



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

First Sunday of Lent

21 - 22 February 2026

ENTRANCE ANTIPHON

Ps 90:15-16

**When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.**

FIRST READING

GEN 2:7-9; 3:1-7

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden. The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

RESPONSORIAL PSALM

PS 50:3-6. 12-14. 17. R.v.3

**R. Be merciful, O Lord,
for we have sinned.**

1. Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.
2. My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.
3. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.
4. Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise.

SECOND READING - SHORTER FORM ROM 5:12, 17-19

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

GOSPEL ACCLAMATION

MT 4:4

**Praise to you, Lord Jesus Christ,
king of endless glory!**

**No one lives on bread alone,
but on every word that comes from the
mouth of God.**

**Praise to you, Lord Jesus Christ,
king of endless glory!**

GOSPEL

MT 4:1-11

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.' The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says: He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.' Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.' Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.' Then the devil left him, and angels appeared and looked after him.

COMMUNION ANTIPHON

MT 4:4

**One does not live by bread alone,
but by every word that comes forth
from the mouth of God.**

PARISH CONTACTS

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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: 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

21 / 22 February	First Sunday of Lent	
22 February	Tamil Mass	5.30pm
28 February / 1 March	Second Sunday of Lent	
23 - 27 February	No 9am Daily Parish Mass	

Stations of the Cross

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



ANNOUNCEMENTS

Full dates and eligibility requirements for the **Parish's 2026 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

Fr Walter will be away for one week on Annual Leave from February 23 to February 27. Daily Parish Masses will be cancelled during this period. Weekend Parish Masses will be held as usual.

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 1 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

EMoE - 28 February / 1 March

6:00pm: R. San Juan Tuason

8:00am: P. Vo

9:30am: F. Khouri

Readers - 28 February / 1 March

6:00pm: C. K. Liew / A. Enriquez

8:00am: A. Priya

9:30am: C. Esterado / C. Khouri

Junior Altar Servers - 28 February / 1 March

6:00pm: W. Fraser / M. Liew

8:00am: L. Harries

9:30am: J. Bedadala

Senior Altar Servers - 28 February / 1 March

6:00pm: T. Fraser

8:00am: A. Dave

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



HOLY WEEK & EASTER PROGRAM

Passion/ Palm Sunday	March 28/29 Mass	6pm, 8am, 9.30am
	<i>(with Blessing of Palms & Procession)</i>	
Monday of Holy Week	March 30 Mass	9am
Tuesday of Holy Week	March 31 Mass	9am
Wednesday of Holy Week	April 1 Mass	9am
Thursday of Lord's Supper	April 2	
	Mass of the Lord's Supper	7pm
	Solemn Reservation until 10pm	
Friday of Passion of Lord	April 3	
	Way of the Cross	10am
	Celebration of the Lord's Passion	3pm
Holy Saturday	April 4	
	Easter Vigil (including Lucernarium)	7pm
Sunday of the Resurrection	April 5	8am, 9.30am

Project Compassion boxes are available to take home to support Caritas Australia this Lenten season and 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

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 Greg Sunter)

Today's first reading and gospel give us two different takes on the notion of temptation. In the passage from Genesis, humanity is tempted to ignore the will of God and, when they succumb, they lose their innocence and become embarrassed by their nakedness. The temptation they are offered is to believe themselves above and beyond the will of God; to believe that they can judge as well as God; and to rise to an equal level of power and authority with God. Their action breaks the trusting, loving relationship between themselves and God. In the Gospel, Jesus too is confronted with similar temptations. Ultimately, the temptation that faces Jesus relates to his purpose and ministry – will he trust to God's vision of the suffering servant who will bring about a change of heart in the people, or will he be the sort of Messiah that the people hoped for: a triumphant, glorious victor over all who stood in his way. He is tempted to break his self-imposed fasting, to test God's promise of nurture and security, and to seek glory and personal power. Whilst Adam and Eve surrender to temptation, Jesus holds fast to God's vision.

Lent is a season of invitation. It is an invitation to step into the desert with Jesus; to confront our own purpose and ministry and to renew our trust in God's vision for the world and for us individually. The whole idea of fasting and sacrifice is an attempt to simplify our lives. Through simplifying our life and removing some of the daily distractions, we can share in the desert experience of Jesus and then truly celebrate the hope reborn in the Easter season.

NEXT SUNDAY'S READINGS: 28 FEB/ 1 MARCH

SECOND SUNDAY IN LENT

1ST READING: GEN 12:1-4

2ND READING: 2 TM 1:8-10

GOSPEL: MT 17:1-9

