



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

4th Sunday in Ordinary Time

30 January - 1 February 2026

ENTRANCE ANTIPHON

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

Ps 105:47

GOSPEL ACCLAMATION

**Alleluia, alleluia! Rejoice and be glad;
Your reward will be great in heaven.
Alleluia!**

MT 5:12

FIRST READING

**Seek the Lord all you, the humble of the earth,
who obey his commands. Seek integrity, seek
humility: you may perhaps find shelter on the
day of the anger of the Lord. In your midst I
will leave a humble and lowly people, and
those who are left in Israel will seek refuge in
the name of the Lord. They will do no wrong,
will tell no lies; and the perjured tongue will
no longer be found in their mouths.
But they will be able to graze and rest
with no one to disturb them.**

ZEPH 2:3; 3:12-13

GOSPEL

Seeing the crowds, Jesus went up the hill.
There he sat down and was joined by his
disciples. Then he began to speak.
This is what he taught them:
'How happy are the poor in spirit:
theirs is the kingdom of heaven.
Happy the gentle:
they shall have the earth for their heritage.
Happy those who mourn:
they shall be comforted.
Happy those who hunger and thirst
for what is right: they shall be satisfied.
Happy the merciful:
they shall have mercy shown them.
Happy the pure in heart: they shall see God.
Happy the peacemakers:
they shall be called sons of God.
Happy those who are persecuted in the cause
of right: theirs is the kingdom of heaven.
'Happy are you when people abuse you and
persecute you and speak all kinds of calumny
against you on my account. Rejoice and be
glad, for your reward will be great in heaven.'

MT 5:1-12

RESPONSORIAL PSALM

Ps 145:7-10. R. MT 5:3

**R. Happy the poor in spirit;
the kingdom of heaven is theirs!**

1. It is the Lord who keeps faith forever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free.
2. It is the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord, who protects the stranger
and upholds the widow and orphan.
3. It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

R.

R.

COMMUNION ANTIPHON

Ps 30:17-18

**Let your face shine on your servant.
Save me in your merciful love.**

R.

**O Lord, let me never be put to shame,
for I call on you.**

SECOND READING

1 COR 1:26-31

Take yourselves, brothers, at the time when
you were called: how many of you were wise
in the ordinary sense of the word, how many
were influential people, or came from noble
families? No, it was to shame the wise that
God chose what is foolish by human reckon-
ing, and to shame what is strong that he chose
what is weak by human reckoning; those
whom the world thinks common and con-
temptible are the ones that God has chosen –
those who are nothing at all to show up those
who are everything. The human race has
nothing to boast about to God, but you, God
has made members of Christ Jesus and by
God's doing he has become our wisdom, and
our virtue, and our holiness, and our freedom.
As scripture says: if anyone wants to boast,
let him boast about the Lord.

PARISH CONTACTS

(02) 9635 9262

www.sacredheartwestmead.com.au
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Parish Priest

Rev Fr Walter Fogarty PP

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Virginia Knight (Tuesday - Thursday)

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Sacramental Coordinator

Anne Monahan (Friday)

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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

PARISH OFFICE HOURS

Tuesday & Friday: 9.30am - 4pm

Wednesday & Thursday: 10am - 2pm

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 Burramattagal 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

| | | |
|--------------------------------|---|----------|
| 31 January / 1 February | 4th Sunday in Ordinary Time | |
| 2 February | Presentation of the Lord | Feast |
| 5 February | St Agatha | Memorial |
| 6 February | St Paul Miki | Memorial |
| 7 / 8 February | 5th Sunday in Ordinary Time | |
| Wed, 11 Feb | Official sod turning & blessing of new church site | |
| 22 February | Tamil Mass | 5.30pm |

ANNOUNCEMENTS

Full dates and eligibility requirements for the **Parish's 2025 Sacramental Program** are listed on our website - www.sacredheartwestmead.com.au.

14/15 March - 25/26 April First Eucharist Enrolment forms available at weekend Masses

First Eucharist Program - Attendance is required at the following

| | |
|--------------|---|
| 2/3 May | Enrolment Ceremonies at weekend Masses (6pm Vigil, 8am, 9.30am) |
| 12 May | Parent Meeting 7pm |
| 17 May | Groups start for 4 weeks |
| 14 & 21 June | First Eucharist Masses 11am |

New Roster Available

Volunteers should check your email for new roster sent out this week. Please let the office know if you have not received this email (or update us on your email address).

At Sacred Heart Westmead, **Baptism** is celebrated on the first Sunday of the month at 11am. Please contact the parish office to book for 2026.



The parish office will operate on reduced hours during January 2026. For matters of importance during this time telephone: 9635 9262 or email:



office@sacredheartwestmead.com.au



Due to school beginning of year Masses, there will be no Parish Masses in the church on:

- Tues, 27 Jan
- Fri, 30 Jan (parishioners are welcome to join the staff of our parish primary schools for this Mass at 9am)
- Mon, 2 Feb
- Fri, 6 Feb
- Tues, 10 Feb (parishioners are welcome to join Sacred Heart Primary for this Mass at 9am)
- Fri, 13 Feb

Your Donations at Weekly Mass

- First Collection - Supports the clergy of the Parramatta Diocese
- **Second Collection - Supports the day to day running and maintenance of Sacred Heart Parish church, buildings, programs & ministries**

Please help support our parish by donating to the second collection through cash, the 'TAP' machine or by joining the Planned Giving Envelope collection.



WEEK 2 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

EMoE - 7 / 8 February

6:00pm: O. Nagel
8.00am: P. Vo
9:30am: M. D'Souza

Readers - 7 / 8 February

6:00pm: A. Pinto / A. Pinto
8.00am L. Eid / P. Alvares
9.30am: A. Sutanto / J. D'Souza

Junior Altar Servers - 7 / 8 February

6:00pm: A. Esterado / J. Braganza
8.00am: J. Kingston
9.30am: G. Vicente

Senior Altar Servers - 7 / 8 February

6:00pm: J. Nagel
8.00am: D. Howse
9.30am: L. Vicente

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



Today's Message - (Reflection by Michael Tate)

The Beatitudes ... A Call to Action

Jesus doesn't start in a fantasy dream world of perfection. Jesus looks at the world as it often is for many people, perhaps for most people around the world: 'the poor in spirit', 'those who mourn', 'those who are gentle', 'those who hunger and thirst for justice'. Jesus astonishes the crowd by saying that such people are 'Blessed'. How can this be? The answer lies in our Lord's emphasis on the new community he is establishing under the reign of God: what he calls 'the Kingdom of God'.

Those in such wretched circumstances will have things set right, but only if followers of Jesus do everything possible to lift the poor out of the poverty which crushes their spirit, do everything possible to comfort those who mourn, do everything possible to make sure the gentle share the earth's resources, do everything possible to satisfy the craving for justice.

We could pause for a moment to pray the 'Our Father' pledging ourselves to help construct this new society where the Beatitudes can come true: 'Thy Kingdom come. Thy will be done on earth as it is in heaven.'

NEXT SUNDAY'S READINGS: 7/8 FEBRUARY

5TH SUNDAY IN ORDINARY TIME

1ST READING: Is 58:7-10
2ND READING: 1 COR 2:1-5
GOSPEL: MT 5:13-16

