done for us.

The temptations of Jesus are the same temptations that we face when we are inclined to think that somehow we are in control. While the goals of the temptations may be admirable – feed the hungry, bring the world under the control of good, trust in God's power to protect us – we often choose to accomplish them in ways that are less than admirable. We try to perform the extraordinary so that what we do reflects favourably on us. We use brute force in order to achieve control. We put God to the test rather than live peacefully with God's plan as it unfolds within and around us. We seek to become the super-hero, the super-minister, the super-Christian on our own. In his responses to the tempter, we see Jesus constantly deferring to the power of God: It is not by bread alone... worship only God... do not put God to the test. In a real sense, these temptations are a reminder that the fundamental temptation is to deny our human limitations and refuse to let God be God for us.

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# Parish Life

The Year for Priests (2009 - 29 June - 2010)

St Michael's  
Nowra

www.nowraparish.org.au

First Sunday (Year C) - Season of Lent

21 February 2010

### First Reading

26:4-10

*A reading from the book of Deuteronomy*

Moses said to the people: 'The priest shall take the pannier 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.'

The word of the Lord.

### Responsorial Psalm

Ps 90

**R/** Be with me, Lord, when I am in trouble.

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: 'My refuge, my stronghold, my God in whom I trust!'

2. Upon you no evil shall fall, no plague approach where you dwell. For you have commanded his angels, to keep you in all your ways.

3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon.

4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory.

### Second Reading

10:8-13

*- the letter of St Paul to the Romans*

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.

The word of the Lord.

### Gospel Acclamation

Mt 4:4

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

### Gospel

4:1-13

*from the holy Gospel according to Luke*

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by



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**Website: [nowraparish.org.au](http://nowraparish.org.au)** Incorporates the Church Communities of St Michael, Nowra; St Patrick, Berry Sacred Heart, Bomaderry; Mary, Help of Christians, Culburra; St Joseph, Kangaroo Valley; Holy Spirit, Vincentia.

**First Sunday of Lent  
21 February 2010**

**Sunday Masses:**

**NOWRA** ..... 6pm Vigil; 8am, 9.30am & 6pm  
**BERRY** ..... 8.00am  
**BOMADERRY** ..... 9.30am  
**CULBURRA** ..... 6pm Vigil  
**VINCENTIA** ..... 6pm Vigil, & 9.30am  
**KANGAROO VALLEY** ..... 11.00am

**MASSES DURING THE WEEK**

**Nowra:** Mon 7.00am ..... Tues/Wed/Thurs 8.15am  
 Fri 7.00am and 11.30am; Sat 9.00am  
**Berry:** Tues 5.30pm ..... **Culburra:** Thurs 5.30pm  
**Vincentia:** Mon, Thur, Fri 8.00am; Tues/Wed/ 5.30pm  
**Kangaroo Valley:** Mon, Tues, Thurs, Sat 8.00am  
 Wed 6.15am. Divine Office is prayed 15 mins prior to Mass. No Mass on Fridays  
**Shoalhaven Heads** ..... Friday 3.30pm

**Confession/Reconciliation**

**Nowra:** Sat 11.30am-12.30pm & 5.00 - 5.30pm  
**Culburra:** Sat 5.30pm **Berry:** Tues 6.00pm  
**Vincentia:** Sat 11.00-11.30am & 5 - 5.30pm  
**K Valley:** Sat 4.30 – 5pm.

**Stations of the Cross Vincentia:**

Each Friday following 8.00am Mass

**WE PRAYERFULLY REMEMBER:**

**Gerald Thompson, Allan Hyam and Betty Berg** who died this week. Also **Ramon Petilla and Milka Kalic** whose anniversaries occur. May they rest in eternal peace.



**CATECHIST REMINDERS:**

- **'Christ Our Light and Love' in-service.** Mon 22 Feb, 11.45am-2.30pm, Bellambi. A driver will meet the 9.09am train from Bomaderry.
- **Orientation:** Thursday 25 Feb 9.30-2.30pm, Polding Room in the Parish Centre.

