



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

Third Sunday of Lent

2 - 3 March 2024

ENTRANCE ANTIPHON

*My eyes are always on the Lord,
for he rescues my feet from the snare.
Turn to me and have mercy on me,
for I am alone and poor.*

Ps 24:15-16

4. They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb.

R.

FIRST READING

God spoke all these words. He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery. 'You shall have no gods except me. 'You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments. 'You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it. 'Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work on that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred. 'Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you. 'You shall not kill. 'You shall not commit adultery. 'You shall not steal. 'You shall not bear false witness against your neighbour. 'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his.'

Ex 20:1-17

SECOND READING 1 COR 1:22-25
While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

GOSPEL ACCLAMATION

JN 3:16

*Praise to you, Lord Jesus Christ, king of
endless glory! God loved the world so much,
he gave us his only Son, that all who believe
in him might have eternal life. Praise to you,
Lord Jesus Christ, king of endless glory!*

GOSPEL

JN 2:13-25

Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said. During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

COMMUNION ANTIPHON

Ps 83:4-5

*The sparrow finds a home, and the swallow
a nest for her young: by your altars,
O Lord of hosts, my King and my God.
Blessed are they who dwell in your house,
for ever singing your praise.*

R.

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PARISH CONTACTS

(02) 9635 9262
www.sacredheartwestmead.com.au
www.facebook.com/Sacred-Heart-Westmead

Parish Priest

Rev Fr Walter Fogarty PP (on leave)

Administrator

Rev Fr John Hogan

Parish Administrator

Virginia Knight,
Tuesday - Thursday: 10am - 4pm

Email: office@
sacredheartwestmead.com.au

Sacramental Coordinator

Anne Monahan,
Friday: 10am - 4pm
Email: sacraments@
sacredheartwestmead.com.au

Parish Primary Schools:

Sacred Heart Primary

Telephone: 8633 4500 Fax 9893 7415

Principal: Natalie Mifsud

Assistant Principal: Jodie Smith

Mother Teresa Primary

Telephone: 8841 2600 Fax 9687 5893

Principal: Elizabeth Devlin

Assistant Principal: Katherine Stennett

Westmead Hospital Chaplain

Fr Domingo Barawid MI
Tel: (02) 8890 6037; Pager: 8512

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

2 / 3 March	Third Sunday of Lent
9 / 10 March	Fourth Sunday of Lent
30 March	Tamil Easter Mass 11.30pm
8, 15 & 22 March	Stations of the Cross in the Church 7pm
9/10 Mar - 27/28 Apr	First Eucharist Enrolment Forms available at weekend Masses

ANNOUNCEMENTS

Take home a **Project Compassion** box to support Caritas Australia this Lenten season and help assist vulnerable people around the world. Boxes should be returned to the parish by the weekend of 6/7 April.



Grant Eternal Rest to the recently deceased and those we remember at this time . . .



HOLY WEEK & EASTER PROGRAM

Passion/ Palm Sunday	March 23/24 Mass 6pm, 8am, 9.30am <i>(with Blessing of Palms & Procession)</i>
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 <i>(immediately after 'Way of the Cross')</i> Celebration of the Lord's Passion 3pm
Holy Saturday	March 30 Easter Vigil (including Lucernarium) 7pm
Easter Sunday	March 31 8am, 9.30am

Dates and eligibility requirements for the **Parish's 2024 Sacramental Program** are published in our parish bulletin and on our website - www.sacredheartwestmead.com.au.

First Eucharist Program

9 / 10 Mar - 27 / 28 Apr	Enrolment forms available at weekend Masses
4 / 5 May	Enrolment Ceremonies
7 May	Parent Meeting 7pm
12 May	Groups start for 4 weeks
16 June & 23 June	First Eucharist Masses 11am



Have you had a chance to complete your first 3 Mandatory Safeguarding Modules? **Face-to-face Mandatory Safeguarding Training** will be held at the Bishop Bede Heather Centre Blacktown on Tuesday mornings in March.

Module 1: Tuesday 5 March (10.00am – 11.00am)
Module 2: Tuesday 12 March (10.00am – 11.30am)
Module 3: Tuesday 19 March (10.00am – 11.30am)



Office for Safeguarding

To register, please visit <https://parracatholic.org/connect/events/?topic=safeguarding>



WEEK 2 ROSTERS—WEEKEND MASS

Please notify Fr John you are in attendance

EMoE - 9 / 10 March
6:00pm: O. Nagel
8.00am: P. Vo
9:30am: M. D'Souza
Readers - 9 / 10 March
6:00pm: A. Pinto / A. Pinto
8.00am: V. Kastoun / L. Eid
9.30am: J. D'Souza / A. Sutanto
Junior Altar Servers - 9 / 10 March
6:00pm: A. Esterado / M. San Juan
8.00am: L. Burke
9.30am: G. Vicente
Senior Altar Servers - 9 / 10 March
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.

Stations of the Cross

Stations of the Cross are held in the Church, every Friday at 7pm during Lent.



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.



Our Lenten Sacrifice - Part Three: Fasting

1. Fast from speaking - In the modern world we are trained to give our opinions so quickly. We are trained to disagree and often to care more about the argument than the person. This Lent, actually think about what people are saying, meditate on it, take it to prayer. Above all, learn to listen to the person in front of us before we speak to them.
2. Fast from phone-use in the presence of other people - Learning to be present to other people in the age of technology is really important. Maybe try disciplining your use of the cellular device in front of others.
3. Fast from social media - This is harder for those people whose work involves social media; but try taking a step back from personal social media this Lent, and see if it frees up your mind and emotions to be a little less fragmented.
4. Fast from basic luxuries - Whether this is giving up warm showers, pillows, beds, etc., some luxuries are more basic than others. To do something that really tests you, try giving up something you take for granted.
5. Bring back Wednesdays & Fridays - Maybe this Lent, do the same fasting and abstinence you would for Ash Wednesday & Good Friday for every Wednesday and Friday. And offer it up for a specific prayer intention.

NEXT SUNDAY'S READINGS: 10 MARCH

FOURTH SUNDAY OF LENT
1ST READING: 2 CHRON 36:14-16, 19-23
2ND READING: EPH 2:4-10
GOSPEL: JN 3:14-21

