

## REFLECTIONS FOR THIS SUNDAY

### 1<sup>ST</sup> SUNDAY OF LENT:

**FIRST READING:- A reading from the Book of Deuteronomy (26:4-10)**

This passage speaks of how the Hebrews went to Egypt, grew into a great nation, were oppressed, and were delivered from captivity by God's strong hand.

**RESPONSE :- Be with me, O Lord, in my distress..**

**SECOND READING: -A reading from the first Letter of St. Paul to the Romans (10:8-13)**

Expressed here is the confession of faith that 'Jesus is Lord', the same Jesus who died and was raised from the dead by the power of God. Anyone who can say that and live by it, will be saved.

**GOSPEL :- A reading from the Holy Gospel according to St. Luke (4:1-13)**

The Gospel passage gives the details of the three temptations of Jesus at the beginning of his public ministry. Jesus repels the tempter by quoting from the book of Deuteronomy, which stresses God's will for Israel.



### चालीसे का पहला रविवार

पहला पाठ: वधि विवरण २६:४-१०

यहूदी लोग ईश्वर को फसल के प्रथम फल चढ़ाया करते थे। इसके द्वारा वे स्वीकार करते थे कि सब कुछ ईश्वर का है। हम भी याद रखें कि जो कुछ हमारे पास है, वह ईश्वर का दिया हुआ है और हमें इसका लेखा देना पड़ेगा।।

अनुवाक्य: हे प्रभु, तू संकट में मेरे साथ रहने की कृपा कर।

दूसरा पाठ: रोमियों के नाम संत पौलुस का पत्र १०:८-१३

सन्त पौलुस विश्वास का महत्व समझाते हैं। विश्वास द्वारा हर एक मनुष्य, चाहे वह यहूदी हो या गैर यहूदी, मुक्ति प्राप्त कर सकता है जितना पवित्र आत्मा प्रकाश डालेगा।

सुसमाचार: सन्त लूकस का सुसमाचार ४:१-१३

येसु शैतान से कहते हैं कि ईश्वर का वचन साधारण भोजन से आच्छा है। वह धन और राजनीतिक अधिकार को ठुकरा कर इस पर बल देते हैं कि ईश्वर की ही आराधना और सेवा होनी चाहिए।

## PARISH NEWS

### HOLY FATHER'S INTENTIONS FOR FEBRUARY

That migrant families, in particular mothers, may be sustained and accompanied in their difficulties.

That peoples experiencing war and conflicts may be the protagonists in the building of a future of peace.

### STATIONS OF THE CROSS

Thursday:	At 6:30 pm in Malayalam
Friday:	At 5:00 pm in Hindi
	At 6:30 pm in English
At Carmel:	Tuesday at 2:30 pm
At Mater Dei:	Friday at 6:00 pm
At Khan Mkt:	Friday at 6:30 pm

### LENTEN RETREAT FOR PARISHIONERS

**Date:**  
15th, 16th & 17th March 2013

**Time:**  
06:00 pm to 8:00 pm

**VENUE:**  
Sacred Heart Cathedral

**Organised by:**  
Sacred Heart Cathedral  
**Preacher:**  
Rev. Fr. Jose T.J.

"Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory."

