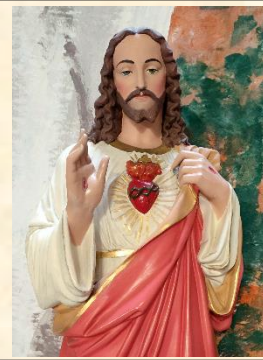




# Sacred Heart Parish Preston



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 Officers:**

Robert Dullard

**Safeguarding Committee: Members:**

Mary Harb, Teresa Dang, Pauline O'Day

## Parish Council Members:

Gerard Grant (chairperson), Ophelia Swai,

Anisasio (Pauline) Veamatahau, Mark

Tierney, Ben Fortuna, Natalie Baran,

Judeline Wadhvani and Joanne Verga

## 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 3 May 2024**

### Devotional Practices:

#### Adoration of the Blessed Sacrament:

Every Thursday at 7:30pm for 1 hour.

(Excluding last Thursday of the month)



**Holy Rosary:** Thursday (English) after the

9:10am Mass

#### Reconciliation:

**NOW - 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 4 March** in the presbytery after

9:10am Mass.

Bulletin printed 16/2/2024

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

## 1<sup>st</sup> Sunday of Lent (Year B)

### Sunday 18 February 2024

## Wilderness Journey

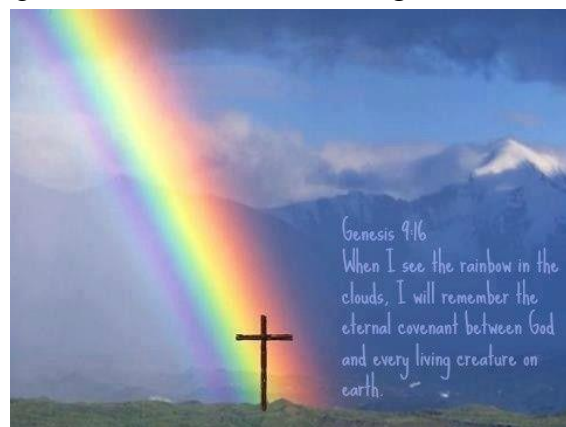
From the sign of ashes on our foreheads on Ash Wednesday to the wooden cross of Good Friday, the forty days of Lent keep us focused on the 'Cross of Christ'. The cross overshadows our Lenten journey with Jesus from desert to Calvary. Indeed, it replicates not only the human journey but also the message of Jesus' mission that ours is a God of life and Love who never abandons His children and longs to draw all into His embrace if they would open their hearts to Him. The cross is a symbol of tragedy yet is also a doorway to resurrection - the figure of humanity's greatest hope that suffering and death do not have the last word. Through the Scriptures of these weeks, we will be reminded of the great events of Salvation history- of the triumph of new life and energy evolving out of times of deprivation, betrayal, oppression suffered by the people of God.

The first reading today recalls the ancient story of God re-establishing a covenant of love with humanity and for all creation. Out of the wilderness of a universal flood, God delivers a remnant of His faithful people with the promise that never again will such waters destroy the earth. God sets the rainbow in the rainless sky as a sign of His promise. The letter of Peter urges us to remember that through the waters of Baptism we belong to a God who is ever faithful and journeys with us even when we, like His people of old wander off course.

Following His Baptism by John and led by the Spirit Jesus began His mission journey in the wilderness - away from the securities, distractions and comforts of life - to centre Himself on the mission that God has for Him. Here, Mark' says He was tempted by "Satan" which in Hebrew means a hinderer or a stumbling block. But Jesus is not overcome by doubts about His capacity to continue. With faith in God's ongoing presence, He leaves the Wilderness firmly set on His mission.

Lent, then, is our wilderness journey. The goal of our traditional Lenten practices - "prayer, fasting and good works" is not about punishing ourselves for failings or to bargain with God - who doesn't extract punishment nor need to be bribed. Lent is about deepening our awareness of God's kingdom

amongst and within us and our mission to give witness to it. Let's make this journey a shared one: a time of being and doing, of reforming our lives and practising our new life in Christ through our interactions with others and pointing out God's rainbow of hope to the suffering, the poor and isolated amongst us.



Genesis 9:16  
When I see the rainbow in the clouds, I will remember the eternal covenant between God and every living creature on earth.

