

# Rockhampton Catholic Community

**As we move forward & including the praying communities of: St Joseph's Cathedral, St Paul's (Gracemere), Sacred Heart (Mt Morgan), St Mary's, Holy Family and Our Lady Help of Christians**

*The Parishes of Rockhampton acknowledge the Darumbal & Gungalu people as the Traditional Custodians of the land on which we work, travel and live. We pay our respects to their Elders, their Ancestors and Emerging Leaders.*

## Fourth Sunday of Lent 9th & 10th March 2024

**First Reading:** 2 Chronicles 36:14-16,19-23  
The wrath and the mercy of the Lord are revealed in the exile and liberation of his people

**Responsorial Psalm:** Psalm 136  
R: Let my tongue be silenced, if I ever forget you!

**Second Reading:** Ephesians 2:4-10  
When we were dead through sins, he brought us to life.

**Gospel:** John 3:14-21  
God sent his Son into the world that we might be saved through him.

### Next Sunday's Readings: Fifth Sunday of Lent (Year B)

First Reading: Jeremiah 31:31-34  
Second Reading: Hebrews 5:7-9  
Gospel: John 12:20-30

### NEXT SUNDAY'S MASS TIMES:

**Saturday:** 4:00pm Sacred Heart, Mt Morgan  
5:00pm Holy Family, Norman Gardens  
6:00pm St Joseph's Cathedral  
6:30pm Our Lady Help of Christians, Park Avenue

**Sunday:** 6:30am St Joseph's Cathedral  
7:00am St Mary's, North Rockhampton  
8:00am St Paul's, Gracemere  
9:00am Holy Family, Norman Gardens  
9:30am St Joseph's Cathedral  
This Mass is livestreamed and available publicly at - [www.youtube.com/user/StJosephsCathRton](http://www.youtube.com/user/StJosephsCathRton)  
6:00pm St Joseph's Cathedral

## Lifting Our Hearts

The Eucharistic Prayer begins with a three-part dialogue between Priest and People. This dialogue is called the Preface.

### It is:

Priest: *The Lord be with you.*

People: *And with your spirit.*

Priest: *Lift up your hearts.*

People: *We lift them up to the Lord.*

Priest: *Let us give thanks to the Lord our God.*

People: *It is right and just.* (p 117).

Today, we'll just reflect on the second part of the dialogue:

### **Lift up your hearts. We lift them up to the Lord.**

Essentially, the priest invites the people to **enter into** this most sacred exchange (with God) with their whole heart, mind and soul; in other words, with our **entire being**, our whole SELF.

This invitation is "a wake-up call to set aside all other concerns and focus our minds, wills and emotions -our hearts- on the sublimity of what is happening in the Eucharistic Prayer." (p 118).

The intimacy and communion we experience with God in this moment prepares us most assuredly for an experience of deep and authentic communion when we receive the Lord in the Eucharistic Bread and Wine in our reception of Holy Communion later in the Mass.

**Put simply:** when we respond with "We lift them up to the Lord" we are declaring that we are fully present with you O Lord and we are nowhere else!

May the deep and intimate communion to which we are invited in this moment of **lifting up our hearts**, be always ours as we seek to enter into the Lord's love and build up the Kingdom of God in our midst!

*Edward Sri. A Biblical Walk Through the Mass: Understanding What We Say and Do in the Liturgy Revised Edition (West Chester PA: Ascension, 2021)*

**CLERGY:** If you require a Priest in an emergency after hours please call (07) 3830 5216

Fr Alex Varghese  
Parish Priest

Fr Jomon Poothara  
Associate Pastor

Fr Bill Senn  
Associate Pastor

Fr Samuel Okoroafor  
Associate Pastor

Fr Shaiju Lookose  
Associate Pastor

Fr Peter Doherty  
Associate Pastor

### Catholic Parishes of Rockhampton

Parish Secretary: Trish Jones

Office Hours: Monday to Friday 10am - 2pm

Ph: 4927 6744 or E: [cposj.admin@rok.catholic.net.au](mailto:cposj.admin@rok.catholic.net.au)

### St Joseph's Cathedral Gift & Bookstore

Manager: Helen Godwyn

Open: Wed-Fri 10-3, Sat 9-11am Sun 9-12noon Closed Mon & Tues

Ph: 4921 2170 or E: [cathedralbookstore@rok.catholic.net.au](mailto:cathedralbookstore@rok.catholic.net.au)


Website: <https://www.rockhamptoncatholics.org.au/>

Street address: 238 Murray Street, Allenstown 4700 or Postal: PO Box 8446 ALLENSTOWN 4700

 **St Anthony's School**  
Norman Gardens  
4994 8200  
[sanr\\_office@rok.catholic.edu.au](mailto:sanr_office@rok.catholic.edu.au)  
Principal: Michael Roach

 **St Mary's School**  
North Rockhampton  
4994 8210  
[smnr@rok.catholic.edu.au](mailto:smnr@rok.catholic.edu.au)  
Principal: Simon Warren


