



# 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

Fifth Sunday of Lent

21 - 22 March 2026



## GOSPEL ACCLAMATION

JN 11:25, 26

*Glory and praise to you, Lord Jesus Christ!  
I am the resurrection and the life,  
says the Lord; whoever believes in me  
will not die for ever.*

*Glory and praise to you, Lord Jesus Christ!*

## GOSPEL - SHORTER FORM

JN 11:3-7. 17. 20-27. 33-45

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.' Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.' On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said: 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die.

**R.** Do you believe this?' 'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said: 'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.' When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face. Jesus said to them, 'Unbind him, let him go free.' Many of the Jews who had come to visit Mary and had seen what he did believed in him.

## COMMUNION ANTIPHON

JN 11:26

*Everyone who lives and believes in me  
will not die for ever, says the Lord.*

## ENTRANCE ANTIPHON

Ps 42:1-2

*Give me justice, O God,  
and plead my cause  
against a nation that is faithless.  
From the deceitful and cunning rescue me,  
for you, O God, are my strength.*

## FIRST READING

EZEK 37:12-14

The Lord says this: I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this – it is the Lord who speaks.

## RESPONSORIAL PSALM

Ps 129 R.v.7

*R. With the Lord there is mercy  
and fullness of redemption.*

1. Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.
2. If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.
3. My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
(Let the watchman count on daybreak  
and Israel on the Lord.)
4. Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

## SECOND READING

ROM 8:8-11

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

## 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 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>21 / 22 March</b>	<b>Fifth Sunday of Lent</b>	
25 March	Annunciation of the Lord	Solemnity
<b>28 / 29 March</b>	<b>Palm Sunday of the Passion of the Lord</b>	
4 April	Tamil Community Easter 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 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

Bishop Vincent Long, cordially invites Greater Western Sydney Vincentian members & staff to join in a special Frederic Ozanam Mass & Commissioning of Central Council President Leon Ross. Thursday 30th April 2026 at 12.30pm at St Patricks Cathedral Parramatta. RSVP- Ernest.Henry@vinnies.org.au

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 5 ROSTERS—WEEKEND MASS

Please notify Fr Walter you are in attendance

### EMoE - 28 / 29 March

6:00pm: R. Tuason San Juan  
8.00am: M. Schinella  
9:30am: F. Khouri

### Readers - 28 / 29 March

6:00pm: A. Enriquez / F. Cadeaux  
8.00am M. Budwee / P. Alvares  
9.30am: G. Vicente / N. Emmanuel

### Junior Altar Servers - 28 / 29 March

6:00pm: W. Fraser  
8.00am: L. Harries  
9.30am: J. Benedict / D. D'Souza

### Senior Altar Servers - 28 / 29 March

6:00pm: C. San Juan  
8.00am: J. Chandran  
9.30am: F. Benedict

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

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

**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](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 -

(Greg Sunter)

The last three Sundays of Lent feature passages from the gospel of John. First was the Samaritan woman at the well, to whom Jesus described himself as Living Water. Second, the healing of the blind man and Jesus declaring himself to be the Light of the World. In today's passage, Jesus declares, 'I am the resurrection and the life.' Living Water; Light of the World; and the Resurrection & the Life – three important images of Jesus. Each event relates to Jesus' response to some physical need: thirst; blindness; and death. In each case, Jesus not only responds to the physical need but also reveals a truth about himself that leads people to belief.

'Jesus wept' is the shortest verse in the New Testament. Just two little words carry a world of emotion and speak volumes about Jesus. This verse highlights the two natures of Jesus. In his humanity, Jesus wept for the death of his friend, but in his divinity Jesus raised Lazarus to life. Lazarus and his sisters were close friends and Jesus is clearly emotional about the death. That Jesus is about to restore Lazarus to life does not deny the grief and mourning at Lazarus' death.

To see a man bound up for burial suddenly come walking from his tomb must have been an unnerving experience to say the least. However, Jesus calmly commands the astonished onlookers to 'unbind him, let him go free'. These words speak to us today as we come to the end of the Lenten season and approach the celebration of Easter. What are the things that 'bind' us? From what do we need to be released so that we may 'go free'? Are they bindings placed by ourselves or others? What will it take to be unbound?

### NEXT SUNDAY'S READINGS: 28 / 29 MARCH

PALM SUNDAY OF PASSION OF LORD

1ST READING: IS 50:4-7

2ND READING: PHIL 2:6-11

GOSPEL: MT 26:14 - 27:66