-Betty Smith

## FEBRUARY 2013 CALENDAR

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

19/Tue Is 55:10-11; Ps 33; Mt 6:7-15

20/Wed Jon 3:1-10; Ps 50; Lk 11:29-32

21/Thu Esth 14:1, 3-5, 12-14; Ps 137; Mt 7:7-12

22/Fri 1Pt 5:1-4; Ps 23; Mt 16:13-19

23/Sat Deut 26:16-19; Ps 118; Mt 5:43-48

# CATHEDRAL Calling

**"GO, AND SIN NO MORE!"**

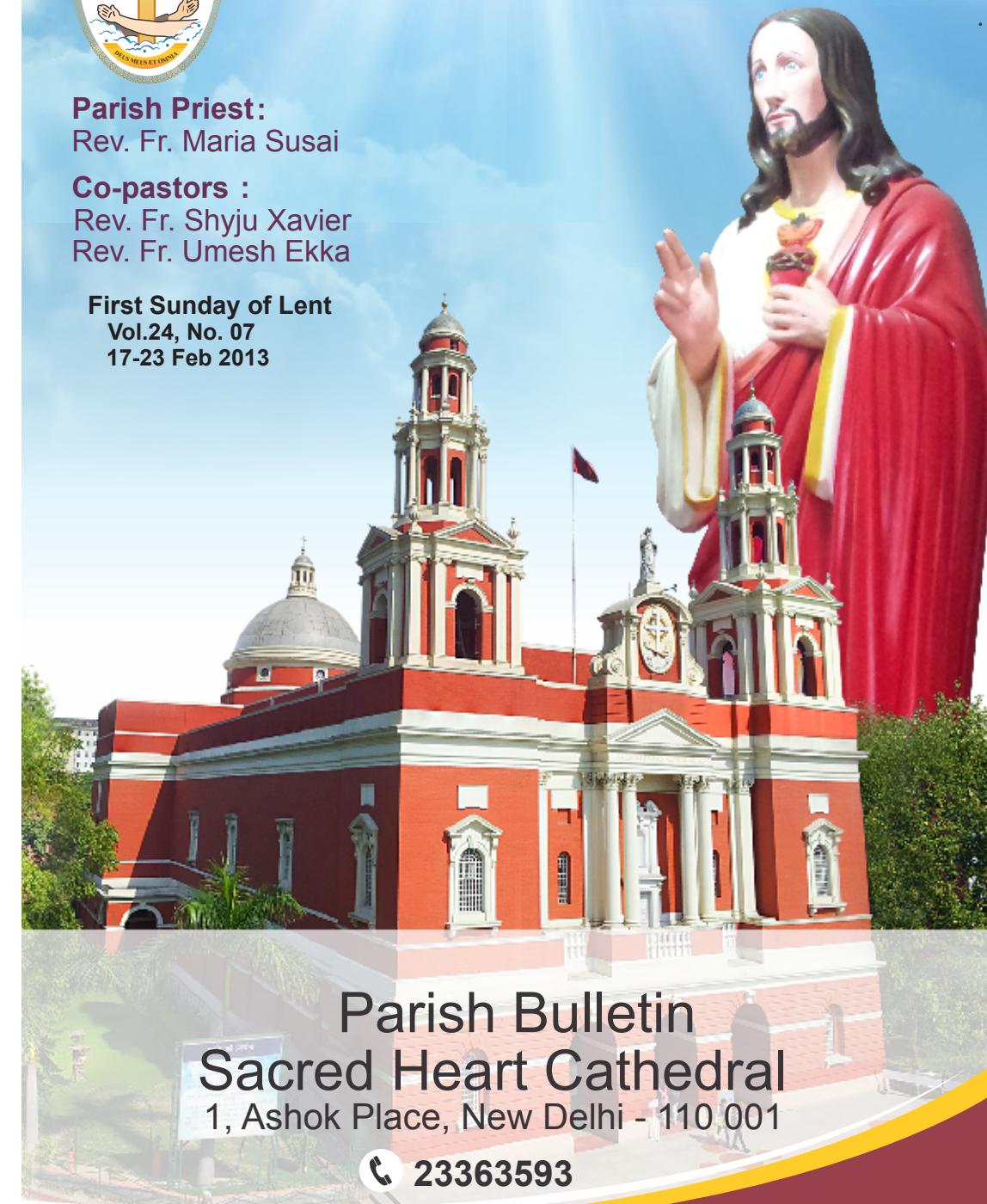
*First Sunday of Advent*



**Parish Priest:**  
Rev. Fr. Maria Susai

**Co-pastors :**  
Rev. Fr. Shyju Xavier  
Rev. Fr. Umesh Ekka

**First Sunday of Lent**  
Vol.24, No. 07  
17-23 Feb 2013



**Parish Bulletin**  
**Sacred Heart Cathedral**  
1, Ashok Place, New Delhi - 110 001

☎ 23363593

E-Mail: [sacredheartcathedralnewdelhi@gmail.com](mailto:sacredheartcathedralnewdelhi@gmail.com)  
Website: [www.sacredheartcathedraldelhi.org](http://www.sacredheartcathedraldelhi.org)

## WINTER MASS TIMINGS

### SATURDAYS:

**Cathedral : 6.30 p.m. Sunday Anticipated Mass (English)**  
(Weekday Masses at 6.00 a.m., 1:00 p.m. and 6.30 p.m.)

### SUNDAYS:

Cathedral :	06.30 a.m.	—	English
	07.30 a.m.	—	Malayalam
	09.00 a.m.	—	English
	10.15 a.m.	—	Hindi
	11.30 a.m.	—	English
	04.30 p.m.	—	Hindi
	06.30 p.m.	—	English
Carmel :	07.30 a.m.	—	Hindi
Mater Dei :	07.00 a.m.	—	Hindi
ISI :	07.00 a.m.	—	Hindi

Apostolic Nunciature : 07.30 & 10.00 a.m.—English

### REFLECTION:

In the Gospel of today, Jesus is led by the Holy Spirit into the “desert” to confront the temptations that all men face at one time or another. Jesus would also have to bear His cross of trials and temptation, before He would eventually wear His crown of Glory.

