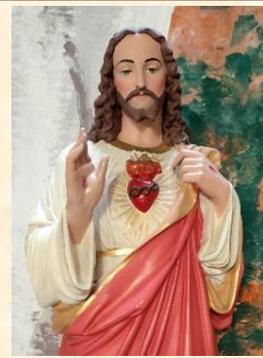




# Sacred Heart Parish Preston



322 Bell St, Preston 3072  
Phone (03) 9480 3398 or (03) 9484 2124  
Email: preston@cam.org.au  
Website: www.sacredheartpreston.com.au

## Office Hours:

Mon, Thurs & Fri: 10am -3pm

**Parish Priest:** Fr Aloysius Nato, SVD

**Italian Community Chaplain:**

Fr Albano Da Costa, SVD 0478 963 248

**Parish Office:** Rachel Costa

**School Principal:** Mark Tierney

**School Phone:** 9487 1001

**Sacrament Coordinator:** TBA

**Safeguarding Committee:**

**Safeguarding Officer:** Robert Dullard

**Safeguarding Committee: Members:**

Mary Harb, Teresa Dang, Pauline O'Day

**Parish Council Members:**

Gerard Grant (chairperson), Mark Tierney,

Ben Fortuna, Natalie Baran, Judeline

Wadhvani and Joanne Verga

**Liturgy Committee:**

Chair – Judeline Wadhvani

Secretary – (To Be Announced)

Co-ordinators:

Lectors and Audio Visual – Jessy Thambiraj

Music – Carolina Constable

Ministers of Communion – Tony Eley

Hospitality, Altar & Environment – Jessica

Stanley and Teresa Bernardini

Safeguarding – Pauline O'Day

**Parish Finance Committee:**

Peter Constable (Chair)

**St. Vincent de Paul Society:**

Stephen Costello (President)

**Parish Mass Schedule**

**Weekend Masses:**

**Saturday:** 6:00pm

**Sunday:** 9:00am (*Italian*), 10:30 am, 6:00 pm

**Weekday Masses:**

**Monday to Friday:** 9:10am

**Healing Mass: 1st Friday** of February,

May, August & November at 1:30pm

**Next Healing Mass: Friday 1 Nov. 2024**

**Anointing Mass: Sat 17 Aug at 11am**

**Devotional Practices:**

**Adoration of the Blessed Sacrament:**

Every Thursday at 7:30pm for 1 hour.

(Excluding last Thursday of the month)

**Holy Rosary:** Thurs after the 9:10am Mass

**Reconciliation: Every Saturday at 5:15pm**

**Baptisms & Weddings:** By appointment only

**Breakfast with Fr Aloysius**

1<sup>st</sup> Monday of the month, the next one is on

**Monday 6 August** in the presbytery after

9:10am Mass.

Bulletin printed: 19/7/2024

## 16th Sunday in Ordinary Time (Year B)

### Sunday 21 July 2024

#### “He is the peace between us.”

#### What Makes a True Leader

It's always disheartening to hear leaders of the Country using political campaigns or parliamentary sessions to engage in verbal mud-slinging at each other rather than using respectful debate to focus on the ‘Common Good’ It would seem that self-preservation by down-grading, ad hominem arguments invoking distrust of others is more important to some than striving to address the needs and wellbeing of the community and those disadvantaged they are meant to prioritize.

In ancient Egypt, and indeed, Israel, ideally kings were to be ‘good shepherds’ of God’s people, guiding them wisely, keeping them safe, protecting the vulnerable and administering justice. But in practice many behaved like rulers of other nations, amassing power and wealth, keeping people in ignorance by a wall of oppressive civic laws, religious taboos, taxes and enslavement. The prophet Jeremiah criticised the false ‘shepherds’ – the leaders of Israel at his time who brought disaster and eventually exile on the people. Their crime being abandoning people - the very opposite to gathering and protecting a people in the model of a shepherd caring for the sheep entrusted to him.

This week’s short Gospel holds the keys to true leadership. It’s about Jesus taking His disciples aside to evaluate their mission and to get some timely rest. But, with the arrival of a crowd He is moved to pity for them, as they are “like sheep without a shepherd”. So He sets Himself ‘to teach them at length’.

