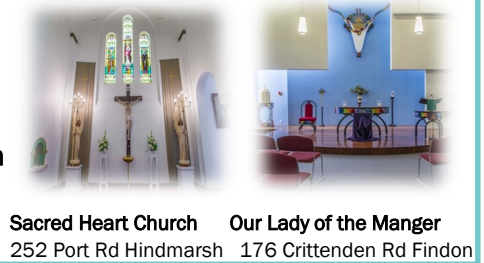




# WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

Website: [www.sacredheartparishhindmarsh.com.au](http://www.sacredheartparishhindmarsh.com.au)  
Facebook: [www.facebook.com/sacredhearthishindmarshparish](http://www.facebook.com/sacredhearthishindmarshparish)



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

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

**15 September 2024**



**Year B**

*24th Sunday  
in  
Ordinary Time*

**Responsorial Psalm**

*I will walk in the  
presence of the Lord,  
in the land of the living*

**Gospel Acclamation**

*Alleluia, alleluia!  
My only glory is the  
cross of our Lord  
Jesus Christ, which  
crucifies the world to  
me and me to the  
world*

*Alleluia!*

**Today's Readings**

**Is 50:5-9**

**Ps 114:1-6, 8-9**

**James 2:14-15**

**Mk 8:27-35**

**Mass Intentions**

**6.00pm Saturday Vigil OLM**

Sandra Lorenzoni  
Giovanni Lorenzoni

**9.00am SHC**

Kaz Farinola

Souls of Purgatory

**11.00am OLM**

Vincenza Alessi

Enrico Alessi

Patricia Malone

GIVE EASILY TO 1ST,  
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COLLECTIONS

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[Adelaide.GoodGiving.com.au](http://Adelaide.GoodGiving.com.au)

## 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 17 Sep 12:15 pm** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Wednesday 18 Sep 6:00 pm** Adoration and Candlelight Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Friday 20 Sep 9:15 am** Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Saturday 21 Sep 6:00 pm** Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Sunday 22 Sep 9:00 am** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Sunday 22 Sep 11:00 am** Mass at Our Lady of the Manger Church (OLM) Findon

## A Spiritual U Turn

**He summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it." [Mark 8:34-35](#)**

Practically speaking, how do we follow Jesus and save our souls? Is it enough to profess that we believe in Jesus? If we were to arrive at the conclusion that Jesus is God and the Savior of the World, would we then be saved? Certainly not. Even the demons believe this truth. Jesus is quite clear that salvation requires action on our part. We must deny ourselves, take up our crosses, and follow Him. Furthermore, the road to salvation requires that we lose ourselves for the sake of Christ and the Gospel. What exactly does this mean, practically speaking?

To answer this question, let's first consider the way that many people live. We tend to desire that which is the easiest in life, the most enjoyable, the greatest, and the most consoling. We often seek out those things that make us feel good and the path of least resistance. For example, if you could choose to fast on bread and water or feast on the most delicious foods, which would you choose? If you could choose between a vacation in the most exotic and luxurious location or a week of very difficult work, which would you choose? If you could choose to drive a brand new, high-end car or a very old beater, which one would you prefer? Most people would quickly pick the nice food, luxurious vacation and fancy new car.

In his spiritual classic, the *Ascent to Mount Carmel*, Saint John of the Cross outlines a very different path. He gives a series of spiritual maxims to use for prayer and meditation to help purify your soul of every unhealthy attachment so that you can become more fully attached to God and His holy will. St. John says, "Strive always to prefer, not that which is easiest, but that which is most difficult; Not that which is most attractive, but that which is most unpleasant; Not that which gives most pleasure, but rather that which gives least..." These spiritual maxims, when read in their entirety, challenge us to the core of our being. They quickly reveal to those who are honest that they often prefer the easiest, most pleasant and best that this world has to offer. But what is best for your eternal soul?

Jesus' teaching, that we must deny ourselves, take up our cross, and follow Him, is the road map to saving your eternal soul and to discovering a spiritual fulfillment that far surpasses anything this world or our flesh have to offer. But in order to understand this road map and then to follow it, we often need to make a "spiritual U-turn" so to speak. This U-turn begins with us choosing the Cross on every level of our being and concludes with God stripping away all selfish desires and replacing them with a desire for sacrificial love.

