



## Seventh Sunday in Ordinary time - Year A - 18th—19th February 2023

**Parish Details:**

**Address:** 4 Winifred Street, St Albans 3021  
**Phone:** 9366 2146

**Finance:** Lorraine Stafford: [StAlbans.Finance@cam.org.au](mailto:StAlbans.Finance@cam.org.au)

**Parish Office:** Lauren Maslaris: [StAlbans@cam.org.au](mailto:StAlbans@cam.org.au)

**Office Hours:**

**Monday— Wednesday:** 9:30am—4:00pm

**Thursday & Friday:** 9:30am—2:30pm

**Sacrament of Reconciliation:**

Sacred Heart English Saturday 10.30am  
 Maltese every 4th Saturday 4.00pm

**Baptism:** Eight weeks notice is required

**Marriage:** Six months noticed required

**Sacred Heart Mass Times:**

**Weekdays**

Tuesday - Friday 7.30am

Saturday 9.00am

**Weekend**

Saturday 5:00pm

Sunday 7:30am, 10:30am

Polish 9.00am

Slovene 2nd Sunday of month at 5:00pm

**Emmaus Mass Times:**

Saturday 6:30pm

Sunday 9:00am

**Ash Wednesday Mass Times:**  
 Sacred Heart @7:30am & 7pm  
 Emmaus @ 7pm

If you would like to receive the weekly 'Parish Update' emailed to you, please send your email address to the Parish: [stalbans@cam.org.au](mailto:stalbans@cam.org.au)

**SAFEGUARDING POLICY**

Sacred Heart/Emmaus Parish is committed to the care, wellbeing and protection of children, young people and people at risk in our community. The Parish takes a zero-tolerance approach to child abuse and upholds that child protection and the dignity of every person is the responsibility of every adult. To report issues and concerns, contact: [stalbans.csc@cam.org.au](mailto:stalbans.csc@cam.org.au) or 0413 841 936

**ACKNOWLEDGEMENT OF COUNTRY**

Sacred Heart-Emmaus Parish acknowledges the Wurundjeri people of the Kulin nation, the traditional owners of the land where we gather. We pay our respect to their elders past, present and emerging.

## READINGS

**This Week:** First Reading: Lev 19:1-2, 17-18 Second Reading: 1 Cor 3:16-23 Gospel: Mt 5: 38-48

**Next Week:** First Reading: Gen 2:7-9, 3:1-7 Second Reading: Rom 5:12-19 Gospel: Mr 4:1-11

## REFLECTION

# LENT BEGINS WITH ASH WEDNESDAY THIS WEEK – 22<sup>nd</sup> February

Lent is the preparation period for the most important feast of the Church year – the life-death-resurrection of Jesus that we celebrate during Holy Week to Easter. Our Church has three standard areas of life suggested for our attention and participation during Lent:

**Prayer** – for example, celebrating Mass some more times than usual; praying at home a little more than usual, reading some passages from the Bible and using that in prayer, and . . . . .

**Self-denial** – for example, giving up some favourite thing, and using that discipline to remind yourself of the spiritual life we share, and our call to charity to others, . . . .

**Helping others** – for example, giving extra attention to someone who is poor, sick lonely, worried, . . . .

As a 'frame' for Lent, our Church advises us to make Ash Wednesday and Good Friday days of both fasting and of 'abstinence from meat' as signals and reminders of the significance of the Season and the preparation for Easter. (Further details of the Church's teaching are on the noticeboards.)

**PROJECT COMPASSION:** is the ready opportunity during Lent to reach beyond ourselves to the lives of people in need: boxes and envelopes to take home are available in the foyers – the money you put aside in them will be forwarded to the Church's outreach arm 'Caritas Australia'.

**MASSES ON ASH WEDNESDAY** (with the distribution of Ashes) will be at 7.30am and 7pm at Sacred Heart, and at 7pm at Emmaus.

**ASH WEDNESDAY 22ND OF FEBRUARY MASS TIMES**

Sacred Heart church 7:30am and 7pm

Emmaus Church 7pm

**LENT PRAYER AND RECONCILIATION SERVICES** will be on Wednesday 29<sup>th</sup> March at 7.30pm at Emmaus, and on Thursday 30<sup>th</sup> March at 7.30 at Sacred Heart.