Jesus did not rank Himself above God’s people. He was one with them, experiencing their hurts, their confusions, their human fears and addressing them. His compassion showed that He was on their side, just as He was on the side of those who shared His mission. When Jesus taught people, He did not dictate laws, regulations and sanctions or insist on using words they could not understand. He addressed their fears and their hurts. He spoke their language, built on images and realities from their daily life and experiences. He wanted them to believe something positive and affirming about themselves and affirm their relationship with an all-loving God who would never abandon them.

He clearly believed that if His message was accepted, dramatic changes could occur in their lives and change religious and social structures. His mission was not to control but to love; not to scatter but to unite in loving service to the Creator of their world who was LOVE.

The letter to the Ephesians underlines for us the importance of Christ as builder of a new Community/Body. Through Jesus we share the Good News of peace. We all have access in the one Spirit to God who calls us into the one household in which each person can be safe, heard and protected.

This image suggests that unity is promoted by shifting the focus from the differences between ourself and the “other” (whether the “other” is a person, race, gender, or religion) to that which we hold in common: our common humanity deemed precious to God and Father of all Existence. This is the mission of Jesus we share and as such we are all called to proclaim in our living.



## Sacred Heart Parish Prayer

*Loving God, we honour the heart of Jesus, your beloved Son. We remember how he opened his heart in love to all people. Open our own heart to receive the gifts that continue to flow so richly from the heart of Christ, who lives with you in the unity of the Holy Spirit, one God for ever and ever. Amen.*

	<b>Saturday 6:00pm Mass Lectors</b>	<b>Saturday 6:00pm Mass - Ministers of Communion</b>
13-Jul	Marlene Vergou Terry Murphy	Charlotte Bains
20-Jul	Mary Harb Rohan Lemos	Terry Murphy
27-Jul	Marlene Vergou Celia Lemos	Mary Harb

	<b>Sunday 10:30am Mass Lectors</b>	<b>Sunday 10:30am Mass Ministers of Communion</b>	<b>Slide Projectionist</b>
14-Jul	Jessica Suppiah Ophelia Swai	Eileen Stevens	Jessica
21-Jul	Ophelia Swai Hannah Thambiraj	Giovanna D'Intino	Jessica
28-Jul	Jessy Thambiraj Hannah Thambiraj	Tony Eley	Jessy

	<b>Sunday 6:00pm Mass Lectors</b>	<b>Sunday 6:00pm Mass Ministers of Communion</b>
14-Jul	Jenifer Cahapay Susan Bakani	Robert Dullard
21-Jul	Susan Bakani John Gafney	Damian Casamento
28-Jul	Snehita Antony Shanthi Antony	Robert Dullard

*A Heartfelt*   
**Thanks**  
*To our volunteers!*

### **WE PRAY FOR:**

#### The elderly and the sick

Charlene Apollos, Sandra Bishop, John Storrie, Joan Bonwick,

Our Sacred Heart School student Samantha Corsi  
*Our parishioners, family members and friends,* that they may be blessed with constant care, attention and respect.

#### Those who have died recently:

#### We Commemorate:

*Carol Sagert – 8th Anniv.*

*O Lord may perpetual light shine upon them.  
May they rest in peace. Amen.*



#### Last Week's Collection: 14.7.2024

1st Collection for our Church: \$1,017

2nd Collection for support of clergy: \$641

Thank you for your kind generosity!



#### Sacrificial giving via QR code

To support our parish, you can make a donation by scanning this QR code which is unique to Sacred Heart Church, Preston.

It will give you direct access to the CDF pay webpage by following a few easy steps.

The QR code is also displayed in the Church foyer.

Many thanks for your continued generosity and support to Sacred Heart parish.



## ACKNOWLEDGEMENT OF OUR TRADITIONAL CUSTODIANS

Sacred Heart Community Preston acknowledges the Wurundjeri People of the Kulin Nation, the traditional custodians of this Sacred land on which our Church stands. We acknowledge their unique wisdom and ability to care for Country and their deep spiritual connection to it. We pay our respects to Elders past, present and emerging.



