



# OLW NEWS 2024

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Issue: 2

Date: Monday February 12 2024

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Dear Parents & Families,

Everyone has now settled into a good daily school routine and it has been great to see our school leaders are stepping up into their roles and striving to achieve new goals.

Please remember that our School Assembly now commences at 3.00pm each Monday and everyone is welcome to attend!

## **ICY POLES**

Icy poles will now be sold during lunchtime commencing this week each **TUESDAY** and **THURSDAY** for Term 1 commencing this Thursday. The cost of an icy pole is 50 cents.

## **ASH WEDNESDAY**

This Wednesday, February 14, is Ash Wednesday, the first day of Lent. The Season of Lent is the 40 days prior to Easter (Sundays are not included in the count) and is a time of preparation for the resurrection of Jesus Christ on Easter Sunday.

Ash Wednesday is the day for us to take stock of our lives and we are encouraged to attend Mass in order to mark the beginning of the Lenten season. As Lent begins, we should set out specific goals we would like to reach before Easter and decide how we will pursue them—for instance receiving the Sacrament of Reconciliation.

To celebrate the beginning of Lent all students from Year 1 to Year 6 will attend Mass Ash Wednesday at 10:30am. All parents and family members are warmly invited to attend this special celebration.

During the liturgy, the ashes, which give Ash Wednesday its name, will be distributed. The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts.

The distribution of ashes is a tangible reminder of our own need to focus on being better people. Through acts of penance comes a change of heart – a coming back to God.

## **ATHLETICS TRIALS DAY**

As part of our selection process for our District Athletics Team, we are holding an Athletics Trials day for Years 3 – 6 this Friday, February 16. Students will need to wear their sports uniform this activity.

## **CONTACT & EMERGENCY DETAILS**

If there is a change of address, mobile number, home, work phone number or email please notify the office so that our records can be updated. You must also make the change in Operoo so that all forms for school activities reach the correct email address.

## **OPEN EVENING & ENROLMENTS**

OLW is holding an Open Evening and Guided Tours for prospective and current families on Tuesday, March 12, from 4.00pm - 6.00pm. Our School Captains will be hosting the tours of the school whilst our staff will be available in their learning spaces. Information will be distributed to the local Kinders over the next week, but please feel free to let other people know about the evening. We currently have 22 applications for next year and have a limit of 25 places, so if your child is 4-year-old Kinder please complete and return an Enrolment Form as soon as possible as places are limited!

## **CSEF**

Families who hold a current Health Care Card are eligible to apply for CSEF support. Please contact the school office for an application form. Please note that closure dates apply.

## **BEFORE & AFTER SCHOOL CARE**

If your child is attending the Before and/or After School Care Program, please notify the school Office as soon as possible. We also keep a list of students who attend the Program, showing on what days of the week they attend. This reduces confusion and enables us to know where each child is after school.

Parents who use the Kingsbury staff car park must enter and exit the carpark slowly and safely - being mindful of students who may be around and other cars in the carpark.

**BE SUNSMART – WEAR A HAT!**

The School Hat must be worn during Term 1 and in Term 4. Children who do not have a school hat are required to sit under the veranda or on the deck at recess and Lunchtime. (i.e. No Hat, No Play)

**LATROBE UNIVERSITY & OLW RESEARCH PROJECT**

OLW was very fortunate to be one of 20 schools selected to work with the AERO/SOLAR Lab at Latrobe University on a Literacy Research Project.

Attached again is some information about the literacy research project happening in our school over the next two years. The focus is on professional learning for our early years (Prep – Year 2) teachers.

To assess the effectiveness of this professional learning, we will monitor student progress in literacy and would like to share this data for analysis with the research team. If you consent for us to share your child’s de-identified reading assessment data with the Australian Education Research Organisation (AERO) and the La Trobe University’s Science of Language and Reading Lab (SOLAR Lab).

Please complete the consent form link here: [https://edresearch.qualtrics.com/jfe/form/SV\\_428DHXC2BpQAIGW](https://edresearch.qualtrics.com/jfe/form/SV_428DHXC2BpQAIGW). Please note, you can consent for multiple children on the same form.

**SCHOOL PHOTOS**

School Photos will be on Wednesday March 13. As it is a Wednesday, our Sports Uniform will be the dress code for photos. Please see the attached flyer for information.

