



St Anthony's Parish

67-75 EXFORD ROAD, MELTON SOUTH, 3338.
P.O BOX 2152 MELTON SOUTH 3338
TEL: 9747 9692



St Bernard's Parish

61 LERDERBERG STREET, BACCHUS MARSH 3340
TEL: 5367 2069
OUR LADY HELP OF CHRISTIANS, KOROBET
309 MYRNIONG-KOROBET ROAD 3341

FIRST SUNDAY OF LENT -YEAR C

6th March 2022

PARISH PRIEST: Fr Fabian Smith
ASSISTANT PRIESTS: Fr Lucas Kyaw Myint /Father Marcus Goulding

ST ANTHONY'S PARISH

Parish Secretary: Lesley Morffew
Admin Assistant: Judy Johnson
Parish Office Hours: Monday 9.00am-12noon
Tue 9am-4pm Wed 9am-5.30pm Thu /Fri 9am-4pm
Email: meltonsouth@cam.org.au
Website: www.stanthonyof padua.com.au

St Anthony's School **Principal:** Damien Schuster
Wilson Road, Melton South 3338
Phone: 8099 7800
Email: principal@sameltonsth.catholic.edu.au
Website: www.sameltonsth.catholic.edu.au

St Lawrence of Brindisi School **Principal:** Bill Hill
31 Waterway Boulevard, Weir Views, 3338
Phone: 0477 155 210
Email: principal@slweirviews.catholic.edu.au
Website: www.slweirviews.catholic.edu.au

Catholic Regional College - Melton (Years 7-12)
Principal: Marlene Jorgensen **Phone:** 8099 6000
109-141 Bulmans Rd, West Melton, 3337 **Website:** www.crcmelton.com.au

ST BERNARD'S PARISH

Parish Secretary: Dolores Turcsan
Admin Assistant: Judy Johnson
Sacramental Coordinator/ Bookkeeper:
Naim Chdid
Parish Office Hours:
Tue-Thu 9am-1pm
Email: bacchusmarsh@cam.org.au
Website: www.stbernardsbacchusmarsh.com.au

St Bernard's School **Principal:**
19a Gisborne Rd, Bacchus Marsh VIC 3340
Phone: (03) 5366 5800
Email: principal@sbbacchusmarsh.catholic.edu.au
Website: www.sbbacchusmarsh.catholic.edu.au

ST ANTHONY'S PASTORAL COUNCIL

Naim Chid	0437 004 790
Lillian Christian - Vice Chair	0400 441 257
Stephen Fernandes	0439 743 533
Amy Honrade	9747 0078
Natalie Howard - Chair	0492 947 201
Rose Ma'ae	0460 672 571

EX-OFFICIO: Fr Fabian Smith PP, Fr Lucas Kyaw Myint,
Fr Marcus Goulding, Damien Schuster and Bill Hill
Council Secretary: Judy Johnson

ST BERNARD'S PASTORAL COUNCIL

Shane Cook -School Advisory Board	0419 999 052
Peter Farren	0418 594 501
Peter Kennedy	0407 778 119
Moira Ross	0400 675 056
Aaron Russell - Chair	0401 927 502

EX-OFFICIO:
Fr Fabian Smith PP, Fr Lucas Kyaw Myint and Fr Marcus Goulding

SAFEGUARDING COMMITTEE OFFICERS

Coordinator: Godwin Barton (0425 734 449) **Officers:** St Anthony's -Karina Dunne, Lorraine Tellis & Geetha Vincent
St Bernard's - Margaret Love (0437 247 779)

MASS AND DEVOTIONS

ST ANTHONY'S MELTON SOUTH 7/3/22-13/3/22

MASS TIMES:

Monday 7/3	6.30pm
Tuesday 8/3	9.30am
5.30pm Holy Hour followed by Mass at	6.30pm
Wednesday 9/3	7.30am & 9.30am
Thursday 10/3	9.30am
Friday 11/3	7.30am & 9.30am
Stations of the Cross	10.00am & 7.00pm

Sunday Masses

Saturday 12/3	5.00pm
Sunday 13/3	8.30am, 10.30am & 5.00pm

Confession available 30 minutes prior to each Mass.
No Confession on Monday

ST BERNARD'S BACCHUS MARSH 7/3/22-13/3/22

MASS TIMES:

Monday 7/3 - No Mass	*Rosary	7.30pm
Tuesday 8/3		7.30am
Holy Hour		7.30pm
Wednesday 9/3		9.30am
Thursday 10/3		7.30am
Friday 11/3		9.30am
Providence and Friends Mass		11.00am

Station of the Cross (Soup & Stations)

Soup 6.30pm	Stations	7.30pm
Saturday 12/3		9.00am

*Rosary - Prayed every Monday at 7:30pm with Exposition of the Blessed Sacrament for one hour.

