



WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

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

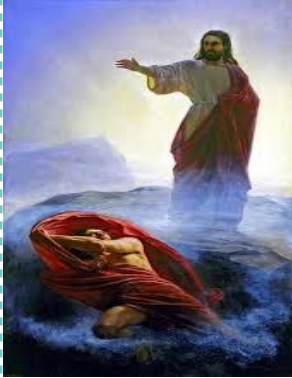


Sacred Heart Church Our Lady of the Manger
252 Port Rd Hindmarsh 176 Crittenden Rd Findon

IN THE CHARISM OF THE HEART OF CHRIST

'May the Sacred Heart of Jesus be everywhere loved'

18 February 2024



Year B

*The First
Sunday of Lent*

Responsorial Psalm

*Your ways, O Lord, are
love and truth, to those
who keep your covenant*

Gospel Acclamation

*Praise to You, Lord Jesus
Christ, King of endless
glory!*

*"No one lives on bread
alone, but on every word
that comes from the
mouth of God."*

*Praise to You, Lord Jesus
Christ, King of endless
glory!*

Today's Readings

Gen 9: 8-15

Psalms 24: 4-9

1 Pet 3: 18-22

Mark 1: 12-15

Mass Intentions

6.00pm Saturday Vigil OLM

Parish

9.00am SHC

Parish

11.00am OLM

John Baptist D'Souza (7th)

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 20 Feb 12:15 pm Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ Wednesday 21 Feb 6:00 pm Candelight Mass followed by **Stations of the Cross** at Our Lady of the Manger Church
- ◇ Friday 23 Feb 9:15 am Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ Friday 23 Feb 6:30 pm **Stations of the Cross** at Sacred Heart Church (SHC) Hindmarsh
- ◇ Saturday 24 Feb 6:00 pm Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ Sunday 25 Feb 9:00 am Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ Sunday 25 Feb 11:00 am Mass at Our Lady of the Manger Church (OLM) Findon

Hunger

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. Mark 1:12-13

One pronounced effect of fasting is hunger. Is it good to be hungry? All three Synoptic Gospels speak of Jesus being hungry after fasting in the desert. During His time of hunger, Jesus was tempted by Satan.

Hunger is a natural experience that tells us that our bodies need food. Of course, if we build a habit of indulgent eating, our appetites will hunger for more, even when we do not need more food. Hunger, in its balanced state, identifies a lacking and drives us to satisfy it. It's helpful to understand that physical hunger can also produce great spiritual effects in the soul. When our bodies are temporarily deprived of food, the hunger produced can help us more clearly perceive the spiritual hunger we have within our souls. That spiritual hunger persists until we are completely united with God.

We can never get enough of God in this life, so we will forever long for more of Him. However, we can easily cover up the spiritual hunger we have for God by indulging our bodily appetites to the point that we no longer pay attention to the deeper spiritual hunger. When we fast from food, and become more aware of our physical hunger, a light shines more clearly on our spiritual hunger that is crying out to be satisfied.

Thus, fasting from food is not done simply for the sake of fasting or because we *have* to do so on Ash Wednesday and Good Friday according to Church regulations. Ideally, we will willingly practice fasting every week, even outside of Lent, as a way of helping ourselves never to forget the emptiness within that needs God's spiritual satiation.

If you do not fast regularly, consider making this a part of your weekly routine, beginning this Lent. Fasting and every other penitential practice have as their goal the purification of our bodily desires so that our spiritual desires will become more evident. Only when we perceive these spiritual longings within, can we begin to allow God to be the One Who satiates them.

Ponder the experience of hunger in light of Jesus' physical hunger in the desert. Though He always longed for His Father and always remained perfectly one with Him, Jesus allowed Himself to endure physical hunger to reveal the spiritual benefit of fasting. Learn from His hunger and commit yourself to the practice of physical fasting so that you will be able to more clearly perceive the spiritual longing you have for God within the depths of your soul.

My penitential Lord, though You were perfect in every way and always enjoyed full communion with Your Father, You allowed Your human nature to experience the hunger of fasting so that You could infuse that penitential act with Your divine grace. Please give me the resolve I need to form a habit of fasting and self-denial so that I will perceive more clearly the hunger I have for You, Your Father, and the Holy Spirit. Jesus, I trust in You.