Enjoy the week!

*Kevin Burke*

**PHRASE OF THE WEEK**

Congratulations to everyone who found out that ‘revitalize’ means *to give new life, energy, activity, or success to something.*

Our first phrase for this year is:

**‘butterflies in the stomach’**

Find out its meaning and see if you can add this phrase to your vocabulary over the next week.

**OLW SCHOOL CALENDAR**

**FEBRUARY**

- MON 12 Excel Music Lessons Commence
- TUE 13 Year 5/6 Immigration Museum Excursion
- SPORTING SCHOOLS COMMENCES
- WED 14 Ash Wednesday Mass 10.30am
- FRI 15 Year 3 – 6 Athletics Trial

**MARCH**

- MON 11 Labour Day Holiday
- TUE 12 Open Evening 4.00-6.00pm
- WED 13 School Photo Day
- NAPLAN Testing Period Commences Years 3 & 5
- MON 25 School Closure Day for Parent Teacher Interviews
- NAPLAN Testing Period Concludes
- THUR 28 Term 1 Ends – Dismissal 1.00pm
- FRI 29 Good Friday
- SUN 31 Easter Sunday

**APRIL**

- MON 15 Term 2 Commences

**BEFORE / AFTER CARE REPLY SLIP:**

Please return this reply slip to the OLW School Office.

Yes, my child / children will use the after school care / before school care on:

PLEASE TICK (✓)

MONDAY	A.M.....	P.M.....
TUESDAY	A.M.....	P.M.....
WEDNESDAY	A.M.....	P.M.....
THURSDAY	A.M.....	P.M.....
FRIDAY	A.M.....	P.M.....

FAMILY SURNAME: .....

CHILD/REN: .....

SIGNATURE: .....

# SCHOOL PHOTOS 2024 - Important Registration Information



*School Photographs will be taken at*

**Our Lady of the Way Primary School**

Wednesday 13th March 2024

**There is no need to return any forms or payment to school before photo day**

**Flyers with Unique Image Codes will be issued to all students on or after photo day**

**When you receive your child's 2024 image code**

***Follow these 3 simple steps -***

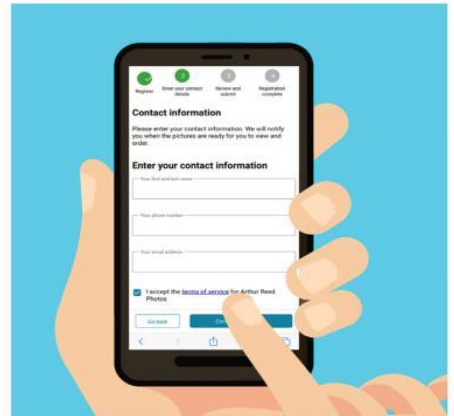
**1** Go to [order.arphotos.com.au](http://order.arphotos.com.au) and enter your child's **2024 image code**



**2** Tap on 'Add another child' to enter the image codes of any siblings



**3** Fill in your contact details & review before confirming your registration\*



\*This information will only be used for distribution of personal image codes and ordering details.

***That's it!***

**It's important to register each year to link your child's NEW images to your contact details  
When 2024 images are ready to view in our secure webshop you'll be notified by email and SMS**

**• Create photo packages with any layout & YOUR choice of images + Multiple Image Downloads**

**• Order on any mobile device • Share the images with family & friends for FREE**

**\*\* Please wait to receive notifications that new images are online BEFORE ordering for 2024\*\***



**Arthur Reed Photos Pty. Ltd.**

A.B.N 48 528 494 590

(03) 5243 4390

customerservice@arphotos.com.au



# AERO/SOLAR Lab Professional Learning program in schools

## Participant information sheet for parents/carers

Participation in this project is voluntary.

Your child(ren)'s school Principal agreed to be a part of a research project that investigates how to best support educators to implement explicit and systematic reading instruction, through a Structured Literacy approach in the early years (Foundation – Year 2).

