



3rd Sunday of Lent, Year B - 3rd March 2024

Parish Office Details:

Address: 4 Winifred Street, St Albans 3021

Phone: 9366 2146

Finance: Lorraine Stafford: StAlbans.Finance@cam.org.au

Parish Office: Lauren Maslaris: StAlbans@cam.org.au

Office Hours:

Monday & Tuesday: 9am - 5:00pm

Thursday & Friday: 9am - 4:30pm

(The parish office is closed on Wednesdays, weekends and public holidays)

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 Church 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 Church Mass Times:

Saturday 6:30pm

Sunday 9:00am

Website: <http://pol.org.au/stalbanssydenham/Home.aspx>

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 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: [Exodus 20:1-17](#) Second Reading: [1 Corinthians 1:22-25](#) Gospel: [John 2:13-25](#)

Next Week: First Reading: [2 Chronicles 36:14-16, 19-23](#) Second Reading: [Ephesians 2:4-10](#) Gospel: [John 3:14-21](#)

REFLECTION

COMING TOWARDS THE MID-POINT OF LENT

Have you been 'giving something up for Lent'? Have you 'taken something up' in its place? Even the simple things in our lives are hard to change. It's hard to give up always having a biscuit or piece of cake with a coffee – not because it is so difficult when I remember to do it, but because it's so much part of my routine; it's a habit; it's just what I do; it's who I am!

Lent calls us to renewal of 'who we are': people in the image and likeness of God, people who are part of the Body of Christ, people of Christian faith: are there routines and habits in me that I should give up because they are not true to who I am at least trying to be? Are there better attitudes, actions, words that I could take up in their place?

Fast from discontent: feast on thankfulness
Fast from worry: feast on trust
Fast from anger: feast on patience
Fast from self-concern: feast on compassion for others
Fast from bitterness: feast on forgiveness
Fast from discouragement: feast on hope
Fast from media hype: feast on honest reflection
Fast from idle gossip: feast on positive conversation
Fast from problems that overwhelm: feast on prayer that supports.



"Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons."
John 2:13

WE REMEMBER IN OUR PRAYERS

Recent Deaths: Haney Rangel

Anniversaries: Mark Farrugia, Angela Xuereb, Michael & Josephine Piacentini, Joe Xuereb, Joe Grech, Emmanuel & Frank Grech, Tony Calleja, Cecilia & Frank Cordina, Joseph & Maria Orsini, Emanuel & John Fenech, Tessie Farrugia, Catalina Dionisio, Pero Kilsanin, Antonia Demecoli, Joseph Xuereb, Salvina & John Borg, Paul Aquilina, Frank & Bernadina Siracusa, Fr Joshua, Peter Muscat, Joe & Paula, Albert Carmen, Charlie Muscat, Tony Spiteri, Catarina, Costan & Paul Schembri, Charlie Camilleri, Leli Bujega, Carmelo Falzon, Lurata, Gorg, Freddie & Anglue Camilleri, Daniella Zahra, Damian Cauchi, Frederick Fernando Castillo, Guadalupe Fajardo, Guza Martinelli, Lino Rapintti, Victor & Lily Borg, Carmena, Gorranna, Luqa Borg, Eusebio & Josephine Darmanin, Nazarena & Saviour Anastasi, Godfrey Joseph Deniese, Niroshan Patrick, Anna Pribaz, Maria & Pino Grego, Saviour Zammit, Aaron D'souza, Mikolina Azzopardi, Mary Pulis, Joseph Grech, Joe Aruliah, Zita Aruliah, Sebastian Baracho, Estafania Baracho, Mikolina Azzopardi, Agnelo Fernandes, Myora Nicholas, Charles Spiteri & Rita Siomos

OUR PASTORAL, SOCIAL & SCHOOL EVENTS



Project Compassion 2024 reminds us that the good that we do today will extend and impact the lives of generations to come. Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**



Please take home a Project Compassion box or set of donation envelopes to support Caritas Australia this Lenten season and help support vulnerable people around the world, now and **for all future generations.**

Please donate to Project Compassion.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **for all future generations.**

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



Sacred Heart & Emmaus Parish Statistics for the year 2023

The Parish has submitted the following data below, which goes onto the Central Statistics office at the Vatican:

Baptisms: 90 First Holy Communion: 158
Confirmations: 126 Marriages: 2
Funerals: 53

AL-ANON FAMILY GROUPS AND ALATEEN

If your home is unhappy because a loved one drinks too much, there is help available! An Al-Anon Family Group in Sydenham offers hope and help to families who are seeking support. Confidentiality is assured. A voluntary donation is requested to help cover the rental of the room.

TWO Introductory Alateen meetings will be offered during 1st term school holidays for teens (age 12/13 – 18/19) who live with a parent or sibling whose drinking causes problems / anxiety in the family.

Alateen meetings are facilitated by two certified and experienced Al-Anon members (who have WWCC & Police Checks). Parents/ Guardians are invited to accompany their teens and attend the adult Al-Anon meeting in an adjacent room. Alateen members gain strength and hope listening to other teens share their stories and soon realise that they are not alone. As in the parent group, confidentiality is assured.

When: Wed April 3rd & Wed April 10th from 1-2:30pm

Where: Sydenham Neighbourhood House (rear of library), Level 1.

For further details about Al-Anon Family Groups and Alateen see the website:

www.al-anon.org.au or call the Helpline 1300 252 666 for further information.

LENT, HOLY WEEK & EASTER 2024

LENT PRAYER AND RECONCILIATION SERVICES

EMMAUS Wednesday 20th March at 7.30pm

SACRED HEART: Thursday 21st March at 7.30pm *with the opportunity for one-on-one Sacrament.*

PALM SUNDAY 23 - 24th March

SACRED HEART: Saturday 5:00pm, Sunday 7:30am, 9:00am (Polish), 10:30am

EMMAUS: Saturday 6:30pm, Sunday 9:00am

Procession of Palms commences at the front of the Churches.

HOLY THURSDAY 28th of March

EMMAUS: 7pm

SACRED HEART: 7pm

GOOD FRIDAY 29th of March

STATIONS OF THE CROSS 11am on 'the oval' at **SACRED HEART**

SERVICE OF THE LORD'S PASSION

EMMAUS: 3pm

SACRED HEART: 3pm

HOLY SATURDAY 30th March

BLESSING OF FOOD - SACRED HEART: 10am

EASTER VIGIL 30th March

EMMAUS: 7pm

SACRED HEART: 7pm

EASTER SUNDAY 31st March

EMMAUS: 9am

SACRED HEART: 7:30am, 9am (Polish), 10:30am

St Mary of the Cross MacKillop - Quotes

Let us ask ourselves if we give God the perfect service to which God has the right. *Mary MacKillop 12th. March 1899*