



The Fullness of Righteousness

Sixth Sunday in Ordinary Time (Year A)

This teaching from our Lord comes after a series of new and deeper teachings from our Lord on the Commandments of old. Jesus mentions the Old Testament teachings that we ought not kill, commit adultery, or lie. He then follows up each of these commandments with a deeper insight. In the New Law of Jesus' teaching, "Thou shall not kill" is deepened to mean that we ought to avoid all anger in our hearts. "Do not commit adultery" is deepened to mean we ought not have lust in our heart. And "Do not lie" is deepened and presented in a new way in the above quoted Scripture.

The first thing to note is the more general fact that Jesus' life and teaching brings us to a new depth of morality. No longer are we to simply avoid seriously sinful actions, we are now called to avoid even interior tendencies toward these actions. Not only must we purify our external actions, we must also purify our hearts.

This particular passage, that our "Yes" must mean "Yes," and our "No" must mean "No," is Jesus' way of saying that the words we speak must flow from the honesty and integrity of our hearts. In other words, what we say, exteriorly, must be spoken from the depths of our being. Our words must flow from that which is in our hearts.

What a profound lesson for us. It's so very easy, in life, to live in a two-faced way. It's easy to say only that which we believe benefits us the most, makes us look good, or makes a particular situation easier. It's a common tendency to say what we believe others want to hear or to say that which paints our lives in the best light.

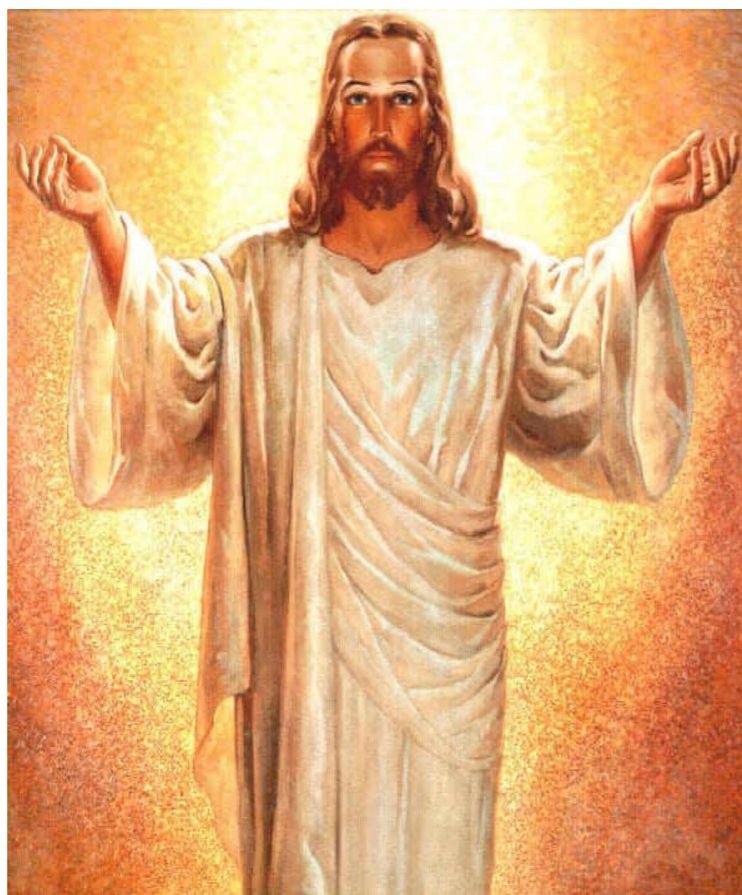
True honesty and integrity requires that we speak only from the truth that resides within our hearts. No, we do not have a moral duty to reveal every truth of our hearts publicly. Some things are to be reserved only for God or for confession. But when we do feel compelled to speak, it's essential that our words carry the integrity of truth in every way. Otherwise, they are meaningless, deceptive and, ultimately, destructive.

Reflect, today, upon your own honesty and integrity. When you speak to others, do your words flow from the truth alive within your heart? When God hears your words, does He see honesty? After a conversation, can you return to prayer and face your Lord in peace and with a clear conscience? If you struggle with honesty, know that it is honesty that produces integrity. Seek the goodness of integrity in your life and our Lord will help you to achieve it by becoming a person of truth who speaks from the heart.

From the Diary of St Faustina.....

