



Westmead Catholic Community PARISH HEARTBEATS

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1951-2026

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

Ascension of the Lord

16 - 17 May 2026

ENTRANCE ANTIPHON

The Spirit of the Lord has filled the whole world and that which contains all things understands what is said, alleluia.

FIRST READING

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

RESPONSORIAL PSALM

Ps 103:1.24.29-31.34.R.v.30

R. Lord, send out your Spirit and renew the face of the earth.

1. Bless the Lord, my soul!
Lord God, how great you are,
How many are your works, O Lord!
The earth is full of your riches.
2. You take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, they are created;
and you renew the face of the earth.
3. May the glory of the Lord last for ever!
May the Lord rejoice in his works!
May my thoughts be pleasing to him.
I find my joy in the Lord.

SECOND READING

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit. There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose. Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body,

Wis 1:7

so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

SEQUENCE

Holy Spirit, Lord of light,
From the clear celestial height
Thy pure beaming radiance give.
Come, thou Father of the poor,
Come with treasures which endure;
Come, thou light of all that live!
Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow;
Thou in toil art comfort sweet;
Pleasant coolness in the heat;
Solace in the midst of woe.
Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:
If thou take thy grace away,
Nothing pure in man will stay;
All his good is turned to ill.
Heal our wounds, our strength renew;
On our dryness pour thy dew;
Wash the stains of guilt away:
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts descend:
Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

GOSPEL ACCLAMATION

Alleluia, alleluia! Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!

R. GOSPEL

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews.
Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. 'As the Father sent me, so am I sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven: for those whose sins you retain, they are retained.'

COMMUNION ANTIPHON

They were all filled with the Holy Spirit and spoke of the marvels of God, alleluia.

PARISH CONTACTS

(02) 9635 9262

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

Parish Priest

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Virginia Knight (Tuesday - Thursday)

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Anne Monahan (Friday)

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Parish Primary Schools:

Sacred Heart Primary

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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

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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

23 / 24 May	Pentecost Sunday	Solemnity
25 May	Our Lady Help of Christians	Solemnity
26 May	St Philip Neri	Memorial
30 / 31 May	Most Holy Trinity	Solemnity
31 May	Tamil Community Mass	5.30pm
12 June	Sacred Heart Feast Day Mass & Celebrations	7pm
14 June	First Eucharist Mass	11am

ANNOUNCEMENTS

Full dates and eligibility requirements for the **Parish's 2026 Sacramental Program** are listed on our website - www.sacredheartwestmead.com.au.

20/21 June - 25/26 July Confirmation Enrolment forms available at weekend Masses

Confirmation Program - Attendance is required at the following

1/2 August	Enrolment Ceremonies at weekend Masses (6pm Vigil, 8am, 9.30am)	
4 August	Parent Meeting	7pm
9 August	Groups start for 4 weeks	
8 September	Confirmation Mass	7pm

Grant Eternal Rest to the recently deceased and those we remember at this time . . .

**Roumanos & Waded Eid
Josephine & Abraham Karam**



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.



'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



Help fund our New Church Essentials

Thank you to everyone who has already supported **Westmead New Church Giving** with a legacy gift for generations to come. There are two ways to give: **Sponsor a Pew** or **Donate towards other essential items**. This gift will support furnishings and essential items still needed to finish and equip the church, as outlined in our **New Church Essentials List** on the forms in the church. Please take a form today, scan the QR code, or give online at sacredheartwestmead.com.au/newchurch

For those who would like their gift recognised, please complete a *Westmead New Church Giving* form or supply a receipt number so we may reconcile your donation. Thank you for helping us complete our church.



Todays Message -

(Greg Sunter)

The feast of Pentecost celebrates the power of the Holy Spirit coming upon the disciples and energising them to set about their mission of continuing the ministry of Jesus. Jesus had already imbued the disciples with the Spirit but, as so often throughout his ministry, they were a bit slow to catch on to the significance of what he had done. It seems that they needed a more tangible experience to jolt them into action and Acts records the very physical experience of the Spirit entering their midst as a roaring wind before settling upon them as tongues of flame. Jesus had breathed the Spirit upon them but it took the roaring wind to make a real impression on the disciples. There are frequent references in the gospels to Jesus being 'filled with the Spirit'. It is this Spirit with which he was filled that he breathed upon his disciples; it is that same Spirit that we receive sacramentally in Confirmation. For the weeks following the death of Jesus the disciples had lived in fear and confusion, not fully understanding what had happened and not really knowing what to do. When they realised that the Spirit Jesus had breathed upon them was really present and urging them to action they finally had the courage to begin the mission that Jesus had entrusted to them: to spread the Good News of Jesus and continue to realise his message in the world.

Bishop's Good Works Appeal - 16 / 17 May 2026

Please donate to the Bishop's Good Works Appeal via envelopes in the church or online (specifying Westmead as your parish) at: parracatholic.org/appeal

PENTECOST SUNDAY - VIGIL MASS

ENTRANCE ANTIPHON: VIGIL RM 5:5; 8:11
The love of God has been poured into our hearts through the Spirit of God dwelling within us, alleluia.

FIRST READING: VIGIL

GEN 11:1-9; OR EX 19:3-8, 16-20;
OR EZEK 37:1-14; OR JOEL 3:1-5

RESPONSORIAL PSALM: VIGIL

Ps 103:21-2, 24, 27-30, 35 R.v.30

R. Lord, send out your spirit and renew the face of the earth.

SECOND READING: VIGIL ROM 8:22-27

GOSPEL ACCLAMATION: VIGIL
Alleluia, alleluia! Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Alleluia!

GOSPEL: VIGIL JN 7:37-39

COMMUNION ANTIPHON: VIGIL JN 7:37

On the last day of the festival, Jesus stood and cried out: If anyone is thirsty, let him come to me and drink, alleluia.



NEXT SUNDAY'S READINGS: 30/31 MAY

MOST HOLY TRINITY
1ST READING: EX 34:4-6, 8-9
2ND READING: 2 COR 13:11-13
GOSPEL: JN 3:16-18