## 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 - Readers</b>	<b>Saturday 6:00PM Mass - Ministers of Communion</b>
10-Feb-24	Rohan Lemos Terry Murphy	Mary Harb
17-Feb-24	Celia Lemos Marlene Vergou	Terry Murphy
24-Feb-24	Celia Lemos Mary Harb	Charlotte Bainy

	<b>Sunday 10:30AM Mass - Readers</b>	<b>Sunday 10:30AM Mass - Ministers of Communion</b>
11-Feb-24	Jessica Suppiah Hannah Lopez	Tony Eley
18-Feb-24	Jessy Thambiraj Albert D'Souza	Eileen Stevens
25-Feb-24	Ophelia Swai Judeline Wadhvani	Giovanna D' Intino

	<b>Sunday 6:00PM Mass - Readers</b>	<b>Sunday 6:00PM Mass - Ministers of Communion</b>
11-Feb-24	Natalie Baran Tim Rankin	Damian Casamento
18-Feb-24	Tim Rankin	Robert Dullard
25-Feb-24	Tim Rankin Michelle Totawatte	Damian Casamento

### **WE PRAY FOR:**

#### The elderly and the sick

Sandra Bishop, John Storrie, Joan Bonwick, Ampelio Cavallin  
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:

Loretta Schillaci – (RIP 27.09.2023)  
Pietro Favrin – (RIP 22.10.2023)  
Gino Parolin – (RIP 24.01.2024)

#### We Commemorate:

Alfeo Berardi (4th Anniv.)  
Rocco Pennella  
*All deceased members of the Crocco, Rizzo, Gelain, Bradshaw, Borowicki, Valier-D'Abate and Kalinowski families.  
Vini Shawnanor, Elizy, James & Helen Dahdah  
O Lord may perpetual light shine upon them.  
May they rest in peace. Amen.*

#### Last Week's Collection: 11.2.2024

1st Collection for our Church: \$896  
2nd Collection for support of clergy: \$669  
Thank you for your kind generosity!

#### Sacrificial giving via QR code

To support our parish and priest, 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.

Kindly consider donating to both the Church and Presbytery accounts.

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 ‡

Wednesday 21st February St Peter Damian, Bishop, Doctor  
Thursday 22nd February The Chair of St Peter, Apostle  
Friday 23rd February St Polycarp, Bishop, Martyr



### THOUGHTS FROM POPE FRANCIS



*Lent, is an occasion for conversion and internal renewal through listening to the Word of God, caring for brothers and sisters who need our help, and prayer, especially to obtain the grace of peace in the world.*



### Dates to Remember in Lent:

All Thursdays during Lent –  
Lenten reflection and Adoration  
7:30pm – in the Church  
All Fridays during Lent –  
Stations of the Cross – after 9:10am Mass in the Church



### PARISH LITURGY TEAM MEETING

“Liturgy” comes from a Greek term meaning “public work or work done on behalf of the people” and is central and fundamental to the unity and ongoing life of the Church.  
It is vital for every parish to form a strong, active and experienced Liturgy Team to enhance and provide rich liturgical experiences that will involve all members of our attending Community. This requires a common understanding of the purpose, themes, sources and structure of the Liturgies.

Sacred Heart Parish wishes to reimagine ways in which we can further enhance our offering of rich liturgical experiences to everyone who attends our parish. We are keen to reconvene with volunteers of all groups that contribute to liturgies. An important meeting will be held on:

**Tuesday 20 February**  
**commencing at 7.00 pm sharp in the presbytery.**

**Volunteers of the following groups are expected and encouraged to attend:**

All choirs, Readers, Communion Ministers, Collection Ministers, Sacristans, Slide Projectionists, Parish Environment (Cleaning and Decoration)

We look forward to seeing you at this vital meeting to enrich the liturgical life of our parish as we journey through the holy season of Lent and beyond, with fresh hearts and minds.

If you are able to attend, please email Rachel Costa, Parish Secretary on [Preston@cam.org.au](mailto:Preston@cam.org.au)

Light refreshments will be served.

Fr Aloysius and the current Liturgy Group



### ‡ Welcome before Baptism ‡

*Dear Parents, as you prepare for your child's Baptism, the people of Sacred Heart rejoice that you have chosen to baptize your child and we pray that in the coming years you and your family will continue to know and grow in the love of God, that is everlasting.*

The Parish introduces to the Sacred Heart community

**Sofia Adlaon**



in preparation for her Baptism on 2 March.