If you were to carefully examine your thoughts throughout the day, you might find that you think about yourself a lot. "I like this, don't want to do that, am angry about this, and am trying to avoid that..." Very often, our thoughts begin with "I" and end with "me." Denying yourself, taking up your cross, and losing your life means that you no longer think about yourself. It means that the eyes of your soul have turned away from yourself and focus exclusively upon the will of God and the love of others. But this will never be possible until we are freed of the numerous selfish desires that often direct most of our actions day in and day out.

Reflect, today, upon that which you desire throughout your day. What occupies your thoughts the most? What are you drawn to the most? Do you spend most of your day thinking about how you can better serve God and His holy will? Or do you spend most of your day thinking about yourself? Do the eyes of your soul most often turn to the selfless service of others? Or do they more often think about what you want in a selfish way? Reflect upon these difficult questions and seek to eradicate everything within you that is selfish. Doing so will enable you to make a spiritual U-turn so that you can carry the glorious and transforming Cross of Christ.

*My sacrificial Lord, You lived a selfless life in which Your only concerns were the glory of the Father in Heaven and the salvation of the world. Please free me from all selfishness so that I will be more able to deny myself in every way, run toward every cross in life, and follow You into the beautiful life of selfless and sacrificial love. Jesus, I trust in You.*

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	First Collection	Second Collection
<b>Account Name</b> BSB—Account Number	<b>Diocesan Presbytery</b> 065000—00162256	<b>Sacred Heart Parish Hindmarsh-Findon</b> 065000—00162256
<i>Thank you for using this option</i>	Reference: "747—Your Name"	Reference: "1039—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: [shparish@shphf.com.au](mailto:shparish@shphf.com.au)    **Parish Priest:** Father Santhosh Nazareth CSC

## September 2024

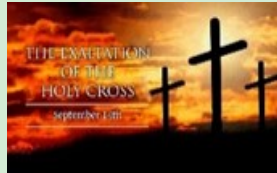
14 Sept The Exaltation of the Holy Cross  
 15 Sept Our Lady of Seven Sorrows  
 23 Sept Saint Padre Pio  
 27 Sept Saint Vincent de Paul  
 29 Sept 26th Sunday in Ordinary Time  
 29 Sept Sts. Michael & Gabriel - Archangels

## October 2024

02 Oct The Holy Guardian Angels  
 06 Oct Daylight Savings Starts  
 07 Oct Our Lady of the Rosary  
 13 Oct 28th Sunday in Ordinary Time  
 18 Oct Feast of St Luke  
 19 Oct St Paul of the Cross, Priest  
 28 Oct St Simon and St Jude

## November 2024

01 Nov All Saints Day  
 02 Nov All Souls Day  
 09 Nov The Dedication of the Lateran Basilica in Rome  
 24 Nov Our Lord Jesus Christ, King of the Universe



## Exaltation of the Holy Cross

14th September



But may I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

The Feast of the Exaltation of the Holy Cross, also known as the Feast of the Triumph of the Cross, commemorates three historical events: the discovery of the True Cross in 326, its initial exaltation for public veneration in 335, and the recovery of the Cross from the Persians in 628.

Nowadays, this feast also celebrates the boundless impact of Christ's Cross upon all of creation.

The Feast of the Exaltation of the Holy Cross, celebrated every year on 14 September, recalls three events:

1. The finding of the True Cross by Saint Helena.
2. The dedication of churches built by Emperor Constantine on the site of the Holy Sepulchre and Mount Calvary.
3. The restoration of the True Cross to Jerusalem in AD 629 by the Byzantine emperor Heraclius, after it had fallen into the hands of the Persian Emperor Chosroes II in the AD 614 Sasanian conquest of Jerusalem.

## Centenary Meeting for SHC

Wednesday, 25th September @ 6.30 at SHC Hall

## Vinnies Meeting

Tuesday, 1st October @ 7pm

## Fundraising Committee Meeting

Thursday, 19th September @ 6.30pm at OLM

## Parish Finance Council Meeting

Wednesday, 9th October @ 7pm at OLM

## Liturgy Meeting

Tuesday, 24th September @ 6.30pm at OLM

## Parish Pastoral Council Meeting

Tuesday, 17th September @ 6.30pm at IHM

## APRIM Meeting

Tuesday, 24th September @ 10.30am at Parish Office



## Sunday Night Choir – October 6 at 7.15 pm

The Sunday Night Choir returns for another evening of music and singing on Sunday, October 6. This is a new initiative for 2024, sponsored by the Pastoral Services Team of the Adelaide Archdiocese, and is simply an evening to gather, sing, and meet new people. It's okay if this is your first time attending as we are a welcoming bunch.

Bring friends too! There will be songs in three-part harmony, so the ability to read music notation is.