✠ ✠ ✠

### ✠ Solemnities / Feasts / Memorials of the Week ✠

Monday 22 July      *St Mary Magdalene*  
Tuesday 23 July      *St Bridget of Sweden, Religious*  
Wednesday 24 July      *St Charbel Makhlouf, Priest*  
Thursday 25 July      *St James, Apostle*  
Friday 26 July      *St Joachim & St Anne, Parents of the Blessed Virgin Mary*

✠ ✠ ✠

### THOUGHTS FROM POPE FRANCIS



*The Gospel is proclaimed together, as a community. To do so, we must be modest in the use of things, sharing resources and gifts, so that we may be free and everyone may have what they need to live with dignity and contribute to the mission.*

✠ ✠ ✠



**St Vincent de Paul Society**  
VICTORIA *good works*

### **St Vincent de Paul Winter Warm-up Appeal**

- Weekend of 27 and 28 July

*"What you did for one of the least of my brothers and sisters you did to me".*

Over the past 12 months volunteers of our Preston Conference have attended to over 576 calls for assistance. Weekly visits have revealed the dire impact of the current housing crisis on families, children, overseas students, refugees on temporary visas. As winter continues your commitment to helping our neighbors who are daily facing the storms of job and income loss, domestic violence, physical disability or homelessness will be very much needed and deeply appreciated.

To donate: Please choose from the following: \* Donate online at [www.vinnies.org.au](http://www.vinnies.org.au) or by phone at 13 18 12, quote Conference no 940. (Donations of \$2 or more are tax deductible) \* Donations of warm winter clothing- (washed and of good quality) can be taken directly to a Vinnies shop, Preston or Thornbury. \* Collect an envelope next week, fill out and return the following week.

✠ ✠ ✠

### Sacred Heart School Confirmation, Friday 26 July

*Please pray for the following Sacred Heart School children who will be receiving the Holy Spirit on Friday 26 July.*

Adam, Aleisha, Allie, Fortunato, Gail, Glendon, Harper, Isabella, Ishe, Jacob, Jasmine, Katelin, Lauren, Maxie, Onella, Roman



*Heavenly Father, We pray for all the children who are preparing for the Sacrament of Confirmation. May your Holy Spirit help them to grow in faith, hope and love and may they come to know you as the one true God who loves them without limit.*

✠ ✠ ✠

*Our Parish is committed to the safety, wellbeing and dignity of all children and vulnerable adults.*



### THE POWER OF GRATITUDE

*"When I started counting my blessings, my whole life turned around."*  
– Willie Nelson

Sometimes, negative things can dominate our lives, overshadowing the joy and beauty around us. Stress, worry and daily challenges often consume our thoughts, making it easy to overlook the positive aspects. This negativity can strain our relationships, causing us to take our loved ones for granted. However, focusing on the good in our everyday lives and appreciating our family can shift our perspective. By recognising and valuing small moments of joy, like a shared laugh or a comforting hug, we can counterbalance the negativity.

These moments remind us of the love and support we have, helping us feel more grounded and less overwhelmed by life's difficulties. Making a conscious effort to express gratitude and cherish our family strengthens our connections and fosters a more positive outlook. Even amidst challenges, taking time to appreciate the simple, everyday blessings can bring light and happiness into our lives, creating a healthier, more fulfilling environment. So, each morning, let us express gratitude for the gift of a new day, appreciating the opportunity to experience life and the love of those around us.

*"Dear Lord, Thank You for the countless blessings You bestow upon us each day. Help us to see and appreciate the simple joys and the love of our family. Grant us the grace to cherish these moments and to express our gratitude to You and to one another. In times of difficulty, remind us of the good that surrounds us and fill our hearts with thankfulness. Amen."*

Sourced from [www.majellan.media](http://www.majellan.media)



### THE CATHOLIC LANDSCAPE

Introduction to the Catechism of the Catholic Church

Presented by Anna Krohn ANIMA Education

St Gabriel's Parish Centre

(rear St Gabriel's Church) Reservoir

Thursdays 7pm August 1, 8, 15, 22, 29

Ideal introduction to the Catechism and the Catholic Faith

for RCIA inquirers, team leaders and members,

parents, teenagers and young adults, adult formation.

Enquiries: Parish Office Reservoir 9460 6036 or

[reservoir@cam.org.au](mailto:reservoir@cam.org.au)



### Radio Maria Australia

Radio Maria Australia is a Catholic radio station bringing Christ into your every day!

We broadcast 24/7, with interesting and inspiring shows and podcasts, daily masses and Rosary prayers, and a variety of positive music - all to foster faith, hope and God's love.

