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**Good Shepherd  
Catholic Parish**

**50<sup>TH</sup>**  
ANNIVERSARY  
1975 - 2025

88 South Circular Road, Gladstone Park PO Box 2400 (03) 9338 2840  
gladstonepark@cam.org.au

CELEBRATING 50 YEARS  
1975 - 2025

**CONTACT DETAILS**

Parish Priest: Fr Dishan Candappa  
Assistant Priest: Fr Samuel Pearson  
Deacon: Rev Poukesi Vaka'uta

**OFFICE HOURS:**

Tuesday: 10:00 – 1pm  
Wednesday - Friday: 10:00 AM – 2PM

**PARISH SCHOOLS**

School of the Good Shepherd  
PO Box 2400  
88 South Circular Road  
Gladstone Park Vic 3043  
Acting Principal: Elizabeth Sarpa  
Tel: 9338 7686 Fax: 9335 2586  
E: principal@sogsgpark.catholic.edu.au

St Carlo Borromeo  
5 – 9 Drummond Street  
Greenvale Vic 3059  
Principal: Kevin Gleeson  
Tel: 9333 2572  
E: principal@scgreenvale.catholic.edu.au

Mary Queen of Heaven  
75 French Road  
Greenvale Vic 3059  
Principal: Renae Gentile  
Tel: 7379 5600  
E: principal@mqhgvale.catholic.edu.au

**WEEKDAY MASS TIMES:**

Monday – Saturday:  
9:15 AM - Good Shepherd

**WEEKEND MASS TIMES:**

Saturday: 6:00 PM - Good Shepherd  
Sunday: 9:00 AM - St Carlo Borromeo  
11:00 AM - Good Shepherd  
5:00 PM - Good Shepherd

**ADORATION & BENEDICTION**

At Good Shepherd Church on the first  
Friday of the month after morning Mass  
& Wednesday at 6pm.

**MARIAN NOVENA**

Wednesday at 6:30 PM preceded by  
Adoration/Confession at 6:00 PM

**CONFESSION/RECONCILIATION**

Wed-Fri: 8:40 AM - 9:00 AM  
Wed: 6:00 PM – 6:20 PM  
Saturday: 9:45 AM & 5:30 PM,  
or by appointment.

**BAPTISM PREPARATION**

2<sup>ND</sup> & 4<sup>TH</sup> Tuesdays of the month at 6:00  
PM. Bookings essential.

**WEDDING PREPARATION**

Bookings to be made 6 months prior to  
wedding date. Bookings made through  
Parish Office.

**FOR THE INFORMATION OF PARISHIONERS**

**LENT 2026**

109. The Lenten season has a twofold character,  
1) it recalls baptism or prepares for it.  
2) it stresses a penitential spirit.

By these means especially, Lent readies the faithful for celebrating the paschal mystery after a period of closer attention to the Word of God, and more ardent prayer. In the liturgy itself and in the liturgy-centered instructions, these baptismal and penitential themes should be more pronounced. Hence:

- a) Wider use is to be made of baptismal features proper to the Lenten liturgy.  
b) The same approach holds for the penitential elements.  
110. During Lent, penance should not be only internal and individual but also external and social.

In any event, let the paschal fast be kept sacred. It should be observed everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the resurrection may be visited on uplifted and responsive spirits.

Constitution on the Sacred Liturgy, Vatican II

**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 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, Wednesday 18th February and Trinity Sunday, 31st May 2026 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.

15/02/26