 **St Joseph's School**  
Park Avenue  
4994 8205  
[SJPA\\_Office@rok.catholic.edu.au](mailto:SJPA_Office@rok.catholic.edu.au)  
Principal: Bernard Fitzgerald

 **Emmaus College**  
North Rockhampton  
4923 5700  
Principal: Eamon Hannan

 **St Joseph's School**  
Wandal  
4994 8230  
[sjwl@rok.catholic.edu.au](mailto:sjwl@rok.catholic.edu.au)  
Principal: Bernadette Brennan

 **St Peter's School**  
Allenstown  
4994 8225  
[spr@rok.catholic.edu.au](mailto:spr@rok.catholic.edu.au)  
Principal: Peter Smith

 **St Paul's School**  
Gracemere  
4994 8235  
[spgr@rok.catholic.edu.au](mailto:spgr@rok.catholic.edu.au)  
Principal: Anthony Greene

 **The Cathedral College**  
Rockhampton  
4999 1300  
Principal: Rob Alexander

# Rockhampton Catholic Parishes:

**Baptisms:** Contact the parish office for more details on bookings and the required preparation sessions.

**Marriages:** Advanced notice and preparation is required (six months minimum). Contact the parish office for more details.

**Funerals:** Contact the parish office or email - [funerals@rok.catholic.net.au](mailto:funerals@rok.catholic.net.au)

**Hospital Visitation:** Rockhampton Base Hospital - To arrange a pastoral or sacramental visit while in Rockhampton Hospital email [pastoralcare.rockhampton@rok.catholic.net.au](mailto:pastoralcare.rockhampton@rok.catholic.net.au)

**Becoming a Catholic** - If you or someone you know would like to become Catholic, contact the parish office or email - [rcianorthrocky@gmail.com](mailto:rcianorthrocky@gmail.com)

**Rockhampton Parishes Pastoral Council** - The Rockhampton Parishes Pastoral Council (RPPC) consists of elected members from each Parish and meet regularly. If you would like to contact a member of the RPPC please speak to your parish representative or email: [RPPC@rok.catholic.net.au](mailto:RPPC@rok.catholic.net.au)

## PLEASE REMEMBER IN YOUR PRAYERS

**Recently deceased:** Jennifer Hilcher, Eddie Gillespie (Ireland), Memay Aquilizan

### Anniversaries:

**Those who are sick:** Ottie Phillips, Steven Senini, Paul Barry, Loretta Bruckley, Marietta Scott, Mary Busby, Colleen Keeley, Graham Swadling, Raymond Trevaskis, Barbara Trevaskis, Stephen Balkin, Fr Peter Tonti, Ronnie Camenzuli, Sarah Siganto, Gino Abenzi, Barry Clanfield, Connie Waldron, Alan and Joy Liddell, Lorraine Charles, Don & Donna Wedel, Stephen Jones, Carmel Kendall, Narelle Beavan, Allana Brooks, Penny Desouza, Angela White, Michael Webb, Kelly Reynolds, Elaine Winter, Annielyn Punzalan, June Poole & The Poole family, Marion Brigg, Cherry Butac, Bev Bartlem, Michael Harris, Daisy Maturin, Linda Samms, Jeanette Allen, Barry Carter, Jean Battour, John Dobson, Tony Wilkinson, Patricia Fern-Smith, Beverley Johnson, John Manwaring, Christopher Steer, Patricia Ann Borthwick

*When providing names, please indicate which list the person needs to be on. When requesting family and friends be included in the sick list, ensure you have their permission. If circumstances change and the person listed can be removed from the sick list advise the Parish Office.*



### Fourth Sunday of Lent 9 & 10 March



As the eldest child in a low-income farming family in rural Malawi, **Memory** faced many barriers to her education. But, with the support of Caritas Australia, she enrolled in a technical school and became the first female carpenter in her village.

Please donate to Project Compassion.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow *for all future generations*.

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](https://caritas.org.au/project-compassion) or by calling 1800 024 413.



### CHRISM MASS CHOIR PRACTICE

Rehearsals for the Chrism Mass will take place on Tuesday 19<sup>th</sup> March from 6.00pm – 7.30pm and prior to the Chrism Mass on Thursday 21 March at 8.15am. If you would like to be part of the choir you are very welcome to attend the rehearsals.



### WEEKDAY MASS TIMES Week of 11th March

Monday:	7:00am	St Joseph's Cathedral
Tuesday:	9:00am	Holy Family Church
	5:30pm	St Joseph's Cathedral
Wednesday:	9:00am	St Mary's Church
	12:00 noon	St Joseph's Cathedral
Thursday:	8:00am	St Joseph's Cathedral
	4.30-6.30pm	Adoration at St Mary's Church
Friday:	9:00am	Our Lady Help of Christians -
	12:00 noon	St Joseph's Cathedral Mass
	4:00pm	St Joseph's Cathedral— Stations of the Cross
	5:30pm	St Mary's Church - Stations of the Cross
Saturday:	9:00am	St Joseph's Cathedral

**Penance:**  
Saturday 9:30-10:30am St Joseph's Cathedral  
Saturday 4:00-4:30pm Holy Family Church

### Anointing of the Sick:

1st Saturday of the month during the 9am Mass at St Joseph's Cathedral.