Register for both by calling **Lyn 4423 1009.**

**Spirituality in the Pub:** Next meeting to be held Mon 8 Mar, 7.30pm, at Jamberoo Pub. The theme is 'Spirituality and the Secular State'.

**PROJECT COMPASSION:** The good news of the Gospel challenges us to change ourselves and our world for the better. This week's story takes us to rural Cambodia where Samon lives with his family. Life here is often a daily struggle. Caritas Australia is supporting 22 Cambodian communities, including Samon's, with practical training in micro credit to increase families' food production and livelihoods. Your generous donations to Caritas



Australia's Project Compassion allow subsistence farmer families to gain skills to increase their household food security and offers hope for a healthier future. **Please take home a Project Compassion box and/or envelopes and give generously this Lent.**

**Bomaderry Rosters:** New church cleaning and flower arranging rosters are available at Sacred Heart Church. Please collect your roster from the back of the church.

**Holy Spirit Vincentia Parish Auxiliary** Annual General Meeting will be held Sat 6 March 2010, at 1pm, in the meeting room behind the church. Nominations are sought for all Auxiliary Positions. All parishioners are encouraged to attend.



**Congratulations and our prayerful best wishes** to Ken and Moira Boylan of Sanctuary Point on the occasion of their Diamond Wedding Anniversary celebrated this week.

**Bay & Basin Family Group** will have a planning meeting Sat 27 Feb, 2pm at Joan Stanton's place, 39 Murray St, Vincentia (4441 6483). Please bring a plate to share for the afternoon tea to follow. New members welcome.

**St Vincent de Paul** has a range of religious items available for sale in their shop, Berry St, Nowra. Items are available from the Pious Goods Stand during shop hours.



**Worldwide marriage encounter weekend** for married couples 19-21 March at Mulgoa, NSW. Bookings Ph 6379 1125 or 4283 3435. Information: [www.wwme.org.au](http://www.wwme.org.au)

**'COME AND SEE'** An afternoon to explore **Youth Ministry**, for those aged 16-25 Years. At St Michael's Parish Centre, Sunday 7 March, 4pm finishing at 5.30pm. Please come along, bring some friends and some afternoon tea to share. For more information or RSVP if you are coming [youth@nowraparish.org.au](mailto:youth@nowraparish.org.au)



**'BORN FOR THIS'** is a modern theatrical interpretation of the Stations of the Cross performed by a cast of young people from the Diocese. This production brings this great story of faith alive for audiences throughout Lent 2010. **Don't miss your chance** to see this moving Way of the Cross as part of your Lenten journey. **19 March, 7.30pm**, St Michael's Hall, Nowra. Tickets are available online for \$10/\$5 (Concessions) at [www.dow.org.au/born-for-this](http://www.dow.org.au/born-for-this) or by contacting Fr Richard at the Parish Centre.



**World Day of Prayer:** will be held at Nowra Church of Christ, cnr. Illaroo Rd & Yurunga Drive, 5 March, 10am. The talk, to be given by Wayne Jeffery, is titled 'Let Everything that has Breath Praise God'. All welcome.

**Combined Churches of Culburra, World Day of Prayer:** will be held at St John's Anglican Church, hosted by Truehaven, 10am, Fri 5 March. All welcome. Morning tea provided.

**St Patrick's Community Group, Berry:** The following people were elected to the executive for the coming year: Pres, Barry McAndrew; Vice Pres, Greg Troy; Sec, Bob King; Treas, Keiran McGregor. On behalf of the community Barry would like to thank the outgoing executive for their work over the past three years.

**BISHOP'S LENTEN PASTORAL LETTER.** The Bishop's letter is available to view via the diocesan website. You can also watch and listen to it. [www.dow.org.au/bishop/our-journey-of-love](http://www.dow.org.au/bishop/our-journey-of-love)