Sunday Masses

Saturday 12/3	5.00pm
Sunday 13/3	8.30am & 10.30am

Confession available 30 minutes prior to each Mass.

OUR LADY HELP OF CHRISTIANS

KOROBEIT

VIGIL MASS

6.30pm

If you need a Priest in the case of an emergency please call 0403 435 471

PARISHIONER'S FIRST COLLECTION/SECOND COLLECTION

Parishioners who normally give cash each weekend for the collections, if they wish to donate, are now able to go to the link below and make their payments online.

The link to the St Anthony's Parish is: <https://bit.ly/CDFpayMeltonSouth>

The link to the St Bernard's Parish is: <https://bit.ly/CDFpayBacchusMarsh>

Please put your name and thanksgiving number if you know it as a reference.

LENTEN REFLECTION FIRST SUNDAY-Mary Fermio rsj

The Ashes on Wednesday reminded us of our mortality as children of human parents, of our weakness and our desires to have power and control. Lent helps us to strengthen ourselves, so that we can overcome our weakness and frailty.

Jesus himself faced this temptation when the devil questioned Jesus on the fact of his life, his identity as Son of God, invincible, all powerful. Jesus was challenged "If you are the Son of God..." and offered power over all the kingdoms of the world, and the glory that would go with it. The catch was, he would have to worship the devil! Immediately Jesus accepts the challenge by referring to the word of God, which commands us to worship God alone. I might say to myself: I would never do that!

There are many sneaky ways in which we seek power-hopefully not like rulers who invade other countries causing fear and death. At this time of Lent, we can examine ourselves on how we use power to get our own way, in a family situation, to control our children, to obtain wealth, own a powerful car, by the friends we choose, in our work situations!

How does this power make me feel?

The real temptation for us, is to forget who we are, children of God, with a loving Father, where love drives out power.

Prayer with the Word of God, will help us keep our feet on the ground!



PARISH & EVENTS NOTICES

NEWS FROM THE PARISH OFFICES

LENT AND EASTER TIMETABLE 2022

Please take home a copy of our Lent and Easter Timetable and the Lenten Regulations. Copies are in the Church foyer.

SPECIAL COLLECTION-SACRED HEART CHURCH- MADURAI-INDIA

Dear Parishioners of St Anthony's and St Bernard's,

The Parish Priest from my hometown parish has reached out to me for financial assistance to repair the parish church. This parish community supported me in my vocation and this church holds a very dear place in my heart. If you are in a financial position to support this appeal kindly put your offering in an envelope and give to me or any of the priests or the parish office. Alternatively there will be a special collection taken up on the first weekend of lent 5th & 6th of March. Thank for your support -Many blessings- Fr Fabian
A generous Parishioner will match dollar for dollar.

ST ANTHONY'S

SAVE THE DATE- BLESSING OF THE CHURCH

Archbishop Peter Comensoli will be here to celebrate Mass and bless the Church on Sunday 24th April 10.30am.

WORLD DAY OF PRAYER

Dear Parishioners, next weekend we will be having a leaving collection for World Day of Prayer. This years host country is Wales and all the money raised will fund a 'Mums and Bubs' program which will enable each child to receive a card, then on their 5th birthday they will receive a bible. Thank you for your support.

PRIME TIMERS

Prime Timer's March outing will be at Back to Bacchus Restaurant, 178 Main St. Bacchus Marsh. Tuesday 22nd March at 12 o'clock. Seniors menu available for \$12. Please RSVP by Friday 18th to confirm numbers. Email ineke49@yahoo.com.

