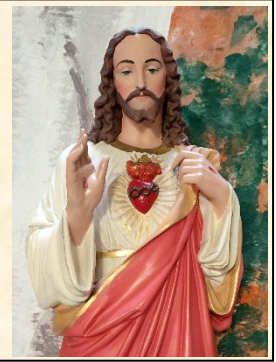




# Sacred Heart Parish Preston



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 5 February** in the presbytery after

9:10am Mass.

Bulletin printed 2/2/2024

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

## 5th Sunday in Ordinary Time (Year B) Sunday 4 February 2024

**“The Son of Man came not to be served but to serve and give his life for many” Mark 10:45**

Today we continue to read from Mark’s Gospel, learning more about the ministry of Jesus and the nature of the mission Jesus means to share with His disciples in the context of healing. We are invited to consider the meaning of ‘Service’.

In today’s passage Jesus has just left the synagogue at Capernaum where he freed a man who had been caught in the power of an “unclean spirit” which caused great astonishment and shock at the time. He goes with His new disciples to the house of Simon and Andrew shifting from the Gathering place for God’s people to a different location – a family home.

In this new place of encounter with God Jesus heals a woman who is identified only as Simon’s mother-in-law. Jesus takes her by the hand and raises her out of her illness and she immediately goes about the task of waiting on those in the household. These actions by Jesus were unacceptable for any man claiming to be a religious figure or leader. Not only did he touch a sick woman which was taboo but he allows her to serve Him and His disciples – breaking the strict rules of ritual purity then in practice.

The love of God working through Jesus has drawn her beyond herself to engage in a ministry of caring for those sharing her life. A little before this, the Gospel told of angels ministering to Jesus in the desert: in other words, God looked after Jesus as He embarked on His mission of bringing God’s love to a broken world. Now this woman in her domestic environment is caught up in the same mission and an example to the new disciples. Here is a view of a new world order in which no one is considered ‘taboo’ from God’s love. Later in the Gospel (10:45) we find that Jesus understands His own mission in terms of merciful service.

John the evangelist symbolizes this mission of Jesus and His disciples in the washing of the feet of guests at a Passover meal. Host and servant are one.

The link in the Gospels between serving/ministering and giving one’s life is no accident. Fidelity to the gospel ministry of caring for others and our planet can mean a pouring out of one’s life energy in very practical, ‘down to earth’ ways. In the evening, Simon’s house became a magnet for many. Jesus comforted them: healed their sicknesses and afflictions, restoring their sense of dignity then next morning sought solitude for prayer before going out, moving from town to town to bring God’s word and healing to those who approached him. This a message for all of us. Amid all the demands of a sometimes-hectic life we too need to make time for prayer and reflection – to listen to God within so we engage with renewed energy and insight in whatever the new day brings. Prayer and action complement each other. - as St James said:

**“Ours must be a love that is “active and real”**

## 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>
27-Jan-24	Marlene Vergou Mary Harb	Terry Murphy
03-Feb-24	Celia Lemos Teresa Dang	Charlotte Bainy
10-Feb-24	Rohan Lemos Terry Murphy	Mary Harb

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

	<b>Sunday 6:00PM Mass - Readers</b>	<b>Sunday 6:00PM Mass Ministers of Communion</b>
28-Jan-24	Natalie Baran	Damian Casamento
04-Feb-24	Tim Rankin Michelle Totawatte	Damian Casamento
11-Feb-24	Natalie Baran Tim Rankin	Damian Casamento

### **WE PRAY FOR:**

#### The elderly and the sick

Sandra Bishop, John Storrie  
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:

*Dulcey Grant (4<sup>th</sup> Anniv.)  
Giuseppina Cicutto (8<sup>th</sup> Anniv)  
Maria Reginato (11<sup>th</sup> Anniv.)  
O Lord may perpetual light shine upon them.  
May they rest in peace. Amen.*

#### Last Week's Collection: 28.1.2024

1st Collection for our Church: \$1,111  
2nd Collection for support of clergy: \$726  
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.



