

# St Joseph's Catholic Parish

First Sunday of Lent  
Year A, 22 February, 2026

Embracing the communities of  
Cherbourg, Goomeri, Murgon,  
Proston and Wondai



*Unity in diversity ... being one in Christ through Baptism!*



## Make the Lenten Season count

*Pope Leo XIV*

The greatest fast is not merely from food or alcohol. The greatest fast is from sin. Because a man can drop meat and still chew malice. A woman can avoid wine and still drink hatred. A Christian can fast from bread and still feast on lies. What God desires is not only an empty stomach but a clean heart. Lent is not a hunger strike to impress heaven; it is a spiritual surgery to heal the soul. Anyone can fast from food for forty days, but it takes courage to fast from fornication. Anyone can avoid alcohol, but it takes discipline to avoid lies. Anyone can skip meals, but it takes holiness to skip gossip. The mouth is small, but its damage is mighty. With the same tongue, we pray and we poison. With the same lips, we bless and we break. With the same voice, we praise God and assassinate human dignity. This Lent, fast from the tongue. Fast from insults, backbiting, blackmail, exaggerations that destroy reputations, and from words that wound deeper than knives. Don't forget that some

people are not killed by bullets; they are killed by stories. Some destinies are not buried by sickness; they are buried by gossip. Some families are not destroyed by demons; they are destroyed by tongues. If you must open your mouth, let it open for prayer. If you must speak, let it be to heal. If you must talk, let it be to bless. If you must whisper, let it be to God, not about people.

This Lent, let your fasting be visible in your character, not just on your face. Let your sacrifice be seen in your conduct, not only in your calendar. Let your repentance be heard in your words, not just in your prayers. Do not allow Lent to be a seasonal holiness. Do not make conversion a temporary project. Do not let discipline expire with Easter. For me, holiness shouldn't be a forty-day challenge as many of us believe; it is a lifetime commitment. If you only change during Lent and return to sin after Lent, you did not fast, you only paused. If you only behave when it is liturgical, you did not repent, you only pretended. Let this Lent mark a turning point. Let it be the season where your mouth becomes clean, your body becomes disciplined, your heart becomes soft, and your soul becomes serious about God. Fast from what weakens you; feed on what strengthens you. Abandon what drags you down; embrace what lifts you up. For the true measure of fasting is not how hungry your body becomes, but how holy your life becomes. Make this Lenten season count, not just in what you refuse to eat, but in what you refuse to do.

And when Lent ends, let sin not return, instead, let virtue remain. Let discipline continue, let your tongue be tamed, and let your life be transformed. For the greatest fast is not from food or alcohol; it is from sin.

## Weekend Mass schedule

### 1st Sunday of Month - 28 Feb / 1 March

Thursday, 9.00am, Castra, Murgon  
Saturday, 9.00am, Proston  
Saturday, 5.00pm, Wondai  
Sunday, 8.00am, Murgon  
Sunday, 10.30am, Gayndah

### 2nd Sunday of Month - 7/8 March

Saturday, 9.00am, Proston  
(Liturgy of the Word)  
Saturday, 5.00pm, Wondai  
Sunday, 8.00am, Murgon  
Sunday, 10.30am, Cherbourg  
Sunday, 2.30pm, Mundubbera  
Sunday, 6.00pm, Goomeri

### 3rd Sunday of Month - 14/15 March

Thursday, 9.00am, Castra, Murgon  
Saturday, 9.00am, Proston  
Saturday, 5.00pm, Wondai  
Sunday, 8.00am, Murgon  
Sunday, 10.30am, Gayndah

### 4th Sunday of Month - 21/22 March

Saturday, 9.00am, Proston  
(Liturgy of the Word)  
Saturday, 5.00pm, Wondai  
Sunday, 8.00am, Murgon  
Sunday, 10.30am, Gayndah  
Sunday, 2.30pm, Mundubbera  
Sunday, 6.00pm, Goomeri

## Today's readings

Genesis 2: 7-9; 3: 1-7; Romans 5: 12-19;  
Matthew 4: 1-11

*Response:*

Be merciful, O Lord, for we have sinned.