INVITATION TO JOIN THE CRAFT GROUP

2nd Saturday Morning each month.
Next Meeting **12th March 10.00am-12.00pm**.
Join an activity or drop in for a cuppa and a chat.
We gather in the meeting room next to the foyer.



ST BERNARD'S

ST BERNARD'S FIRST YOUTH GATHERING FOR 2022

20 of our young people met at the Parish Centre at 6.30pm on Friday 11/2. The evening began with the rosary, then dinner and board games, concluding at 9.30pm.

Our next meeting will be Friday 11/3.

HELP NEEDED

Finances are challenging for the parish at the moment so help in the basic handyperson/maintenance areas would be appreciated. At times, cleaning in addition to that already budgeted for is needed. If you would be prepared to lead or be part of a casual call-up cleaning group or a parish maintenance team, could you please leave your details at the Parish Office 5367 2069. Thank you.

PROVIDENCE AND FRIENDS MASS

Parishioners are invited to the monthly Providence and Friends Mass on Friday 11th March at 11am. Please bring a plate for morning tea/lunch. If transport is required, please let the Parish Office know or call Margot Short 0419 507438.

Reminder: All attendees must be double vaxed.

TRANSPORT NEEDED - CAN YOU HELP?

Do you live in Darley and frequently attend the 5:00pm Vigil Mass on Saturdays? If so, and you are willing to drive an elderly parishioner to this Mass on a regular basis, please contact the parish office on 5367 2069 to advise your availability. Thank you.

MORNING TEA

Please join us for morning tea in the foyer after the 830 Mass on the second Sunday of each month at St Bernard's parish. The next morning tea will be held on Sunday March 13th. Enquires: Meg Kennedy, 0403 696 645



First Sunday of Lent 5 & 6 March



Anatercia 12, was struggling to cope with adult responsibilities after her father died. Then she participated in Caritas Australia-supported training and gained access to psychosocial supports. Now, her quality of life has improved and she can focus on school.

Please donate to Project Compassion 2022 to help young people succeed in the future and bring stability to vulnerable youth like Anatercia.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations. You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting lent.caritas.org.au, or by calling 1800 024 413

WORSHIP NEWS

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT AND VALID WORKING WITH CHILDREN CHECK

ST ANTHONY'S MINISTRIES

NEXT WEEKEND ROSTER: 12th & 13th March

Please present yourself to the Mass Coordinator

15 minutes before the scheduled Mass time or a replacement will be found. Thank you.

MINISTERS OF THE WORD

5.00pm Vigil: Marian Muller
8.30am: Leonia Jessop
10.30am: Elaine Lacey
5.00pm: Dolores Turcsan

EXTRAORDINARY MINISTERS

5.00pm Vigil: Ann Tennakon
8.30am: Geoff Sutton
10.30am: Elaine Lacey
5.00pm: Not rostered

If you are unavailable for these dates please contact Lesley at the Parish Office Thank you

MASS COORDINATORS

5.00pm Vigil: Coleen & Godwin
8.30am: Julie & Lillian
10.30am: Godwin & Lillian
5.00pm: Leonia & Olen

ST ANTHONY'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

Maria Calleja, Alice Kelly & Maria Zahra.

Please pray for the Sick: Nickolia & Klara Butkovic, Maria Caruana, Mary Caruana, Melanie Fue, Bruce Hynes, Judy Layton, Peter Manicaro, Reg Marslen, Lisa Melia, Damien Michael, Tony Michael, Veronica Michael, Maiava Kuno Nickol, Paul Nowak, Caleb O'Brien, John Osborne, Catherine Roberts, Peter Roberts, Pat Roberts, Charlie Spiteri, Janko Stojanovic, Uatoa Tuigamala, Clint Abela Wadge, and Wai Walsh and all those who have requested our prayers.

(PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST)

PRAYER FOR THE SICK

Father we lift up all those who are facing illness. We ask that You bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of your love. Amen



ST BERNARD'S MINISTRIES

MINISTERS OF THE WORD : THIS WEEKEND

5.00pm: Sonia Smith
8.30am: Margaret Love
10.30am: Beatrice Younger

MINISTERS OF THE WORD: NEXT WEEKEND 12/13

5.00pm: Maureen Zahra
8.30am: Gerard O'Shea
10.30am: Samantha Butler

PRAYERS OF THE FAITHFUL

March: Cheryl Wilson

ST BERNARD'S PASTORAL CARE

We pray for those whose death anniversaries occur at this time:

Lara Paige Cameron, Mary Delahey, Peter Gavin, Mary Glasheen, Reginald Kirwan, Edward Kula, Ronald Lebner, Christopher Mallia, and Gottfried Miesen.