#### **Breakfast with Fr Aloysius**

Please join Father for breakfast on,  
**Monday 5 February** in the presbytery  
after the 9:10am Mass. All Welcome

## **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 5 February St Agatha, Virgin, Martyr*  
*Tuesday 6 February St Paul Miki and his Companions, Martyrs of Japan*  
*Thursday 8 February St Josephine Bakhita, Virgin*  
*St Jerome Emiliani*  
*Saturday 10 February St Scholastica, Virgin*  
*(Blessed Aloysius Stepinac)*



### **THOUGHTS FROM POPE FRANCIS**

*"Through the Desert God Leads us to Freedom" is the theme of the Message for the upcoming Season of Lent. Let us make room for God, who delivers us from all forms of slavery. May we welcome Lent as an opportunity for conversion.*



### **† Baptism Congratulations †**

The community of Sacred Heart Parish congratulates

#### ***Kiara Turco***

for her Baptism on 4 February.



### **Dates to Remember**

Wednesday 14 February - Ash Wednesday

Masses: 9:10am & 7:00pm

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*

## 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



### ORDER OF MALTA LOURDES DAY MASS – SATURDAY 10 FEBRUARY 2024



For some years now, the Order of Malta has organised an annual Lourdes Day Mass to provide an opportunity to pray for the sick and infirm particularly for those who would not otherwise have the possibility of visiting Lourdes.

The Mass will take place again on *Saturday, 10th February at 10.30am at St Patrick's Cathedral*, with Archbishop Peter A Comensoli as the principal celebrant.

For further information, please contact: Sauro Antonelli AM on 0411 250 288.



## THEOLOGY

@THE PUB

**Talk: I hate Lent, but I'll do it anyway**

Speaker: Fr Michael Buck

Date: Monday, February 5th, 2024

Doors open: 6pm

Live Music: 6:30pm with Kyle Correa

Talk starts: 7:30pm

Location: The Crafty Squire, 127 Russell St, Melbourne

**Theology at the Pub** is an opportunity for Catholics aged 18-35 (and religious of all ages) to meet, have great conversations over a meal and a drink and listen to interesting talks by engaging Catholic speakers.  
[www.theologyatthepub.com.au](http://www.theologyatthepub.com.au)



### Piety Shop

**Columban calendars** are **still** available in the Piety shop - \$10

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.



# Laudato Si'

Caring for our common home



Pope Francis published *Laudate Deum* late last year. He said that our responses to the climate crisis have not been adequate and our world is collapsing and may be nearing breaking point. He refers to the scientific knowledge and facts about climate change, saying that the catastrophic consequences for humankind are now abundantly clear, especially for the poor, the disadvantaged and future generations. He bemoans the attempts made to deny and conceal the climate crisis.

Scientists have confirmed that 2023 was the hottest year ever recorded globally; all 365 days of the year exceeded 1°C above pre-industrial levels and overall, it was 1.48°C warmer - uncomfortably close to 1.5°C warmer thus threatening to break the Paris Climate Agreements goals and unleashing further unpredictable weather catastrophes.

Our Pope speaks of our God-given Earth with admiration and tenderness and makes a heart-felt call to us to care more for our common home. He describes to us, the "Catholic faithful", the spiritual motivations born of our faith to care more for our earth-home.

With Lent soon upon us, it might inspire Lenten sacrifices or commitments for you. There are many small or big actions you can take to care more for our common home. Three simple ways to take action can be found here: [https://www.arcc.org.au/lifestyle\\_suggestions\\_in\\_three\\_areas](https://www.arcc.org.au/lifestyle_suggestions_in_three_areas) on plant-based diets, eco-friendly transport and reducing your energy use – especially fossil fuels.



### The Giving Tree - Another Update.

Once again, Thanks to all our parishioners, families, visitors and friendship groups who so generously supported our appeal this year contributing as advised, \$3,170. We are delighted to advise that this week we received yet another generous donation of \$525 from the KK 2023 group. This is being directed to families to help with beginning of the year education expenses.

On their behalf thanks and may God bless you all.

