

Continues next Friday 21st March  
Immediately after Stations of the  
Cross.

Conch Fritters will also be on Sale.  
Sunday breakfast will be available for  
sale after both Masses.

**Cost \$15.00**

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**NASSAU BAHAMAS  
KOINONIA 67th RETREAT**

**COST: \$70.00**

**WHERE:** Emmaus Centre,  
Bernard Road, Fox Hill

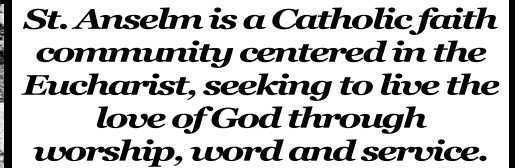
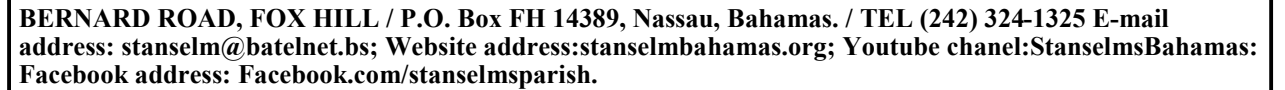
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The First Sunday of Lent is the first Sunday after Ash Wednesday, which marks the beginning of the 40-day period of Lent. Lent is a time of reflection and preparation for Easter, and it commemorates Jesus' 40 days of fasting in the desert. Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. The First Sunday of Lent describes Jesus' temptation by Satan.

Heavenly Father, I come before you with a humble heart, seeking your guidance and blessings as I embark on a new week. Grant me the grace to begin this week with a renewed sense of purpose and determination. Fill my heart with your love and peace, and let your Holy Spirit guide my every step. May this week be filled with opportunities for growth, success, and blessings. Help me to use my time wisely and to prioritize the things that truly matter. As I face challenges and obstacles, remind me of your promises and the power of your Spirit within me. Strengthen my faith and give me the courage to overcome any difficulties that may come my way. In Jesus name I pray. Amen.

I Z V R P R A Y E R K B E B V W M  
H C P B F R I E N D S H I P O H S  
S B X R I S P I R I T Z H Z F O E  
T N U F D M N Z G O D S Z A Q Z Y  
H K O U S E W O R S H I P F K G F  
F C H F O R G I V E N E S S R G L  
A H E L G C Z M D I X H G L R K X  
S U A V C Y D G L U K E O E V T J  
T R L M C G Q N E P C J D Y T R E  
I C I Q B H G I N A B E K D Q O S  
N H N G F G A T T I E R Z H U V U  
G J G Q Y R R O B B L U L O K B S  
A X J V V O W M M F I S R P M Q G  
F C U N A W H N K T E A G E C C P  
G M H Y T T O Y A E V L V E T F T  
J R H Y Y H L P Z B E E N T A M N  
T U E J I Q Y I F A O M O G B S C

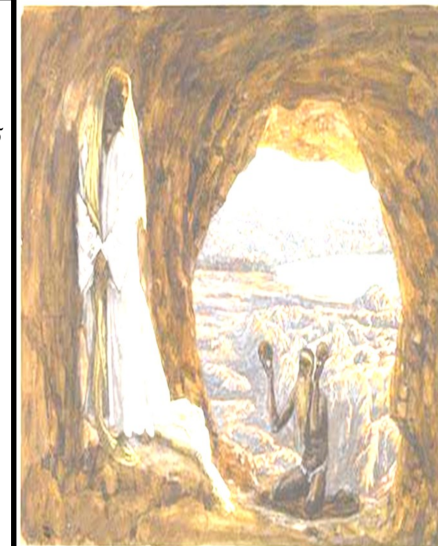
Forgiveness	Friendship	Jerusalem	Believe
Fasting	Healing	Worship	Church
Growth	Prayer	Spirit	Jesus
Mercy	Holy	Hope	Lent
Luke	God		



*“When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.” (Psalm 91[90]:15-16)*

*Gospel: Luke 4:1-13*

*Gospel: Luke 9:28b-36*



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**BAPTISMS:** Call Parish Office to arrange

*Please come again and if you would like to become a member, our contacts are listed above.*

*To our members, We always thank God for all of you and continually mention you in our prayers!*



## Let us Pray

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for our sick brothers and sisters. May all who suffer pain, illness or disease, realize that they are chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world. Amen.

Leonard Bain, Shimonte Bain, Guy-Philip Bain, Paul Barnett Sr., Angnist Burrows, Donnalee Colebrooke, Carol & Sylvia Edgecombe, Michael Farrington, Insa Frith, Larry Higgs, Patricia Higgs, Monique Johnson, Creola Kelly, Daphne Kerr, Annette Knowles, George Knowles, Patricia Knowles, Terrance Knowles, Ida Major, Dellareese McPhee, Drucilla Moss, Saintalus Paul, Tanya Pinder-Carey, Agatha Pratt, Martha Roberts, Kyandre Sands, Jayde Smith, Joy Smith, Mable Smith, Juanita Symonette, Jacinta White, Anastina Wilson and Monique Young, the imprisoned, the homebound, the hospitalized and persons in the Geriatrics Hospital. (If you, or a member of your family is ill, or if you know of a parishioner that is ill, please notify the parish office).

