



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

14th Sunday in Ordinary Time

4 - 5 July 2026



ENTRANCE ANTIPHON

Ps 47:10-11

**Your merciful love, O God,
we have received in the midst
of your temple.**

**Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled
with saving justice.**

FIRST READING

ZECH 9:9-10

The Lord says this: 'Rejoice heart and soul,
daughter of Zion! Shout with gladness,
daughter of Jerusalem! See now, your king
comes to you; he is victorious, he is
triumphant, humble and riding on a donkey,
on a colt, the foal of a donkey. He will banish
chariots from Ephraim and horses from
Jerusalem; the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.'

RESPONSORIAL PSALM

Ps 144:1-2, 8-11, 13-14. R.v.1

**R. I will praise your name for ever,
my king and my God.**

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.
2. The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures. **R.**
3. All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God. **R.**
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down. **R.**

SECOND READING

ROM 8:9.11-13

Your interests 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, 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. So then, my brothers,
there is no necessity for us to obey our
unspiritual selves or to live unspiritual lives.
If you do live in that way, you are doomed
to die; but if by the Spirit you put an end
to the misdeeds of the body you will live.

GOSPEL ACCLAMATION

Mt 11:25

**Alleluia, alleluia! Blessed are you,
Father, Lord of heaven and earth;
you have revealed to little ones
the mysteries of the kingdom. Alleluia!**

GOSPEL

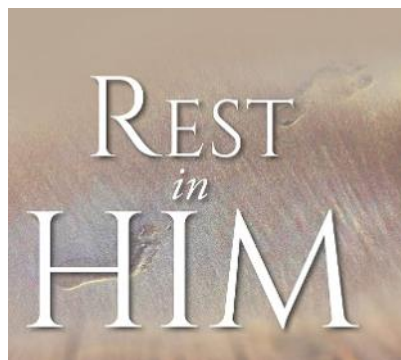
Mt 11:25-30

Jesus exclaimed, 'I bless you, Father,
Lord of heaven and of earth, for hiding these
things from the learned and the clever and
revealing them to mere children.
Yes, Father, for that is what it pleased you to
do. Everything has been entrusted to me by
my Father; and no one knows the Son except
the Father, just as no one knows the Father
except the Son and those to whom the Son
chooses to reveal him. 'Come to me, all you
who labour and are overburdened, and I will
give you rest. Shoulder my yoke and learn
from me, for I am gentle and humble in heart,
and you will find rest for your souls.
Yes, my yoke is easy and my burden light.'

COMMUNION ANTIPHON

Ps 33:9

**R. Taste and see that the Lord is good;
blessed the man who seeks refuge in him.**



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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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)

ANOIDING 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

4 / 5 July	14th Sunday in Ordinary Time	
11 July	St Benedict	Memorial
11 / 12 July	15th Sunday in Ordinary Time	
20/21 June - 25/26 July	Confirmation Enrolment forms available at weekend Masses	
26 July	Tamil Community Mass	5.30pm

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 . . .



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 - 11 / 12 July

6:00pm: O. Nagel

8.00am: M. Schinella

9:30am: M. D'Souza

Readers - 11 / 12 July

6:00pm: A. Pinto / A. Pinto

8.00am: P. Alvares / N. Ramos

9.30am: J. D'Souza / A. Sutanto

Junior Altar Servers - 11 / 12 July

6:00pm: A. Esterado / C. Cristobal

8.00am:

9.30am: G. Vicente / D. D'Souza

Senior Altar Servers - 11 / 12 July

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



Help fund our New Church Essentials

Thank you for your generosity in supporting Westmead New Church Giving. There are two ways to give: Sponsor a Pew, or help fund priority items from our Essentials List on the Westmead New Church Giving forms in the church. To have your gift recognised, complete a form or email details so we may reconcile your donation. Please take a form today, scan the QR code, or give online at sacredheartwestmead.com.au/newchurch



Envelopes for the 2026/ 2027 financial year are available for collection from the parish office for those registered for the Planned Giving Program (PGP).

When collecting your set, please ensure your correct registration name is on the top right hand side of the envelope box.

To register to the PGP, forms are available in the church or on the parish website.

Please collect your envelopes or contact the office to cancel your subscription, to save the parish postage costs.

Online Safeguarding Training Modules are always available for those in ministry and all in our parish community. The modules offer valuable insights into recognising abuse and protecting those in our community who are vulnerable. All modules are free and can be completed at your own pace. To register for these learning modules: <https://learning.safeguarding.org.au/>

Be The Witness — The Musical is a large-scale live production that tells the story of Jesus through the eyes of St Peter — a journey of encounter, weakness, mercy and mission. Presented by Mary Queen of the Family Parish Blacktown, along with 100 + Volunteers from Parishes of the Diocese, the musical will be staged at Riverside Theatres Parramatta from 10 - 13 September 2026. To learn more or book: <https://www.bethewitness.com.au>

MET Natural Fertility Introductory Session for Couples Hoping to Conceive: 8 July

Hear about Restorative Reproductive Medicine and natural methods of achieving pregnancy www.fccau.org on Wednesday 8 July 7-8pm via Teams (online). This session is of particular interest to couples trying to conceive a child where they may have infertility issues. To register: parracatholic.org/natural-fertility

Today's Message

(Greg Sunter)

When we hear the term, yoke, we tend to think about the yoke that is used to harness oxen together or the yoke that someone might carry on their shoulder to balance a heavy load. However, in the Jewish tradition there is a completely different meaning to the term. The yoke of a rabbi was his particular interpretation of Torah (the Law); his particular teaching. Disciples who followed a particular rabbi sought to take on his yoke; his particular interpretation. The yoke of any rabbi was best identified by asking him, 'Which is the greatest commandment?' When Jesus is asked that question, he answers, 'Love God and love your neighbour,' and goes on to say that all of the rest of the Law and the prophets flows on from these two commandments. This is the yoke that Jesus taught. Jesus says, 'Shoulder my yoke and learn from me ... my yoke is easy.' Jesus invites us to shoulder his yoke and learn from him for he is gentle and humble in heart. The yoke he invites us to shoulder is the deceptively simple teaching: love God and love your neighbour. To love God is to consciously make a place in our lives for God. The busy spin that tends to be characteristic of so many people's lives today does not allow room for God; does not allow room for prayer and quiet; does not allow room for compassionate response to others. To love God and love our neighbour we must first make room for them.

NEXT SUNDAY'S READINGS: 11/12 JULY

15TH SUNDAY IN ORDINARY TIME

1ST READING: Is 55:10-11

2ND READING: Rom 8:18-23

GOSPEL: Mt 13:1-23

