



Westmead Catholic Community PARISH HEARTBEATS

Official Weekly Bulletin of Sacred Heart Parish, Westmead

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'The sacred heart of Jesus is an open heart...' St Teresa of Kolkata

5th Sunday in Ordinary Time

3 - 4 February 2024

ENTRANCE ANTIPHON

Ps 94:6-7

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

FIRST READING

JOB 7:1-4. 6-7

Job began to speak: Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery? Like the slave, sighing for the shade, or the workman with no thought but his wages, months of delusion I have assigned to me, nothing for my own but nights of grief. Lying in bed I wonder, 'When will it be day?' Risen I think, 'How slowly evening comes!' Restlessly I fret till twilight falls. Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind. Remember that my life is but a breath, and that my eyes will never again see joy.

RESPONSORIAL PSALM

Ps 146:1-6. R.V.3

R. Praise the Lord

who heals the broken-hearted.

1. Praise the Lord for he is good; sing to our God for he is loving: to him our praise is due.
2. The Lord builds up Jerusalem and brings back Israel's exiles, he heals the broken-hearted, he binds up all their wounds. He fixes the number of the stars; he calls each one by its name.
3. Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust.

SECOND READING

1 COR 9:16-19. 22-23

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me. So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could.

For the weak I made myself weak.

I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessings.

GOSPEL ACCLAMATION

Mt 8:17

Alleluia, alleluia! He bore our sickness, and endured our suffering. Alleluia!

GOSPEL

Mk 1:29-39

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

COMMUNION ANTIPHON

Ps 106:8-9

R. Let them thank the Lord for his mercy, his wonders for the children of men, for he satisfies the thirsty soul, and the hungry he fills with good things.

JESUS
Specializing
in the broken
and hurting
for over
2,000 years.



PARISH CONTACTS

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www.sacredheartwestmead.com.au
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Parish Primary Schools:

Sacred Heart Primary

Telephone: 8633 4500 Fax 9893 7415

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Principal: Elizabeth Devlin

Assistant Principal: Katherine Stennett

Westmead Hospital Chaplain

Fr Domingo Barawid MI

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MASS TIMES

Parish Church:

Saturday: 6:00pm (Vigil)

Sunday: 8:00am & 9:30am

Mon, Tue, Wed, Fri, Sat: 9:00am

RECONCILIATION

Saturday: 5:00pm to 5:30pm

BAPTISMS

1st Sundays or by arrangement

MARRIAGES & FUNERALS

By arrangement with the Parish Priest

(min 6 months notice for weddings)

ANOINTING OF THE SICK

By arrangement with the Parish Priest

The Westmead Catholic Community acknowledges the Burrumattagal people of the Darug nation, traditional custodians of the land on which we gather, recognising elders past & present. We aim to be an inclusive faith community, welcoming people of all ages, races, creeds, genders, orientations, marital status & cultures.

PARISH DIARY DATES

3 / 4 February	5th Sunday in Ordinary Time
5 February St Agatha;	10 February St Scholastica Memorial /s
10 / 11 February	6th Sunday in Ordinary Time
13 February	Shrove Tuesday
14 February	Ash Wednesday Mass 9am & 7pm
8 February	Parish Office Closed - Staff Development Day
2 - 12 February	No 9am Daily Parish Mass

ANNOUNCEMENTS

Masses will be held celebrating **Ash Wednesday on 14 February**. Ash Wednesday is a day of fast & abstinence and marks the start of Lent.



Sacred Heart Westmead 9am & 7pm
St Patricks Cathedral, Parramatta 6.30am, 12.30pm & 7.30pm

Fr Walter Long Service Leave

After 24 years of ordained ministry, I have decided to take some long service leave. Bp Vincent has generously granted me 6 months LSL from 17 February. In my absence, Fr John Hogan, a retired priest of the diocese, will be appointed administrator of the parish. I know you will welcome him & generously assist him (particularly over the Easter period). Just prior to starting my LSL, I have been requested to attend a special symposium at the Vatican on shaping priestly formation. As such, I will leave for Rome 2 Feb & return in time for Shrove Tuesday. During this time there will be no daily Masses, but Fr John will supply the Vigil & Sunday Masses as usual. This will be a great time of renewal for me and I am looking forward to the opportunities my LSL & Rome visit will offer me. Also, I know the parish will be in good hands, being carefully cared for by Fr John & members of the parish's Vision Committee & Finance Committee along with our many great volunteers. Please pray for me during this time just I will be praying for you & the parish.