At times, the truth can seem to be of little consolation to us. That may seem strange to say. But if we are honest, there are times when we suffer interiorly despite the fact that we know what we are feeling is not true. For example, we may KNOW that God is with us and loves us, but we may not feel that or experience that at one time or another. We may KNOW that God is in control of our lives, but we may feel like in our life He is nowhere to be found. This apparent contradiction between what we know and what we feel or experience can be hard to reconcile interiorly. But it is a grace to experience this apparent contradiction. It's a grace because when we do not feel the presence of God or, even worse, if we feel like we have been rejected by God, we are given, in that moment, an incredible opportunity for holiness. Why? Because faith is not about feeling, it's about knowing. It's about knowing the truth in all things, believing that truth and living in accord with that truth despite what we may feel or experience interiorly. Though this can be hard to understand, it's a truth we must believe and embrace if we are to grow in perfection and holiness (See *Diary* #77).

Lenten Reflection books have arrived and are now available for you to take home. They are a wonderful resource for individuals and groups. Start your Lenten journey early and take one home today!



Prayer

*My most honest Lord,
please make me pure of heart.
Help me to be a person of honesty
and integrity.*

*May the truth
that You place in my heart
be the basis of my actions
and my words.
May I speak with a clear conscience
always speaking
what You give me to speak.*

Jesus I trust in you

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Project Compassion Sunday
18 & 19 February

Please take home a Project Compassion box or a 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**. 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 through Project Compassion donation boxes and envelopes available from your parish, by visiting caritas.org.au/project-compassion, or by calling 1800 024 413.



Quote of the Week

*"Where I found truth, there I found my God,
who is truth itself"
Saint Augustine*



WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

Website: www.sacredheartparishhindmarsh.com.au
Facebook: www.facebook.com/sacredheartfindonparish

IN THE CHARISM OF THE HEART OF CHRIST
'May the Sacred Heart of Jesus be everywhere loved'

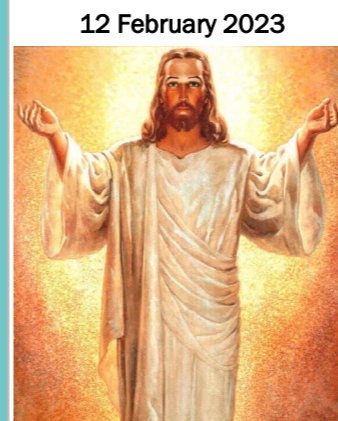


PARISH VISION STATEMENT

As a people who believe and trust in the love of God for us, revealed in the heart of Jesus, we live out this love in a welcoming and inclusive community that provides life-giving support and service to all people.

YOU ARE WELCOME TO JOIN US FOR MASS

| | | | |
|-------------|--------|----------|--|
| ◇ Tuesday | 14 Feb | 12:15 pm | Mass at Sacred Heart Church (SHC) Hindmarsh |
| ◇ Wednesday | 15 Feb | 6:00 pm | Candlelight Mass & Adoration at Our Lady of the Manger Church (OLM) Findon |
| ◇ Friday | 17 Feb | 9:15 am | Mass at Our Lady of the Manger Church (OLM) Findon |
| ◇ Saturday | 18 Feb | 6:00 pm | Mass at Our Lady of the Manger Church (OLM) Findon |
| ◇ Sunday | 19 Feb | 9:00 am | Mass at Sacred Heart Church (SHC) Hindmarsh |
| ◇ Sunday | 19 Feb | 11:00 am | Mass at Our Lady of the Manger Church (OLM) Findon |
| ◇ Sunday | 19 Feb | 5:00 pm | Latin Mass at Sacred Heart Church (SHC) Hindmarsh |



Sixth Sunday in Ordinary Time Year A

Responsorial Psalm
*Happy are they who follow
the law of the Lord!*

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!
Today's Readings:
Sir 15: 15-20
Ps 118: 1-2, 4-5, 17-18, 33-34
1 Corinthians 2: 6-10
Matthew 5: 17-37

Mass Intentions

6.00pm Vigil

Parish

9.00am SHC

Romolo Montibello
Simone and Salvatore Mezzino

11:00am OLM

Cyril D'Souza

Our Churches

Sacred Heart Church (SHC)
252 Port Road, Hindmarsh
Our Lady of the Manger (OLM)
176 Crittenden Road, Findon

