Parish of Saint Joseph, Subiaco **FIRST SUNDAY OF LENT** **22 February 2026**

Let us remember in our prayers …

Recently deceased: Faye Lenz, Ronnie Jones, Margot Czarniak, Alex Mirmikidis

Anniversaries: Damien Kennedy, Marie Kennedy, Peter Durkin, Elizabeth Pearce, Barbara Pearce,

Sick: Ken Metcalf, Beula Reddy, Joan Travers, Alan, Tom Brennan, Yvette Henderson, Peter McEvoy, Kaja, Sue, Kaye, Anunciata Alteri, Sr Deidre Brown IBVM, Celine Williams, Peter Costelloe, Catherine, Mimi Epstein, Archbishop Barry James Hickey, Julia Audino, Alberto Audino, Liam Brady, Lachie Glasfurd, John Audino, Peter Foss, Pat Docherty, Abigail Fells

POPE URGES LENTEN 'FAST' FROM WORDS THAT WOUND

The Lenten season begins this week with Ash Wednesday.

In his message the Pope offers a simple definition of Lent as a time when the Church "invites us to place the mystery of God back in the centre of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life". He encourages Catholics to allow the word of God to touch their hearts with docility so Lent may become "a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ".

Turning to the traditional Lenten practice of fasting, the Pope describes abstaining from food as "an ancient ascetic practice that is essential on the path of conversion". "Precisely because it involves the body, fasting makes it easier to recognise what we 'hunger' for and what we deem necessary for our sustenance," he writes. It helps believers to "identify and order our 'appetites', keeping our hunger and thirst for justice alive and freeing us from complacency." Quoting St Augustine, he notes that the human heart expands through desire for God. "Understood in this way, fasting not only permits us to govern our desire, purifying it and making it freer, but also to expand it, so that it is directed towards God and doing good."

However, he stresses that fasting must be lived "in faith and humility" and grounded in communion with the Lord. In this context, the Pope proposes a specific Lenten resolution: "A very practical and frequently unappreciated form of abstinence – that of refraining from words that offend and hurt our neighbour." "Let us begin by disarming our language, avoiding harsh words and rash judgment, refraining from slander and speaking ill of those who are not present and cannot defend themselves," he writes. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities." "In this way, words of hatred will give way to words of hope and peace."

Published in Cath News on 16 February *Read more at cathnews.com/*

ST JOSEPH'S UPCOMING EVENTS

Young Family Group	Faith Formation for Little Tots	Youth Group
25 March	22 February	27 February

ST JOSEPH'S YOUTH GROUP — Friday 27 February 2026

St Joseph's Youth Group is scheduled for **four Fridays** during the year, and we're kicking off our first gathering in Lent!

All young people who currently attend secondary school, TAFE or university are invited to join us at **5pm** for **Stations of the Cross**, followed by games and pizza in the Upper Room. Come for a spiritual Lenten experience, and stay for great company, fun games, and good food. Bring a friend and become part of our growing youth community. Cost: $5.

PROJECT COMPASSION FIRST SUNDAY OF LENT — 21 & 22 February

Caritas AUSTRALIA

UNITE AGAINST POVERTY this Lent

Project Compassion 2026 shares four stories from around the world. Each of the stories highlight unique challenges, yet they are united by the determination to rise above adversity and to build brighter, more hopeful futures for themselves, their families and their communities.

You can support Project Compassion 2026 by using the donation boxes or envelopes, calling 1800 024 413, scanning the QR code or visiting **projectcompassion.org.au/donate**.

CATHOLIC SINGLES NIGHT MARKET OUTING (20-35yrs) — 5pm, Saturday 7 March

Join us for an outing to the Subi Night Markets, Market Square, with other Catholic young adults from around Perth! This relaxed evening is a great opportunity to meet like-minded people, enjoy some light social games, and soak up the lively atmosphere in a friendly, low-pressure setting. See you there! For tickets and more info, visit https://perthcatholicsingles.eventbrite.com or contact us:

Email: perthcatholicsingles@gmail.com Instagram/Facebook: @perthcatholicsingles Mobile: 0421 952 963 (Matt)

BOOK LAUNCH: FR FRANK BRENNAN SJ AO — 4.30pm, Tuesday 24 February, Thomas More Exhibition Centre, John XXIII College

Fr Frank Brennan SJ AO is launching his new book, *Pope Francis: The Disruptive Pilgrim's Guide* that explores Pope Francis' impact as a 'disruptive pilgrim' blending Jesuit insight with themes of mercy, justice and inclusion. RSVP: **trybooking.com/events/landing/1514428**

Parish Priest	Monsignor Kevin Long PhD kevin.long@perthcatholic.org.au
Pastoral Associate	Sr Marie Fitzgerald RSM marie.fitzgerald@mercy.org.au
Sacristan, Funeral and Liturgy Coordinator	Claudia O'Malley 0408 186 790 enquiries@stjosephssubiaco.org.au
Director of Music	Catherine Haydon catherine@catherinehaydon.com
Youth Ambassador	Tina Perez youth@stjosephssubiaco.org.au
St Vincent de Paul Society Subiaco Conference	Belinda Becker Subiaco.President@svdpwa.org.au
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Wedding Secretary	Elizabeth Ogilvie weddings@stjosephssubiaco.org.au
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Parish Pastoral Council Chair	Anne Birt enquiries@stjosephssubiaco.org.au
Uthana Mission	Rod Pereira ask@uthanamission.org.au
Safeguarding Officers	Fiona Chong 0416 271 714 Amanda Bozikovic 0429 580 576 safeguarding@stjosephssubiaco.org.au

WEEKLY HYMNS — 5pm, Saturday 21 February: 9am & 5pm, Sunday 22 February

Lyrics are available on the Parish website by using the QR code (right), or by visiting **stjosephssubiaco.org.au/lyrics**. Hymn books are also available at Church entrances. Please return them at the conclusion of Mass.