The research is being carried out by the following researchers:

Role	Name	Organisation
Chief Investigator	Associate Professor Tanya Serry	La Trobe University School of Education Science of Language and Reading (SOLAR) Lab
Co-Investigator	Professor Pamela Snow	La Trobe University School of Education Science of Language and Reading (SOLAR) Lab
Co-Investigator	Eamon Charles	La Trobe University School of Education Science of Language and Reading (SOLAR) Lab
Co-Investigator	Dr Ioana Ramia	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Julie People	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Oscar Kovacs	Australian Education Research Organisation (AERO)
Co-Investigator	Rebecca Pian	Australian Education Research Organisation (AERO)
Co-Investigator	Emily Greaves	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Karen Gonsalkorale	Australian Education Research Organisation (AERO)
Co-Investigator	Kate Ridgway	Australian Education Research Organisation (AERO)
Co-Investigator	Szilvia Kovacs	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Wendy Moore	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Andrew Wearing	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Ashleigh Collier	Australian Education Research Organisation (AERO)
Co-Investigator	Dr Jan Hasbrouck	Author of <i>Student Focused Coaching</i>
Co-Investigator	Dr Daryl Michel	Author of <i>Student Focused Coaching</i>
<b>Research funder</b>	This project will be funded by AERO with in-kind support provided by La Trobe University.	

The [Australian Education Research Organisation](#) (AERO) and the [Science of Language and Reading \(SOLAR\) Lab](#) at La Trobe University, are conducting a research project to understand how to best support educators to implement explicit and systematic reading instruction in the early years (Foundation to Year 2), and ultimately, to improve students' proficiency in reading. The project involves providing teachers, teaching support staff and leaders with online professional learning in the science of reading and in the use of explicit and systematic early reading instruction and examining changes in teaching practice and students' reading achievement over time. Some schools will also participate in coaching activities. Overall, this project will provide important information about how best to support schools to adopt high-quality reading instruction in the early years for the benefit of teachers, students and whole-school communities.

Although AERO and SOLAR Lab have received permission from your school's Principal to contact you about this project, your child(ren)'s participation is **voluntary**. Please read this information carefully and ask any questions that you may have. We also ask that you discuss the project with your child(ren) and what participation means for them.

### **AERO and the SOLAR Lab will collect data on students' literacy progress**

We aim to measure any changes in students' literacy progress that might be associated with the training teachers receive to investigate if the training program is working well.

Your child(ren)'s teacher regularly uses assessments of their students' reading to help them plan lessons and respond to your child(ren)'s educational needs. Your child(ren)'s school will be using the following reading and spelling assessments:

- Progressive Achievement Test (PAT) Reading
- Dynamic Indicators of Basic Early Literacy Skills (DIBELS)
- Phonics Screening Check
- Diagnostic Spelling Test – nonwords (DISTn)
- Diagnostic Spelling Test – Spelling sounds to Dictation (DISTs)

We have chosen these reading and spelling assessments because they are already used by many primary schools across Victoria and may already be used in your child(ren)'s school. Students participating in the project will not complete any additional assessments compared to others in their class who do not participate.

With your permission, your child(ren)'s reading and spelling assessment data collected during the project will be shared with AERO and the SOLAR Lab to include in our analysis. This project will focus on children in Foundation – Year 2 and run over two years from 2024 to 2025.

### **Anticipated benefits and risks/burdens of participating**

Findings will enable guidance on how to make professional learning work best in the Australian school context which will help leaders who are planning and/or designing professional learning to ensure the learning translates to improvements in teaching practice.

An anticipated benefit of your child(ren) participating in this project is improving your school's knowledge, confidence and use of evidence-based structured literacy teaching practices.

It is never possible to guarantee "zero risk" in research but we think the risks in this study are very low. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns.

### Findings from the evaluation will be published and shared

AERO intends to publish and report the results of this evaluation on its website. The publication of content on AERO's website, except where otherwise noted, is freely available to the public under the [Creative Commons Attribution 4.0 International Licence](#).

### AERO will use and store your child(ren)'s data responsibly

Any information AERO collects during the evaluation will be confidential, will only be used for the purposes described, and it will be stored according to our [Privacy policy](#) (updates forthcoming to reflect data is stored in Australian-based servers except where agreed otherwise). AERO will record and store all information in a secure facility in encrypted form on Australian-located servers for at least 7 years after completion of the project. Data will be disposed of securely when it is no longer needed – in keeping with national research standards and Australian Privacy Principles.

