The Capital Sins in the Christian Life: Envy

With this article we begin a short series reflecting on the capital sins within our Catholic tradition. The Catechism of the Catholic Church teaches that these sins are called “capital” because they give rise to other sins and vices **(CCC 1866).** References to Scripture and the Catechism are included so that readers may continue their prayer and study.

Before turning to envy, it is helpful to recall the Church’s teaching on **mortal sin**. Mortal sin destroys charity in the heart through a grave violation of God’s law and turns us away from God, our true happiness **(CCC 1855).** For a sin to be mortal, three conditions must be present: **grave matter, full knowledge, and deliberate consent (CCC 1857).** Remembering this invites us to approach the topic not with fear, but with a sincere desire for conversion.

What Is Envy?

The Catechism describes envy as sadness at another’s good (cf. CCC 2539). Rather than rejoicing in the blessings God gives others, the envious heart compares, measures, and resents. Scripture shows how ancient this struggle is, from Cain’s jealousy of Abel **(Gen 4:3–8)** to the opposition faced by Christ Himself **(Mk 15:10).** Envy is deeply human, yet it weakens charity and harms communion when left unexamined.

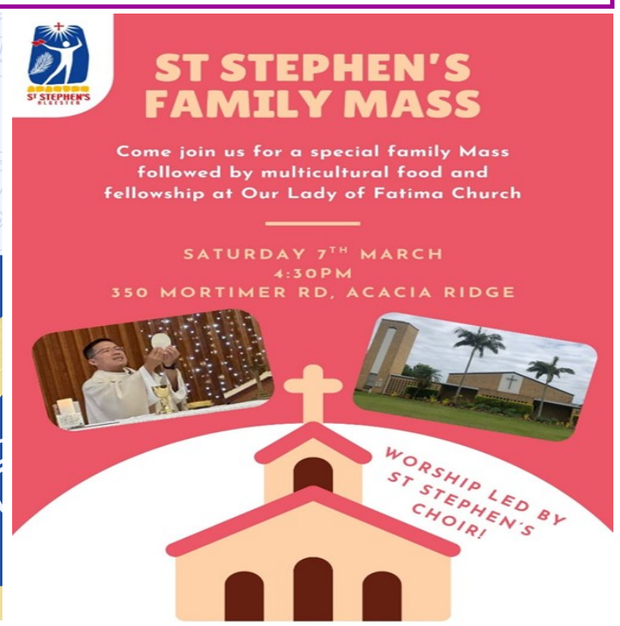
Why Is It a Capital Sin?

Envy is called “capital” because it easily leads to other sins such as gossip, detraction, division, and discouragement. The Catechism warns that envy can even lead one to desire harm for another **(CCC 2539).** In parish life it may appear quietly — comparisons between ministries, resentment of another’s gifts, or sadness when others are praised. One way to resist this temptation is to intentionally thank and affirm those who serve alongside us, recognising that every ministry shares in the same mission of Christ. Choosing collaboration over comparison helps preserve unity and keeps our focus on service rather than recognition.

The Healing Virtue: Charity

Deep down, envy shows a struggle to trust in God’s providence. The Gospel reminds us that God’s grace is abundant and that each person’s gifts build up the Body of Christ **(1 Cor 12:4–7).** Charity and humility are the remedies. We can begin simply: thank God for the gifts of others, offer sincere encouragement, and guard our speech from gossip. Would you like to see God glorified by you? Then rejoice in your brother's progress and you will immediately give glory to God. Because his servant could conquer envy by rejoicing in the merits of others, God will be praised **(cf. CCC 2540).**

May Our Lady, who rejoiced in God’s work (Lk 1:46–49), teach us to live with gratitude as we continue this journey through the capital sins. **Deacon Hugo Silva**



OUR LADY OF FATIMA PARISH

Acacia Ridge | Algester
Calamvale | Parkinson
| Larapinta | Pallara

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MASS TIMES

Tue: 5:30pm—Holy Mass
6:00pm Eucharist Adoration
Wed | Thurs | Fri | Sat 9 am
Saturday 4.30pm (Vigil)
Sunday 9am & 5pm

CONFESSIONS

Tues: 6:00pm to 6:30pm (or by appointment)

BAPTISMS

3rd Sunday of the month 10.15am

PIETY STALL

1st Sunday each month

SCHOOLS

Our Lady of Fatima School
www.ourladyoffatima.qld.edu.au
07 3275 1152
pacaciaridge@bne.catholic.edu.au
St Stephens School Algester
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07 3711 4911
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Please check out our Parish Webpage and Facebook Page for regular updates.

LIKE US ON facebook

FATIMA NEWS

Second Sunday of Lent

1 March 2026

Greetings to all,

We often say of people that they were beaming. Some joy they experienced left them radiant in some way, if only for a short while. Perhaps you might be able to think of times in your own lives when you might have appeared like that to others and call to mind what it was that brought it about.

