



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

Second Sunday of Lent

28 February - 1 March 2026



GOSPEL ACCLAMATION

MT 17:5

**Glory and praise to you, Lord Jesus Christ!
From the shining cloud
the Father's voice is heard:
this is my beloved Son, hear him.**

Glory and praise to you, Lord Jesus Christ!

GOSPEL

MT 17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus. As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

R.

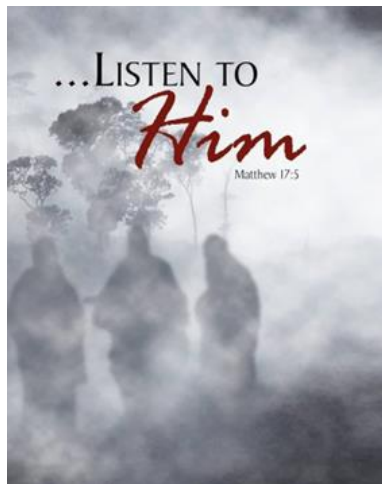
R.

R.

COMMUNION ANTIPHON

MT 17:5

**This is my beloved Son,
with whom I am well pleased;
listen to him.**



ENTRANCE ANTIPHON

Ps 26:8-9

**Of you my heart has spoken,
Seek his face.**

**It is your face, O Lord, that I seek;
hide not your face from me.**

FIRST READING

GEN 12:1-4

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing. I will bless those who bless you: I will curse those who slight you. All the tribes of the earth shall bless themselves by you.' So Abram went as the Lord told him.

RESPONSORIAL PSALM

Ps 32:4-5. 18-20. 22. R.v.22

**R. Lord, let your mercy be on us,
as we place our trust in you.**

1. The word of the Lord is faithful
and all his works to be trusted.

The Lord loves justice and right
and fills the earth with his love.

2. The Lord looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

3. Our soul is waiting for the Lord.
The Lord is our help and our shield.
May your love be upon us, O Lord,
as we place all our hope in you.

SECOND READING

2 Tm 1:8-10

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

PARISH CONTACTS

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

Parish Priest

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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

28 February / 1 March	Second Sunday of Lent	
7 / 8 March	Third Sunday of Lent	
4 April	Tamil Community Easter Mass	11.30pm

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 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

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 2026.



WEEK 2 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

EMoE - 7 / 8 March

6:00pm: O. Nagel
8:00am: M. Schinella
9:30am: M. D'Souza

Readers - 7 / 8 March

6:00pm: A. Pinto / A. Pinto
8:00am: P. Alvares / N. Ramos
9:30am: A. Sutanto / J. D'Souza

Junior Altar Servers - 7 / 8 March

6:00pm: A. Esterado / C. Cristobal
8:00am:
9:30am: G. Vicente / D. D'Souza

Senior Altar Servers - 7 / 8 March

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



HOLY WEEK & EASTER PROGRAM

Passion/ Palm Sunday	March 28/29 Mass	6pm, 8am, 9.30am
	(with Blessing of Palms & Procession)	
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 Nick Brodie)

Pope Leo says that 'we should set aside moments of silence, moments of prayer, times in which, quieting noise and distractions, we recollect ourselves before God in simplicity of heart.' 'This', he adds, 'is a dimension of the Christian life that we particularly need to recover today, both as a value for individuals and communities, and as a prophetic sign for our times.' Such silence and reflectiveness, the Pope suggests, helps us prioritise our 'relationship with God'. But such disposition should also, he adds, 'help us to be more open, more welcoming to others.' This active dimension of Christian contemplation is something the Pope wants us to remember. Even in our recreational moments, he suggests, we can find 'an opportunity to care for others, to get to know each other and to offer advice and a listening ear.' Caring and listening, he reminds us, 'are expressions of love, and that is something we all need.' We should therefore all love 'with courage'. As the Pope points out, such active love is transformative, because 'through solidarity, in the sharing of faith and life, we will help to promote a culture of peace.' Each of us, therefore, should respond to the Lord's call to start 'helping those around us to overcome divisions and hostility and to build communion.'

NEXT SUNDAY'S READINGS: 7 / 8 MARCH

THIRD SUNDAY IN LENT

1ST READING: EX 17:3-7

2ND READING: ROM 5:1-2, 5-8

GOSPEL: JN 4:5-42