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Account Name BSB—Account Number	Diocesan Presbytery 085005—585353994	Sacred Heart Parish Hindmarsh-Findon 085005-159172373
<i>Thank you for using this option</i>	Reference: "747-Your Name"	Reference: "Your Name"

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

E: sphparish@shphf.com.au Parish Priest: Father Santhosh Nazareth CSC

February 2024

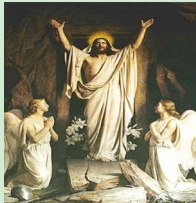
18 Feb 1st Sunday of Lent
22 Feb Feast of the Chair of St Peter, Apostle
25 Feb 2nd Sunday of Lent

March 2024

03 Mar 3rd Sunday of Lent
10 Mar 4th Sunday of Lent
17 Mar 5th Sunday of Lent
18 Mar St Patrick, Bishop
19 Mar St Joseph, Husband of Mary
24 Mar Palm Sunday of the Lord's Passion
28 Mar Holy Thursday of the Lord's Supper
29 Mar Good Friday of the Lord's Passion
30 Mar Holy Saturday
31 Mar Easter Sunday of the Lord's Resurrection

April 2024

01 Apr Monday in the Octave of Easter
02 Apr Tuesday in the Octave of Easter
03 Apr Wednesday in the Octave of Easter
04 Apr Thursday in the Octave of Easter
05 Apr Friday in the Octave of Easter
06 Apr Saturday in the Octave of Easter
07 Apr DIVINE MERCY SUNDAY
08 Apr The Annunciation of the Lord
11 Apr St Stanislaus, bishop and martyr



We pray for all the sick in our community that God will grant them courage, healing and strength. We especially pray for healing for our parishioners **Franco Antonio Zardo** and **Michelle Dench**. *If you would like prayers or to add a name to our sick list, please contact the parish office. Thank you.*



ZUMBA CLASSES — PARISH FUNDRAISING!

Let's Zumba our way to raising funds for our new Parish Community Centre! Commencing Saturday March 9th at 9am, we will be starting Zumba classes at St Josephs School Hindmarsh in the school hall. Cost will be \$15 (\$10 Conc) and will be run by a professional instructor, with all proceeds going towards our Community Centre. Males and females welcome! Entry will be from the Abermarle Street side entrance to the hall. We look forward to seeing you there!



Sacred Heart Church (Hindmarsh-Findon)

Let's Dance for a Great Cause & Healthy Body!

ZUMBA FOR A CAUSE

Please come & have fun with us!

Tickets:
\$15.00 - Adult
\$10.00 - Under 16 y/o
**discount available for family & group bookings
**free refreshments

Proceeds will go to renovations of SHC Parish Hall

Hosted by Instructor Jo Murphy

March 9, 2024 at 9:00am
St Joseph School's Gym
56 Abermarle St,
West Hindmarsh SA 5007



CENTENARY MEETING FOR SHC

Tuesday 5th March @ 6:30pm at OLM

VINNIES MEETING

Tuesday 5th March @ 7pm

FUNDRAISING COMMITTEE MEETING

Thursday 7th March @ 6:30pm at OLM

FINANCE COUNCIL MEETING

Wednesday 21st February @ 7pm at OLM

LITURGY MEETING

Tuesday 12th March @ 6:30pm at OLM

PARISH PASTORAL COUNCIL MEETING

Tuesday 20th February @ 6:30pm — SHC Hall

CAN YOU HELP? If anyone has a double bed, firm mattress that they would like to donate for one of our parishioners, please let Sandra know.



Healing Mass Thursday 22nd February Rosary 7pm Mass 7:30pm including the Sacrament of Anointing, Exposition of the Blessed Sacrament, Reconciliation, Prayer Ministry with Candlelit music in the Spirit of Taize, individual blessings with the Blessed Sacrament in the Monstrance, and Benediction. Our Lady of the Sacred Heart Church 420 Seaview Road Henley Beach. Tea/Coffee and light supper available All welcome Enquiries phone Pauline 0403002240

SAVE THE DATE - 2024 Adelaide Diocesan Assembly

June 14 and 15 2024

Parishes, schools and communities are asked to mark their calendars for the 2024 Adelaide Diocesan Assembly which will take place on the evening of Friday June 14 and Saturday June 15. Further information and invitations will be sent out soon.

