



# 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

7th Sunday in Ordinary Time

22 - 23 February 2025

## ENTRANCE ANTIPHON

*O Lord, I trust in your merciful love.  
My heart will rejoice in your salvation.  
I will sing to the Lord who has been  
bountiful with me.*

## FIRST READING

1 SAM 26:2, 7-9, 12-13, 22-32

The Lord has put you in my power, but I will not raise my hand against you. Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph. So in the dark David and Abishai made their way towards the force, where they found Saul asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him. Then Abishai said to David, 'Today God has put your enemy in your power; so now let me pin him to the ground with his own spear. Just one stroke! I will not need to strike him twice. David answered Abishai, Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt?' David took the spear and the pitcher of water from beside Saul's head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, for a deep sleep from the Lord had fallen on them. David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them. David then called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

## RESPONSORIAL PSALM

Ps 102:1-4. 8. 10. R.v.8

**R. The Lord is kind and merciful.**

1. My soul, give thanks to the Lord,  
all my being, bless his holy name.  
My soul, give thanks to the Lord  
and never forget all his blessings.
2. It is he who forgives all your guilt,  
who heals every one of your ills,  
who redeems your life from the grave,  
who crowns you with love  
and compassion.
3. The Lord is compassion and love,  
slow to anger and rich in mercy.  
He does not treat us according to our sins  
nor repay us according to our faults.
4. As far as the east is from the west  
so far does he remove our sins.  
As a father has compassion on his sons,  
the Lord has pity on those who fear him.

Ps 12:6

## SECOND READING

1 COR 15:45-49

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

## GOSPEL ACCLAMATION

JN 13:34

**Alleluia, alleluia! I give you a new commandment; love one another as I have loved you. Alleluia!**

## GOSPEL

Lk 6:27-38

Jesus said to his disciples: 'I say this to you who are listening: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To the man who slaps you on one cheek, present the other cheek too; to the man who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked. 'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'

R.

R.

R.

## COMMUNION ANTIPHON

Ps 9:2-3

**I will recount all your wonders, I will rejoice in you and be glad, and sing psalms to your name, O Most High.**

## PARISH CONTACTS

(02) 9635 9262

www.sacredheartwestmead.com.au  
www.facebook.com/Sacred-Heart-Westmead

### Parish Priest

Rev Fr Walter Fogarty PP

Email: frwalter

@sacredheartwestmead.com.au

### 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: Julianne Regan

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>22 / 23 February</b>	<b>7th Sunday in Ordinary Time</b>	
<b>23 February</b>	<b>Tamil Mass</b>	<b>5.30pm</b>
<b>1 / 2 March</b>	<b>8th Sunday in Ordinary Time</b>	
<b>5 March</b>	<b>Ash Wednesday Mass</b>	<b>9am, 7pm</b>
<b>17 - 21 February</b>	<b>No 9am Daily Parish Mass</b>	
<b>15/16 Mar - 26/27 Apr</b>	<b>First Eucharist Enrolment forms available at weekend masses</b>	

## ANNOUNCEMENTS

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



At Sacred Heart Westmead, **Baptism** is celebrated on the first Sunday of the month at 11am. Please contact the parish office to book for 2025.



Dates and eligibility requirements for the **Parish's 2025 Sacramental Program** will be published in our parish bulletin & are listed on our website - [www.sacredheartwestmead.com.au](http://www.sacredheartwestmead.com.au).

### First Eucharist Program

<b>15/16 March - 26/27 April</b>	<b>Enrolment forms available at weekend Masses</b>	
<b>3/4 May</b>	<b>Enrolment Ceremonies at weekend Masses (6pm Vigil, 8am, 9.30am)</b>	
<b>13 May</b>	<b>Parent Meeting</b>	<b>7pm</b>
<b>14 May</b>	<b>Groups start for 4 weeks</b>	
<b>15 &amp; 22 June</b>	<b>First Eucharist Masses</b>	<b>11am</b>

### Project Compassion boxes will soon be available to take home

to support Caritas Australia this Lenten season and help assist vulnerable people around the world face their challenges today and build a better tomorrow for all future generations. Donate through Project Compassion boxes or by visiting [lent.caritas.org.au](http://lent.caritas.org.au)

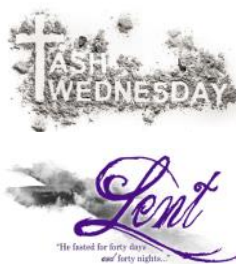


Due to staff leave the parish office will be closed on Thursdays & Fridays from February 13-28. For matters of importance during this time email: [office@sacredheartwestmead.com.au](mailto:office@sacredheartwestmead.com.au) or phone: 9635 9262 to leave a message.



### Ash Wednesday: 5 March

Masses will be held celebrating Ash Wednesday at local Churches and Mass centres. Ash Wednesday is a day of fast & abstinence and marks the start of Lent. Sacred Heart Westmead. 9am & 7pm



### Stations of the Cross

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

### 40 Days – 40 Activities GIVING

- 40 caring letters written
- 40 catch-up phone calls
- 40 earth care activities
- 40 volunteering activities
- 40 more acts of kindness
- 40 more positive actions

### FASTING

- 40 days less screen time
- 40 less impulse spends
- 40 less negative actions

### PRAYING

- 40 prayer intentions
- 40 prayers of thanks



## WEEK 1 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

### EMoE - 1 / 2 March

6:00pm: R. Tuason San Juan  
8:00am: M. Schinella  
9:30am: F. Khouri

### Readers - 1 / 2 March

6:00pm: F. Cadeaux / A. Enriquez  
8:00am: A. Priya / M. Budwee  
9:30am: C. Khouri / C. Esterado

### Junior Altar Servers - 1 / 2 March

6:00pm: W. Fraser / J. Braganza  
8:00am: A. Dave  
9:30am: N. Farah / J. Farah

### Senior Altar Servers - 1 / 2 March

6:00pm: T. Fraser  
8:00am: J. Chandran  
9:30am: N. Emmanuel

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

'Tap & Go' devices are installed in our church. Select an amount and tap your card on the logo to donate.



We thank you for your support of Sacred Heart Westmead



### Shrove Tuesday

The name "Shrove Tuesday" comes from the word "shrive," which means to confess one's sins and receive absolution from a priest. It's a day for Christians to prepare their hearts and souls for the penitential season of Lent. Shrove Tuesday is the traditional feast day before the start of Lent on Ash Wednesday. On Shrove Tuesday, 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. Giving up foods: but not wasting them. In days long past there were many foods that observant Christians would not eat during Lent: foods such as meat and fish, fats, eggs, and dairy. So Shrove Tuesday was the last chance to indulge yourself, and to use up the foods that weren't allowed in Lent. 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.

The tradition of making pancakes on this day is believed to have originated in medieval England as a way to use up ingredients like eggs, milk, and sugar before Lenten fasting began. The pancake has a very long history and has featured in cookery books as far back as 1439.

- Breakfast or Dinner? Start or finish your day with a hearty pancake meal or pancake party!
- Toppings: Classic choices include maple syrup, golden syrup, fresh fruit, ice cream or butter. Some also enjoy savory pancakes with ingredients like cheese, bacon or eggs.

### NEXT SUNDAY'S READINGS: 1 / 2 MARCH

8TH SUNDAY IN ORDINARY TIME

1ST READING: SIR 27:4-7

2ND READING: 1 COR 15:54-58

GOSPEL: LK 6:39-45