Rehearsals are on the first Sunday of every month, starting at 7.15 pm in the St Francis Xavier Cathedral Hall (free car parking available).

Visit: [ofw-adelaide.org.au/sundaynightchoir](http://ofw-adelaide.org.au/sundaynightchoir) for more info or contact Lauren Bierer [lbierer@adelaide.catholic.org.au](mailto:lbierer@adelaide.catholic.org.au) / 8210 8107.

## Public Rosary – Praying the Rosary for Peace

First Saturday of every month.

You are invited to join Our Lady on Saturday 5th October and pray the Rosary outdoors, together united, to pray for peace in Mary MacKillop Plaza (adjacent to St Francis Xavier's Cathedral) at 8.40am after the 8am Mass. All welcome. For more information contact:

Mr Patrick Greenrod – Legion of Mary – 0414 769 635

## Our Lady of Mt Carmel - Divine Mercy Devotion Sunday

Every first Sunday of the month – Sunday, 6th October from 3pm to 4pm, Our Lady of Mt Carmel Church, Pennington, Cnr Torrens Road and Pennington Tce. Eucharistic Adoration, Stations of the Cross, Hymns, Divine Mercy Chaplet and Benediction.

Bring your own Rosary Beads. A devotional resource supplied.

Enquiries: Julia Bobic (08) 8268 8116 - Albert Park/Pennington Parish

## Catholic Earthcare Convocation 2024

Join us ONLINE to celebrate the Season of Creation in 2024 at our Catholic Earthcare Convocation! Thursday September 12 – Saturday September 14 We are called to 'Wonder, Weave and Heal' Earth and the whole of creation. Gather online during Day 1 and 2 to engage in keynote presentations, workshops, discussions and spiritual experiences.

Day 3 of the convocation has us gathering together in our diocese to transform our learnings into action. For more information visit: [catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au)

## FEAST DAY OF THE HOLY CROSS

Our Lady of Seven Sorrows

15th September



Basile Moreau (founder of the Congregation of Holy Cross) consecrated the priests to the Sacred Heart of Jesus, the brothers to St. Joseph, and the sisters to Mary, Our Lady of Sorrows. He also put the entire Holy Cross family under the patronage of Our Lady of Sorrows.

Our Lady of Sorrows, Our Lady of Dolours, the Sorrowful Mother or Mother of Sorrows, and Our Lady of Piety, Our Lady of the Seven Sorrows or Our Lady of the Seven Dolours are names by which Mary, mother of Jesus, is referred to in relation to sorrows in life.

As *Mater Dolorosa*, it is also a key subject for Marian art in the Catholic Church.

The Seven Sorrows of Mary are a popular religious theme and a Catholic devotion. In common imagery, the Virgin Mary is portrayed sorrowful and in tears, with one or seven swords piercing her heart, iconography based on the prophecy of Simeon in Luke 2:34 –35. Pious practices in reference to this title include the Chaplet of the Seven Sorrows, the Seven Principal Dolours of the Blessed Virgin, the Novena in Honor of the Seven Sorrows of Mary, and the *Via Matris*.

These Seven Sorrows should not be confused with the five Sorrowful Mysteries of the Rosary.

Traditionally, the Seven Sorrows are:

1. The Prophecy of Simeon in Luke 2;
2. The Flight into Egypt in Matthew 2;
3. The Loss of the Child Jesus in the Temple of Jerusalem, also in Luke 2;
4. Mary meeting Jesus on the Via Dolorosa, the Fourth station of the Cross which is not found in the Bible;
5. The Crucifixion of Jesus on Mount Calvary in Matthew 27, Mark 15, Luke 23, and especially John 19;
6. Jesus's Descent from the Cross in Matthew 27, Mark 15, Luke 23, and John 19;
7. The Burial of Jesus by Joseph of Arimathea also in Matthew 27, Mark 15, Luke 23, and John 19.

Happy Feast to Father Lancy and Father Santhosh



## PRESENTATION

We welcome into our faith Community

Finn Liam Penko

who celebrates the Sacrament of Baptism next weekend within our Sacred Heart Hindmarsh—Findon Parish Please keep the family in your prayers.





