

# St Joseph's Catholic Parish

Eighth Sunday in Ord. Time  
Year C, 2 March, 2025

Embracing the communities of  
Cherbourg, Goomeri, Murgon,  
Proston and Wondai



*Unity in diversity ... being one in Christ through Baptism!*

Dear Parish Family and friends,

Greetings and blessings to each of you in the name of our Lord Jesus Christ.

Lent is a special time for spiritual growth and offers us an opportunity to deepen our relationship with God and live our lives more closely according to His teachings. As children of God, we must spend more time with God, and He always enjoys our intimacy with Him. How can we strengthen our intimacy with God? We can create space in our hearts for a more intimate connection with Him through prayer, scripture reading, fasting, repentance, and almsgiving. We can create a Lenten Plan with specific goals for prayer, fasting, and almsgiving during this holy season.

**Prayer and Scripture Reading:** Set aside dedicated time each day for prayer, scripture reading, and reflection. In prayer, we talk to God, and God talks to us through scripture. Take time to examine our lives and identify areas where we can grow spiritually.

**Fasting:** Fasting is not just about giving up food; it's about creating space for God by making sacrifices. Whether we choose to give up a meal, a particular food, or even a non-food activity, let our fast be a reminder of Christ's sacrifice on the cross.

**Almsgiving:** Acts of charity and kindness can draw us closer to God by aligning our hearts with His love for all people. We must consider volunteering our time, donating to those in need, or performing random acts of kindness.

**Participate in Mass and Receive the Sacraments:** Participate in Holy Mass regularly and take part in the Holy Sacraments of Reconciliation and Holy Eucharist. Reconciliation helps to cleanse our souls and renew us by seeking forgiveness for our sins from God and from others whom we have hurt, and also by forgiving others who have hurt us. We must also participate in Lenten programs offered by the parish while supporting and encouraging each other.

May this Lenten season be a time of profound spiritual growth and renewal for you and your loved ones. Let us reflect His love and teachings in our lives to be role models for others. Let us walk together in faith, hope, and love, drawing closer to the heart of God.

With prayers and blessings,  
*Fr Geo Francis MCBS*

## Do you want to fast this Lent? This is what Pope Francis says:

*(Published on February 17, 2021)*

"What are you giving up for Lent?" It's a question a lot of people will get these next few days. If you want to change your body, perhaps alcohol, sweets and cigarettes is the way to go. But if you want to change your heart, a harder fast is needed. This narrow road is gritty, but it isn't sterile. It will make room in ourselves to experience a love that can make us whole and set us free. So, if we're going to fast from anything this Lent,  
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## Sunday Mass Schedule

**Fr Geo Francis will be in the parish until Easter to say Mass for us.**

### Murgon

**9.00am, Ash Wednesday, 5 March**

8.00am, Sunday, 9 March

8.00am, Sunday, 16 March

8.00am, Sunday, 23 March

### Wondai

5.00pm, Saturday, 8 March

5.00pm, Saturday, 15 March

5.00pm, Saturday, 29 March

### Gayndah

10.30am, Sunday, 2 March

10.30am, Sunday, 16 March

10.30am, Sunday, 23 March

### Proston

9.00am, Saturday, 8 March,  
Liturgy/Communion

9.00am, Saturday 15 March

9.00am, Saturday 29 March,  
Liturgy/Communion

### Goomeri

6.00pm, Sunday, 9 March

6.00pm, Sunday, 23 March

### Cherbourg

10.30am, Sunday, 9 March

### Mundubbera

8.30am, Sunday 30 March

### Eidsvold

10.30am, Sunday, 30 March



**PROJECT  
COMPASSION**

**This Sunday is  
Project Compassion Sunday**

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Pope Francis suggests that even more than sweets or alcohol, we fast from indifference towards others.

In his annual Lenten message, the Pope says: "Indifference to our neighbour and to God also



represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience." These are the words of the Pope:

Fast from **hurting** words and say **kind** words,

Fast from **sadness** and be filled with **gratitude**,

Fast from **anger** and be filled with **patience**,

Fast from **pessimism** and be filled with **hope**,

Fast from **worries** and have **trust in God**,

Fast from **complaints** and **contemplate** simplicity,

Fast from **pressures** and be **prayerful**,

Fast from **bitterness** and fill your hearts with **joy**,

Fast from **selfishness** and be **compassionate** to others,

Fast from **grudges** and be **reconciled**,

Fast from **words** and be silent so you can **listen**!



## Parish Directory, Saint Joseph's Parish

Administrator: Fr Geo Francis

Tel: Parish Office, **0419 693 602**

Parish e-mail: [murgon@bne.catholic.net.au](mailto:murgon@bne.catholic.net.au)

24 Angel Avenue, MURGON

PO Box 60 Murgon 4605

Parish website:

[murgon.brisbanecatholic.org.au](http://murgon.brisbanecatholic.org.au)

### We pray for those who are sick:

Graham Burgess; Orlando Dyrity;

Rodney Euler; Pope Francis;

Dr Graham McAllister; Kai Vera.



### Safeguarding

If you have experienced abuse or misconduct, you can ring the help line, 1300 304 550. Information can be shared anonymously.

## Walking the Stations of the Cross this Lent

By Chris Meadows

When was the last time you went to the Stations of the Cross at your parish? Sadly, attendance is often weak at these Lenten devotions.

This is understandable. We live in a busy world and may not be able to get to church for the scheduled time. Yet this beautiful, ancient tradition should not be overlooked.

The Stations of the Cross, as we know them today, have been practiced by Catholics for nearly 1,000 years.

They began as outside shrines, scattered along roadsides in the Holy Land and throughout Europe.

In 1731, Pope Clement XII gave Catholics permission to display the stations in their churches. Since that time, especially during Lent, the faithful have gathered at church to pray and reflect upon the Stations of the Cross.

Yet we don't have to visit a church to experience the stations. We can contemplate them around our kitchen table or sitting in our living room. The best way for a family or individual to benefit from the stations might be reflecting on just one station each day during Lent — especially if all 14 are beyond the attention span of small children.

If we begin with the first station on Ash Wednesday and then visit one station each day, we can complete

all 14 stations three times and end on Tuesday of Holy Week. The daily reading of one station at a time could be done at dinner, morning prayer or as a bedtime prayer. As we embrace this great Lenten practice, let us hear Our Lord's voice whispering in our hearts, "This is the way; walk in it"

(Is 30:21).