## LENT AND FLOWERS

Please, NO flowers in the church during Lent.  
Flowers that are left in the church will be removed



### First Sunday of Lent - 17 & 18 February

This year, Project Compassion brings you the stories of three resilient women: Ronita from the Philippines, Leaia from Samoa and Memory from Malawi. While from three different corners of the world and facing vastly different challenges, they are all united by one dream: to create a better world *for all future generations*.



**Please donate to Project Compassion.**

You can donate through Project Compassion donation boxes and envelopes available from your parish, by visiting [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion) or by calling 1800 024 413.



### NEW LIFE IN GOD'S SPIRIT

An eight-week seminar every Wednesday

Commencing on the 7<sup>th</sup> of February 2024 with Mass

TIME: 1:30pm – 3:00pm

St. Raphael's Catholic Church

17 Hardy St. Preston West

For More Details Contact - Marijana 0422 340 675

The Living Gospel Prayer Group

7/2 – Mass and introduction

14/2 – session 1 – God's promise – you will receive power

21/2 – session 2 - The unconditional love of God

28/2 – session 3 - Jesus is Lord

6/3 – session 4 - The gift of God's Spirit

13/3 – session 5 - Forgiveness, healing and reconciliation

20/3 – session 6 - New life in God's Spirit

27/3 - sessions 7/8 - Growth and community in the Lord



### Lenten Regulations

#### Ash Wednesday and Good Friday are days of Fasting and abstinence from meat.

On all other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- (a) **Prayer:** e.g., Mass attendance; family prayer; a visit to a church or chapel; reading the Bible; making the Stations of the Cross; praying the Rosary; or in other ways.
  - (b) **Self Denial:** e.g., not eating meat; not eating sweets or dessert; giving up entertainment to spend time with the family; limiting food and drink so as to give to the poor of one's own country or elsewhere; or in other ways. Project compassion is a major means of expressing our self-denial in Australia.
  - (c) **Helping Others:** e.g., special attention to someone who is poor, sick, elderly, lonely or over-burdened; or in other ways.
- \* All who have completed their 18<sup>th</sup> year and have not yet begun their 60<sup>th</sup> year are bound to fast. All who have completed their 14<sup>th</sup> year are bound to abstain. (Canon 1252)
  - \* The Season of Lent is a time of penance. During Lent the faithful are exhorted to devote themselves in a special manner to prayer, to engage in works of piety and charity, and to deny themselves.
  - \* Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 14 February 2024 and Trinity Sunday 26 May 2024 unless for a good reason it is fulfilled at another time during the year.
  - \* The wonderful gift of the Lord's merciful love is offered in a special way in the Sacrament of Reconciliation. Lent is a most appropriate time to receive this Sacrament. All faithful who have reached the age of discretion are bound faithfully to confess their grave sins at least once a year.

## First Sunday of Lent - B - A VOCATION VIEW:

Jesus was led by the Spirit into the desert.

Where is the Spirit leading you?



### 'ASHES TO EASTER': LENTEN CONCERT-REFLECTION

with Peter Kearney. Friday 1st March, 7.00pm. St. Luke's Church, 1A David Street, LALOR. Donations welcome.

Hosted by St. Luke's Parish, Lalor. Enquiries: 03 9465 2180.

Peter Kearney is an Australian Catholic songwriter, singer and guitarist whose hymns and songs include 'Fill My House', 'The Beatitudes' and 'Where Is Your Song, my Lord?'.

His 'Ashes to Easter' concert weaves songs and stories and reflections on Lenten themes and looks ahead to Holy Week and Easter.

Mainly for adults though upper-primary and older students could also enjoy.

"A beautiful Lenten reflection ... prayerful and spiritual ... a worthwhile part of our Lenten journey".

Invite your friends; walk-ins welcome or book to save to your calendar. Book your free tickets online at [www.trybooking.com/COXOR](http://www.trybooking.com/COXOR)



### Great Women of Faith: Portrait exhibition by Barbara Skorupa

This unique exhibition in St Patrick's Cathedral will feature 24 beautiful portraits of extraordinary women of faith by Cologne-based artist Barbara Skorupa. The portraits have been selected from the artist's collection of more than 100 paintings of extraordinary women from different cultures and eras, including Australians St Mary of the Cross MacKillop, Dr Sr Mary Glowrey JMJ and Eileen O'Connor.