The 2nd Sunday Lent, the Gospel reading recalls a moment in the life of Jesus when he appeared radiant to his disciples. The story of Jesus’ transfiguration was recorded in all three gospels of Mathrew, of Mark and of Luke; However, it is only Luke among the gospel writers who tells us that Jesus went up the mountain to pray.

Jesus’ prayerful communion with the Father left him radiant; in the words of the gospel reading, he was transfigured. Perhaps at the heart of this transforming experience was the sense that Jesus had in prayer of God’s unconditional love for him, ‘This is my Son, the Beloved’.

If we could grasp with our hearts that sense of God’s unconditional love for us, we too would be transfigured. Bathed in the light of God’s love from which nothing can separate us, we too would be radiant.

To some extent that is what we mean by heaven, that unmediated experience of God’s unconditional love, the fruit of which is transformation, the bringing to perfection of our humanity. The disciples shared in some sense in Jesus’ transfiguring experience. ‘It is wonderful for us to be here’, Peter said.

They anticipated the experience of heaven. The Lord will grant us too those moments which anticipate our ultimate destiny, if we are open to receive them from his hands. They may come to us on the mountain of prayer or in some unexpected way in the midst of our daily activities.

Have a Blessed Week, Fr Dang

UPCOMING EVENTS WITHIN OUR PARISH FOR THE MONTH OF MARCH

Friday, March 6,13.20,27—6:00 pm to 6:30 pm - **Stations of the Cross**
Friday, March 6,13.20,27 - 6:30 pm to 7:30 pm - **Lenten Program**
Saturday, March 7, 4:30 pm St Stephen Primary School joins the parish Vigil Mass

To receive the Parish eNewsletter, please email to acaciaridge@bne.catholic.net.au |

The Rite of Election: Welcoming New Members to Our Parish Community

Big Congratulations to our five catechumens and eleven candidates from our parish who participated in the Rite of Election at St Stephen's Cathedral last Sunday with Archbishop Shane.

This is a wonderful milestone in their journey of faith, and we are proud of their commitment and courage. Let us continue to keep them in our prayers as they prepare to receive the sacraments and become full members of our Catholic community.

Lent Liturgical Texts

Some of the Mass prayers that we hear during Lent remind us about the purpose of this season of the Church's year and provide material for our personal prayer during the week.

Preface of Lent I (The spiritual meaning of Lent) For by your gracious gift each year your faithful await the sacred paschal feasts with the joy of minds made pure, so that, more eagerly intent on prayer and on the works of charity, and participating in the mysteries by which they have been reborn, they may be led to the fullness of grace that you bestow on your sons and daughters.

Preface of Lent III (The fruits of abstinence) For you will that our self-denial should give you thanks, humble our sinful pride, contribute to the feeding of the poor, and so help us imitate you in your kindness.

Prayer over the People Fifth Sunday of Lent: Bless, O Lord, your people, who long for the gift of your mercy, and grant that what, at your prompting, they desire they may receive by your generous gift.

LENTEN SCHEDULE

Friday, 6TH March, 6:00 pm to 6:30 pm - Stations of the Cross

Friday, 6TH March, 6:30 pm to 7:30 pm - Lenten Program

Saturday, 7th March, 4:30 pm St Stephen Primary School joins the parish Vigil Mass

Have you signed up? Why Flocknote?

Parishioners and visitors are invited to scan the QR code to sign up and register with the parish. If you have any questions, please reach out to our parish office : acaciaridge@bne.catholic.net.au

Safeguarding News

The Safeguarding Commitment for the Archdiocese of Brisbane and Our Lady of Fatima Parish is: Zero tolerance for all forms of abuse and strives to safeguard all who interact with its ministries & services. Special priority is given to the safety & wellbeing of children & adults at risk. In an emergency, please call the Police 000 or information can be provided to STOPline anonymously. Phone: 1300 304 550 Email: AOB@stopline.com.au Online: www.bnecatholic.stoplinereport.com https:// brisbane-catholic.org.au/safeguarding/safeguard/

IN GRACE FRIENDS

Join us for a Morning Tea on Thursday, 12 March, 9:30am at Parish Office/Presbytery. Bring a plate of food to share and a friend.

Catechism Class

Dear parents, An ongoing catechism class every Sunday during school Term for 30 minutes after the 9 am Mass at Our Lady of Fatima parish in Acacia Ridge. For more information, please contact Sr. Hanna MC. Ph: (07) 3252 4441 if interested.

