



**WELCOME TO
ST MARY'S PARISH BELLINGEN
SECOND SUNDAY OF LENT YEAR C**

Parish Church:

***Mary Immaculate, Mother of God
14 Park St. Bellingen***

Station Churches:

Holy Name: 34-38 High St. Urunga

Sacred Heart: 5-11 Karabin St. Dorrigo

Parish Priest: Fr Paul Winter

Email: pcwinter@outlook.com

Parish Office: Nina Hogel

T: 02 6655 1448

Thursday

9.00am-4.00pm

E: reception@bellingencatholic.org.au

PO Box 234, Bellingen NSW 2454

Sacrament of Penance

Bellingen: Every Friday (Except 1st Friday of month) 5:30pm-6:30pm

Urunga: Every 1st Sat 9:30-10:30am

Other times by appointment.

Baptisms: Minimum 1 month notice.

Weddings: Minimum of 6 months' notice.

Anointing of the Sick: please call the Parish Office.

PLEASE NOTE

**ALL WEEKDAY MASSES THIS WEEK
ARE IN BELLINGEN**

Sunday Mass Times 15-16 March 2025	
Saturday Vigil Urunga	5:30pm
Sunday Bellingen	8am
Sunday Dorrigo	10:30am
Communion to sick (Sun pm)	Dorrigo Area
Weekday Mass Times 18-21 March	
Tuesday Bellingen	9:15am
Wednesday Meeting Rm	1pm & 7pm
Thursday Bellingen	9:15am
Friday Bellingen	9:15am

Diocesan Investment Fund

This bulletin is sponsored by the Diocesan Investment Fund (D.I.F). For information call 1800 802 516 or visit www.dif.org.au.

PLEASE PRAY FOR:



Please advise the Parish Office if you would like to be including next month's sick list.

Sick: Marie Casey, Kathleen Gilbert, Hiloo Gopal, Wayne Reynolds, Ken Kirk, Jan Poole, Keith Cole, Clare Martin.

Deceased:

Masses are being offered for:

HOLY COMMUNION TO THE SICK

Fr Paul brings Holy Communion to the sick, and those too frail and vulnerable to attend Sunday Mass, every 2nd Sunday afternoon.

If this is your situation, and you would like Fr Paul to bring Holy Communion, please contact the Parish Office for details.



READINGS FOR 3rd SUNDAY OF LENT YEAR C

Exodus 3:1-8,13-15; Ps 102(103):1-11; 1 Corinthians 10:1-6,10-12; Luke 13:1-9

ADULT FAITH FORMATION

Every Wednesday, 1pm and repeating at 7pm in the parish meeting room, Bellingen.

**THIS WEDNESDAY'S TOPIC: The Bible and Virgin Mary Pt.5
BRING YOUR BIBLE!**

SAFEGUARDING IN THE DIOCESE

The Diocese of Lismore Safeguarding Office can be contacted if you have any Safeguarding concerns. We will listen to you respectfully, offer support, and discuss all options available. Contact the Safeguarding Office

- Phone: (02) 6621 9444 or

Email: safeguarding@lismore.catholic.org.au



LENT 2025 WITH THE CATHOLIC GUY – BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up

here: <https://BruceDownes.org/Lent>

Go to BruceDownes.org for more information.

AN EXAMINATION OF CONSCIENCE for the SACRAMENT OF PENANCE

I. I am the Lord your God; you shall not have false gods before me.

- Have I rejected God's revelation as it comes to me through the Scriptures and the teaching of the Church?
- Have I sought money, power, sexuality, or any other lesser good as if it was the supreme good?
- Have I despaired of God's help? Have I taken for granted God's mercy?
- Have I placed faith in superstition?

II. You shall not take the name of the Lord your God in vain.

- Have I disrespected the holiness of God or of things or persons dedicated to God?
- Have I lied under oath or failed to keep vows made in God's sight?

III. You shall keep holy the Sabbath day.

- Have I failed, through my own fault, to worship God by attending Mass on Sundays and Holy Days of Obligation?
 - Have I kept Sunday holy by using it as a day for recreation with family and friends, for charitable activity, and for extra prayer?
- Have I rested sufficiently to renew me for the work that awaits in the coming week?

IV. You shall honour your father and your mother.

- Have I fulfilled my obligations toward my parents, especially in their advancing years?
- Have I been respectfully obedient to those who are legitimate authorities over me?

V. You shall not kill.

- Have I contributed to, or permitted in any way, the taking of

human life through murder, abortion, or euthanasia?

- Have I done damage to another's health or well-being in any way?
- Have I jeopardized my own well-being through the use of alcohol, drugs, or some other self-destructive behaviour?
- Have I acted on anger unjustly?
- Have I wished ill fate to befall another?
- Have I done anything that gives bad example to others that might lead them to sin?

VI and IX. *You shall not commit adultery. You shall not covet your neighbour's spouse.*

- Have I engaged in voluntary sexual intercourse outside of marriage?
- Within marriage, have I engaged in sexual activity without regard for showing love to my spouse or without openness to the possibility of conceiving children?
- Have I been sexually impure with myself or others?
- Has my marriage been celebrated in the Catholic Church or with the permission of the Catholic Church?

VII and X. *You shall not steal. You shall not covet your neighbour's goods.*

- Have I respected the property of others? Have I taken the goods of another or done wilful damage to them?
- Have I taken the intellectual property of others by taking their ideas without giving proper credit?
- Have I deprived others of a just wage? Have I failed to give my employer a day's work for a day's pay?
- Have I failed to share my resources with those less fortunate than me?
- Have I been discontent with my own blessings from God and envied those of my neighbour?

VIII. *You shall not bear false witness against your neighbour.*

- Have I told serious lies? Have I gossiped?
- Have I disclosed the faults of another without serious reason for doing so?
- Have I wilfully and maliciously damaged another's reputation?