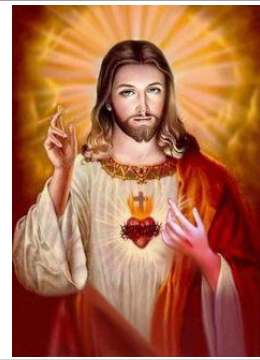




Sacred Heart Parish Preston



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

Kay Dufty

Safeguarding Committee: Members:

Mary Harb

Teresa Dang

Pauline O'Day

Parish Council Members:

Gerard Grant (chairperson), Kay Dufty (secretary), 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 4 August

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:

30 minutes before Mass or by appointment

Baptisms & Weddings: By appointment only

New Breakfast with Fr Aloysius

1st Monday of the month, the next one is on

Monday 1 August in the presbytery after

9:10am Mass.

Bulletin printed 7/7/2023

14th Sunday in Ordinary Time

Sunday 9 July 2023 (Year A)

“Learn from me for I am gentle and humble of heart”

One of the basic ingredients in friendship and in the healing of hurt is empathy – the ability of one person to listen and be attentive to another-to walk in his/her shoes - so that the speaker senses: ‘this person respects me, appreciates what I am going through and accepts me as I am.’ This is what the Incarnation – a basic tenet of Christian faith is like: God at one with all being knows through Jesus what it is like to be human - to walk in our shoes and accompany us on our journey”

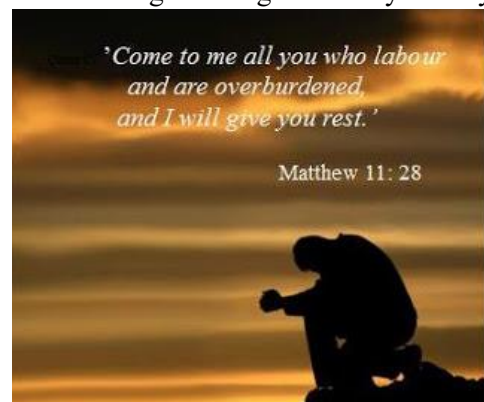
Jesus’ prayer to God that opens today’s gospel gives us a precious insight into His loving communion with God who he calls ‘Abba’- a child’s intimate word for ‘father’ and a relationship we as human beings beloved of God should strive for. In accordance with the vision of Zechariah recorded in the first reading, Jesus dwells amongst us as a humble man of peace – humble in the sense of being open to discover the presence of the spirit of God with and in others: to walk with them in friendship as a servant leader and enabler -not to dominate as warrior or conquering kings of old. Jesus was very aware that faith in God should be a life giving force for those who believe but he was also aware that in some aspects religious observances set in place could be a force that oppressed people and kept them in ignorance of their worth in the sight of God. Some of His contemporaries -religious leaders -claimed that observance of the 613 commandments of the Law was the way to life and they called it taking upon oneself the ‘yoke of the kingdom of God’. These people were opposed to much of what Jesus was doing but at the same time many others heard him gladly. These were they who were forced out of a system that could only condemn them as sinners. So Jesus utters a beautiful prayer of thanksgiving to God for what is taking place: those in most need of the good news are coming to know God’s love for them and this is the source of joy to Jesus and a source of strength to them reiterating the true spirit of the “Shemema”. ‘Hear O Israel that the Lord your God is one and you shall love the Lord God with all your heart, soul and mind and your neighbour as yourself.’

Through friendship with Jesus these are they who can gaze with new eyes and come to know the feasibility of God’s love for them through the compassion, interest and friendship of another human being. Jesus offers them a ‘yoke’ – not as a burden to weigh them down by more and more rules to observe but of a relationship in which the gentle and humble love of a servant leader allows them to find courage and strength to live as children of a selfless, merciful and compassionate God.

The second reading of St Paul to the Romans reminds us that we are enabled to live like Jesus- in peaceful communion with God and with one another – because we possess the Spirit of God. As Paul taught the Romans, ‘the Spirit of God has made his home in you.’ We remain flesh –and- blood human beings, but enlivened by the Spirit we are able to engage with the world that we live in seeing it through God’s eyes. May we, with the mind and heart of Jesus walk the way of the Gospel: to pursue justice passionately, to be bearers of peace not of aggression or division and with courage that comes from knowing that we are mutually loved, put the safety and wellbeing of the most innocent and vulnerable children of God as a priority within our families and our communities, work and world, confident that Jesus walks beside us sharing our load as we proclaim his kingdom by our works.