You can tune in live via:

[www.RadioMaria.org.au](http://www.RadioMaria.org.au)

Digital Radio: 202.928

Apple or Google Play App: Radio Maria Play

We hope you enjoy!



### Children's activity pages

Please find in the foyer of the Church activity pages and pencils for young children to use quietly during Mass.



## Sacred Heart Church Social Planning Committee – NEWS

### Save the Date

- July Cuppa: Sunday 21 July 2024 postponed
- Trivia & Karaoke Night: Friday 9 August 2024
- Mass for Anointing of the Sick & Cuppa: Saturday 17 August 2024
- Mission Sunday Talent Show: Sunday 20 October 2024

### Thank You

A heartfelt **"Thank you!"** from the Sacred Heart Church Social Planning Committee to all parishioners who donated, helped out and contributed in every way towards the Feast of Sacred Heart celebration at the Darebin Shire Hall in June. We have reconciled the donations that we have and an interim financial report is as below:

#### Funds Received

● Donations received and reconciled so far:	\$ 770.00
● Bingo	\$ 310.00
● Raffle	\$ 254.00
○ Total	<b>\$1,334.00</b>

#### Expenses

● Hall	\$ 772.20
● Food & Beverage	\$ 510.77
● Other – e.g. decoration, kitchen items, prizes	\$ 336.49
○ Total	<b>\$1,619.46</b>

Balance -\$ 285.46

NB: Online Donation reconciliation will be finalized and this report updated soon



### Sea Sunday

This week we celebrate **Sea Sunday**, when the church prays for all those who live and work at sea. Without them, we would not have most of the items we rely on for daily living. Even during a pandemic, seafarers continue to bring into our ports products that sustain our

population and economy. The Appeal today is for **Stella Maris, Apostleship of the Sea**, the official maritime welfare agency of the Catholic Church. It supports seafarers both practically and spiritually. To assist this Catholic ministry, please send your donations to: <https://stellamarisaustralia.org/sea-sunday-appeal/> OR place your donation in the collection basket after Mass.



### Joke Corner

An atheist was seated next to a little girl on an airplane, and he turned to her and asked, "Do you want to talk? Flights go quicker if you strike up a conversation with a fellow passenger."

The little girl, who was drawing some pictures, replied to the total stranger, "What would you like to talk about?"

"Oh, I don't know," said the atheist ... "how about why there is no God, or no heaven or hell, or no life after death?" as he smiled smugly.

"Okay... those could be interesting topics. But, first, let me ask you a question. A horse, a cow, and a deer, all eat the same stuff ... grass. But, a deer excretes little pellets, while a cow turns out a flat patty, and a horse produces clumps. Why do you suppose that is?"

The atheist, visibly surprised by the little girl's intelligence, thinks about it a moment and says, "Hmmm, I have no idea."

To which the little girl replied, "Do you really feel qualified to talk about God, Heaven or Hell, or life after death, when you obviously don't know Crap?"

## ENTRANCE ANTIPHON

See, I have God for my help.

The Lord sustains my soul.

I will sacrifice to you with willing heart,  
and praise your name, O Lord, for it is  
good.

## PENITENTIAL ACT

I confess to almighty God and to you, my  
brothers and sisters, that I have greatly  
sinned, in my thoughts and in my words, in  
what I have done and in what I have failed  
to do,

*And, striking their breast, they say:*  
through my fault, through my fault, through  
my most grievous fault; therefore, I ask  
blessed Mary Ever-Virgin, all the Angels  
and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

## GLORIA

Glory to God in the highest, / and on earth  
peace to people of good will. / We praise  
you, / we bless you, / we adore you, / we  
glorify you, / we give you thanks for your  
great glory, / Lord God, heavenly King, / O  
God, almighty Father. / Lord Jesus Christ,  
Only Begotten Son, Lord God, Lamb of  
God, Son of the Father, / you take away the  
sins of the world, / have mercy on us; / you  
take away the sins of the world, / receive  
our prayer; / you are seated at the right hand  
of the Father, / have mercy on us. / For you  
alone are the Holy One, / you alone are the  
Lord, / you alone are the Most High, / Jesus  
Christ, / with the Holy Spirit, / in the glory  
of God the Father. / Amen.