Mass	*Entrance*	*Offertory*	*Communion*	*Recessional*
Sat 5pm	Forty Days And Forty Nights (115) *Verses 1 & 2*	Sacpulis Suis	Sacpulis Suis Be With Me, Lord (40)	Forty Days And Forty Nights (115) *Verses 4 & 5*
Sun 9am		God of Mercy and Compassion (136)	Refresh My Heart (290) In Christ Alone (189)	
Sun 5pm				40 Days (Matt Maher)

ST JOSEPH'S LENTEN PROGRAM 2026

LENTEN TALK: BOOKINGS ESSENTIAL

6pm, Tuesday 24 February — ***Journey to Santiago de Compostela***

Parish Upper Room — Presented by Kim and Veronika Metcalf and Tina Perez. Bookings: **trybooking.com/DJKYP**

PARISH RETREAT: BOOKINGS ESSENTIAL

9am, Saturday 28 March — ***Entering Into Holy Week***

Parish Upper Room — Presented by Mother Hilda OSB, the retreat will conclude with the Parish Vigil Mass. Bookings: **trybooking.com/DJJIF**

STATIONS OF THE CROSS — **5pm, Fridays 27 February; 6, 13, 20 March**

During Lent, Stations of the Cross will be celebrated in the Church at 5pm each Friday.

PATRIARCHY: HOW IT HAS SHAPED THE CHURCH AND OUR LIVES — 5.30pm, Friday 27 February, Mary MacKillop Centre South Perth

The Council for Catholic Women Perth invite you to hear renowned international lay theologian, **Virginia Saldanha,**speak on patriarchy in the Church and its impact. A feminist writer, theologian and activist based in Mumbai for over 20 years Virginia has worked for the empowerment of women at the diocesan, national and international level of the Indian Church. Gather for light refreshments for a 6pm start. Cost: Donation. RSVP: By Thursday 26 February to mobile 0400 886 835 or email **kerrymacfarlane2@gmail.com**

POP-UP CHURCH MUSIC WORKSHOPS — Saturday 28 February, St Bernadette's Hall, 49 Jugan Street Mt Hawthorn

Singers are invited to experience the wonders of church music with Jacinta Jakovcevic ad Sholto Foss. No experience is necessary.

2 – 2.45pm: Workshop 1: Chant 101
Brush up on technique, skills and repertoire! Open to all ages.

3 – 3.45pm: Workshop 2: Children's Choral
Focusing on children aged 6-15 learning parts, repertoire of Church choral works.

4 – 4.45pm: Workshop 3: Music Appreciation
A session of music appreciation geared mainly towards adults.

Registration fee for each workshop: $15. To register or for more information contact Jacinta: **jacinta111@icloud.com**

MASS TIMES (*Subject to change - refer to Parish Diary for latest information*)	
Tuesday	5.30pm
Wednesday, Thursday & Friday	9am
Saturday Reconciliation	4.30pm
Saturday Vigil	5pm
Sunday	9am & 5pm

PARISH CONTACT DETAILS	
Office	Tuesday - Friday: 9.30am to 4.30pm
Phone	9381 0400
Postal	PO Box 568, Wembley 6913
Email	enquiries@stjosephssubiaco.org.au
Website	www.stjosephssubiaco.org.au

PARISH BANK ACCOUNT DETAILS

First Collection EFT Details
Account Name: St Joseph's Presbytery Subiaco
BSB: 086 006
Account #: 887 970 525
Reference: Name

Second Collection EFT Details
Account Name: St Joseph's Church Subiaco
BSB: 086 006
Account #: 564 990 302
Reference: Name

PARISH DIARY

				MONSIGNOR KEVIN
Sunday 22 February	9.45am 10.30am 11.30am 12.15pm 4.30pm	**First Sunday of Lent** Baptism: *Gia & Louie Guinness* Baptism: *Mila Dilizia* Baptism: *Sophia Priolo* Baptism: *Mattia Maragna-Millan* Baptism: *Brett Haylock*	*Monsignor Kevin* *Monsignor Kevin* *Fr Oscar Aguilera* *Fr Oscar Aguilera* *Monsignor Kevin*	
Monday 23 February		**Monday, Week 1 of Lent**		
Tuesday 24 February	4pm 6pm 6pm	**Tuesday, Week 1 of Lent** Wedding Rehearsal: *Bianca Zito & Louis D'Annunzio* Upper Room: *Lenten Talk 'Reflections of the Camino'* Board Room: *St Vincent de Paul Meeting*	*Fr Oscar Aguilera*	
Wednesday 25 February	10am 5pm	**Wednesday, Week 1 of Lent** Upper Room: *Ladies Prayer Group* Upper Room: *Centering Prayer*		
Thursday 26 February	3pm	**Thursday, Week 1 of Lent** Upper Room: *Camino Salvado Meeting*		
Friday 27 February	3.30pm 5pm 5.30pm	**Friday, Week 1 of Lent** Wedding Rehearsal: *Rebekah O'Hearn & Tuan Tran* Church: *Stations of the Cross* Upper Room: *Youth Group*	*Fr Vinh Dong*	*Legion of Mary Meeting*
Saturday 28 February		**Saturday, Week 1 of Lent**		