

**PARISH TEAM**

**Fr. Michael G. Gathuku**  
Parish Administrator

**George Bryan**  
Deacon

**Christine Rannaste**  
Parish Co-ordinator.

**Michele Norbury**  
Parish Secretary

**John Cowen**  
Parish Pastoral Council  
Chairperson.

**Jim Prendergast**  
Parish Finance  
Chairperson

**Donna McFadzean**  
Our Lady of the Way  
Principal 4777 7200

**Tania Cairns**  
Penola Catholic College  
Principal 4728 8100

**PARISH KNITTING  
GROUP WRAP WITH LOVE**

Meet in the Parish Hall on  
Thursday 9-12

ALL ARE WELCOME!!!!

**CATHOLIC FOUNDATION APPEAL: WEEKEND OF 13/14 MARCH:** this appeal was not held last year—Called the Good Samaritan Appeal— Envelopes will be available in the church foyer from next weekend. Your generosity to this appeal as very much appreciated.

**WEEKDAY MASS & RECONCILIATION TIMES:** NO BOOKINGS REQUIRED BUT WITH SOCIAL DISTANCING REQUIREMENTS ADHERED TO.

**TUESDAY EVENING—6PM**

**WEDNESDAY— 9.00AM**

**THURSDAY—9.00AM** Adoration of the blessed Sacrament after Mass until 10.00am.

**FRIDAY – 9.00 AM**

**RECONCILIATION - SATURDAY AT 5PM**

**CONTACT US**

**Parish Office** P.O. Box 27 Emu Plains. Phone: (02)4735 1041  
15 Troy Street,  
Emu Plains NSW 2750 Email: emuplains@parracatholic.org Web: www.catholicparishemu.plains.org.au

**SACRAMENTS**

Please contact Parish Office 4735 1041.  
[emuplains@parracatholic.org](mailto:emuplains@parracatholic.org)

**R.C.I.A.:** The process for adults interested in becoming a member of the Catholic Church.

**Planning for the Future ...**

Over the past couple of months we have been advertising our plans for the future and what we will need to do to sustain our Parish. We spoke about the many ways in which you can contribute to make this a successful venture.

As the next step, **we are inviting you to become part** of our existing groups who currently contribute to the everyday working of the Parish. Today in the bulletin we have enclosed a handout outlining the many areas that need assistance in order for our Parish to grow. We have enclosed this handout so that you may take it home for consideration.

During the first two of weekends of March we will have speakers at each of the masses, outlining our areas of need and 'sign on' slips available so that you can indicate an expression of interest.

**Every small contribution is appreciated and is valuable.** Please help up to grow our Parish into a community of friends who know, love and serve the Lord.



**Enrolling now for all  
year groups 2022 &  
2023**

Co-educational Year 7 -12

**Open Evenings 9 & 10 March 2021**

**Book Your Tour of the College via**

<https://www.trybooking.com/BOZVZ>

Meet the Principal, staff, and student leaders. Enrolment packages available

Enquiries: 4728 8100

Website: [www.penolaemuplains.catholic.edu.au](http://www.penolaemuplains.catholic.edu.au)

Like us on Facebook: @PenolaEmuPlains

Follow us on Twitter: @PenolaEmuPlains

**A LENTEN EXERCISE**

**STATIONS OF THE CROSS: To help us on our journey of conversion as mentioned by Pope Frances—THE STATIONS OF THE CROSS will be prayed each Friday evening throughout Lent - in our church at 6.30 pm.**

**POPE FRANCIS : A JOURNEY OF CONVERSION** - *The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us – as communities and as individuals – to revive the faith that comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father."*



**CARITAS**

The theme for **Lent 2021** is "A New Way Forward" is inspired by **Pope Francis'** words in Laudato Si' highlighting God's infinite presence throughout both the highs and lows of our life on earth. ... Throughout our lives, we face obstacles and challenges that change our world and lead us to adapt in unexpected ways.

**CARITAS—PROJECT COMPASSION BOXES AND ENVELOPES ARE AVAILABLE FROM THE CHURCH FOYER.**

**Parish Account details:  
EMU PLAINS  
CATHOLIC CHURCH.  
BSB 067 950  
A/c No. 0000289.  
FOR YOUR  
INFORMATION.**

**The Examen: tuning in the direction of the compass**

The examen is a very powerful means to help us focus on God. Fr. Michael's summary of this powerful spiritual exercise.(adapted from [www.ignatianspirituality.com](http://www.ignatianspirituality.com)).

**Step 1. Become aware of God's presence.** Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

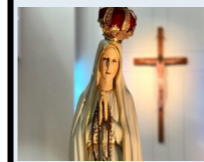
**Step 2. Review the day with gratitude.** Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

**Step 3. Pay attention to your emotions.** One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings? God will most likely show you some ways that you fell short. Take note of these sins and faults. But look deeply for other implications. Does a feeling of frustration perhaps mean that God wants you consider a new direction in some area of your work? Are you concerned about a friend? Perhaps you should reach out to her in some way.

**Step 4. Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**Step 5. Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope. Have a conversation with Jesus. **End the Daily Examen praying the Our Father.**

Sahaya G. Selvam, sdb



**The Rosary which will be said prior to the 9am weekday Masses commencing at 8.30am.**

**Contact the Parish office for more information 4735 1041.**