Man wants the easy way and does not want to face the reality that sacrifice will be necessary to gain eternal life. In our culture of death, it is easy to head for divorce court, rather than really work at solving marital problems. Or, it seems to be easier to contemplate an abortion, rather than face the ‘inconvenience’ of more financial and time management stresses. We would rather not make sacrifices, when a worldly course of action that “seems” like an easier “solution” is at hand.

It is clear how Jesus is so strong in resisting temptation. He always replies to Satan’s offers of ‘the easy way’ by quoting from Holy Scripture. That tells us where His strength comes from: He has been nurtured by the Word of God all through His life time. If one were to ask those people who are having difficulties making sacrifices about their prayer life - meaning, about the amount of time they spend reading and praying over Holy Scriptures- this element of ‘nurturing’ would probably be missing.

Those who seek God’s truth and God’s wisdom can only find it in Holy Scripture. If we don’t prayerfully avail ourselves of this resource, then we will be prone to accept the ‘wisdom’ of the world - the ‘wisdom’ of a culture of death. Lent is the time to reflect on your willingness to sacrifice.

## PARISH NEWS

### MOVIES ON FAITH:

The media commission of the Archdiocese of Delhi is organizing movies on faith from February 17 to March 17, on every Sunday of Lent at Yusuf Sadan at 4 pm. For details, kindly see the Notice Board.

### LENTEN RETREAT:

We are organizing Lenten Retreat for our parishioners on 15th, 16th and 17th of March from 6 pm to 8 pm. Preacher will be Rev. Fr. Jose T. J.- the rector of Pratiksha. The information is given well in advance so that you can arrange your engagements accordingly.

### CHURCH SUPPORT FUND:

Kindly pay your Church Support Fund to the members of the Catholic Association today and next Sunday. Supporting the Church financially is the obligation of every Catholic family.

### PARISH MELA:

Preparations for the Parish Mela proposed to be held on the 7th of April, 2013 are going on in full swing. We request you to help us in selling the raffle coupons and getting us advertisements to be published in the souvenir to mark the occasion.

### FEASTS IN THE COMING WEEK:

Feasts in the coming week:- 22nd February –The chair of St. Peter, the Apostle.

### NEW WEBSITE FOR THE PARISH

Today, immediately after the 9 am Mass, Archbishop Anil Couto will officially launch the newly designed website for the parish. We would like to place on record the immense help and support provided by Mr. Rajeev and Mr. Amit of the Fransican Solutions. We would also like to thank Mr. Nihal Pedric, the Secretary of the Parish Council for providing the necessary technical support. May God bless them all!!

## पल्ली सूचनाएँ

### धर्मिक फिल्म

१७ फरवरी से १७ मार्च तक प्रत्येक रविवार को शाम ४.०० बजे से विश्वास पर आधारित फिल्म यूसुफ सदन में दिखाया जायेगा। अधिक जानकारी हेतु नोटिस बोर्ड देखें।

### चर्च सपोर्ट फंड

प्रत्येक रविवार को चर्च सपोर्ट फंड आप कैथोलिक एसोसिएशन के सदस्यों के पास जमा कर सकते हैं।

### पैरिश मेला

हमारे पल्ली की ओर से ७ अप्रैल २०१३ को पैरिश मेला का आयोजन किया जा रहा है। आप हमें राफल कूपन बेचने और एडभरटइजमेंट के लिए मदद कर सकते हैं।

### कूस का रास्ता

दुख-भोग काल में हर शुक्रवार शाम ०५:०० बजे चर्च में हिन्दी में और शाम ६.३० बजे अंग्रेजी में कूस रास्ता होगा। कूस रास्ता के दौरान भुखमरी और बिमारी के विरुद्ध अभियान के सहयोग के लिए चन्दा लिया जाएगा।

### Know Your Faith

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word lencten, which means ‘Spring’. The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin His ministry. Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others. Sundays in Lent are not counted in the forty days because each Sunday represents a “mini Easter” and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.



*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”*