*‘Come to me all you who labour
and are overburdened,
and I will give you rest.’*

Matthew 11: 28



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.

	Saturday 6:00PM Mass - Readers	Saturday 6:00PM Mass - Ministers of Communion
08-Jul-23	Marlene Vergou Terry Murphy	Charlotte Bainy
15-Jul-23	Celia Lemos Mary Harb	Terry Murphy
22-Jul-23	Teresa Dang Terry Murphy	Mary Harb

	Sunday 10:30AM Mass - Readers	Sunday 10:30AM Mass Ministers of Communion
09-Jul-23	Hannah Lopez Judeline Wadhvani	Giovanna D' Intino
16-Jul-23	Jessy Thambiraj Ivana Lo Bello	Eileen Stevens
23-Jul-23	Jessica Suppiah Marilene Fortuna	Tony Eley

	Sunday 6:00PM Mass - Readers	Sunday 6:00PM Mass Ministers of Communion
09-Jul-23	Albert D'Souza Tim Rankin	Damian Casamento
16-Jul-23	Carolina Constable Peter Constable	Robert Dullard
23-Jul-23	Marijana Jurjevic Rachel Vorlander	Robert Dullard

Liturgical Ministers Roster

The current Liturgical Ministers roster will conclude on 30 July and the next roster (5/6 August to 28/29 October) will be prepared in the next few weeks. Kindly advise your availability as Reader or Eucharistic Minister by contacting Rachel - preston@cam.org.au or 9480 3398 Thank you.

A heartfelt 
Thanks
To our volunteers!



WE PRAY FOR:

The elderly and the sick

Sandra Bishop, John Storrie, Ylenia Useli, Catherine Zanatta

Our parishioners, family members and friends, that they may be blessed with constant care, attention and respect.

Those who have died recently:

Cheryl Coady

We Commemorate:

Dora Teresa Casauria (1st Anniv.)

Antonio Ciavarella

O Lord may perpetual light shine upon them.

May they rest in peace. Amen.



Last Week's Collection: 25/6/23

1st Collection for our Church: \$766

(electronic contributions for June: \$2,485)

2nd Collection for support of clergy: \$585

(electronic contributions for June: \$90)

Peter's Pence: \$358

Thank you for your kind generosity!



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 ✠

Tuesday 11th July St Benedict, Abbot

Thursday 13th July St Henry

Friday 14th July St Camillus de Lellis, Priest

Saturday 15th July St Bonaventure, Bishop, Doctor.



THOUGHTS FROM POPE FRANCIS



Let us Pray Together that Catholics place at the centre of their lives the Eucharistic Celebration, which transforms human relationships and opens up an encounter with God and their brothers and sisters.



🕯 Baptism Congratulations 🕯

The community of Sacred Heart Parish congratulates **Emilia Folino, Gabriel Wun, & Peter Wun Tai Min**

for their Baptisms on Sunday 9 July.



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.



Adoration of the Blessed Sacrament **Every Thursday at 7:30pm for 1 hour.**

(Excluding last Thursday of the month)

All are welcome to spend a holy hour with our Lord Jesus in adoration.

"Stay with Me, remain here with Me... Watch and pray..."



Lord you say in your word we can come to you when we are weary and burdened. Lord I come to you; I am tired and weighted down. I want to learn from you. Show me your gentleness and give me a humble heart. Help me find rest for my soul. Show me your path for my day, easing the burden placed by myself and the yoke of man. In Your Name I Pray, Amen!