*Gospel Acclamation:*

Praise to you, Lord Jesus Christ, king of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you, Lord Jesus Christ, king of endless glory!

## Project Compassion Lenten Prayer

God of all love, we remember that on the night before he died Your son, Jesus, prayed that his friends "may all be one" Yet we see so much division in the world. War, conflict, violence and hatred must all distress you.

Millions of people suffer when they don't have peace and respect. They lack the necessities of life, food, water, health, education and security.

We pray that we may all *Unite Against Poverty this Lent*. May our support for **Project Compassion** be a sign to ourselves and others, of our hope for a better world.

This Lent, we pray that our dedication To prayer, fasting and almsgiving Will help restore your vision of justice and peace.

Guided by the Holy Spirit,  
We pray in Jesus' name.

**Amen**



### First Sunday of Lent

Nelson Mandela said that education was the most powerful weapon we can use to change the world. There are plenty of people who would agree with him. One of them is Oprah Winfrey who said that education was the way to move mountains, build bridges and, yes, to change the world.

Today's readings certainly suggest the value of learning. The story from the Book of Genesis comes

from pre-history. It has often been misunderstood to suggest that sin entered the world through one woman. This is not true. On the contrary, the readings tell us that the world is good. When humans try to overstretch their boundaries, trouble follows, and the experience of beauty and harmony is threatened. We need to choose our teachers. Are we going to listen to God or the serpent? In our modern world, the serpent takes many forms. There are countless threats to the harmony of the human race and the beauty of our natural environment.

Likewise, today's story of the temptations in the wilderness from Matthew's Gospel shows us that some lessons are difficult. Jesus teaches the devil. He tells the evil one that God is in charge. Jesus must decide which voices he will follow. He must learn that some ideas may not be as good as they sound. All the kingdoms of the world, Jesus learns, are no substitute for an honest and life-giving relationship with God.

Each week during Lent, Caritas Australia asks us to think about the world and learn more about our role in building God's kingdom. Today we start with an introduction to Project Compassion, which allows us to appreciate how much the Catholic community, has been able to achieve across the decades for the most marginalised people of the world. We are all still learning. Pope Leo XIV has reminded us that the vulnerable are great teachers.

In Dilexi Te he writes:

"Christians must not abandon almsgiving... It is always better at least to do something rather than nothing. Whatever form it may take, almsgiving will touch and soften our hardened hearts... for our part, we need to give alms as a way of reaching out and touching the suffering flesh of the poor."



### Parish Directory, Saint Joseph's Parish

Parish Priest: Fr Mikhael Loke SVD  
Tel: Parish Office, 0419 693 602  
Parish e-mail: [murgon@bne.catholic.net.au](mailto:murgon@bne.catholic.net.au)  
24 Angel Avenue, MURGON  
PO Box 60 Murgon 4605

Parish website:  
[murgon.brisbanecatholic.org.au](http://murgon.brisbanecatholic.org.au)

### We pray for those who are sick:

Therese Bolger; Amira Bond;  
Graham Burgess; Rodney Euler;  
Colin Heit; Margaret Hobbs;  
Nerla Knight; John Kruger;  
Dr Graham McAllister;  
Carmel McKeering; Carol Muller  
(Castra); Bob Ricketts; Greg Ryan;  
Joe Ryan; Joshua Smith; Kai Vera;  
Judith Wessling.

### and recently deceased:

Patricia (Pat) Conroy.

## World Day of Prayer 2026

Join our local prayer service  
focused on Nigera

Date and Time: 6 March at 9.30am

Venue: **Church of Christ, Murgon**

Address: 20 Thorn Street, Murgon

Contact: Elaine Thompson

Mobile 0419 693 602

Could you please advise if you can  
attend (catering) and if you can  
participate in the readings.

### WDOP will also be celebrated

on 6 March at the **Baptist Church,**

Cnr Scott and Cadell Streets,

**Wondai.** Morning Tea at 9.30am,

followed by Service at 10.00am.

## Collections 14/15 February 2026

Murgon ..... \$237.50

Wondai..... \$126.00

Proston..... \$230.00

**Total: .....\$593.50**