



The only thing that counts is faith working through love. (Galatians 5:6)



Lent: Call for Spiritual Detox

The Lenten observances serve as a "*spiritual detox*" for the soul. The 40-day period of purification is designed to strip away worldly distractions and refocus on what is essential. And that is our relationship with God. It's a cleansing process granted and gifted to us in the season of lent.

The Mechanism of the "Detox"

Just as a physical detox removes toxins from the body, the Lenten season uses three primary "*treatments*" to cleanse the spirit. On Ash Wednesday Gospel reading, we heard the three ways of Lenten observance: Fasting, Prayer, and Almsgiving.

- **Fasting as a "Spiritual Cleansing":** By forgoing material comforts like food, social media, or other "*worldly trappings*," we free ourselves from the "*dictatorship of full schedules*" and superficial needs. This "*medicine of the heart*" helps us rediscover our hunger for the things of the spirit rather than the ephemeral.
- **Prayer as "Interior Bathing":** Pope Francis has described Lent as a time that "*immerses us in a bath of purification*". It is an invitation to move from the "*surface of things*" into our "*inner room*"—the secret chamber where God dwells and heals our hidden wounds and hypocrisies.
- **Almsgiving to "Unclutter the Soul":** Charity acts as a reset button for narcissism. It shifts our focus from accumulating goods to caring for others, effectively "*decluttering*" our hearts of envy, pride, and selfish tendencies.

Parish Priest:

Fr. Joby George VC

Priest-In Residence:

Fr Sebastian
Mappilarambil VC

Parish secretary:

Caroline Allen

Parish Manager:

Gerard Antony

Principal:

Paul Sharp

Child Safety Officer:

Florida Nugara

Catechist:

Christina D’Couto

Sunday Masses:

Saturday Vigil 6.30pm

Sunday..... 9.15am

..... 11.00am

Healing Mass 7.00pm

Spanish Mass:

Saturday 4.00pm

Weekday Masses:

Monday to Saturday 9.15am

Wednesday 7.00pm

Reconciliation:

Tuesday 9.45am - 10.15am

Saturday 9.45am - 10.15am

Novena to Our Lady:

Saturday 9.00am

Wednesday 7.00pm

Baptisms: Second Sunday

Divine Kids Bible Class:

Sunday 10.15am

Parish Prayer Group:

Tuesday 7.00pm-8.00pm

Parish Halls Hire:

Contact Parish Office

The 40-day detox mirrors the **wilderness experiences** of Moses (Exodus 34:28), Elijah (1 Kings 19:8), and Jesus (Matthew 4:1-11), who all withdrew from the world to be purified and cantered before fulfilling their divine missions.

May be something from this wilderness experience for our further reflection – Moses 40 days of Encounter with God, Elijah 40 days of journey before the encounter with God, and Jesus 40 days of strength after the encounter with Father. Maybe let us put it in a different order. 40 days leading Elijah to God-encounter, 40 days of Moses with God in mount Sinai to take care of the commandments, and 40 days after Encounter with the Father defeating the Devil over temptations.

These 40 days for us:

- Should lead us to God
- Should help us to stay in His presence throughout
- Should help us to fight the Devil and defeat him

Practically let us walk in this Lent in the following steps

- **Identify the "Toxins":** Let us look into ourselves, spiritually called introspection or examination of conscience, to name the "pressing sins" or habits that clutter your life.
- **Commit to Silence:** In a world where everything has become "social," intentionally make space for silent adoration to hear God's voice.
- **Replace, Don't Just Remove:** The goal of the fast is to replace a fleeting comfort with a "supersubstantial bread"—the life of the Spirit.

Fr. Joby George VC

CHILD SAFETY

Holy Family Parish is committed to upholding the wellbeing, safety and dignity of each child and young person and ensuring that they are able to grow and develop in a caring and supportive environment in our Church.

READINGS

SUNDAY

Genesis 2:7-9,3:1-7

Psalms 51:3-6,12-14,17

Romans 5:12-19

Matthew 4:1-11

MONDAY

Leviticus 19:1-2,11-18

Psalms 19:8-10,15

Matthew 25:31-46

TUESDAY

Isaiah 55:10-11

Psalms 34:4-7, 16-19

Matthew 6:7-15

WEDNESDAY

Jonah 3:1-10

Psalms 51:3-4, 12-13, 18-19

Luke 11:29-32

THURSDAY

Esther C:12, 14-16, 23-25

Psalms 138:1-3, 7-8

Matthew 7:7-12

FRIDAY

Ezekiel 18:21-28

Psalms 130:1-8

Matthew 5:20-26

SATURDAY

Deuteronomy 26:16-19

Psalms 119:1-2, 4-5, 7-8

Matthew 5:43-48

THE WAY OF THE CROSS

Every Friday during Lent,
The Stations of the Cross
will be conducted at **6.30pm**,
followed by **Mass at 7pm**.



HOLY FAMILY KOINONIA

First Sunday, 1st March 2026

Come join us!

KOINONIA (tea/coffee, snacks, chats !!)



*After 9.15am Mass in the Holy Family Fellowship
Centre*

God's Plan for a Happy Marriage For Married Couples

7 March 2026, 9.15am - 4.30pm (Lunch Provided)
8 March 2026, 12.30pm - 9.00pm (Candlelight Dinner)

Location - Holy Family, 100 Power Road, Doveton VIC 3177

Renewal of Vows and Mass

Cost \$25.00 Per Couple

Places are Limited

Registration is Essential

Petula - 0430 594 278 | Emma - 0418 918 787

Colin Calmiano,

Renowned International Catholic Preacher

PRAYER INTENTION FOR THE WEEK
FOR THE HEALING OF THOSE ON LIFE SUPPORT
EQUIPMENTS

We will be praying for them in every Holy Mass for this week.
Please keep them in your personal Rosary and prayers.



CHILDREN BIBLE CLASS

All Sundays except First Sunday **10:15am – 10.55am**

Venue: Holy Family Community Hall

All children aged 5-13 are welcomed.

FIRST RECONCILIATION &
FIRST HOLY COMMUNION

Date: **30th August Sunday**

The classes in preparation for the sacraments will commence on **4th March (Wednesday)** at **4.30 p.m.** in the Holy Family Fellowship Centre.

To register please contact the parish office.

Parish Office
Opening Hours

Tuesday to Friday
9.30am to 1.30pm

Presbytery T: (03) 97924317 | School T: (03) 97911853

Parish W: holyfamilydoveton.org.au

Parish E: doveton@cam.org.au

Parish Manager E: hfpishmanager@gmail.com

Child Safety E: holyfamilycso@cam.org.au