

## SACRED HEART CATHEDRAL

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## Message by Parish Priest



My dear friends!

We have begun the Holy Season of Lent with the mark of the sign of the Cross on our forehead with ashes with an invitation to repent and believe in the Gospel.

Pope Francis says that during this season of Lent, he wants to invite the faithful to fix their eyes on the crucified Lord, and allow ourselves “to be saved over and over again”. “Jesus’ Pasch is not a past event; rather, through the power of the Holy Spirit it is ever present, enabling us to see and touch with faith the flesh of Christ in those who suffer”.

The Holy Father emphasizes the importance of prayer during Lent, as a means of responding to God’s love, “which always precedes and sustains us”. We are also called to hear and respond to the Word of Jesus, in order to experience “the mercy He freely gives us”.

God is always engaged in a “dialogue of salvation with us”, despite our weaknesses and failings, the Pope says. This desire to save us “led the Father to burden His Son with the weight of our sins, thus, in the expression of Pope Benedict XVI, ‘turning of God against Himself’ (Deus caritas est, 12)”.

“Putting the paschal mystery at the centre of our lives means feeling compassion towards the wounds of the crucified Christ present in the many innocent victims of wars, in attacks on life, from that of the unborn to that of the elderly, and various forms of violence”. This means being personally committed to and involved in “the building of a better world”, the Pope says. In commending charitable giving, the Pope notes the meeting he has convened for the end of March “with young economists, entrepreneurs and change-makers, with the aim of shaping a more just and inclusive economy”.

In Delhi in the past one week we have been experiencing the pain of the riots. Our archbishop has invited each one of us to open our hearts and house to those of our brothers and sisters who are suffering due to this. May this Lenten observation help us to be mindful of our brothers and sisters in need.

Wishing you all a Holy and Life Transforming Season of Lent. God Bless!



## Parish Priest

Fr. Lawrence PR

## Asst. Parish Priests

Fr. John Britto

Fr. Shinil Jacob

## Mass Timings

Saturdays

6.00 pm (Eng)

Anticipated Mass

Sundays

6.30 am - English

7.30 am - Malayalam

9.00 am - English

10.15 am - Hindi

11.30 am - English

4.00 pm - Hindi

6.00 pm - English

Weekdays

6.30 am - English

1.00 pm - English

6.00 pm - English

## Tuesday evening

Mass is in Hindi

\* No mass at 1.00 pm  
on Saturdays

## Sunday Liturgy

8th Mar. 2020

English 9:00am

SHC Youth

SCC Unit

Hindi 10:15am

St. Michael

SCC Unit

# ((( SUNDAY READINGS & REFLECTION )))

## 1st Reading: Genesis (2:7-9,3:1-7)

God places the first parents in a delightful garden full of fruit trees and rivers called Eden.

## Response Ps: 51

Have mercy on us, O Lord, for we have sinned.

## 2nd Reading: Romans (5:12,17-19)

Paul compares the action of our first parents with that of Christ. By their disobedience to God, Adam and Eve sin against God.

## Gospel: St Matthew (4:1-11)

Jesus defeats the devil and comes out victorious over the temptations.

## Prayers of the Faithful:

Lord, strengthen our hope.

## पहला पाठ: उत्पत्ति ग्रन्थ 2:7-9,3:1-7

आदि मानव की सृष्टि और पतन की कहानी बड़े मनोवैज्ञानिक ढंग से इस पाठ में दर्शायी गयी है। हर पाप ईश्वर की आज्ञा को न मानना ही है।

## अनुवाक्य: स्तोत्र 51

हे प्रभु! हम पर दया कर, क्योंकि हमने पाप किया है।

## दूसरा पाठ: रोमियों के नाम 5:12 - 19

प्रथम आदम के कारण हमारी मृत्यु हो गयी किन्तु मसीह ने अपने प्रायश्चित्त द्वारा हमें नवजीवन प्रदान किया।

## सुसमाचार: सन्त मत्ती 4:1-11

आत्मा येशु को निर्जन प्रदेश की ओर ले जाता है और आज्ञापालन द्वारा प्रभु येशु शैतान तथा उसके फंदों पर विजय पाते हैं। आज्ञापालन ही शैतान के प्रलोभनों के विरुद्ध एक शक्तिशाली अस्त्र है।

## विश्वासियों के निवेदन

हे पिता, हमारी प्रार्थना सुन।

## REFLECTION

Today's Gospel speaks of the temptation of Jesus after his forty days' fast in the desert. Our Lord did not seek temptation. Yet, He allowed the Spirit to lead Him into the desert to be tempted to show us how we ought to resist it. No one who comes to serve God can avoid temptations. But no one should seek temptation. Still, if the Spirit leads us to a place where we encounter it, we must have confidence in the Spirit to strengthen us.

