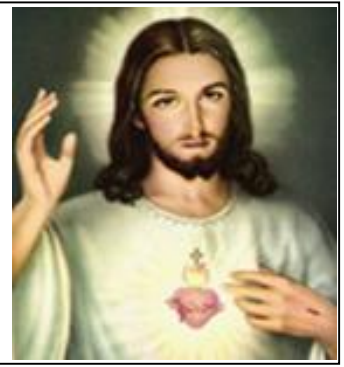




# Sacred Heart Parish Preston



322 Bell St, Preston 3072

Phone (03) 9480 3398 or (03) 9484 2124

Email: [preston@cam.org.au](mailto:preston@cam.org.au)

Website: [www.sacredheartpreston.com.au](http://www.sacredheartpreston.com.au)

## Office Hours:

Mon, Thurs & Fri: 10am -3pm

### Parish Priest

Fr Aloysius Nato, SVD

Ph: 0428 715 282

### Italian Community Chaplain:

Fr Albano Da Costa, SVD

Ph: 0478 963 248

**Parish Office:** Rachel Costa

**School Principal:** Mark Tierney

**School Phone:** 9487 1001

**Sacrament Coordinator:** TBA

### Safeguarding Committee:

#### Safeguarding Officers:

Robert Dullard: 0433 401 958

Kay Duffy: 0431 376 212

#### Safeguarding Committee: Members:

Mary Harb: 0422 891 324

Teresa Dang : 0434 583 911

Pauline O'Day: 0497 935 593

### Parish Council Members:

Gerard Grant (chairperson), Kay Duffy (secretary), Ophelia Swai, Anisasio (Pauline) Veamatahau, Mark Tierney, Ben Fortuna and Natalie Baran

### Parish Finance Committee:

Peter Constable (Chair)

Ph: 0425 779 831

### St. Vincent de Paul Society:

Stephen Costello (President)

Ph: 0432 405 417

### 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 the month  
at 1:30pm

Please note new day.

#### Next Healing Mass:

**Friday** 10 February (in lieu of 3 February)

#### Devotional Practices:

**Adoration of the Blessed Sacrament:**

Every Thursday at 7:30pm for 1 hour



**Holy Rosary:** Thursday (English) after the 9:10am Mass

#### Reconciliation:

30 minutes before Mass or by appointment

**Baptisms & Weddings:** By appointment only

Bulletin printed 3/2/2023

## *5th Sunday in Ordinary Time (Year A) Sunday 5 February 2023*

### **You are the Light of the World ...Let your light shine!**

There is a very close connection between the words of the Gospel and the reading from Isaiah today. Not only that, but the readings we share are like a basis of Humanitarianism and Christian Social teaching. The message is: there can be no true religion or respect for humanity without justice and a genuine concern for the poor. The instructions given by the prophet: ‘Share your bread with the hungry, shelter the homeless, clothe the naked and don’t abandon your own family,’ stress that if we want to come close to God then we must first seek to care for those around us-for God is Love and the Father of All Being. By doing this our self-centredness that distances ourselves from God and neighbour is healed and we will become a source of light and hope for those around us. The reading concludes: “If you give your bread to the hungry, and relief to the oppressed your light will rise in the darkness”.

Throughout His ministry and teaching, Jesus made it very clear that identifying with the poor, the abandoned and caring for their needs in such a way as to restore their sense of worth is essential to being one of his followers. In the short reading from Matthew today, Jesus relies on the images of salt and light – such common elements of our world that we take them for granted not thinking of their vital roles in life.

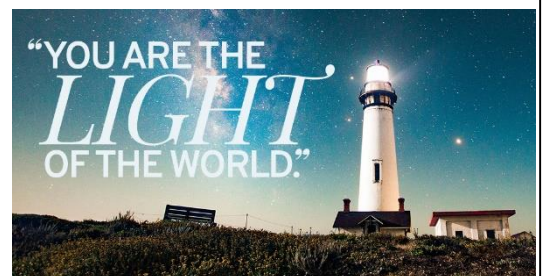
Salt was an element never used on its own. As an additive or preservative in the appropriate proportion, it brought out the best flavours and qualities of food and mixed with water could be a healing and purifying solution. In using this image Jesus was saying to His disciples that their calling is not for themselves alone. They are disciples for the sake of the world - to live like Himself as sons and daughters of One caring, loving and merciful Father who longs to draw all His children into the safety of His embrace.