Identifying information will be removed from student data before it is shared with the research team. Each student will be allocated an alphanumeric code so their data can be tracked over time. Original assessment forms will remain at your child's school. No participants will be identifiable in any research outputs that are produced from this evaluation without explicit consent to do so. We will only share information about your child(ren) with your permission. Other than where required by law, only personnel working on this project will have access to personal information collected for this evaluation.

### You can decline or withdraw consent

Your child(ren)'s participation in this evaluation is **voluntary**. Your decision (either way) for your child to participate will not in any way affect their relationship with AERO, the SOLAR Lab or their school. If you decline, your child(ren) will not be disadvantaged or penalised. If you initially provide consent to take part, you can withdraw at any stage without reason or consequence. However, because data will be deidentified it may not be possible to remove your child(ren)'s data from the evaluation once it is shared with AERO. **To withdraw**, please write to us at [AEROSTUDIES@EDRESEARCH.EDU.AU](mailto:AEROSTUDIES@EDRESEARCH.EDU.AU) or [phone us on 0499 164 694](tel:0499164694). Please note, if you decline, data will still be collected by schools as part of business-as-usual practices, but it will not be passed on to AERO or La Trobe for research purposes.

### For concerns or complaints

The ethical aspects of this evaluation have been approved by the La Trobe University Human Research Ethics Committee. If you have any **complaints or reservations** about any ethical aspect of your participation in this evaluation, you may contact the Committee on (03) 9479 1443 or at [humanethics@latrobe.edu.au](mailto:humanethics@latrobe.edu.au) using the project reference number HEC23374. Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

### Please contact us if you have questions

If you have any questions about the SOLAR Lab professional learning program in schools please contact

Co-Investigator (AERO) Dr Ioana Ramia on 0499 164 694 or at [AEROSTUDIES@EDRESEARCH.EDU.AU](mailto:AEROSTUDIES@EDRESEARCH.EDU.AU).

Chief Investigator (SOLAR Lab) Associate Professor Tanya Serry on (03) 9479 1858 or at [t.serry@latrobe.edu.au](mailto:t.serry@latrobe.edu.au)

**This participant information sheet is for you to keep.**

# The Living Word

Sixth Sunday in Ordinary Time, Year B

11 February 2024

## First Reading Lv 13:1-2. 44-46

*As long as he is unclean, he must live alone, outside the camp.*

The Lord said to Moses and Aaron, 'If a swelling or scab or shiny spot appears on a man's skin, a case of leprosy of the skin is to be suspected. The man must be taken to Aaron, the priest, or to one of the priests who are his sons.

'The man is leprosy: he is unclean. The priest must declare him unclean; he is suffering from leprosy of the head. A man infected with leprosy must wear his clothing torn and his hair disordered; he must shield his upper lip and cry, "Unclean, unclean". As long as the disease lasts he must be unclean; and therefore he must live apart: he must live outside the camp.'

## Responsorial Psalm

Ps 31:1-2. 5. 11. R. v.7

(R.) *I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.*

1. Happy the man whose offence is forgiven,  
whose sin is remitted.  
O happy the man to whom the Lord imputes no guilt,  
in whose spirit is no guile. (R.)
2. By now I have acknowledged my sins;  
my guilt I did not hide.  
I said: 'I will confess my offence to the Lord.'  
And you, Lord, have forgiven the guilt of my sin. (R.)
3. Rejoice, rejoice in the Lord,  
exult, you just!  
O come, ring out your joy,  
all you upright of heart. (R.)

## Second Reading 1 Cor 10:31-11:1

*Be imitators of me, as I am of Christ.*

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jew or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.

## Gospel Acclamation Lk 7:16

*Alleluia, alleluia!*

*A great prophet has appeared among us;*

*God has visited his people.*

*Alleluia!*

## Gospel Mk 1:40-45

*The leprosy left him and he was cured.*

A leper came to Jesus and pleaded on his knees: 'If you want to' he said 'you can cure me.' Feeling sorry for him, Jesus stretched out his hand and touched him. 'Of course I want to!' he said. 'Be cured!' And the leprosy left him at once and he was cured. Jesus immediately sent him away and sternly ordered him, 'Mind you say nothing to anyone, but go and show yourself to the priest, and make the offering for your healing prescribed by Moses as evidence of your recovery.' The man went away, but then started talking about it freely and telling the story everywhere, so that Jesus could no longer go openly into any town, but had to stay outside in places where nobody lived. Even so, people from all around would come to him.



