



# Westmead Catholic Community PARISH HEARTBEATS

Official Weekly Bulletin of Sacred Heart Parish, Westmead

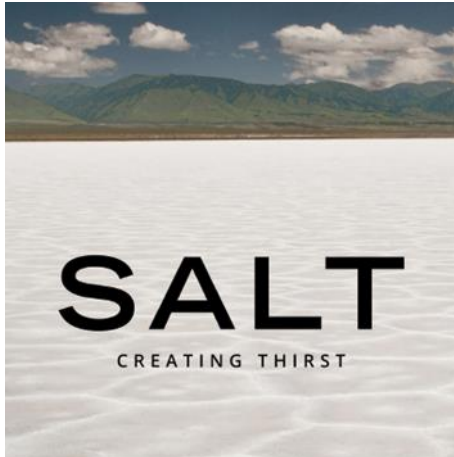
Parish Office: 14 Ralph Street, Westmead 2145 NSW Telephone: 9635 9262

Email Address: office@sacredheartwestmead.com.au Website: www.sacredheartwestmead.com.au

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

5th Sunday in Ordinary Time

7 - 8 February 2026



## SECOND READING

1 COR 2:1-5

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

## GOSPEL ACCLAMATION

JN 8:12

**Alleluia, alleluia!**  
**I am the light of the world, says the Lord; the man who follows me will have the light of life. Alleluia!**

## GOSPEL

MT 5:13-16

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men. 'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

## COMMUNION ANTIPHON

PS 106:8-9

**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.**

## 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

IS 58:7-10

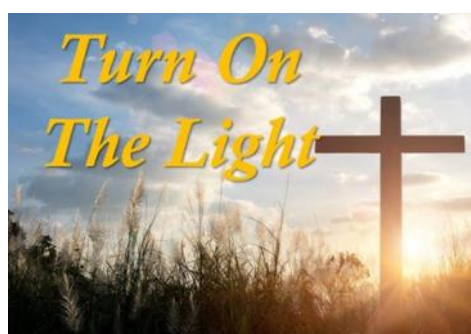
Thus says the Lord: Share your bread with the hungry, and shelter the homeless poor, clothe the man you see to be naked and turn not from your own kin. Then will your light shine like the dawn and your wound be quickly healed over. Your integrity will go before you and the glory of the Lord behind you. Cry, and the Lord will answer; call, and he will say, 'I am here.' If you do away with the yoke, the clenched fist, the wicked word, if you give your bread to the hungry, and relief to the oppressed, your light will rise in the darkness, and your shadows become like noon.

## RESPONSORIAL PSALM

PS 111:4-9. R.V.4

**R. A light rises in the darkness for the upright.**

1. He is a light in the darkness for the upright: he is generous, merciful and just. The good man takes pity and lends, he conducts his affairs with honour. **R.**
2. The just man will never waver: he will be remembered for ever. He has no fear of evil news; with a firm heart he trusts in the Lord. **R.**
3. With a steadfast heart he will not fear; open-handed, he gives to the poor; his justice stands firm for ever. His head will be raised in glory. **R.**



## 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)

Email: office

@sacredheartwestmead.com.au

### Sacramental Coordinator

Anne Monahan (Friday)

Email: sacraments

@sacredheartwestmead.com.au

### Parish Primary Schools:

#### Sacred Heart Primary

Telephone: 8633 4500 Fax 9893 7415

Principal: Julianne Regan

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

<b>7 / 8 February</b>	<b>5th Sunday in Ordinary Time</b>	
<b>10 February</b>	<b>Sacred Heart Primary school mass</b>	<b>9am</b>
<b>11 February</b>	<b>Official Sod Turning &amp; Blessing of New Church Site</b>	
10 February	St Scholastica	Memorial
14 February	Sts Cyril & Methodius	Memorial
<b>14 / 15 February</b>	<b>6th Sunday in Ordinary Time</b>	
<b>18 February</b>	<b>Ash Wednesday Masses</b>	<b>9am &amp; 7pm</b>
13 February	No 9am Daily Parish Mass	

## ANNOUNCEMENTS

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

### No 9am Daily Parish Mass/es

**Wednesday 11 February - Official Sod Turning & Blessing of New Church Site**

**Friday 13 February - school Mass**

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.



## WEEK 3 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

**EMoE - 14 / 15 February**

6:00pm: S. Sutherland

8.00am: J. Nealon

9:30am: M. Kastoun

**Readers - 14 / 15 February**

6:00pm: R. San Juan Tuason / F. Cadeaux

8.00am: M. Schinella / A. Priya

9.30am: P. Alexander / E. Bains

**Junior Altar Servers - 14 / 15 February**

6:00pm: J. Braganza / M. San Juan

8.00am: L. Harries

9.30am: G. Vicente

**Senior Altar Servers - 14 / 15 February**

6:00pm: C. San Juan

8.00am: A. Dave

9.30am: L. Vicente

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

Parishioners are welcome to join the Sacred Heart Primary School mass at 9am on **Wednesday 10 February**



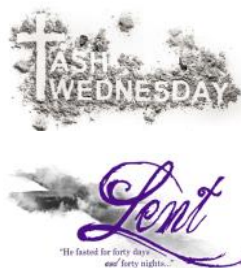
### Ash Wednesday: 18 February

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.



### Parish Registration

### Welcoming all to our parish community

Sacred Heart Parish is once again undertaking an update of all our parish information. It is an opportunity for all in our parish community to update contact and sacramental details for each member of your family. The parish conducts a Planned Giving Program (PGP) to raise the funds necessary to establish & maintain parish facilities. Those currently registered with the PGP may like to update their contribution details, while those new to our parish are invited to register in the program to receive a set of weekly contribution envelopes.



### 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)

### 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



### Today's Message -

(by G. Sunter & D. Bergant)

It's very easy to forget that these words immediately follow the Beatitudes that we heard in last week's gospel. The imperative for justice in the images of salt and light of the world becomes even clearer when we remember that these words follow the blessings on those who are poor; who mourn; who are merciful and fight for justice. Jesus has blessed all these who are least in the world and then charges the disciples to be salt and light for them. Whilst the gospel clearly states that disciples are to be salt and light of the world, it is just as clear that the intention is that they/we be salt and light for the world.

Jesus teaches us that what we do flows from who and what we are. We can enlighten the world with the message of the gospel, because our lives have been transformed by that gospel and now we ourselves are light for others. We can serve others in various ways, only because we have been saved by God's grace and now we are agents of that grace in the lives of others. Extraordinary things are accomplished through ordinary people. Jesus grew up as the son of a carpenter; some of the apostles were fishermen; Paul was a tentmaker; we are clerks and teachers, bus drivers and doctors, bank tellers and engineers. Like Paul we come to ministry in weakness and fear and much trembling. It is the Spirit and power of God that work the wonders, and God works them through mundane elements of life such as light and salt. We may not be asked to perform extraordinary feats, but all disciples of Jesus are called upon to do the ordinary things of life in an extraordinary way.

### NEXT SUNDAY'S READINGS: 14/15 FEBRUARY

6TH SUNDAY IN ORDINARY TIME

1ST READING: SIR 15:15-20

2ND READING: 1 COR 2:6-10

GOSPEL: MT 5:17-37