The second image of light is a universal one used in many religious traditions and has been employed in each gospel over the past weeks. In the infancy story the wise men followed a bright star which led to Jesus and when he called His disciples, Jesus was likened to a light shining on people who had been in darkness. Now the image is embedded into his disciples. By means of their lives they will bring people to the awareness of God’s love and goodness and the nature of the kingdom proclaimed and lived by Jesus. The two images that Jesus uses are stating our mission as Church and as Christians. Faith and good deeds, belief and action cannot be separated. Our light should shine first and foremost through works of compassion and protection of the vulnerable that make it clear that we are true offspring of our Father in heaven who is God and who is Love. This quality in true Christian lives can spread by example and change the world.

“Do to others whatever you would like them to do to you.

This is the essence of all that is taught in the law and the prophets”

Matt 7:12.



## 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>
04-Feb-23	Celia Lemos Marlene Vergou	Terry Murphy
11-Feb-23	Rohan Lemos Terry Murphy	Mary Harb
18-Feb-23	Mary Harb Teresa Dang	Charlotte Bainy

	<b>Sunday 10:30AM Mass - Readers</b>	<b>Sunday 10:30AM Mass Ministers of Communion</b>
05-Feb-23	Jessica Suppiah Ophelia Swai	Ivana Lo Bello
12-Feb-23	Eileen Stevens Judeline Wadhvani	Tony Eley
19-Feb-23	Alisha Verga Hannah Lopez	Giovanna D' Intino

	<b>Sunday 6:00PM Mass - Readers</b>	<b>Sunday 6:00PM Mass Ministers of Communion</b>
05-Feb-23	Albert D'Souza Michelle Totawatte	Damian Casamento
12-Feb-23	Tim Rankin	Damian Casamento
19-Feb-23	Carolina Constable Peter Constable	Damian Casamento

### Cleaning Roster:

**To all our Volunteers**  
*Thank you for your hard work*



### **WE PRAY FOR:**

#### The elderly and the sick

Sandra Bishop

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

#### Those who have died recently:

*Cesarina Zussa (RIP 25/1. Funeral Mon 6/2 at 12:30pm)*  
*Anthony (Tony) O'Connell (RIP 25/1. Funeral Wed 8/2 at 11:30am)*

#### We Commemorate:

*Maria Reginato (10th Anniv.)*

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



#### Last Week's Collection: 29/1/23

1st Collection for our Church: \$986  
(electronic contributions for January: \$2,400)

2nd Collection for support of clergy: \$1,097  
(electronic contributions for January: \$140)

Thank you for your kind generosity!



### THOUGHTS FROM POPE FRANCIS

*The Lord is to be sought and loved in the poor. As Christians, we must take care not to distance them from us. There is something wrong when a believer keeps Christ's loved ones at a distance.*



## 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.



### Stewardship Reflection

*"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven." MATTHEW 5:16*

The generosity of being a good steward of your gifts has a positive effect on people and it is contagious! Good works encourages more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them and they don't put themselves above the people they have been called to help.



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

*Monday 6th February St Paul Miki and Companions*

*Wednesday 8th February St Josephine Bakhita,*

*St Jerome Emiliani*

*Friday 10th February*

*St Scholastica*

*(Blessed Aloysius Stepinac)*

*Saturday 11th February*

*Our Lady of Lourdes*

*World Day of Prayer for the Sick*



### 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.



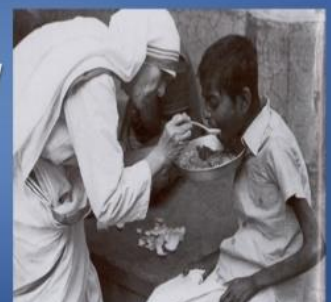
### Dates to Remember

Friday 10 February – Healing Mass at 1:30pm

Wednesday 22 February - Ash Wednesday

## The 7 Corporal Works of Mercy

- To **feed** the hungry
- To **give drink** to the thirsty
- To **clothe** the naked
- To **shelter** the homeless
- To **visit** the sick
- To **visit** the imprisoned
- To **bury** the dead