Caritas AUSTRALIA — PROJECT COMPASSION — rosary.catholic.edu.au

A practical and life-giving expression of Lent is our call to generosity and sacrifice in support of those less fortunate through the Project Compassion Appeal. This is something every individual and family can take part in, with a single envelope for the whole season of Lent available at the entrance of each church.

Saint of the Week: St Perpetua and Felicity, Martyrs

St Perpetua and St Felicity are revered as two of the most courageous and influential martyrs of the early Christian Church. Living during a time when Christianity was outlawed in the Roman Empire, their story is a powerful testament to faith, friendship, and the enduring human spirit.

Their martyrdom took place in Carthage (in modern-day Tunisia) in the year 203 AD, during the reign of Emperor Septimius Severus. At that time, Christians faced severe persecution, with new edicts forbidding conversions and demanding public allegiance to the Roman gods. Defiance often meant imprisonment, torture, or execution.

Perpetua was a young noblewoman, just 22 years old, and a mother to an infant son. Felicity, her companion, was a slave woman who was heavily pregnant at the time of their arrest. Both women, along with several others, were catechumens—individuals preparing for baptism. Their refusal to renounce their Christian faith led to their imprisonment and eventual sentence to death in the arena.

Remarkably, Perpetua kept a diary during her time in prison, which became an important historical and spiritual document known as "The Passion of Perpetua and Felicity". In it, she describes her visions, fears, and unwavering faith, as well as the deep bond she shared with Felicity and the other prisoners.

On the day of their execution, Felicity gave birth to a daughter, who was cared for by the Christian community. Both women faced their fate with remarkable courage, refusing to deny their beliefs even under the threat of violent death. In the amphitheatre, they were subjected to wild beasts and ultimately killed by the sword.

St Perpetua and Felicity quickly became symbols of steadfast Christian faith and solidarity. Their story has been passed down through the centuries, inspiring countless believers. They are especially venerated in the Roman Catholic, Anglican, and Eastern Orthodox traditions, with their feast day celebrated on 7 March each year.

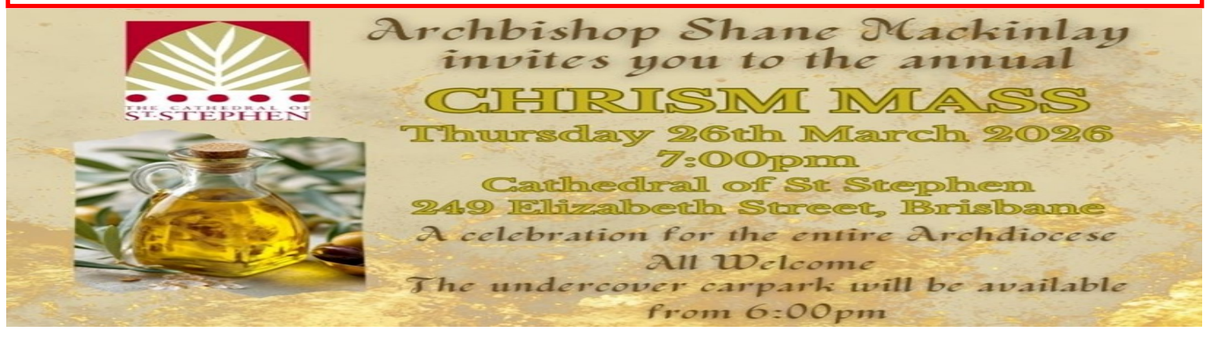
Their example continues to encourage those facing oppression or hardship for their beliefs. The courage of Perpetua and Felicity reminds us of the power of conviction, the strength found in community, and the enduring hope that faith can provide even in the darkest moments.

The Way of the Cross

Stations of the Cross is a popular practice in parishes during Lent. This form of devotion arose after pilgrims began to visit the Holy Land from the end of the 4th century to follow the path that Jesus trod in his last week of life. Christians who were unable to travel to Palestine themselves reproduced a parallel devotion at home.

The Franciscans popularised the practice during the Middle Ages, but the number and subject of the stations was not settled until the 18th century. The 14 stations that were established were a blend of biblical and legendary material.

There is no set way of praying the Stations and the Church has never provided an official ritual for the celebration. In 1975 the Congregation for Sacred Rites suggested a list of Stations of the Cross that is more in keeping with the gospel accounts than the traditional form. It begins with the Last Supper and concludes with Christ's resurrection. Recent popes have used yet another set of Stations when celebrating the Way of Cross at the Colosseum during Holy Week.

The terms "Stations of the Cross" and "Way of the Cross" refer to the same devotional practice. The latter may be better as it emphasises the spiritual journey aspect of the prayer.

Official guidelines for celebrating the Way of the Cross suggest that it is always preferable to choose texts written in a clear simple style and to end the celebration with a commemoration of the Lord's resurrection "to leave the faithful with a sense of expectation of the resurrection in faith and hope".