*"Let your Yes mean Yes
And your No mean No
Anything more
Is from the Evil One"*



Honesty and Integrity

This is an interesting line. At first it seems a bit extreme to say that "Anything else is from the Evil One." But of course since these are the words of Jesus, they are words of perfect truth. So what does Jesus mean? This line comes to us from Jesus within the context of Him teaching us about the morality of taking an oath. The lesson is essentially a presentation of the basic principle of "truthfulness" found in the Eighth Commandment. Jesus is telling us to be honest, to say what we mean and mean what we say. One reason Jesus brings this up, within the context of His teaching about taking oaths, is that there should be no need for a solemn oath regarding our ordinary daily conversations. Sure, there are some oaths that take on solemnity such as Marriage vows or vows and promises solemnly taken by priests and religious. In fact, in every Sacrament there is some form of solemn promise taken. However, the nature of these promises is more of a public expression of faith than a way of keeping people accountable. The truth is that the Eighth Commandment, which calls us to be people of honesty and integrity, should suffice in all daily activity. We do not need to "swear to God" about this or that. We should not feel a need to convince another that we are telling the truth in one situation or another. Rather, if we are people of honesty and integrity, then our word will suffice and what we say will be true simply because we say it. Reflect, today, upon how honest you are in all areas of life. Have you built a habit of truthfulness in both big and small matters of life? Do people recognize this quality in you? Speaking the truth and being a person of the truth are ways of proclaiming the Gospel with our actions. Commit yourself to honesty today and the Lord will do great things through your spoken word.

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Finance Council Meeting

Please note that there will be a Finance Council Meeting on
Wednesday the 15th of February at 7:00pm at Our Lady of the Manger Church Findon

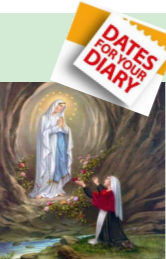
PARISH OFFICE | PHONE 08 8346 3901

Office Hours: Tuesday, Wednesday, Thursday and Friday | 10:00am–2:00pm
Please Note: If the office is unattended, please leave a message and we will return your call ASAP
29 Grange Rd., West Hindmarsh | Mailing address: PO Box 34, Welland 5007

Email: shparish@shphf.com.au
Parish Priest - Father Lancy D'Silva CSC
Assistant Priest - Father Santhosh Nazareth CSC

February 2023

- 11 Feb Feast of Our Lady of Lourdes
- 12 Feb Walk for Life; World Day of the Sick
- 14 Feb 6th Sunday in Ordinary Time
- 15 Feb Valentine's Day
- 19 Feb Finance Council Meeting
- 21 Feb 7th Sunday in Ordinary Time
- 22 Feb Shrove Tuesday
- 26 Feb Ash Wednesday
- 1st Sunday of Lent



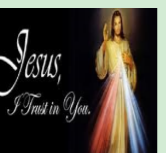
March 2023

- 05 Mar 2nd Sunday of Lent
- 12 Mar 3rd Sunday of Lent
- 17 Mar Feast of St Patrick, Bishop
- 19 Mar 4th Sunday of Lent (Laetare)
- 20 Mar Solemnity of St Joseph, Husband of Mary
- 25 Mar Solemnity of The Annunciation of the Lord
- 26 Mar 5th Sunday of Lent



April 2023

- 02 Apr Palm Sunday of the Lord's Passion
- 06 Apr Holy Thursday of the Lord's Supper
- 07 Apr Good Friday of the Lord's Passion
- 08 Apr Holy Saturday
- 09 Apr Easter Sunday of the Lord's Resurrection
- 10 Apr Monday in the Octave of Easter
- 16 Apr 2nd Sunday of Easter
- 23 Apr DIVINE MERCY SUNDAY
- 25 Apr 3rd Sunday of Easter
- ANZAC Day



From the Archdiocese

Catholic Youth Podcast Featuring Sr Nathalie Becquart

During her recent visit to Adelaide, Sr Nathalie Becquart, undersecretary of the Synod of Bishops in Rome, was interviewed by James Meston from Arch D Radio for the podcast series Parishes of Adelaide. To listen to Sr Nathalie's fascinating insights into her own faith journey, her involvement in youth ministry and her current role at the Vatican, please visit <https://pod.fo/e/162504>

Online Regional Assembly Information Session

Thursday, February 16 2023, 7pm via Zoom

Link available upon registration <https://www.trybooking.com/CFMHL>

Representatives from parishes, schools and communities are invited to join the online information session. For more information visit

www.adelaidecatholic.org/regional-assemblies or contact pastoralservices@adelaide.catholic.org.au

Mary MacKillop Precinct - 2023 Events Program

There is something for everyone in our 2023 Events program, and we hope that you will participate in one, some, or all, of the events on offer. Please visit <https://adelaide.catholic.org.au/files/f/148115/4.MMK%20Precinct%20-%202023%20Events%20Programme.pdf>

Project Compassion 2023 - commences Sunday February 19

The Theme this year 'For All Future Generations' reminds us that the good we do today will extend and impact the lives of generations to come. (Kirsty Robertson, CEO, Caritas Australia). Project Compassion boxes are now available for collection.