As soon as you are conscious of being tempted, be like children when they see a bear out in the country. They immediately run into the arms of their father or mother, or at least call to them for help and protection. Turn in the same way to God, for we must not trust in our own strength or courage to overcome evil. If the temptation continues, turn your thoughts to some good, commendable activities. When good thoughts enter and find a place in your heart, they will drive away evil thoughts.

No matter what temptations may come to you, and no matter what pleasure accompanies them, as long as you refuse consent, they do not offend God. Let the enemies of our salvation stand continually at our heart's door so as to gain entrance. As long as this act of refusal remains in our heart, we may rest assured that divine love, the life of the soul, remains within us. Through continual prayer, the sacraments, and confidence in God, our strength will return and we will live a healthy and happy life.

Walk confidently, then, and remain in peace. Live well in gentleness, simplicity and humility. If you believe in God and the truth of God's word, nothing can harm you. Resolve not to sin, but do not be astonished or troubled when you do fall into sin. We must confide ourselves to the goodness of God who, for all that, does not love us less.

## READINGS OF THE WEEK

**02 Mon:** Lev 19:1-2,11-18/ Ps 19 /Mt 25:31-46

**03 Tue:** Isa 55:10-11/ Ps 34/ Mt 6:7-15

**04 Wed:** Jonah 3:1-10/ Ps 51/ Lk 11:29-32

**05 Thu:** Esth C:12,14-16,23-25/  
Ps 138/ Mt 7:7-12

**06 Fri:** Ezek 18:11-28/ Ps 130/ Mt 5:20-26

**07 Sat:** Deut 26:16-19/ Ps 119/ Mt 5:43-48



**“There is a need to appeal to men and women of good will to share their goods with those most in need, as a means of personally participating in the building of a better world.”**



~Pope Francis~

## PARISH NEWS

1. Today Soon after the 9.00 am Mass there will be the meeting of the Parish Council.
2. During Lenten Season the Way of the Cross will be held at Cathedral on Thursdays in Malayalam at 6:45 pm, on Fridays at 5:00 pm in Hindi and at 6:30 pm in English. On Fridays at Mater Dei Convent at 6.00 pm and Khan Market at 6:30 pm. On Tuesdays at 2:30 pm at Carmel Convent. Collection taken during the service will be for the campaign against hunger and disease.
3. The DCRS is organising the Lenten Convention “Hosanna” in English with Hindi translation on 6th, 7th & 8th March at Jeevan Jyothi Ashram. Rev Fr Augustine Vallooran VC will preach the Retreat.
4. Thanks to St Antony SCC unit and St. Sebastian SCC unit for animating the liturgy today.
5. Next Sunday, the 9.00 am and 10.15 Masses will be animated by YOUTH and St MICHAEL SCC units respectively.
6. The women Commission of Delhi Archdiocese will be celebrating International Women’s Day on the 8th of March from 8.30 am to 4.30 pm AT DCC Hall. On this occasion there will be awareness talk and free Health Check up. All women are welcome.
7. On the 14th March (Saturday) we are going on a pilgrimage to Sardhana. Please register your name with the Catholic Association. Last date to register is 8th March, 2020.
8. There will Choir Practice for the Holy Week celebrations on every Saturday at 5:30 pm in Maria Bhawan Basement. Those who would like to join the Choir are requested to attend the practice regularly from the beginning.
9. Kindly pay your Church Support Fund regularly at the Help Desk.

# Pilgrimage to Sardhana



**Pilgrimage  
to Our Lady of  
Grace Sardhana  
on**

**14th Mar. 2020  
at 6:00 am**

**Ticket:**

**₹ 450/- Per Person**

**Last Date for Submitting the Name 8th Mar.**

## STATIONS OF THE CROSS

**SACRED HEART CATHEDRAL  
DELHI CATHOLIC ARCHDIOCESE**

*Thursdays: At 6:45 pm in Malayalam*

*Fridays: At 5:00 pm in Hindi*

*At 6:30 pm in English*

*At Carmel Convent: Tuesdays at 2:30 pm*

*At Mater Dei Convent: Fridays at 6:00 pm*

*At Khan Mkt: Fridays at 6:30 pm*

*During the Stations of the Cross,  
collection will be taken towards the  
Campaign against hunger and disease.*

## FEASTS OF THE WEEK

**02 Mon: Sts Lily & Chad**

**03 Tue: St Katharine Drexel**

**04 Wed: St. Casimir**

**05 Thu: St John Joseph  
of the Cross**

**06 Fri: St Colette of Corbie**

**07 Sat: Sts Perpetua and  
Felicity**

**This issue is sponsored by Ms. JAYA PAUL.**