Please pray for the Sick:

Patricia Allison, Noah Barlow, Chaiel Balcombe, Michael Barrett, Peter Bennett, Steven Braszel, Tina Bower, John Canty, Fred Capuano, Gary Ching, Chris, Josephine Cilia, Robyn Cola, Ted Cooling, Marianne Cuskelly, Lindsay & Kathleen Dally, Judy Delahey, Jack DeLuca, Theresa Dockter, Allison Evans, Helen Evans, Justin Fernandez, Pasquale Gagliarbi, Mario Galea, Cynthia Goodyear, Gwen Green, Joe Gristi, Adam Hillier, Leonie Kervin, Elle Hillman, Kiahni Holamotutama, Alicia Holborn, Chaiel Jackson, Matthew Jansen, David Kasprzak, Michael Larkin, Marie Maloney, Patricia Marechal, Brian Marshall, Debbie Marshall, Jordanis Mary Pauline McDonald, Ian McKechnie, Marcus Meno, Paul Mullin, Arthur Pape, Michael Paterson, Georgia Peacock, Mitchell Prendergast, Peter Roberts, Ken Shaw, Bill Shea, Terry Sims, Marian Smith, Elizabeth Stehmann, Catherine Time, Susan Trist, Stephen Van Eede, John Van Orsouw, Angela Vicum, Louis Vogels, Barry Walsh, Cath Wheelahan, Jayne Wilkins, Patricia Yazbek, & Betty Young.

(PLEASE LET US KNOW WHEN YOUR LOVED ONE IS NO LONGER REQUIRED ON THIS LIST)

SERVICE / COMMUNITY

ALL VOLUNTEERS IN OUR PARISH MUST HAVE A CURRENT AND VALID WORKING WITH CHILDREN CHECK

ST ANTHONY'S

WEEKEND VOLUNTEERS: 12th & 13th March

PIETY STALL VOLUNTEERS

5.00pm Vigil: TBC
8.30am: Edwina La Rose
10.30am: Judy Van Hoos

CUPPA VOLUNTEERS

5.00pm Vigil:
8.30am: To be advised
10.30am:

CHURCH FLOWERS

March: Lent –no flowers



ST VINCENT DE PAUL SOCIETY

Welfare Number: 1800 305 330
The Melton South Conference meet every 3rd Tuesday morning in the Meeting Room 10.30am.
New members most welcome, training provided. Non perishable items within the use by date can be left in the 'drop box' in the Church foyer.
We cannot accept re-packaged food. Thank you.

COMBINED CHURCHES CARING MELTON INC

We're here to support City of Melton residents get ahead through access to our foodbank and other community programs. It's never just about the food or the budget help, it's about recognising the beauty that is in the person and bringing it out so they can be their best.
Address: 100 Coburn Road Melton South 9747 6811

God, strengthen and sustain all those who volunteer in our Churches; that with patience and understanding they may love and care for your people; and grant that together they may follow with Jesus Christ offering to you their gifts and talents.

Amen



ST BERNARD'S

WEEKEND VOLUNTEERS : 12th & 13th March

PIETY STALL VOLUNTEERS

Sunday: Marj Tung

CHURCH FLOWERS

March: Lent –no flowers



PRESBYTERY & CHURCH GROUNDS-MOWING

March: Colm Carragher, Ron Geurts & Stuart Robertson

ST VINCENT DE PAUL SOCIETY:

Welfare Number is 1800 305 330.
The Vinnies Store is located at 8 Grant Street, Bacchus Marsh. The store is open 7 days a week. If you are able to volunteer and would like some more information, please contact the Store Manager on 8199 4205.

THE NEIGHBOURS PLACE

The Neighbours' Place is a Christian not-for-profit organisation whose aim is to serve people of the **Moorabool Shire**, west of Melbourne Australia, who are disadvantaged, at risk or temporarily unable to feed themselves or their family and who are in need of emergency food relief.