*The Sacred Heart St Vincent de Paul team, Preston.*



### 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](https://BruceDownes.org) for more information.



### Joke Corner

February:

The shortest month of the year is like a bad joke, it's over before you even get a chance to laugh.

What did the February calendar say to the other months? "A little short notice, but I'm here!"

Why do people walk slowly in February? Because it's not March.

What do liars call February? February.

I am giving up drinking alcohol for the month of February.

Sorry, I meant to say: I am giving up. Drinking alcohol for the month of February.



## ENTRANCE ANTIPHON

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.

## 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

*Job 7:1-4,6-7*

Job began to speak:

Is not man's life on earth nothing more  
than pressed service,  
his time no better than hired drudgery?  
Like the slave, sighing for the shade,  
or the workman with no thought but his  
wages, months of delusion I have  
assigned to me,  
nothing for my own but nights of grief.  
Lying in bed I wonder, 'When will it be  
day?'

Risen I think, 'How slowly evening  
comes!'

Restlessly I fret till twilight falls.

Swifter than a weaver's shuttle my days  
have passed,

and vanished, leaving no hope behind.

Remember that my life is but a breath,  
and that my eyes will never again see joy.

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**Psalm 146(147):1-6**

*The Response Is:*

***Praise the Lord, who heals the broken-  
hearted.***

Praise the Lord for he is good;  
sing to our God for he is loving:  
to him our praise is due.

## ***Praise the Lord, who heals the broken- hearted.***

The Lord builds up Jerusalem  
and brings back Israel's exiles,

he heals the broken-hearted,

he binds up all their wounds.

He fixes the number of the stars;

he calls each one by its name.

## ***Praise the Lord, who heals the broken- hearted.***

Our Lord is great and almighty;  
his wisdom can never be measured.

The Lord raises the lowly;

he humbles the wicked to the dust.

## ***Praise the Lord, who heals the broken- hearted.***

## SECOND READING

*1 Corinthians 9:16-19,22-23*

I do not boast of preaching the gospel,  
since it is a duty which has been laid on  
me; I should be punished if I did not  
preach it! If I had chosen this work  
myself, I might have been paid for it, but  
as I have not, it is a responsibility which  
has been put into my hands. Do you know  
what my reward is? It is this: in my  
preaching, to be able to offer the Good  
News free, and not insist on the rights  
which the gospel gives me.

So though I am not a slave of any man I  
have made myself the slave of everyone  
so as to win as many as I could. For the  
weak I made myself weak: I made myself  
all things to all men in order to save some  
at any cost; and I still do this, for the sake  
of the gospel, to have a share in its  
blessings.

The Word of the Lord

**All: Thanks be to God.**

*Please stand for the Gospel*

*Acclamation.*

## GOSPEL ACCLAMATION

***Alleluia, alleluia!***

He bore our sickness,  
and endured our suffering.

***Alleluia!***

## GOSPEL

*Mark 1:29-39*

On leaving the synagogue, Jesus went  
with James and John straight to the house  
of Simon and Andrew. Now Simon's  
mother-in-law had gone to bed with  
fever, and they told him about her  
straightaway. He went to her, took her by  
the hand and helped her up. And the fever  
left her and she began to wait on them.

That evening, after sunset, they brought  
to him all who were sick and those who  
were possessed by devils. The whole  
town came crowding round the door, and  
he cured many who were suffering from  
diseases of one kind or another; he also  
cast out many devils, but he would not  
allow them to speak, because they knew  
who he was.

In the morning, long before dawn, he got  
up and left the house, and went off to a  
lonely place and prayed there. Simon and  
his companions set out in search of him,  
and when they found him they said,  
'Everybody is looking for you.' He  
answered, 'Let us go elsewhere, to the  
neighbouring country towns, so that I can  
preach there too, because that is why I  
came.' And he went all through Galilee,  
preaching in their synagogues and  
casting out devils.

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

Let them thank the Lord for his mercy,  
his wonders for the children of men,  
for he satisfies the thirsty soul,  
and the hungry he fills with good things.