## Liturgical Ministers Roster

The current Liturgical Ministers roster will conclude in three weeks time and the next roster is now being prepared. Ministers now serving, please advise if you are able to continue as reader according to the current schedule

Please contact Rachel - [preston@cam.org.au](mailto:preston@cam.org.au) or 9480 3398

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## Extraordinary Ministers of the Eucharist required for Saturday 6pm Mass and Sunday 6pm Mass

We are seeking Ministers of the Eucharist for our Saturday 6pm Mass and our Sunday 6pm Mass.

Those wishing to partake in this ministry are required to apply for and maintain current Working With Children Check linked to Sacred Heart Parish. Please contact Rachel - [preston@cam.org.au](mailto:preston@cam.org.au) or 9480 3398

† † †

## Annual Lourdes Day Mass

You are invited to attend the annual Lourdes Mass at St Patrick's Cathedral, on **Saturday, 18th February 2023 at 10.30am.**

This is a special occasion to pray for our sick, infirm and elderly and those who care for them. The principal celebrant will be Archbishop Peter Comensoli.

Everybody attending will receive a gift pack containing water from the grotto at Lourdes, rosary beads and prayer resources.

† † †

## Pastoral Care Appeal 2023 – Chaplaincy Sunday: 12 February 2023

**Next weekend (11/12 February)** is the Pastoral Care Appeal in the Archdiocese of Melbourne. Each year a special collection is conducted in all parishes, so that the vital work of the Catholic Chaplains can continue. The Chaplains support thousands of Victorians every year in hospitals, prisons and youth justice centres. Your gift can help people find comfort and hope as they go through some of their darkest times of their life.

**Please give generously.**

You can donate using the envelopes available or online at [www.catholiccarevic.org.au](http://www.catholiccarevic.org.au) or call (03) 9287 5513.

† † †

## **LENT MCKINNEY LECTURE**

***'Standing in Solidarity with the suffering and Injustice of the Palestinian People'***

Featuring Brother Peter Bray FSC,  
Vice Chancellor of Bethlehem University

**Thursday 23 February 7.30pm  
at the Cunningham Centre**

(opposite St. Bernadette's School)  
53 Stanley St, Ivanhoe 3079

All Welcome

Further information:

[bill.edebohls@cam.org.au](mailto:bill.edebohls@cam.org.au)

† † †

## menALIVE Dinner

Founder of menALIVE Robert Falzon will visit Melbourne in March. Priests and Parish men are invited to dinner with Robert at Reservoir RSL at 251 Spring Street Reservoir on Tuesday 7 March at 7pm.

Robert will speak about menALIVE and what it offers Australian Catholic men. Brunswick-Moreland Mission will offer a menALIVE weekend in April.

Please advise your attendance at this special event by Friday 3 March to St Gabriel's Parish office [reservoir@cam.org.au](mailto:reservoir@cam.org.au)

Please provide your name, mobile number and email. Thank you

† † †



On Tuesday 7 February 2023, the 20th Safer Internet Day will be observed globally. In a world that is more connected than ever before, online safety awareness is becoming even more important. On this day we are calling on Australians to **Connect. Reflect. Protect.**

**Connect** safely and with purpose – by keeping apps and devices secure and using social media in positive ways.

**Reflect** before we act – by taking a moment to consider how what we do and say online may affect others.

**Protect** ourselves and others by taking action – by telling family and friends about eSafety and how we can help.

By doing these simple things, we can work towards making every day a Safer Internet Day.

**eSafety Webinars** - The Office of the eSafety Commissioner is also conducting a range of parent/carer webinars during Term 1, which you may wish to promote to your community. Some of the topics include:

- eSafety 101
- setting your child up for success online
- getting the most out of gaming
- navigating online friendships.