## Reflection by Fr Michael Tate

Lepers were social outcasts forced to live outside the villages and towns. Jesus heals the leper, allowing him to return to communal living, but, in touching him, Jesus put himself on the outer. The Gospel says that Jesus 'had to stay outside where nobody lived'. Jesus willingly changed places with the leper!

This incident prefigures the deepest mystery and scandal of the Gospel. Because of our deliberate wrongdoing, we are 'on the outside' with God. Our Lord and Saviour willingly experienced that alienation on Calvary, *outside* the walls of Jerusalem, in a desolate place where no-body lived. He suffered the dis-locating consequences of sin in his body and mind: 'My God, my God, why have you abandoned me?'

He took our place outside the human awareness of the loving presence of His Heavenly Father so that we might be located in the right place, *insiders* with God.

We might pause for a moment to lovingly thank our Saviour for leading us into 'the One in Whom we live and move and have our being'.

mtate@bigpond.com

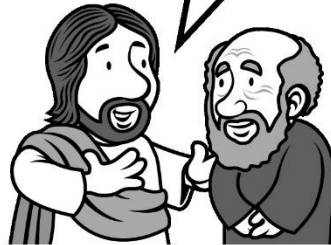
The psalm responses are from the English Translation of the Lectionary for the Mass ©1981 International Committee on English in the Liturgy Inc. (ICEL). All rights reserved. The psalm texts, from The Psalms, A New Translation, ©1963 by The Grail, England and used by permission of the publishers. The scriptural quotations are taken from the Jerusalem Bible, published and copyright 1966, 1967 and 1968 by Darton Langman and Todd Ltd and Doubleday & Co Inc. and used by permission of the publishers. © 2017 Creative Ministry Resources Pty Ltd All use must be in accordance with your user licensing agreement.



**T**he Blessed Virgin Mary first appeared to Bernadette Soubirous, on the 11th of February 1858, at a cave near the river Gave in France. She showed Bernadette a hidden spring and told her to drink and wash from it. Over the next few months she appeared to her on seventeen occasions; sometimes in the presence of others, although only Bernadette could see her. She told Bernadette to tell priests to build a chapel at the spring, and that she should pray for the conversion of sinners. As a result of these visions, Lourdes has become one of the greatest pilgrim shrines in Christian history, with many people claiming the water has miraculous healing powers.

What did Jesus say to the man after he cured him of leprosy? Use the words below to find out!

Say \_\_\_\_\_ of this to anyone; but go and \_\_\_\_\_ yourself to the \_\_\_\_\_, then make an offering at the \_\_\_\_\_ as Moses \_\_\_\_\_, then all will know you are \_\_\_\_\_.



**temple show  
commanded  
healed nothing  
priest**

# Wordsearch

Try to find these words:



**begged  
disappear  
everywhere  
gift  
hand  
kneel  
leprosy  
priest  
sorry  
tell  
temple  
towns**

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



# Parish of Our Lady of the Way Kingsbury

Presbytery: 13 Green Ave, Kingsbury. VIC. 3083



Parish Priest: Fr John O'Conneor  
Email: Kingsbury@cam.org.au

Parish Website: <http://www.olwkingsbury.org.au/>

## Mass Timetable

Saturday – Vigil Mass:	6.00PM
Sunday:	8.00AM and 10.00AM
Weekdays: Tuesday - Friday	10.00AM
Rosary: Tuesday - Friday	9.30AM
Sacrament of Reconciliation:	Saturday from 5.15 to 5.45PM
Exposition of the Blessed Sacrament:	Friday from 9.15 to 9.45AM

**Baptisms and Marriages by appointment:**

Welcome to you all.

### **Entrance Antiphon** Cf Psalm 30:3-4

Be my protector, O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, Guide me, for the sake of your name.

### **Communion Antiphon** Cf Psalm 77:29-30

They ate and had their fill, and what they craved the Lord gave them; they were not disappointed in what they craved.