### Daily Readings

10 March 2025 – Monday

1st Reading: Leviticus 19: 1-2, 11-18

Resp Ps: 19: 8, 9, 10, 15

Gospel: Matthew 25: 31-46

11 March 2025 – Tuesday

1st Reading: Isaiah 55: 10-11

Resp Ps: 34: 4-5, 6-7, 16-17, 18-19

Gospel: Matthew 6: 7-15

12 March 2025 – Wednesday

1st Reading: Jonah 3: 1-10

Resp Ps: 51: 3-4, 12-13, 18-19

Gospel: Luke 11: 29-32

13 March 2025 – Thursday

1st Reading: Esther C: 12, 14-16, 23-25

Resp Ps: 138: 1-2ab, 2cde-3, 7c-8

Gospel: Matthew 7: 7-12

14 March 2025 – Friday

1st Reading: Ezekiel 18: 21-28

Resp Ps: 130: 1-2, 3-4, 5-6, 7-8

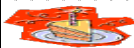
Gospel: Matthew 5: 20-26

15 March 2025 – Saturday

1st Reading: Deut. 26: 16-19

Resp Ps: 119: 1-2, 4-5, 7-8

Gospel: Matthew 5: 43-48



### Happy Birthday Greetings to Erica

Brown, Harrison Bullard, Celeste

Knowles, Davon Munnings, Kai Simmons, Kailee

Simmons (**Today**) Chayse Bethel, Augustina Fergus-

son, Wayde White (**Mon**) Miguel Smith, Claudine

White (**Tues**) Frederick Flowers, Rosalie Strachan

(**Wed**) Tessa Knowles, Blaire Toote (**Thurs**) Kelson

Colebrooke, Kevin Fernander Fiona Rolle (**Fri**)

Wilfred Davis, Dellareese McPhee, Vernon Davis

Jr., Stephen Mackey (**Sat**), and to all celebrating

this week!

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### Commentators & Lectors

#### 1st Sunday of Lent - March 9th

7:00am 1st Reader - Verdell Ferguson  
2nd Reader/Commentator - Philandra Bain-Wood

9:00am 1st Reader- Kavon Rolle  
2nd Reader/Commentator - Deline Gittens

#### 2nd Sunday of Lent - March 16th

7:00am 1st Reader - Gabrielle Pintard-Newry  
2nd Reader/Commentator - Dedrie Wood

9:00am 1st Reader - J'Anne Murray  
2nd Reader/Commentator- Derry Ferguson

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**Rite of Election** will be held this afternoon at St. Frances Xavier Cathedral at 5pm. Please continue to pray for our Catechumen: Shavaldo Turnquest and Candidates: Kim Ritchie & Jazmine Dames.

## Reflecting on the Word

### Back to the Life of Jesus

The forty days of Lent are offered to God in imitation of Jesus, who “was led by the Spirit into the desert for forty days, where he was tempted by the devil.” Jesus chose to rely on the care of his Father, to surrender himself as servant to the will and plan of his Father, and to follow God’s will in Jerusalem, even if that meant terrible suffering and shameful death on the cross. The season of Lent gives us the opportunity to participate in the liberation brought by Jesus to all those who are oppressed by the demons of self-reliance, power, and self-interest. During this season we seek to understand the meaning of Jesus’ death and resurrection with the ultimate goal of changing our lives. “We are a people in trouble.” We dominate, discriminate, and oppress on the way to achieving personal success. We watch disinterestedly as our brothers and sisters suffer the pain of poverty, hunger, disease, homelessness, and death. We rid ourselves of “the enemy” through war, abortion, and the death penalty. But we are also a people whose God is “rich in mercy,” a God who “has heard our cry and seen our affliction.”

Lent is our prayer that this merciful God bring us back to the life Jesus has won for us. The Christian lives under the interior law of liberty, which is a permanent call to [us] to turn away from self-sufficiency to confidence in God and from concern for self to sincere love of neighbor. Thus takes place his genuine liberation and the gift of himself for the freedom of others. **Synod of Bishops, Justice in the World, 1971: 33. Gerald Darring.**

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### Schedule for the Lenten & Easter Season

Stations of the Cross Fridays at 7pm

Sunday 13th April - Palm Sunday One Mass at 8:45am

Thursday 17th April - Holy Thursday Mass at 7:30pm

Friday 18th April - Good Friday Children’s Liturgy at 9:00am, Adult Liturgy at 1:00pm

Saturday 19th April - Holy Saturday –Morning Prayer at 8:30am, Easter Vigil at 9:30pm

Sunday 20th April - Easter Sunday 9:00am Mass

Monday 21st April - Feast of St. Anselm’s/Easter Monday 8:00am Mass

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### Wedding Anniversaries

*Bursel & Dedrie Woods Celebrating their 53<sup>rd</sup> on Tuesday the 11<sup>th</sup>*

*Brice & Alicia-Marie Thompson Celebrating their 5<sup>th</sup> on Wednesday 12<sup>th</sup>*

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### Welcome

*The Parish Community extends a heartfelt welcome to staff of the Bank of the Bahamas Finance, Treasury & Compliance Department worshipping with us this morning at the 9am Mass.*