To register and to find out more, click visit the eSafety Commission Website: <https://www.esafety.gov.au/newsroom/whats-on/safer-internet-day-2023>

† † †

## PLEASE TAKE THE BULLETIN HOME

### Joke Corner

Morris and his wife Esther went to the local fair every year and every year Morris would say, "Esther, I'd like to ride in a helicopter."

And Esther always replied, "I know Morris, but that helicopter ride is one hundred dollars, and one hundred dollars is one hundred dollars."

One year Esther and Morris went to the fair and Morris said, "Esther, I'm 85 years old. If I don't ride in that helicopter, I might never get another chance."

To this, Esther replied, "Morris the helicopter ride is one hundred dollars and one hundred dollars is one hundred dollars."

The pilot overheard the couple and said, "Folks, I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the ride and not say a word, I won't charge you. But if you say one word, it's one hundred dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Morris and said, "Gee whiz, I did everything I could to get you to yell out, but you didn't. I'm Impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know, one hundred dollars is one hundred dollars."

## 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

*Isaiah 58:7-10*

Thus says the Lord:

Share your bread with the hungry,  
and shelter the homeless poor,  
clothe the man you see to be naked  
and do not turn from your own kin.  
Then will your light shine like the dawn  
and your wound be quickly healed  
over.

Your integrity will go before you  
and the glory of the Lord behind you.

Cry, and the Lord will answer;  
call, and he will say, 'I am here.'

If you do away with the yoke,  
the clenched fist, the wicked word,  
if you give your bread to the hungry,  
and relief to the oppressed,  
your light will rise in the darkness,  
and your shadows become like noon.

The Word of the Lord

**All: Thanks be to God.**

## RESPONSORIAL PSALM

**Psalm 111(112):4-9**

**The Response Is:**

***A light rises in the darkness for the upright.***

He is a light in the darkness for the upright:

he is generous, merciful and just.

The good man takes pity and lends,  
he conducts his affairs with honour.

***A light rises in the darkness for the upright.***

The just man will never waver:

he will be remembered for ever.

He has no fear of evil news;  
with a firm heart he trusts in the Lord.

***A light rises in the darkness for the upright.***

With a steadfast heart he will not fear;

open-handed, he gives to the poor;

his justice stands firm for ever.

His head will be raised in glory.

***A light rises in the darkness for the upright.***

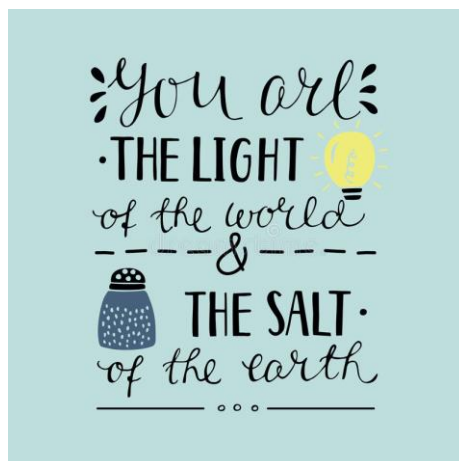
## SECOND READING

*1 Corinthians 2:1-5*

When I came to you, brothers, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

The Word of the Lord

**All: Thanks be to God.**



*Please stand for the Gospel  
Acclamation.*

## GOSPEL ACCLAMATION

***Alleluia, alleluia!***

I am the light of the world, says the  
Lord; the man who follows me  
***will have the light of life.***

## GOSPEL

*Matthew 5:13-16*

Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.

'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven.'

The Gospel of the Lord.

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

## PROFESSION OF FAITH

**APOSTLES' CREED**

I believe in God, / the Father almighty,  
/ Creator of heaven and earth, / and in  
Jesus Christ, his only Son, our lord, /  
who was conceived by the Holy Spirit,  
/ born of the Virgin Mary, / suffered  
under Pontius Pilate, / was crucified,  
died and was buried; / he descended  
into hell; / on the third day he rose  
again from the dead; / he ascended into  
heaven, / and is seated at the right hand  
of God the Father almighty; / from  
there he will come to judge the living  
and the dead. / I believe in the Holy  
Spirit, / the holy catholic Church, / the  
communion of saints, / the forgiveness  
of sins, / the resurrection of the body, /  
and life everlasting. 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.