



# 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

Fourth Sunday of Lent

9 - 10 March 2024

## ENTRANCE ANTIPHON

Is 66:10-11

**Rejoice, Jerusalem, and all who love her.  
Be joyful, all who were in mourning; exult  
and be satisfied at her consoling breast.**

## FIRST READING

1 CHRON 36:14-16. 19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors, tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy. Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces, and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah, 'Until this land has enjoyed its sabbath rest, until seventy years have gone by, it will keep sabbath throughout the days of its desolation.' And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: 'Thus speaks Cyrus king of Persia, "The Lord, the God of heaven, has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up."'

## RESPONSORIAL PSALM

Ps 136. R.v.6

**R. Let my tongue be silenced,  
If ever I forget you!**

1. By the rivers of Babylon there we sat and wept, remembering Zion; on the poplars that grew there we hung our harps.
2. For it was there that they asked us, our captors, for songs, our oppressors, for joy. 'Sing to us,' they said, 'one of Zion's songs.'
3. O how could we sing the song of the Lord on alien soil? If I forget you, Jerusalem, let my right hand wither!

4. O let my tongue cleave to my mouth if I remember you not, if I prize not Jerusalem above all my joys!

R.

## SECOND READING

EPH 2:4-10

God loved us with so much love that he was generous with his mercy: when we were dead through our sins, he brought us to life with Christ – it is through grace that you have been saved – and raised us up with him and gave us a place with him in heaven, in Christ Jesus. This was to show for all ages to come, through his goodness towards us in Christ Jesus, how infinitely rich he is in grace. Because it is by grace that you have been saved, through faith; not by anything of your own, but by a gift from God; not by anything that you have done, so that nobody can claim the credit. We are God's work of art, created in Christ Jesus to live the good life as from the beginning he had meant us to live it.

## GOSPEL ACCLAMATION

JN 3:16

**Glory and praise to you, Lord Jesus Christ!  
God loved the world so much, he gave us  
his only Son, that all who believe in him  
might have eternal life. Glory and praise  
to you, Lord Jesus Christ!**

## GOSPEL

JN 3:14-21

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses lifted up the serpent in the desert, so that everyone who believes may have eternal life in him. Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son. On these grounds is sentence pronounced: that though the light has come into the world men have shown they prefer darkness to the light because their deeds were evil. And indeed, everybody who does wrong hates the light and avoids it, for fear his actions should be exposed; but the man who lives by the truth comes out into the light, so that it may be plainly seen that what he does is done in God.'

R.

R.

R.

## COMMUNION ANTIPHON

Ps 121: 3-4

**Jerusalem is built as a city  
bonded as one together.  
It is there that the tribes go up,  
the tribes of the Lord,  
to praise the name of the Lord.**

## 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

<b>9 / 10 March</b>	<b>Fourth Sunday of Lent</b>	
<b>16 / 17 March</b>	<b>Fifth Sunday of Lent</b>	
<b>17 March</b>	<b>St Patricks Day</b>	
<b>30 March</b>	<b>Tamil Easter Mass</b>	<b>11.30pm</b>
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

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

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](http://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



**Sydney St Patricks Day Festival: 17 March; 11am - 6pm**  
**St Patrick's Day Parade** - March through Sydney CBD. A spectacle of colour, music & dance. *Pitt Street/Hunter Steet to Circular Quay. Commences at 11am*  
**Live Music & Dancing** - All day. Live bands, Irish dancing & traditional Irish music. *First Fleet Park & MCA Lawn, The Rocks*  
**Childrens entertainment** - A whole host of fun activities for the young and young at heart including arts & crafts, Irish dancing & face painting. *Bligh & Barney Reserve*  
**Irish markets & stalls** - A mixture of food, local businesses & craft stalls offering tasty treats, gifts or Sydney St.Patrick's Day merchandise. *Tallawoladah Lawn (near MCA, The Rocks)*



### WEEK 3 ROSTERS—WEEKEND MASS

*Please notify Fr John you are in attendance*

**EMoE - 16 / 17 March**  
 6:00pm: S. Sutherland  
 8.00am: J. Nealon  
 9:30am: M. Kastoun

**Readers - 16 / 17 March**  
 6:00pm: F. Cadeaux / R. Saldanha  
 8.00am: N. Logiotatos / M. Schinella  
 9.30am: R. M. Regi / P. Alexander

**Junior Altar Servers - 16 / 17 March**  
 6:00pm: T. Fraser / W. Fraser  
 8.00am: *volunteer required*  
 9.30am: G. Vicente / L. Vicente

**Senior Altar Servers - 16 / 17 March**  
 6:00pm: P. Sicat  
 8.00am: D. Howse  
 9.30am: N. Emmanuel

*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.



#### The Good News *(excerpt from CathNews)*

As creatures of comfort we rarely court hardships, but Lent gives us an opportunity to give something up for a greater outcome, writes Justine Toh. As a society, we are already half-way converted. Familiar events in the annual calendar, like Movember, are Lent-like in their emphasis on giving up something, or focusing our collective efforts, in pursuit of a greater good. Feb Fast is a prompt to reset after the excess of Christmas, Dry July a mid-year pause to abstain from alcohol. Each event is time-bound and concentrated on a positive goal. The Lenten logic behind all of these is that discipline matters – and there are benefits of adopting a regime or schedule you wouldn't necessarily choose for yourself. We creatures of comfort and convenience don't willingly submit to hardship. When believers observe Lent, what they add on top of the discipline is discipleship, the commitment to bring their everyday life in line with their convictions. It's hard. According to Jesus, the greatest commandment, or what helps life go best, is loving God and loving your neighbour as yourself. This is what Lent is: a chance to willingly embrace discomfort for a greater outcome.

#### NEXT SUNDAY'S READINGS: 17 MARCH

FIFTH SUNDAY OF LENT  
 1ST READING: JER 31:31-34  
 2ND READING: HEB 5:7-9  
 GOSPEL: JN 12:20-30

