

## Announcements

The Bulletin is Downloadable from our website at <https://fssp-canberra.org/bulletin/>

**APOLOGETICS FOR YOUNG ADULTS**  
It meets **EVERY SUNDAY** after 10am Mass, except when monthly community lunch is held.

**CHILDREN'S CATECHISM**  
It meets **EVERY SUNDAY** between **9am and 10:50am**. Please let Fr Leung know if you are interested for enrolment.

**PLEASE DOUBLE CHECK WINDOWS AND DOORS TO MAKE SURE THEY ARE PROPERLY LOCKED BEFORE LEAVING.**  
**THANK YOU!**

**OLD PALMS**  
If you have any old palms from last year or previous years. Please place them in the labelled basket in the foyer no later than Feb. 13th, 9am.

**STATIONS OF THE CROSS**  
Stations of the Cross will be held before the 6:30pm Mass on all Fridays during Lent, starting at this Friday at 5:45pm.


*Memento homo quia pulvis es et in pulverem reverteris! (Remember you are dust and to dust you shall return!)*

**LATIN GRAMMAR CLASS**  
**For Beginners—**  
It meets **EVERY SATURDAY** between 10:30AM and 11:30AM.  
**For Proficients—(reading)**  
It will resume **THIS TUESDAY** at 6:30pm.

**ONLINE + CASH DONATIONS**  
**4 Feb — 10 Feb**  
First collection: \$ 1462  
Second collection: \$ 1483.9  
Building fund: \$ 155  
**THANK YOU FOR YOUR SUPPORT!**

**RELIGIOUS EDUCATION**  
**SATURDAY CLASS**  
**Topic: Spiritual Theology**  
It meets **EVERY SATURDAY** between **10:30—11:30am**  
**Next Topic:** Two nights of the soul  
**CATECHISM CLASS FOR ADULTS**  
It meets **EVERY THURSDAY** between 6:30pm and 7:30pm.  
**Next Chapters:** 34-36  
**Topic: The Holy Ghost**  
People who are discerning to become Catholic or hoping to review their Catechism are most welcome!

**LEGION OF MARY**  
It will meet **EVERY MONDAY** at 6:30pm.  
Visitors are welcome!

**Donations:**  
**Cheque donations to:**  OFFERING  
FSSP Australia  
PO Box 6241, Mawson, ACT 2607

**Bank Account Details:**  
For online donations ONLY.

**First Collection** (Apostolate)  
BSB 062 786 A/c No 00020007  
A/c Name: Priestly Fraternity of St Peter

**Second Collection** (Church)  
BSB 062 786 A/c No 00021179  
A/c Name: Priestly Fraternity of St Peter

**Church Building Fund**  
BSB 062 786 A/c No 00029891  
A/c Name: Priestly Fraternity of St Peter (Building fund)

**SAFEGUARDING OFFICER**  
Denise Sheehan: 0401 404 539



## St Michael the Archangel Latin Mass Chaplaincy, Canberra

Served by **The Priestly Fraternity of St Peter (FSSP)**

**Chaplain:**  
Rev. Paul Leung, FSSP  
Tel: 0405 527 880

**Assistant Priest:**  
Rev. Brendan Boyce  
Tel: 0414 055 633

**Website:**  
<http://fssp-canberra.org>

**Email:**  
[canberra.fssp@gmail.com](mailto:canberra.fssp@gmail.com)



**Postal Address:**  
PO Box 6241, Mawson,  
ACT 2607, Australia.

**Presbytery Address:**  
4 Venn Pl, Kambah,  
ACT 2902, Australia.

**Prebystery Tel:**  
02-6161 5320

**Facebook:**  
<https://www.facebook.com/FSSP-Canberra-St-Michael-the-Archangel->

## MASS & CONFESSION SCHEDULE

<b>Sunday:</b>	<b>8:00am</b>	<b>(Low Mass)</b>
	<b>10:00am</b>	<b>(Sung Mass)</b>
<b>Mon - Thurs:</b>	<b>7:00am</b>	<b>(Low Mass)</b>
	<b>Friday: 6:30pm</b>	
followed by Adoration of The Blessed Sacrament, until 8:15pm		
	<b>Saturday: 9:00am</b>	<b>(Low Mass)</b>
<b>Venue: Sts Peter and Paul Church, Garran</b>		
<b>2 Boake Pl, Garran, ACT 2605</b>		
<b>CONFESSION</b>		
30 minutes before all Masses until circa 5 minutes before Mass. Also during Masses where two priests are available.		