Sunday Night Choir-1st Sunday of each Month (starting March 3)

Come and Sing! The Sunday Night Choir is a new initiative for 2024, sponsored by the Archdiocese. There are no strings attached to performing, no Masses to rehearse for, it is simply an evening to gather, sing, get to know one another in all of our diversity and feel like we are home. If you are over 18 and enjoy singing or have done so in the past, come and see what this Sunday Night Choir is all about. There will be songs in four-part harmony so an ability to read music notation is beneficial. **Begins March 3rd, 7pm in the St Francis Xavier Cathedral Hall.**

INSTALLATION MASS FOR FATHER SANTHOSH

Father Santhosh has now begun his new role of Parish Priest of Sacred Heart Parish Hindmarsh-Findon. A formal Installation Mass will be celebrated **this Sunday 18th February @ 11am at OLM** by Archbishop Patrick O'Regan.

May God bless you in your new ministerial role Father Santhosh!



RECONCILIATION MASSES

WEDNESDAY MARCH 20TH

Reconciliation Mass followed by Individual Confessions
6:00pm OLM Findon

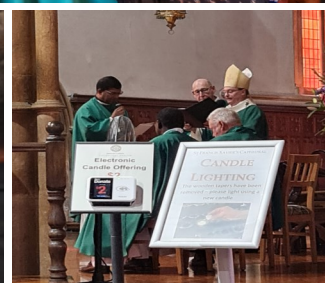
FRIDAY MARCH 22ND

Reconciliation Mass followed by Individual Confessions
6:30pm SHC Hindmarsh

INSTALLATION MASS FOR FATHER LANCY



Father Lancy was formally installed into the Adelaide Cathedral Parish last Sunday, 11th of February at 11am at Saint Francis Xavier's Cathedral. It was a wonderful celebration and it was so lovely to see some of the parishioners from Sacred Heart Parish Hindmarsh-Findon attend to support him in his new journey.
Congratulations Father Lancy!



Sacred Heart Parish Hindmarsh ~ Findon

Sacred Heart Church
Our Lady of the Manger Church

252 Port Road, Hindmarsh
176 Crittenden Road, Findon

LENT 2024

- First Friday March 1 Mass followed by Stations of the Cross
6.30pm at SHC Hindmarsh

- Every Friday (Lent) Stations of the Cross
6:30pm at SHC Hindmarsh

- Every Wednesday (Lent) Mass followed by Stations of the Cross
6.00pm at OLM Findon

- Wednesday March 20th Reconciliation Mass followed by Individual Confessions
6.00pm at OLM Findon

- Friday March 22nd Reconciliation Mass followed by Individual Confessions
6.30pm at Sacred Heart Church, Hindmarsh

- Palm Sunday- 24th March

- Saturday March 23rd 6:00pm OLM Findon (Vigil Mass)

- Sunday March 24th Palm Sunday ~ Masses begin with Blessing of the Palms

- 9:00am SHC Hindmarsh
11:00am OLM Findon

- Monday March 25th Chrism Mass ~ Consecration of Holy Oils
6:00pm St Francis Xavier Cathedral ~ All welcome

- Holy Thursday
March 28th Holy Thursday - Mass of the Lord's Supper
7:00pm OLM Findon

- Please note:*
Collection of non-perishable food items for St Vincent de Paul

- Good Friday March 29th Stations of the Cross
- 10:00am SHC Hindmarsh (English)
11:00am OLM Findon (to be led by the youth)

- Good Friday - The Passion of The Lord
3.00pm SHC Hindmarsh
7.00pm Compassion with Mary (Reflections)

- *** Venue to be Confirmed *****

- Holy Saturday
March 30th Easter Vigil
7.30pm OLM Findon

- Easter Sunday 31st Easter Sunday
9.00am SHC Hindmarsh
11.00am OLM Findon

Individual Reconciliation by appointment with Fr Santhosh (Ph. 08 8346 3901)

Statue of Mary – Praying the Rosary Please consider hosting the Statute of the Blessed Virgin Mary for a week in your home. Many families have already volunteered and we sincerely thank these families for their commitment to Praying the Rosary for a week. But, we would like more volunteers! **As we would like to keep this going for the rest of the year, please register your interest with Fr Lancy or Fr Santhosh if you are interested. Thank You**

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.