## Father's Day Special

### A Father's Thoughts - by Roshan D'Souza

#### Part 2

Enough of the sad story now. Well, good news! I grew up (fine, I think), got married and today I'm a father of two children, aged 10 and 7. It has been a journey with many emotions but most of all, a journey I have enjoyed, take pride in and hope, that God allows me to see every milestone of their lives as long as possible. This journey didn't teach me to be a father but, rather, it made me one. It's like **on the job training**. You learn as you go, you make mistakes as you go and it's a **constant moving post**, where the idea of a good father keeps changing with time, age and experience. The job responsibilities are everything under the sun that you can imagine – change nappies, sing lullabies, give bath, brush teeth, put a crying baby to sleep, run to the doctor, help with homework, act like an expert on discipline, introduce god & faith, put food on the table, drive weekdays and weekends to soccer, swimming and everything else that robs you of a few dollars from your pocket and overall make them (along with yourselves) into better human beings. Of course, this goes hand in hand with going to work yourself, vacuuming the house, cleaning the toilet, doing the dishes, mowing the lawn, hosting parties, socializing, fitness etc.

If you list these items down, the way I see it, most of these sound like the same thing any parent would do – be it a mother or a father. The listed 'to do' items would change of course, based on your family composition & situation & which parent does what. But then, I believe, **while there was a void** in my life as I grew up, while I did not have a father myself, I was unknowingly building the skills of a being a father, by watching my mother. She single-handedly raised three children (I have 2 elder sisters). I still wonder how she woke up daily at 5.30 am, made breakfast, packed our tiffins, sent us to school, went to work herself (which was a long distance – mind you), was back home travelling through super-packed trains by 7.30PM (almost the end of the day) but then, helped us with our household chores, homework, dinner, TV time and also had time religiously for the rosary. She was the last one to go to bed and yet had the strength to wake up first the next morning and repeat the cycle for days, months and years without showing fatigue. Unlike today, we didn't have the option of processed or restaurant ordered food, but she ensured we had all three meals / ensured we never missed schools (except when very sick), never missed mass (cos hey, it's one lazy Sunday that we get to sleep right). She delivered, what she believed, were her responsibilities, without breaking a sweat.

You must be wondering, it is father's day and why is he talking about his mother. The answer, my friends, is that there is no single idea of a father. The **skills are transferable**. A father could do some or all of the things I said or much more than that, as the situation demands. A father is nothing but one who delivers his duties as a **responsible parent** (the key word here is a 'parent'). And while he delivers these duties as a parent, he never loses sight of love for his kids and the family as a whole.

I have been a **macho man**, I have been a **softie**, I've been a **comedian**, I've been a **play buddy** and most often also been the **Bad cop** in the house. There's no timetable for these roles. It's all one BIG Live play, and just like everybody else, a father tries to play his part with the hope there are just smiles all around.

But we fathers **aren't perfect too**. We're humans. We get angry, we get sad, we need attention, we sometimes want more chocolates & junk food than our kids and guess what, we get **tired too**. Some fathers express what they feel easily, while most may not. Give them that benefit of doubt. Give them a hug when you can. You don't have to explicitly say, 'I love you dad' or write a letter or buy a gift. Simple gestures can work wonders. A pat on the back as you walk by, or talking of some pleasant memory from few years ago or just joining in while he is gardening or washing the car or cooking. Keep it subtle, it will kick out the awkwardness, but it will still do the job.

**Well I am lucky** I could say at least a few lines today of what I think a father is and why the craze today around restaurants and on social media. Not all are that fortunate. Think of a father who lost his child off the boat while trying to seek refuge in a safer country. Think of a child who lost his father too early due to a bomb from an enemy country. Think of a father whose kids don't want to see him anymore. Or think of a father who has kids but doesn't have the means to provide for them.

We have sadness all around. It pains me as I am sure it pains you too. Most of us here can celebrate Father's Day, many around the world possibly can't.

So, going back to where I started today. While a 'Father's day' may not be my thing, happiness of this nature should be celebrated while it lasts. It doesn't have to be a Father's day for this though. It could be a movie on a Sunday, a text message on a Monday, a call on a Tuesday, car washing on a Wednesday, watching a footy game on Thursday, discussing an old memory on a Friday or a drink with him on a Saturday. Each day can be a Mother's Day, Each day can be a Father's day!

## Bingo Night!

When: 27th Sept	Where: O.LM (176 Crittenden Rd. Findon)	Doors Open: 6.30pm
Eyes Down: 7:00pm	ENTRY \$20	
BYO Food, Drinks & Nibbles	Tea/Coffee Provided	Bring your Friends!

myfreebingocards.com

Please don't forget to bring some coins for the great games & raffles that will be available on the evening

## Centennial Event

### Migrant and Refugee (multicultural day)

### Sunday, 29<sup>th</sup> September

All are invited to a gathering for Mass at 9.00am at SHC and 11.00am at OLM followed by a Morning Tea.