NILS is a **No Interest Loans Scheme** for assistance of up \$1500 for things like white goods, furniture and minor car repairs to keep life going.

We are located at [77 Main Street, Bacchus Marsh](#)

Phone: 03 5367 6222

Email: neighbourspl@iinet.net.au

Hours of Operation: Monday, Wednesday and Friday 9.30am-12.30pm. Closed on public holidays.

SOUL FOOD

Soul Food provides a free community meal each Wednesday (excluding school holidays), in the Uniting Church Hall, Gisborne Rd, Bacchus Marsh. Meals are served up at 12noon. All are welcome and this is a free event. No need to book, just come along.

PARISH CENTRE BOOKING

Tel: 5367 3427 Mon—Fri 9.00am to 6.00pm

Hall Managers: Marie & Terry Casey

FAITH FORMATION

ST ANTHONY'S AND ST BERNARD'S

BAPTISM PREPARATION PROGRAM— ST ANTHONY'S AND ST BERNARD'S

Dear Parishioners

Keeping in line with the Archbishop's vision for Mission, the Parishes of St Anthony's and St Bernard's have put together a new Baptism Preparation Program, for any parents who wish to have their child Baptised.



Preparations for Baptisms will take place on Saturdays alternating between both Parishes.

Baptisms will be held on Saturday mornings at 11.00am.

Parents must attend two sessions. Sessions will run from 12..30pm-4.30pm. Godparents must attend the 2nd session.

The new program will begin in February 2022. Bookings must be made to attend these sessions. Our websites have now been updated. Please contact the Parish Office for more information.

ADULT PREPARATION Adult preparation for the Sacraments of Baptism, Reconciliation, Eucharist or Confirmation are through the R.C.I.A Program. Please see Fr Fabian, Fr Marcus or Fr Lucas .

FATIMA STATUE—ST ANTHONY'S

These families are praying together for the mission of the Parish:



Group 1: Carmen Vella

0429 435 724

Group 2: Gerard & Anakin Anderson

0433 690 902

Group 3: John & Pauline Osborn

9743 1437

DIVINE MERCY NOVENA

1st Sunday of the Month-3.00pm

PRAYER TO ST MICHAEL

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the Devil; may God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan, and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen.



NEO-CONSTANTINOPOLITAN CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven,

[bow during the next line]

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

LITURGY OF THE WORD

ENTRANCE PROCESSION

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

FIRST READING Deuteronomy 26:4-10

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM 90

Commentator: Be with me, Lord, when I am in trouble.

All: Be with me, Lord, when I am in trouble.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: 'My refuge,
my stronghold, my God in whom I trust!'

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you.'
I will save him in distress and give him glory.

All: Be with me, Lord, when I am in trouble.

NEWST WEEKEND'S READINGS- SECOND SUNDAY OF LENT

First Reading: Gen 15:5-12, 17-18;

Second Reading: Phil 3:17-4:1;

Gospel: Lk 9:28-36



SECOND READING Romans 10:8-13

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone,
but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory!

GOSPEL Luke 4:1-13

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God,
and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him, 'throw yourself down from here, for Scripture says:

He will put his angels in charge of you
to guard you,
and again:

They will hold you up on their hands
in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him to return at the appointed time.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

COMMUNION ANTIPHON

One does not live by bread alone,
but by every word that comes forth from the mouth of God.

Lent 2022

Journey to the foot of the cross:

10 things to remember for Lent

1. Remember the formula. The Church does a good job of capturing certain truths with easy-to-remember lists and formulas: Ten Commandments, Seven Sacraments, Three Persons in the Trinity. For Lent, the Church gives us almost a slogan — Prayer, Fasting and Almsgiving — as the three things we need to work on during the season.

2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hotdogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us to turn away from sin and towards Christ.

4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and co-workers."

5. It's about dying to yourself. The more serious side of Lenten discipline is that it is about more than self-control — it is about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

By Bishop David Ricken, www.usccb.org

6. Don't do too much. It is tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realise that we are all just one meal away from hunger. Thus, Lent shows us our weakness. This can be painful, but recognising how helpless we are makes us seek God's help with renewed urgency and sincerity.

8. Be patient with yourself. When we are confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars on the collection plate; it is about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.