



Our Lady Star of the Sea Apollo Bay
 Our Lady of Fatima Lorne
 St Mary's Colac
 St Peter's Birregurra
 St Joseph's Cressy



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 Secretary Hrs: Mon to Fri 8.30am-12.30pm

Colac and Apollo Bay Parishes are a community of believers, who strive to bring Christ's good news to all people in the district. Through service, caring and love we aim to create an environment of respect and understanding in which everyone can grow. We acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years.

Fourth Sunday of Lent – 10th March 2024 –Year B



Responsorial Psalm

Let my tongue be silenced if I ever forget you.

Gospel Acclamation

Glory and Praise Lord Jesus Christ,
 Glory and Praise to you.
 God loved the world so much, he gave us his only Son,
 that all who believe in him have eternal life.
 Glory and Praise to you.

This Week's Readings
Fourth Sunday of Lent Year B
Fifth Sunday of Lent Year B

Chronicles 36:14-16. 19-23 Ephesians 2:4-10 John 3:14-21
Jeremiah 31:31-34 Hebrews 5:7-9 John 12:20-30
 * **Project Compassion Kits**
available in Gathering Space

Deaths: Fr Anthony Kelly, Cs.S.R., Helen Vogels, Jean McMeel (Timboon), Jeanette Stephens, (nee Bourke: Koroit), John O'Neill, Sr Marion McDonald, R.S.M, Samantha Murphy (Ballarat).

Anniversaries: Deanna Stocker, Pat Heath, Matthew Harrington, Marita Barrow, Jack Darmody, Rose McMeel, Des Rea, Rita Winter.

MASS TIMES - COLAC, CRESSY, BIRREGURRA.		
Tuesday	5.00pm	St Mary's
Wednesday	10.00am	St Mary's
Thursday	10.00am	St Mary's
Friday	10.00am	St Mary's
Saturday	6.00pm	St Mary's- Colac
Sunday	9.00am 11.00am	St Mary's- Colac St Mary's- Colac
St Mary's: Holy Hour- 1st Tuesday of the month: 4-5pm		
Rosary - each Thursday: 9.30am St Mary's Church		

STAR OF THE SEA - APOLLO BAY	
Wednesday	5.30pm
Sunday	11.00am
OUR LADY OF FATIMA – LORNE	
Sunday	9.00am

SYMPATHY TO: Ian McDonald & Margaret and to wider McDonald Family on the death of Sr Marion McDonald, R.S.M.

R.C.I.A. Brian Northern continues his journey to Easter Faith (Baptism, Confirmation & Eucharist). Brian will be present at the Tuesday 5pm Mass with a shared reflection to follow. (All welcome!).

LENTEN GOSPEL REFLECTION Friday at 10.40am -with Anne & Philip Drew (75 Armstrong St). All Welcome.

BOOKS: Pieta \$10each. For personal and/or Group Reflection (Available in Church Gathering Space of foyer).

*** CHOIR PRACTICE At 5.45pm**
St Mary's Church Wed 13th March. All Welcome!

TODAY: *UNITING CHURCH BEEAC: 10TH MAR –10.30AM
2 CELEBRANTS REV SUSAN & FR MICHAEL
ALL WELCOME ~ HOSPITALITY TO FOLLOW.

Diocesan Finance Meeting: Gathering Space – 11.30am (Finance Committees: Colac Apollo Bay, St Brendan's invited to share Luncheon with the visitors ~Thursday 14th March).

NOT LENT AGAIN! Joyce Rupp, in her latest book Jesus, Companion in My Suffering: Reflections for the Lenten Journey asks how do you continue to approach Lent with fresh eyes over and over again? It's not a focus on her sinfulness that elicits inner change, she has found, but rather a re-centering on the goodness that is already present, the assurance of the Spirit living and active within. Quite frankly, I'm tired of being reminded at the opening of every Eucharistic liturgy that I am sinful. That's a given. What I, and others in the pews, really need to be reminded of is how much goodness (God-ness) there is in us, our potential to be superb human beings. Now that's a challenge. We tend to blame our sinfulness and use it as an excuse - I did this or didn't do that because I am a sinful person. What if we focussed on the free gift of God's grace and goodness, what if this Lent we focussed on the fact that God is with us and has made us gifted, talented. Perhaps simply a reminder that the goodness of God is alive within us. Always start with the positive. – we don't get anywhere much by focussing on the negative, on how sinful or inadequate we or others may be but rather on how we have been gifted and blessed, then build on that. During Lent, Joyce Rupp suggests that we do much the same: So, I focus on the fruits of the Spirit and their potential to be deepened and strengthened in my life. This motivation is much more effective for making a change.