All are welcome.



REDUCED OFFICE HOURS

Please note that the office will have reduced opening hours due to Anne-Marie taking on a new role. Please ring before visiting the office, or alternatively, send the parish an email. We thank you for your patience during this time.



Children's First Sunday of Lent

"Jesus is tempted in the desert"

Church

The Temptation of Jesus

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert. where for forty days he was tempted by the devil.



**WORLD DAY OF PRAYER
FRIDAY 1ST MARCH 2024 SACRED
HEART CHURCH**

World Day of Prayer: an international ecumenical Christian laywomen's initiative celebrated every year in over 170 countries on the first Fri in March, bringing people of various races, cultures and traditions together in a common Day of Prayer. The movement acknowledges that women in many parts of the world have particular needs. This year, the country in focus is Palestine. (Chosen 4 years ago.) Our Hindmarsh-Findon Catholic Parish is hosting this year's prayer service. We invite our parishioners to gather with others from across our region of Churches and stand in solidarity with the women of Palestine and others across our world. It will be at SHC on **Friday March 1 at 1:30pm**. Prayer will be followed by afternoon tea in our hall. See **Maureen (6pm Mass), Lorraine (11am) or Mary (9am)** for info or if able to attend.



H O L Y C T W J Q O F D C T D
T Y C E L R Z N O F G V I L Y
E E O M W S W E Q R V T I Y F
M V M Y C T O S T M D V N M G
P A M P V O R P F A E A E X P
T B A B L N L I E D W L N I A
E L N G H E D R X L A M H I U
D C D D A M B I H S A S X G T
L U I M N Z K T U U R L N E H
F I A W G Z J R B O N U Q T O
W P V B E F E U W Y X G R H R
G C L E L J D C W H Z E R N I
Q X I A S U T A H X S X G Y T
P X M F O R T Y Y E E X U Q Y
K I N G D O M S D S P E N Z Y

Spirit	devil	days	Jordan	stone
Holy	live	angels	authority	worship
desert	temple	command	bread	world
tempted	forty	kingdoms	Jerusalem	hungry

Carpark Fundraising at Sacred Heart Church
Soccer Matches at Cooper's Stadium have begun again— if you would like to volunteer and be added to the **Carpark WhatsApp Group** please let Sandra know on 0402 894 613. If you can help please arrive about an hour before games begin. Thank you!

February	Events are at:	Coopers STADIUM
Sat 24	7:15pm	Adelaide United vs Western Sydney Wnd. FC
March		
Sat 09	4:30pm	Adelaide United vs Melbourne Victory
Fri 29	7:15pm	Adelaide United vs Western United FC
April		
Fri 12	7:15pm	Adelaide United vs Macarthur FC



My precious and crucified Lord, I offer You this Lent with total abandonment and trust. I offer You my prayers, sacrifices and my very life this day. I pray that this Lent will be fruitful. May it be a time through which Your mercy is poured in abundance into my soul, and those of all Your faithful. Dearest Lord, help me to especially see my sin, this Lent. Give me courage and strength to confess my sins, and to turn from them with all my heart. I thank You for holding nothing back, giving Your life to the last drop of blood. I offer You my life as a sacrifice, trusting in Your mercy with every offering. Jesus, Son of the Living God, have mercy on me a sinner. Jesus I trust in You. Amen.



Invitation

The Most Reverend Patrick O'Regan DD
Archbishop of Adelaide
has pleasure in inviting all
Caritas Ambassadors
to
**Caritas Australia's
60th Anniversary Mass**
at
St Francis Xavier's Cathedral
Wakefield Street, Adelaide
on
Sunday, February 25 at 11.00 am
Second Sunday of Lent

Mass will be followed by a sausage sizzle & a coffee cart on the Eastern lawns of the Cathedral

For more information contact
Archdiocesan Events Office
Ph: 8210 8220 or caaevents@adelaide.catholic.org.au



Quote of the Week

"The devil tempts that he may ruin; God tests that He may crown."

St Ambrose