Maronite Catholic Parish of SA - Relics of our Saints for their veneration

The Feast of our spiritual father St Maroun on Thursday February 9, also marks the launch of the golden jubilee of the Maronite Eparchy of Australia. As part of our celebrations, we will be blessed with a visit of the relics of our Saints for their veneration - St Maroun, St Charbel, St Rafqa, St Nehmetallah and St Mary of the Cross MacKillop - in a specially designed reliquary at St Maroun's, Greenslopes. The reliquary will arrive on Wednesday February 15, and this will be followed by Mass and parish celebrations. The church will be open from 10am to 10pm daily for Masses, silent prayer and nightly movies on the lives of the saints. The relics remain for prayer and veneration until Tuesday February 21 before heading to St Joseph's Parish in Croydon (NSW) for the Feast of St Joseph. We welcome you all to participate. For more details P: 8271 0806 or E: stmarounofsa@gmail.com.

Spiritual Healing Retreat—Charis-SA

4th Thursday of the month, 7.00pm to 9.00pm at St Peter Claver Church—8 Stuart Road, Dulwich, with Fr. Roni George VC. Dates are 23rd February, 23rd March, 27th April, 25th May, 22nd June, 27th July, 24th August, 28th September. Contact: 0407060715 or visit www.divineretreatcentre.org

Retreat Walk - Semaphore

Sunday February 26, 9.30am - 4pm - Organised by Jesuit and Ignatian Spirituality Australia, this contemplative walk is along the beaches of Semaphore. This is a (mostly) silent walk beginning with prayer and ending with shared reflection. The 7km walk is graded as 'easy' and is suitable for most ages and fitness levels. Cost is \$25, meet at the carpark near the Semaphore Surf Life Saving Club, Point Malcolm Reserve, 343 Military Road, Semaphore Park. Enquiries: 1300 392 636 or info@isa.org.au Register at <https://isa.org.au/retreat/retreat-walk-adelaide-south-australia/>

Sacraments of Initiation Date claimer

Workshop Monday February 27, 2023 - 9.30am-2.30pm at CEO Conference Centre, George St, Thebarton. All involved in Sacraments of Initiation of Children are encouraged to attend. For registration please contact Sr Jenny Seal, Family Faith Formation Advisor E: jenny.seal@cesa.catholic.edu.au

Parish Fundraising Committee

Are you interested in helping your community? Everyone is invited and welcome to join the Parish Fundraising Committee. **If you can spare a couple of hours once a month** to help plan and raise funds towards our much needed Community Centre, please contact Sandra Bahlij 0402894613 with your email address or sms. Thank you to those **wonderful women** who have volunteered already. We need a balance though — if there are any **men** who would like to volunteer, your help would be much appreciated. Please help us to support this worthy cause! We need you!

Are you able to help raise some much needed funds for our Community Centre? If you can spare a couple of hours of your time we would really appreciate your help in ushering cars into the SHC Carpark before Soccer Matches. **Please arrive 1½ hours before the game begins, no need to stay for the whole match!** Some exciting games coming up include the FIFA Women's World Cup! See the table below for times. To help, please contact Sandra Bahlij 0402894613. Thank you!

| Start Time | Teams |
|-----------------|--|
| February | |
| Sun 19th 2:30pm | Adelaide United vs Western Sydney Wanderers |
| March | |
| Fri 3rd 7:15pm | Adelaide United vs Melbourne City |
| Fri 17th 4:40pm | Adelaide United vs Newcastle Jets |
| Double Header | Adelaide United vs Wellington Phoenix |
| April | |
| Fri 7th 4:30pm | Adelaide United vs Sydney FC |
| Sun 16th 4:30pm | Adelaide United vs Western United FC |
| Sat 29th 4:30pm | Adelaide United vs Central Coast Mariners |
| July | |
| Mon 24th 8:30pm | FIFA Women's World Cup 2023 Brazil vs Group C Winner |
| Fri 28th 8:30pm | FIFA Women's World Cup 2023 Group B Winner vs China PR |
| Sun 30th 2:00pm | FIFA Women's World Cup 2023 Morocco vs Korea Republic |
| August | |
| Tue 1st 8:30pm | FIFA Women's World Cup 2023 England vs China PR |
| Tue 8th 8:30pm | FIFA Women's World Cup 2023 Round of 16 |