Friday 1 March – Sunday 10 March 2024, 9.00am - 4.00pm

Cost: free



### LENT 2024 WITH THE CATHOLIC GUY, BRUCE DOWNES

Lent is a time when we can grow closer to God and prepare our hearts for the true meaning of Easter. Be inspired. Be refreshed. Be renewed!

For 40 days you will receive a short, practical and inspiring video in your inbox every morning to help you make this Lenten journey more powerful and prayerful. This program is FREE and you can sign up

here: <https://BruceDownes.org/Lent>

Go to BruceDownes.org for more information.



### Joke Corner

- On a scale of 1 to 10, you are the only 1 for me.
- Why do painters always fall for their models?  
Because they love them with all of their art.
- Knock, knock. Who's there? Frank. Frank who?  
Frank you for loving me.
- We're not socks. But I think we'd make a great pair.
- Are you a banana? Because I find you a-peeling.
- I just saw two zombies on a date. And they say romance is dead.
- What do you say to your single friends on Valentine's Day?  
Happy Independence Day!



## ENTRANCE ANTIPHON

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

## 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.

## FIRST READING

*Genesis 9:8-15*

God spoke to Noah and his sons, ‘See,  
I establish my Covenant with you, and  
with your descendants after you; also  
with every living creature to be found  
with you, birds, cattle and every wild  
beast with you: everything that came  
out of the ark, everything that lives on  
the earth. I establish my Covenant with  
you: no thing of flesh shall be swept  
away again by the waters of the flood.  
There shall be no flood to destroy the  
earth again.’

God said, ‘Here is the sign of the  
Covenant I make between myself and  
you and every living creature with you  
for all generations: I set my bow in the  
clouds and it shall be a sign of the  
Covenant between me and the earth.  
When I gather the clouds over the earth  
and the bow appears in the clouds, I  
will recall the Covenant between  
myself and you and every living  
creature of every kind. And so the  
waters shall never again become a  
flood to destroy all things of flesh.’

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

*Psalm 24(25):4-6,7b-9*

*The Response Is:*

*Your ways, O Lord, are love and truth  
to those who keep your covenant.*

Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach  
me:

for you are God my saviour.

*Your ways, O Lord, are love and truth  
to those who keep your covenant.*

Remember your mercy, Lord,  
and the love you have shown from of  
old.

In your love remember me,  
because of your goodness, O Lord.

*Your ways, O Lord, are love and truth  
to those who keep your covenant.*

The Lord is good and upright.

He shows the path to those who stray,  
He guides the humble in the right path,  
He teaches his way to the poor.

*Your ways, O Lord, are love and truth  
to those who keep your covenant.*

## SECOND READING

*1 Peter 3:18-22*

Christ himself, innocent though he was,  
died once for sins, died for the guilty,  
to lead us to God. In the body he was  
put to death, in the spirit he was raised  
to life, and, in the spirit, he went to  
preach to the spirits in prison. Now it  
was long ago, when Noah was still  
building that ark which saved only a  
small group of eight people ‘by water’,  
and when God was still waiting  
patiently, that these spirits refused to  
believe. That water is a type of the  
baptism which saves you now, and  
which is not the washing off of physical  
dirt but a pledge made to God from a  
good conscience, through the  
resurrection of Jesus Christ, who has  
entered heaven and is at God’s right  
hand, now that he has made the angels  
and Dominations and Powers his  
subjects.

The Word of the Lord

**All: Thanks be to God.**

*Please stand for the Gospel*

*Acclamation.*

## GOSPEL ACCLAMATION

*Praise to you, Lord Jesus Christ, king  
of endless glory!*

No one lives on bread alone,  
but on every word that comes from the  
mouth of God.

*Praise to you, Lord Jesus Christ, king  
of endless glory!*

## GOSPEL

*Mark 1:12-15*

The Spirit drove Jesus out into the  
wilderness and he remained there for  
forty days, and was tempted by Satan.  
He was with the wild beasts, and the  
angels looked after him.

After John had been arrested, Jesus  
went into Galilee. There he proclaimed  
the Good News from God. ‘The time  
has come’ he said ‘and the kingdom of

God is close at hand. Repent, and  
believe the Good News.’  
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.

## COMMUNION ANTIPHON

One does not live by bread alone,  
but by every word that comes forth  
from the mouth of God.