## 11<sup>th</sup> February 2024 Quinquagesima Sunday

# CALENDAR

DATE	FEAST	LOCATION
Mon, 12 Feb	Seven Holy Founders	Garran. 7AM (Low)
Tue, 13 Feb	Feria	Garran. 7AM (Low)
Wed, 14 Feb	Ash Wednesday	Garran. 7AM (Sung) & 6:30PM (Low)
Thu, 15 Feb	Thursday after Ash Wednesday	Garran. 7AM (Low)
Fri, 16 Feb	Friday after Ash Wednesday / (The Votive Mass of the Holy Crown of Thorns)	Garran. <b>5:45PM</b> (Stations of the Cross), followed by Low Mass at 6:30PM and Adoration of the Blessed Sacrament until 8:15PM.
Sat, 17 Feb	Saturday after Ash Wednesday	Garran. 8AM (Rosary) 9AM (Low)
Sun, 18 Feb	1st Sunday of Lent	Garran—8AM (Low) 10AM (Sung)

## SAINT OF THE WEEK

Seven Holy Founders of the Servite Order  
(Feast day 12th Feb)

On the feast of the Assumption in 1233, seven of the members of a Florentine Confraternity devoted to the Holy Mother of God were gathered in prayer under the presidency of Alessio Falconieri. The Blessed Virgin appeared to the young men and exhorted them to devote themselves to Her service, in retirement from the world. It was in 1240 that they decided to withdraw together from the city to a solitary place for prayer and the service of God. The eldest was Buonfiglio Monaldo, who became their leader. The others were Alexis Falconieri, Benedict dell'Antella, Bartholomew Amidei, Ricovero Ugucione, Gerardino Sostegni, and John Buonagiunta. Their aim was to lead a life of penance and prayer, but they soon found themselves disturbed by increasing numbers of visitors. They next retired to the deserted slopes of Monte Senario near Florence, where the Blessed Virgin appeared to them again. There the nucleus of a new Order was formed, called Servants of Mary, or Servites, in recognition of their special manner of venerating the Seven Sorrows of Our Lady.

In 1244, under the direction of Saint Peter of Verona, O.P., this small group adopted a religious habit similar to the Dominican habit, choosing to live under the rule of Saint Augustine. The new Order took a form resembling more the mendicant friars than the older monastic Orders. One of the most remarkable features of the new foundation was its wonderful growth. Even in the fourteenth century, the Order had more than one hundred convents in several nations of Europe, as well as in India and on the Island of Crete. The Rosary of the Seven Sorrows is one of their regular devotions, as is also the Via Matris, or Way of the Cross of Mary.

## Discipline of 1962 for Fast during Lent

(Code of Canon Law 1917—**Optional**)

1. Every Day of Lent (except each Sunday and First Class Feast) is a **day of fast**.
2. **Complete Abstinence and Fast** are observed on Ash Wednesday, all Fridays of Lent and Holy Saturday morning – **Complete abstinence** means no meat or soup or gravy made from meat. **Fast** means one full meal and two small meals. The two small meals added together should not equal the amount of the main meal. Fast also includes no eating between meals, but liquids, including milk and juice are allowed.
3. **Partial Abstinence and Fast** are observed on all other days not mentioned above – Partial Abstinence means that you can eat meat at the principal meal only. The two small meals are meatless. Fast is the same as above including not eating between meals.
5. Days of fast apply to those over 18 and under 59.
6. Laws of fasting and abstinence are not binding on those with medical conditions or those whose ability to work would be impaired.
7. Fasting and abstinence are not observed on Sundays and First Class Feasts. The First Class feasts in Lent 2024 are Saint Joseph day, March 19
8. These rules no longer bind under pain of sin, unless one, after deep reflection, binds oneself in a promise to God. This should not be taken lightly.

## Current Discipline – Code of Canon Law 1983

1. All days in Lent (From Ash Wednesday to Holy Saturday, except Sundays and Days of Solemnity, such as St Joseph day, Mar 19) are **days of penance**.
2. **Fasting and complete abstinence** are only limited to Ash Wednesday and Good Friday.— Complete abstinence means no meat or soup or gravy made from meat. Fast means one full meal and two small meals. The two small meals added together should not equal the amount of the main meal.
3. Fasting is obligatory between the ages of 18 and 59.
4. **Fasting on all weekdays of Lent**, although not obligatory under pain of sin, but is strongly recommended.
5. **Complete abstinence** (no meat or soup or gravy made from meat.) is especially recommended for all **Fridays of Lent**.
6. All over 14 must abstain.
7. \*The Australian and New Zealand Bishops Conference states that the observance of fast and abstinence can be substituted by other forms of penance, such as **works of piety**, including Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the rosary...etc; or **works of charity**, including almsgiving, special attention to the poor, sick, elderly, lonely or overburdened...etc; or **self denial**, which may include, abstaining from meat; sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country; limiting use of social media, smart phones or television...etc.

Faithful are free to choose either one of the options above to observe during the season of Lent!