Catholic Archdiocese of Adelaide
Extraordinary Ministers of Holy Communion / Lectors
Nomination Forms for Parishes, Aged Care Facilities, Schools and College
 A meeting for **Extraordinary Ministers of Holy Communion** will be held on **March 21st at 6:30pm - 8pm in SHC Church** and for **Lectors** on **March 28th at 6:30pm - 8pm in SHC Church**

We extend the call for nominations for **Lectors** (Readers) in the Parish in addition to nominations of **Extraordinary Ministers**. To become an Extraordinary Minister of Holy Communion, one must be 'Nominated' by the competent authority (Parish Priest/Migrant Chaplain) and then 'Mandated' by the Archbishop of Adelaide, before they can assume this important ministry. Upon acceptance of the invitation to become an Extraordinary Minister of Holy Communion, a person must meet the following requirements:

- Undergo Formation Training prior to nomination being submitted to the Archbishop.
- Hold a current Working With Children Check (WWCC).
- Have attended (or will attend within a nominated timeframe) 'Child-Safe Environment for Children and Young People' training or equivalent certification. (For note, if the Child-Safe Training is undertaken by a provider other than the Diocesan Child Protection Unit, a copy of the Certificate of Training Attendance needs to be sighted by the Parish Office.)
- Have no substantiated complaints of abuse against them nor there being any circumstances that could lead to a complaint of abuse.
- Not be in an irregular marriage. **Asking God's blessing for you as you take on this ministry, Patrick O'Regan Archbishop of Adelaide** (Please see Nomination forms at the rear/foyer of the church. Thank you

Day of the Unborn Child Appeal
 11th and 12th February 2023

A special collection is being taken up in support of the work undertaken by Birthline Pregnancy Support, Mothers without Medicare & Genesis Pregnancy Support Inc. The Day of the Unborn Child assists us to focus on those people in our families and communities who have experienced any sort of child-bearing loss, whether miscarriage, still-birth, the death of a baby soon after birth, or abortion. We thank you in anticipation for your generous support of those who work tirelessly with individuals and families who require these important resources and services. For cashless donations, please scan the QR code.

Gala For Life - Adelaide - Pregnancy Help Australia
 Gala For Life brings you a fun and elegant fundraising dinner for Pregnancy Help Australia, with special guest speakers, including Jor-El Godsey, president of Heart-beat International, USA, on **Tuesday February 21 from 6pm to 10pm** at the Strathmore Hotel, Adelaide. For tickets, see www.galaforlife.com.au Pension & student discounts available. Hope to see you there to celebrate life!

The Spirit of the Liturgy
 Get a new understanding of what our Catholic liturgy is all about as you explore it over five weeks with Dr Jenny O'Brien (Office for Worship). **7-9pm, Thursdays, March 2-30**, Cathedral Hall, Wakefield St. Cost: \$50. To enrol, [CLICK HERE](http://CLICK_HERE) or contact worship@adelaide.catholic.org.au P: 8210 8130 by **Tuesday February 28**



"The media only writes about the sinners and the scandals. But that's normal, because a tree that falls makes more noise than a forest that grows.." *Pope Francis*

Sacramental Programme Information Meeting
Invitation for Parents and Carers

We invite all parents and carers from our parish community, those who have children studying in parish and other state/private schools who wish to enquire about preparing your child/children to receive the sacraments of

Reconciliation - Confirmation - First Holy Communion

To attend an Information Session on the Sacraments
Tuesday 14th February 2023
 6:30pm to 7:30pm
St Michaels College Chapel
 78 East Avenue, Beverley

The Sacraments will be celebrated beginning August 12th 2023 at both Sacred Heart Church Hindmarsh, and Our Lady of the Manger Church Findon. **Registrations for the Sacramental Program close Friday 24th Feb.**

Baptism

We welcome into our faith Community
Rocco Romano Barbara
 &
Jasper Rebe Smith
 who celebrate the Sacrament of Baptism at
Sacred Heart Church
 this Sunday 12th February 2023.

Presentation

We also welcome **Alexia Carolyn Crosato**
 who will be Baptised next weekend at
Our Lady of the Manger Church Findon.

Please keep Rocco, Jasper, Alexia and their families, in your prayers.

