



ST MARY'S TOWERS

415 Douglas Park Dr

PO Box 19A

DOUGLAS PARK 2569

Phone: +630 0200;

Website:

<http://towrsretreat.abundance.org.au>

MARRIAGES and BAPTISMS

by appointment

SUNDAY MASSES in the Church

9am each Sunday

6pm every 1st Sunday [at Menangle]

5pm every 3rd Sunday for

Youth/Young families

WEEKDAY MASS/PRAYER

in Jenkins Chapel

Monday: 5pm Prayer; 5.15pm Mass

Tues-Sat: 7am Prayer; 7.15am Mass

ALL WELCOME

TODAY WE CELEBRATE:

7th SUNDAY IN ORDINARY

TIME YEAR C: 21 FEBRUARY,

2010

How do you experience 'wilderness' in your life? What are the 'wild beasts' for you in this place? Who or what looks after you?

How do you feel about the 'Kingdom of God being close at hand' for you?

We acknowledge the Dharawal people, traditional owners and custodians of this place. They are part of the world's oldest living human culture, deserving of our deepest respect. May we walk gently on this land.

PROJECT COMPASSION BOXES AVAILABLE AT BACK OF CHURCH PLEASE GIVE GENEROUSLY

First Sunday of Lent



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.

DID YOU KNOW?

Lent lasts for forty days in imitation of Jesus' forty days in the wilderness. Lent begins on Ash Wednesday and ends on Holy Thursday.

Each Lent all the baptised are expected to adopt the three Lenten disciplines of Prayer, Fasting and Almsgiving to those in need.

There are two days of the year when Catholics are expected to not eat meat - Ash Wednesday and Good Friday - but all the Fridays of Lent are still days when we should 'fast'.

WE PRAY FOR THE SICK...

Todd McRae, Sue Gay, Christine Sullivan, Trish Coleman, Peter Naughton, Doug Moseley [Heather's brother-in-law] Bill Penn, Frank Dineen msc, Elisa Dal Pozzo.

PHYSICAL CULTURE CLUB

For more information contact: Melissa [02] 4632 8296 or [02] 9824 5075 or email: wmelissa@7mail.com

WHAT IS DOING PENANCE ALL ABOUT? Explanatory leaflets at back of church.

A LENTEN GROUP is being held each Wednesday, 7.30-8.30pm in the RETREAT HOUSE. We are following the excellent program prepared by the Australian Bishops' Conference. Visit their website: www.thereflection.vividas.com.

We found the programme very prayerful and stimulating and look forward to the following reflections. **ALL WELCOME!**



OUR FIRST SAINT... MARY MACKILLOP,

co-founded Sisters of St Joseph of the Sacred Heart 1866.

Holy See ambassador Tim Fischer: "This is a terrific salute to an outstanding Australian, a giant leader in education and many other fields."