Traditional Costumes can be worn and please bring a plate of Traditional Food to share.

Prayers and Hymns from different cultural groups to be shared

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 **Mary Cusack, 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.



24<sup>th</sup> Sunday in Ordinary Time

"Jesus is the Son of God"

**Carpark Fundraising at Sacred Heart Church**



Soccer Matches at Cooper's Stadium is starting 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!

October	Events are at : <b>Cooper's STADIUM</b>	
Sat 26	4.30pm	Adelaide United vs Central Coast Mariners
November		
Sat 09	8.00pm	Adelaide United vs Western United
Fri 29	7.05pm	Adelaide United vs Perth Glory
December		
Fri 20	7.05pm	Adelaide United vs Sydney FC
Fri 27	7.05pm	Adelaide United vs Western Sydney Wanderers

The September issue of **The Southern Cross**, is now available for \$2. Please take home a copy today.



**Parish Garage Sale**  
 Sunday, 10th November @ 10.30am at SHC  
 Further details in due course

**SEPTEMBER - SEASON OF CREATION**

Third Sunday in the Season of Creation - Sky Sunday

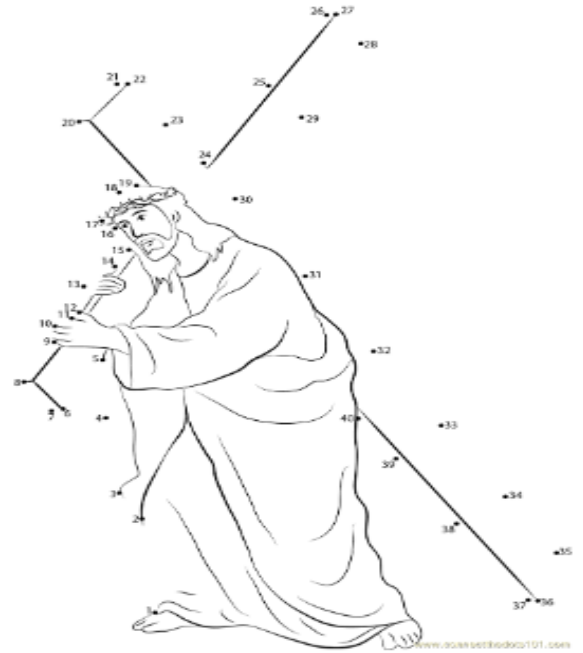


Embrace the beauty of God's creation

**Gathering of those who have been Married in SHC**

Last Sunday about 30 people who had been married in Sacred Heart Church attended Mass there, together with a number of people who had celebrated Baptism, First Communion or Confirmation. A beautiful slide presentation of wedding photos and children all dressed for First Communion delighted all who were present. We even had a 1940s film of Peter Oswald's parents' wedding! The photos reflected the changes that taken place in the Church over the years and the wedding and First Communion 'fashions'! Fr Santhosh shared a blessing prayer over all.

One couple married in 1966 explained that they were the first couple married in SHC whose marriage was celebrated in English. Prior to this, Mass was celebrated in Latin, the language of the Church until Vatican 11 brought about this significant change, allowing all to understand the ceremony in English. Two couples present were both married on the same day, with one couple needing to wait for the first to leave the Church! Morning Tea allowed those present to share memories of these special moments in their lives and to reconnect with others from the parish of yesteryear.



Help Jesus carry His cross by completing the dot-to-dot. Read Mark 8:27-35 and discuss how each person in your family can take up their own cross for Jesus. What are some ways you can help others carry their cross?

Church of Saint Leo the Great [www.stleothegreat.com/childrens-corner](http://www.stleothegreat.com/childrens-corner)



Christ has no body but yours,  
 No hands, no feet on earth but yours,  
 Yours are the eyes with which he looks  
 Compassion on this world,  
 Yours are the feet with which  
 he walks to do good,  
 Yours are the hands,  
 with which he blesses all the world.

Yours are the hands, yours are the feet,  
 Yours are the eyes, you are his body.

Christ has no body now but yours,  
 No hands, no feet on earth but yours,  
 Yours are the eyes with which he looks  
 compassion on this world.

Christ has no body now on earth but yours.  
 Teresa of Avila (1515-1582)

*Quote of the Week*

**"Wait until you see why God made you wait.... Faith, it's the part of trusting that can be the most difficult.**

**Keep going, He's got you!"**

*Author Unknown*