Nazareth Catholic Community

Wise Owls Term 1 Events 2023

Valentine's Day High Tea \$15
 Tuesday, 14th February at Nazareth Findon from 11:30am to 1:00pm
 Bring someone special along for Valentine's Day and enjoy a very special Valentine's Day spread, especially designed for our Wise Owls...
 RSVP and \$10 deposit due Monday, 6th February

Beginning of Year Lunch \$20
 Wednesday, 8th March at Casa D'Abruzzo Molise Club at 12noon
 Meet at Casa D'Abruzzo, 86-90 Churchill Road, Prospect for a three-course meal and some dancing! Make sure you bring some small change for the raffles. Featuring a live band and a licensed bar - buy your own drinks.
 RSVP by Wednesday, 1st March - pay at the venue on the day.

St. Patrick's Day Games \$10
 Friday, 17th March at Nazareth, Findon from 10:30am to 12noon
 Join us in the Findon Café for a light morning tea and some fun, light-hearted games. Bugs will be back by popular request! Make sure you wear your Irish colours - green or orange! Prizes for games. Cost includes tea or coffee from the café.
 RSVP and payment by Friday, 10th March

Big Rocking Horse and Toy Factory \$18
 Monday, 27th March, leaving Nazareth, Findon at 11:00am
 Join the Wise Owls for a bus trip to Gumeracha to see the Big Rocking Horse. Tour the toy factory and feed the animals (entry to animal park included in the price). Bring your lunch or purchase your own lunch at the café. Places are limited - get in quick!
 RSVP and \$10 deposit Monday, 20th March

Further information or bookings:
 Katrina Braham on 8406 5038 or katrina.braham@nazareth.org.au

The February issue of *The Southern Cross*, which includes a Back to School/student achievements feature, Pope Benedict tribute and all the latest news in our Catholic community, is available for \$2. Please take home a copy today.



Sixth Sunday of Ordinary Time
 "Rules for life"

"Do not take a false oath, but make good to the Lord all that you vow."
 Matthew 5:17-37

Church of Saint Leo the Great www.stleothegreat.com/childrens-corner

Caritas AUSTRALIA End poverty Promote justice Uphold dignity

Caritas agencies are responding to a series of powerful earthquakes in southeast Turkey (officially known as Türkiye) and Syria, where thousands of lives have been lost already and the death toll increases by the hour.

It is expected that the death toll will increase up to eightfold in the coming days and weeks as more victims are found in the rubble. Entire buildings have collapsed on both sides of the border, leaving thousands more injured, trapped or homeless in the bitter winter cold and freezing rain. "This earthquake will have a long-term impact on people's lives. People have lost their lives, their homes, and their livelihoods. The impact will last not for days or even months, but for years," said Hombeline Duliere, CAFOD's Syria Crisis Response Manager.

We haven't seen an earthquake of this magnitude for a long time, and it's already having a catastrophic impact on vulnerable families. People already had limited access to water and food. Millions of people have been displaced inside Syria. Some of them have lost everything already - and now they have few options left. We must do all we can to support.

Syria is nearly at breaking point after 12 years of war, extreme poverty and a recent cholera outbreak. Vital infrastructure like hospitals, schools, utilities and water and sanitation systems have been damaged or reduced to rubble. The economy is in tatters, with more than 90 per cent of the population living in poverty. In Turkey's south, poor internet connectivity and damaged roads have hindered efforts to assess the damage and respond in the worst-hit areas. The epicentre of the quake, Gaziantep, is also home to half a million Syrian refugees. Our partner Caritas Syria and other Caritas agencies on the ground are coordinating with local authorities and other organisations to see how they can best assist. Our generous support can help provide emergency relief to help families recover and rebuild from disaster. Go to: <https://www.caritas.org.au/donate/emergency-appeals/turkey-and-syria-earthquake/>

Rosary Prayer Group

Come along and pray the Rosary with us, each Friday morning after the 9:15 am Mass at Our Lady of the Manger Church. Weather permitting, we pray outside in the gardens, however during times of inclement weather, the Rosary is prayed inside the Church. All are welcome.

Come and celebrate World Day of Prayer, **Friday 3rd of March 2023 at 1:30pm** at Our Lady Queen of Peace Church Botting Street, Albert Park. Enquiries to Lorraine on 8268 6864. All Welcome!

World Day Of Prayer

Come and See Parish Youth Group Nazareth Secondary Campus
 1 Hartley Rd, Flinders Park 7:30pm to 9pm Friday nights
 Run and supervised by the Preca Community. **Everyone is welcome!**
www.facebook.com/Come-See-Youth-Group Intsagram: [cas_youth](https://www.instagram.com/cas_youth)