## **Newsletter information for Sixth Sunday of Ordinary Time (B) – 10<sup>th</sup> and 11<sup>th</sup> February**

**Recently deceased:** We pray for all who died recently especially *Maria Ciorciari*

**Anniversaries:** We pray for all anniversaries about this time especially *Francesco Tresckitta, Erino Zanini, Gladly Vernloua and Ralph Sartori*

### **Parish Luncheon**

Please join us at our next Parish luncheon on the Wednesday 28<sup>th</sup> of February, at the Summerhill hotel. A sign-up sheet is available in the foyer. All welcome!

### **Visitation and Communion**

If you or someone you know wishes to receive Communion at home or a visitation, please let a member of PLT or Fr John know.

### **Parish Suggestion Box**

Thank you for your on-going suggestions and comments. A white suggestion box is available in the church foyer. If parishioners have any concerns, or suggestions, please write a message, and place it in the box. The next scheduled PLT meeting will be on the 21<sup>st</sup> of February.

### **Friday Morning Adoration**

Please join us every Friday for 'Morning Exposition and Adoration of the Blessed Sacrament' from 9:15am to 9:45 am before 10am Mass.

### **Opening of the year Mass**

Please join us on the 11<sup>th</sup> of February Sunday 9am for the 2024 opening of the year mass. Everyone is welcome to join us for Morning Tea and Hospitality, and to celebrate the community of Our Lady of the Way.

### **Project Compassion**

Boxes and envelopes available in the foyer for those who wish to take one. We thank you for your donations and support.

### Ash Wednesday Mass Times

Ash Wednesday is on the 14<sup>th</sup> of February. The following are the mass times:

- 9:00 am – Holy Name East Preston Parish
- 10: 30 am – Our Lady of the Way Primary School Mass
- 7:00 pm – Our Lady of the Way Kingsbury Parish

**Eucharistic Ministers:** If you wish to volunteer, please forward your name.

10<sup>th</sup> Feb: 6pm – K Zanini & M Leonard

11<sup>th</sup> Feb: 9am – J Vandenberg & Di Austin

17<sup>th</sup> Feb: 6pm – G Tombs & J Vandenberg

18<sup>th</sup> Feb: 9am – Gerard D & Angelina C

**Readers:** Reading roster has been updated as of the 28<sup>th</sup> of Jan, now available in the foyer.

10<sup>th</sup> Feb: 6pm – Jenny Glover

11<sup>th</sup> Feb: 9am – Evelyn Ginger

17<sup>th</sup> Feb: 6pm – Elizabeth Becker

18<sup>th</sup> Feb: 9 am - Maureen Jones

### FROM THE ARCHDIOCESE: INFORMATION OF PARISHIONERS LENT 2024

Ash Wednesday and Good Friday are days of Fasting and Abstinence from meat.

On all other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- (a) Prayer - for example, Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways.
  - (b) Self-Denial - for example, not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country or elsewhere; or in other ways. Project Compassion is a major means of expressing our self-denial in Australia.
  - (c) Helping Others - for example, special attention to someone who is poor, sick, elderly, lonely or over-burdened, or in other ways.
- All who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast. All who have completed their fourteenth year are bound to abstain (Canon 1252).
  - The Season of Lent is a time of penance. During this season the faithful are exhorted to devote themselves in a special manner to prayer, to engage in works of piety and charity, and to deny themselves.
  - Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 14 February 2024 and Trinity Sunday, 26 May 2024 unless for a good reason it is fulfilled at another time during the year.
  - The wonderful gift of the Lord's merciful love is offered in a special way in the Sacrament of Reconciliation. Lent is a most appropriate time to receive this Sacrament.
  - All the faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.

Fr John

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#### Online Donation

**1st Collection:** is for the support of our parish, its welfare and maintenance. *(Taken up after the homily).*

**Name: Kingsbury Parish Church**

**BSB: 083 347 A/C: 68643 0901**

**2nd Collection:** is for the support of our Parish Priest, the Archbishop, the sick and retired priests and priests in less fortunate areas of the Archdiocese of Melbourne. *(Taken up after the prayers of the faithful).*

**Name: Our Lady of the Way Parish Presbytery**

**BSB: 083 347 A/C: 66765 5224**

We appreciate your generous support to the parish and priest of Our Lady of the Way.

*At Our Lady of the Way, Kingsbury Parish we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our parish.*