1st Friday of the month during the 9am Mass at Our Lady Help of Christians, Park Avenue

### An Invitation

To an afternoon of Reflection and Prayers at the  
**STATIONS OF THE CROSS**

In the serene atmosphere of The Haven

On Saturday 16<sup>th</sup> March 2024

At 3.00 p.m.

Holy Mass will follow at 5.15 p.m.

Presider: Rev Fr Matthew Moloney PP

Immaculate Church, Emu Park

All are welcome

## THE ADULT SACRAMENTAL PROGRAM

Are you able to help teach the faith (even for a couple of months to complement the current team). Expressions of interest email [rcianorthrocky@gmail.com](mailto:rcianorthrocky@gmail.com) or call the Parish Office.

## CARITAS IDEAS:

If you are looking for inspirational ideas to celebrate Easter Time in your parish, school or home, follow the links to some very useful sites.  
<https://www.chocolatescorecard.com/>

Get in touch [catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au)

Follow on Facebook <https://www.facebook.com/groups/348640604155828>



## GIRLS' BRIGADE

Girls' Brigade (GB) is a vibrant community providing activities for girls of all ages. GB is a non-denominational relationship building, achievement based program which has been developed especially for girls, incorporating physical, social, educational and spiritual aspect.....and it returns to Rockhampton in 2024.

We're currently looking for ladies who would be willing to serve in this Ministry as a Leader and would value your assistance in passing this information and Expression of Interest on to your congregation.

They can also access the EOI via this link:

<https://forms.office.com/pages/responsepage.aspx?id=LAwrDhOvJk--cAxKkVNB9VOvsSWY9t1GqhQj7ue2Tg1UNE1VQUIEQVNETDg5UIIDQ1pT-NUwxMUVERS4u&origin=QRCode>

## YOUTH NEWS

The DATES for the rest of this term are: Sat 9th March (6pm Cathedral) and Good Friday morning 29th March (Stations of the Cross at Kershaw Gardens)

All high schoolers welcome! For more information contact [northrockyyouth@gmail.com](mailto:northrockyyouth@gmail.com) Laura Otto and Tanya Gill.

## MOTHER EFFECT

Young Catholic families are invited to play, sing, pray and connect over coffee. Fortnightly Wednesdays mornings. Contact Laura for more info - 0434552280

## MENALIVE SCRIPTURE JOURNALING GROUP

All men are welcome to come along to the café area of Frenchville Sports Club on Mondays at 7pm to catch up, pray and discuss the gospel of the day. Newcomers are always welcome, just bring along a pen and paper. For more information contact Kevin at [kjpeagam@gmail.com](mailto:kjpeagam@gmail.com) or 0407 589 674.

## ECUMENICAL CORNER

Popes since Pope John XXIII have been stressing that Ecumenism is not only an internal question of the Christian Communities. It is a matter of the love which God has in Jesus Christ for all humanity; to stand in the way of this love is an offence against him and against his plan to gather all people in Christ. As Pope Paul VI wrote to the Ecumenical Patriarch Athenagoras I: "May the Holy Spirit guide us along the way of reconciliation, so that the unity of our Churches may become an ever more radiant sign of hope and consolation for all mankind".<sup>158</sup> Article 99 Ut Unum Sint

**Have you ever taken the time to reflect on the teaching, "that Ecumenism encompasses the love God Has for all of humanity"?**

Christian COMMUNITY CHURCHES OF AUSTRALIA

# Girls' Brigade returns to Rockhampton

Are you keen to Lead the Next Generation?

Coming May

Register your interest by completing the form found via the QR code



The Catholic Diocese of Rockhampton abides by the principles of the National Catholic Safeguarding Standards (2022) and is committed to safeguarding, with a specific focus on protecting children and adults at risk. For further information or support please contact the Diocesan Professional Standards and Safeguarding office:

Response line: 1800 830 113 (free call) or Email: [pssomanager@rok.catholic.net.au](mailto:pssomanager@rok.catholic.net.au)

For more information see the Diocesan website: <http://rok.catholic.net.au/our-diocese/safeguarding/>

Queensland Professional Standards Office: [www.psoqld.catholic.net.au/](http://www.psoqld.catholic.net.au/)

Your Local Parish Safeguarding Representatives:

Kathy Bryan – St Joseph's Cathedral

Shaun Pettett – Our Lady Help of Christians

Helen Mollard – Holy Family

Mike Kelso – St Mary's

## PALMS DONATIONS



All parishes are calling for donations of palms and bookleaf pine cuttings to be used during the Palm Sunday Mass on the weekend of the 23 & 24th March.

To make arrangements to deliver palms to respective churches, please contact the Parish Office on 4927 6744.



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