## WE REMEMBER IN OUR PRAYERS

**RECENT DEATHS:** Manuel Francisco Colaco , Rolando Carpio

**ANNIVERSARIES:** Roland Patrao, Lewis, Paul & Joe Psaila, Sam & Luke Cassar, Margaret Borg, Tessie Farrugia, Leli, Carmelo, Mary, Joseph & Grace Pulis, Tony & Jane Dalli, Cecilia & Frank Cordina, Joseph & Maria Orsini, Anthony Borg, Godfrey Josepe Deniese, Niroshan Patrick, Anthony Muriel, Ronald Guest, Wayne Rebeiro, Gorg, Lureta, Fredi, Anglo Camilleri, Charlie Camilleri, Carmelo Falzon, Leli Bugeja, Angie Azzopardi, Paul & Frances Portelli, Anthoniata Lanziano, John Colerio, Joe Giacotto, Charlie, Joe, Mario Muscat, Fr. Joshua Peter Muscat, Fo Heang Lee, Burjore Anthony Patel, Stephan Grabovic, Angela Xuereb, Michael & Josephine Piacentini, Pero Kilsanin, Aaron D'Souza, Paul Aquilina.

## OUR PASTORAL, SOCIAL & SCHOOL EVENTS



### Project Compassion Sunday 18 & 19 February



With your support, Caritas Australia has been able to support vulnerable communities around the world to tackle poverty, food security, education, water and sanitation and disaster risk reduction to build a better future for all.



Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations.**

You can donate to Project Compassion by visiting [caritas.org.au/project-compassion](http://caritas.org.au/project-compassion), by calling 1800 024 413 or scanning the QR Code here.

## Our Parish is re-building our Ministry Teams

*'Ministry' expresses that it is 'we the people' who give life to our Parish.*

*'Ministry' is our involvement together in the mission of the Church – "to carry forward the work of Christ".*

At Mass this weekend, we will have "sign up forms" available for you to register your interest or renew your participation in Ministry of our Parish.

The **Yellow forms** are for Ministry at Sacred Heart Church and the **Green forms** are for Ministry at Emmaus Church, to assist the office in the rostering for Mass.

On the form however, you will see the many Ministries of our Parish that you can sign up to become a part of!

There will be "training" for all these Ministry areas, and assistance from the Parish Office if needed in completing the required registrations.

Your participation in Ministry gives life to the gospel of Jesus – being lived in action!

This years round of Ministry Recruitment closes this weekend.

### SO: WHAT WILL YOU DO DURING LENT TO SHOW THAT THIS IS A DIFFERENT TIME OF YEAR ? ?

**FASTING????** What will you 'give up' during this Lent? Give that some consideration this so that you 'hit the ground running'. Some thought in advance will help you to get your decision right: is it achievable? will I do it in stages? **And, when I have 'given that thing up', what will I do in its place?** Some may give up chocolates, arguing, over-working, being negative, not considering others, for example: what will **you** give up this Lent? And what will **you** do in place of the thing that **you** have given up?

What **SIN** will you give up this Lent? On each Saturday at 10.30am, there is the opportunity for *Sacrament of Reconciliation* in Sacred Heart church. Our LENT RECONCILIATION SERVICES will be on Wednesday 29<sup>th</sup> March at 7.30pm at Emmaus, and on Thursday 30<sup>th</sup> March at 7.30 at Sacred Heart.



### Sacred Heart-Emmaus Parish's donation to the St Vincent de Paul Society Keilor Downs Conference "Christmas Giving Trees"

**A message from St Vincent De Paul:** Thank you for yet another generous donation from your Parish. Your latest donation of \$3620 has yet again exceeded our expectations!

The money will assist many families and individuals in our community who are struggling to pay their household bills, rental and medical needs in addition to finding just that bit extra for their children's scholastic needs. This past year particularly, has seen the cost of living rise dramatically.

### St Mary of the Cross MacKillop

Do not be afraid. Love one another, bear with one another and let charity guide you in all your life. (From the last letter typewritten by Mother Mary herself.) 12th. Jan.1909



**The Parish's donation to Mercy Palliative Care from proceeds of the Piety Stalls in our churches totalled: \$3,000. Thank you!**

### Risen Lord Community Prayer Group Lenten/Easter program – Friday 24th March

It's only one week for Lent to begin. Our Prayer Group for many years have conducted Stations of the Cross during lent on Fridays from 7:15pm till 7:55pm prior to our prayer meeting. (Except for Friday 3rd of March)

Our parishioners of Sacred Heart/Emmaus are most welcome to participate in the stations of cross. God Bless! Rukmal Mendis

### IMPORTANT MESSAGE

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