This Friday 8 March on International Women's Day we celebrate the role of women in society and particularly recognise and honour the enormous contribution of women to our DOBCEL schools and offices. The theme 'Inspire Inclusion' encourages everyone to recognise the unique perspectives and contributions of women from all walks of life, including those from marginalised communities. In 2024, the campaign theme also emphasises the importance of diversity and empowerment in all aspects of society.

I hope every enjoys the upcoming long weekend and please travel safely.
 Best Wishes Tom Sexton
Executive Director, Catholic Ballarat. (Sourced DOBCEL).

RESPONSORIAL PSALM

Let my tongue be silenced if I ever forget you.

By the rivers of Babylon there we sat and wept,
remembering Zion; on the poplars that grew there we
hung up our harps.

For it was there that they asked us, our captors, for
songs, our oppressors, for joy.

'Sing to us', they said, 'one of Zion's songs'.

O how could we sing the song of the Lord on alien
soil? If I forget you, Jerusalem, let my right-hand
wither!

O let my tongue cleave to my mouth

if I remember you not, if I prize not Jerusalem above all

APOLLO BAY & LORNE

FIRST COLLECTION

BSB: 083585 ACC: 810967715

SECOND COLLECTION

BSB: 033600 ACCOUNT: 230038

POPE FRANCIS INTENTIONS

March 2024:

For the new martyrs

We pray that those who risk
their lives for the Gospel in
various parts of the world
inflamm the Church with their
courage and missionary
enthusiasm.

PRAYING OUR WAY THROUGH LENT: RETURNING TO GOD OUR FATHER ~ Archbishop Peter A Comensoli

Our Lenten invitation is indeed a journey back to the merciful Father, to experience his embrace. Jesus taught us this when he taught us how to pray. The Lord's Prayer, as we know, is both a personal and a communal prayer. It is to God and with others. Remember how it begins: Our Father. The 'our' is a prayer with others, even when we might be alone, and 'Father' a name of intimate embrace, of respect and warmth. It's a prayer full of both praise and petition. In a sense, it is a prayer of little prayers put together. It does not begin with asking, it begins with acknowledging. It shows us God and who God is for us. Your name be holy, your kingdom come, your will be done. It's about our yearning for God. Then there are the petitions: give us the food we need. Forgive us as we are to forgive. Don't put us to the test. Deliver us from the evil one. And central to all of that is the petition of forgiveness. To forgive and to be forgiven goes to the heart of the mission of Jesus, to what he came to do for us. God's forgiveness, in Jesus, is on the cross. His death for us. From the cross comes our re-creation in forgiveness. So to be forgiven from there (the cross) and to forgive from there is the heart of the Gospel we proclaim. So, praying our way through Lent this year, returning to God our Father, is a beautiful way in which we participate in our faith.

 Last week Filipino President in Australia ~ So the Flag to honor the Filipino Community in our Parish. This week the Vietnamese President (Pham Minh Chinh) in Australia to build diplomatic ties with Australia_ Top Tier Partners in Trade, education & Strategic Partnership; Peace – Keeping in shared Ambition. We Also salute and Welcome the Vietnamese Community as a sufficient pal to our parish.

GLEESON FAMILY GROUP Next outing is a trip to Port Campbell on Sunday 17th . BYO or buy lunch. We will depart from the Church car park at 10.30am.
CROFT FAMILY GROUP Picnic at Red Rock. Bring your own picnic for a twilight gathering Friday March 15. Meet at St Marys carpark for shared travel or make you own way to Red Rock by 7pm. Have some food and fun and enjoy the sunset over our beautiful local landscape.

All parishioners welcome. RSVP Linda 0448 314774

CRAWFORD FAMILY GROUP Luncheon Thursday 14th March 12 noon at Mango Thai. Contact Anne - 0409120255

~ CONCERT ~

COLAC CHORALE:

Sunday 10th March 2pm.

@ Ss John's Church Colac

Pollack Street.

Admission: \$15

Afternoon Tea

'Songs of the Movies.'



Project Compassion Sunday 9th & 10th March 2024



Please take home a Project Compassion box or a set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and for all future generations. With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction to build a better future for all..

Fourth Sunday of Lent We pray for all people who make things. We thank God for their skill. May our support of Project Compassion help people around the world find the opportunity to use their talents to support their families and communities.

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