Matthew 11:28-30



www.thecalmofhispresence.com

Please take the bulletin home



LEADING BY EXAMPLE

“There really are places in the heart you don’t even know exist until you love a child.” - Anne Lamott

Leading by example is crucial for your child’s development and growth. Here are some key ways to be a positive role model:

1. Practice what you preach: Children learn by observing and imitating their parents. Model the behaviours, values and attitudes you want to instil in them. Be consistent in your actions, demonstrating honesty, kindness, respect and responsibility.
2. Show empathy and understanding: Teach your child the importance of empathy by actively listening to their thoughts and feelings. Validate their emotions and demonstrate understanding and compassion in your interactions with others. Encourage them to consider different perspectives and practice kindness towards everyone they encounter.
3. Foster open communication: Create a safe and supportive environment where your child feels comfortable expressing themselves. Encourage open dialogue, actively listen without judgement and provide guidance when needed. Let them know they can approach you with any problem or concern.
4. Prioritise quality time: Dedicate meaningful time to your child, engaging in activities you both enjoy. Be fully present, putting away distractions and giving them your undivided attention. Show interest in their interests, hobbies and achievements, fostering a strong bond and a sense of belonging.
5. Demonstrate resilience: Life is full of challenges and it’s essential to model resilience in the face of adversity. Show your child how to handle setbacks, stress and disappointment with grace and perseverance. Teach them problem-solving skills and the importance of maintaining a positive mindset.
6. Practice self-care: Taking care of yourself demonstrates the value of personal well-being. Prioritise self-care activities, such as exercise, healthy eating and pursuing hobbies or passions. Show your child the importance of balance, self-reflection and self-improvement.
7. Encourage learning and growth: Demonstrate a love for learning and personal growth. Engage in intellectual pursuits, explore new interests and encourage your child’s curiosity. Support their educational journey, celebrate their achievements and teach them the value of lifelong learning.

By embodying these qualities and behaviours, you become a positive role model for your child, guiding them towards becoming compassionate, responsible and resilient individuals who contribute positively to the world around them.

“Dear God, watch over and protect our precious children. Shower them with Your love and guidance every day and help us, as parents, to keep them safe, healthy and happy. Amen.”

Sourced from www.majellan.media



Italian speaking volunteers needed

Hello, my name is Marianna, and I am the Regional Coordinator for the **COASIT** Visitation Program in the North-West. Our wonderful program has been running since 1985, and during this time we have managed to help so many of our vulnerable elderly in the community. I am currently looking for an Italian-speaking male and two female volunteers who are willing to visit an elderly gentleman and two lovely elderly ladies in the Preston/Coburg area for one hour per week for a friendly chat. These people are socially isolated and in need of a friend.

By assisting an elderly person on a social level, you have the chance to make a difference in their life, and your own.

If you are interested or would like further information, please get in touch with me on

0481 603 758

Thank you
Marianna Cibin



Sacred Heart Primary School 2024 Enrolments

Enrolments for the 2024 school year Foundation classes, open on Monday 6th March. For a school tour, please contact the school principal on 9487 1001 or via the school website

<http://www.shpreston.catholic.edu.au>

Our school was ranked in the top 7% of primary schools across Victoria for NAPLAN in 2022.

At Sacred Heart School, our students are at the heart of every decision we make. Every day is Open Day and prospective students and their families are warmly invited to tour our school.



A Vocation View:

Have you discovered yet that there is more to life than what only material things have to offer? We live in the Spirit. Only in the Lord can we find lasting peace. Speak the Good News.



Piety Shop

The piety shop stocks small gifts and cards for **all Sacraments** as well as various religious items at reasonable prices. Please take the time to have a look after any of the weekend Masses.

Thank you



Children’s activity pages

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



Joke Corner

A school student is writing an essay on childbirth and asks his parents, "How was I born?"

His mother awkwardly answers, "The stork brought you."

"Oh," says the boy. "Well, how were you and Daddy born?"

"Um, well, the stork brought us, too, and Grandpa and Grandma."

The boy starts his essay by saying, "This report has been very difficult to write due to the fact that there hasn't been a natural childbirth in my family for three generations."

What did our parents do to kill boredom during the Covid lockdowns?

I asked my seven brothers and sisters, but they had no idea.

ENTRANCE ANTIPHON

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.

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

Zechariah 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.

The Word of the Lord

All: Thanks be to God.

RESPONSORIAL PSALM

Psalm 144(145):1-2,8-11,13b-14

The Response Is:

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

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.

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

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.

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

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.

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

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.

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

SECOND READING

Romans 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.

The Word of the Lord

All: Thanks be to God.

Please stand for the Gospel

Acclamation.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and earth;

you have revealed to little ones the mysteries of the kingdom.

Alleluia!

GOSPEL

Matthew 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 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.'

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

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

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