Diocesan Mass for the World Day of the Sick, 2024; including Sacrament of the Anointing of the Sick will be celebrated by Most Reverend Vincent Long Van Nguyen OFM Conv DD STL at Mary Queen of the Family Parish, St Patrick's Church, Blacktown on Saturday 10 February 2024 from 11am-12:30. All are Welcome to attend.

Take home a **Project Compassion box** to support Caritas Australia this Lenten season and help assist vulnerable people around the world. Donate through the annual Project Compassion boxes or by visiting: lent.caritas.org.au

HOLY WEEK & EASTER PROGRAM

Passion/ Palm Sunday	March 23/24 Mass 6pm, 8am, 9.30am (with Blessing of Palms & Procession)
Holy Monday	March 25 Mass 9am
Holy Tuesday	March 26 Mass 9am
Holy Wednesday	March 27 Mass 9am
Holy Thursday	March 28 Mass of the Lord's Supper 7pm Solemn Reservation until 10pm
Good Friday	March 29 Way of the Cross 10am Individual Reconciliation (immediately after 'Way of the Cross') Celebration of the Lord's Passion 3pm
Holy Saturday	March 30 Easter Vigil (including Lucernarium) 7pm
Easter Sunday	March 31 8am, 9.30am

At Sacred Heart Westmead, Baptism is celebrated on the first Sunday of the month at 11am. Please contact the parish office to book for 2024.



Dates and eligibility requirements for the **Parish's 2024 Sacramental Program** will soon be published in our parish bulletin and on our website - www.sacredheartwestmead.com.au.
March 1st Eucharist; June Confirmation; September 1st Reconciliation

WEEK 2 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

EMoE - 10 / 11 February

6:00pm: O. Nagel
8:00am: P. Vo
9:30am: M. D'Souza

Readers - 10 / 11 February

6:00pm: A. Pinto / A. Pinto
8:00am: L. Eid / V. Kastoun
9.30am: A. Sutanto / J. D'Souza

Junior Altar Servers - 10 / 11 February

6:00pm: A. Esterado / M. San Juan
8:00am: L. Burke
9.30am: G. Vicente

Senior Altar Servers - 10 / 11 February

6:00pm: J. Nagel
8:00am: J. Chandran
9.30am: L. Vicente

If you are unable to attend your rostered date, please arrange a swap with another minister.

Please note there will be no 9am Daily Parish Mass on the following dates:

Friday 2 - Monday 12 February 2024

Shrove Tuesday - 13 February

Shrove Tuesday is the traditional feast day before the start of Lent on Ash Wednesday. On Shrove Tuesday, Christians went to confession and were "shriven" (absolved from their sins). A bell would be rung to call people to confession. This came to be called the "Pancake Bell" and is still rung today in some parts of the world. Lent is a time of abstinence, of giving things up; so Shrove Tuesday was the last chance to indulge and use up foods that aren't allowed in Lent. Giving up foods: but not wasting them. In times past there were many foods that observant Christians would not eat during Lent: foods such as meat and fish, fats, eggs and milky foods. So that no food was wasted, families would have a feast on the shroving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off. Pancakes became associated with Shrove Tuesday as they were a dish that could use up all the eggs, fats and milk in the house with just the addition of flour. The pancake has a long history and has featured in cookery books as far back as 1439.

Women's Weekly: Best Ever Pancake Recipe

1 egg; 1 teaspoon vanilla extract;
1 & 1/2 cups milk; 2 tablespoons melted butter;
1/3 cup caster sugar; 2 cups sifted SR flour
Combine flour & sugar. Whisk together egg, butter & vanilla. Make well in dry ingredients and gradually add milk mixture until pouring consistency is achieved. Heat a non-stick frying pan on medium. Brush pan with a little extra butter. Pour 1/4 cup of batter into pan, to make a circle. Cook for 2-3 minutes, or until bubbles start to appear on the surface. Turn & cook a further 1minute until golden. Makes 8.

NEXT SUNDAY'S READINGS: 11 FEBRUARY

6TH SUNDAY IN ORDINARY TIME

1ST READING: LEV 13:1-2, 44-46
2ND READING: 1 COR 10:31 - 11:1
GOSPEL: MK 1:40-45