## FIRST READING

*Jeremiah 23:1-6*

‘Doom for the shepherds who allow the  
flock of my pasture to be destroyed and  
scattered – it is the Lord who speaks! This,  
therefore, is what the Lord, the God of  
Israel, says about the shepherds in charge  
of my people: You have let my flock be  
scattered and go wandering and have not  
taken care of them.

Right, I will take care of you for your  
misdeeds – it is the Lord who speaks! But  
the remnant of my flock I myself will  
gather from all the countries where I have  
dispersed them, and will bring them back to  
their pastures: they shall be fruitful and  
increase in numbers. I will raise up  
shepherds to look after them and pasture  
them; no fear, no terror for them any more;  
not one shall be lost – it is the Lord who  
speaks!

‘See, the days are coming – it is the Lord  
who speaks –  
when I will raise a virtuous Branch for  
David,  
who will reign as true king and be wise,  
practising honesty and integrity in the land.  
In his days Judah will be saved  
and Israel dwell in confidence.  
And this is the name he will be called:  
The-Lord-our-integrity.’

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**Psalm 22(23)**

*The Response Is:*

***The Lord is my shepherd; there is nothing  
I shall want.***

The Lord is my shepherd;  
there is nothing I shall want.

Fresh and green are the pastures  
where he gives me repose.

Near restful waters he leads me,  
to revive my drooping spirit. **Response**

He guides me along the right path;  
he is true to his name.

If I should walk in the valley of darkness  
no evil would I fear.

You are there with your crook and your  
staff; with these you give me comfort.

**Response**

You have prepared a banquet for me  
in the sight of my foes.

My head you have anointed with oil;  
my cup is overflowing. . **Response**

Surely goodness and kindness shall follow  
me all the days of my life.

In the Lord’s own house shall I dwell  
for ever and ever. . **Response**

## SECOND READING

*Ephesians 2:13-18*

In Christ Jesus, you that used to be so far  
apart from us have been brought very close,  
by the blood of Christ. For he is the peace  
between us, and has made the two into one  
and broken down the barrier which used to  
keep them apart, actually destroying in his  
own person the hostility caused by the rules  
and decrees of the Law. This was to create  
one single New Man in himself out of the  
two of them and by restoring peace through  
the cross, to unite them both in a single  
Body and reconcile them with God: in his  
own person he killed the hostility. Later he  
came to bring the good news of peace,  
peace to you who were far away and peace  
to those who were near at hand. Through  
him, both of us have in the one Spirit our  
way to come to the Father.

The Word of the Lord

**All: Thanks be to God.**

*Please stand for the Gospel Acclamation.*

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**

My sheep listen to my voice, says the Lord;  
I know them, and they follow me.

**Alleluia!**

## GOSPEL

*Mark 6:30-34*

The apostles rejoined Jesus and told him all  
they had done and taught. Then he said to  
them, ‘You must come away to some  
lonely place all by yourselves and rest for a  
while’; for there were so many coming and  
going that the apostles had no time even to  
eat. So they went off in a boat to a lonely  
place where they could be by themselves.  
But people saw them going, and many  
could guess where; and from every town  
they all hurried to the place on foot and  
reached it before them. So as he stepped

ashore he saw a large crowd; and he took  
pity on them because they were like sheep  
without a shepherd, and he set himself to  
teach them at some length.

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## THE NICENE CREED.

I believe in one God, the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.

God from God, Light from Light,  
true God from true God, begotten, not  
made, consubstantial with the Father;  
through him all things were made.

For us men and for our salvation he came  
down from heaven,

*(At the words that follow, up to and  
including ‘and became man’, all bow.)*  
and by the Holy Spirit was incarnate of the  
Virgin Mary, and became man.

For our sake he was crucified under  
Pontius Pilate, he suffered death and was  
buried, and rose again on the third day in  
accordance with the Scriptures.

He ascended into heaven and is seated at  
the right hand of the Father.

He will come again in glory to judge the  
living and the dead and his kingdom will  
have no end.

I believe in the Holy Spirit, the Lord, the  
giver of life, who proceeds from the  
Father and the Son, who with the Father  
and the Son is adored and glorified, who  
has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the forgiveness  
of sins and I look forward to the  
resurrection of the dead and the life of the  
world to come. Amen.

