



WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

Website: www.sacredheartparishhindmarsh.com.au
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Parish Office
29 Grange Rd, West Hindmarsh

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

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

09 March 2025



Year C

*First
Sunday of
Lent*

Responsorial Psalm

*Be with me, Lord,
when I am in trouble*

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

Duet 26:4-10

Ps 90:1-2, 10-15

Rom 10:8-13

Lk 4:1-13

Mass Intentions

6.00pm Saturday Vigil OLM

Kevin Castellino
Maya Elizabeth Kadam

9.00am SHC

Elmer Quilala

11.00am OLM

Parish

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 11 Mar 12:15 pm** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Wednesday 12 Mar 6:00 pm** **Stations of the Cross** followed by **Candlelight Mass** at Our Lady of the Manger Church
- ◇ **Friday 14 Mar 9:15 am** Mass at Our Lady of the Manger Church (OLM) Findon
- 6:30pm** **Stations of the Cross** at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Saturday 15 Mar 6:00 pm** Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Sunday 16 Mar 9:00 am** Mass at Sacred Heart Church (SHC) Hindmarsh.
- ◇ **Sunday 16 Mar 11:00 am** Mass at Our Lady of the Manger Church (OLM) Findon

Going on the Offensive

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. [Luke 4:1-2](#)

If someone is attacked or feels threatened, it is common to be defensive. For example, if soldiers suddenly find themselves under attack from an enemy, they will most likely take up a defensive position. Similarly, when we feel personally attacked by another or are tempted by the devil, we will often try to defend ourselves. However, within the worlds of games, sports and military activity, there is a common adage that says, "the best defense is a good offense." In other words, the best way to keep the opponent from winning is to go on the offensive rather than to sit back and take up a defensive position.

In many ways, this is what Jesus did when He entered the desert. He was aware that the evil one wanted to destroy Him. Therefore, when Jesus entered the desert for 40 days to pray and fast, He did so in a sort of offensive attack upon the devil. Jesus' temptations in the desert were not primarily difficulties He had to endure and resist. Rather, they were first and foremost ineffective attacks from the evil one, because Jesus had already embraced the opposite virtues.

What temptations and sins are among your greatest struggles? In what ways do you find yourself experiencing defeat? In what ways have you taken up a defensive position to try to overcome your struggles? Too often we approach temptations in the wrong way. We see them as attacks from the evil one that we must resist and defend ourselves against. And though that is true, it is not the full truth. The full truth is that the best way to overcome the struggles we face is to confront them directly in a vigorous and offensive way by choosing the opposite virtue.

Consider the three temptations Jesus overcame in the desert: gluttony, vainglory and greed. Jesus' entrance into the desert for those 40 days was the way by which He destroyed these temptations before they were even presented to Him. By voluntarily choosing to fast from food for those 40 days, Jesus rendered the temptation toward gluttony ineffective. By choosing the humility of entering into the solitude of the desert to be alone with His Father, Jesus robbed the temptation toward vainglory of its power. By choosing a life of poverty and simplicity, He overcame any temptation toward earthly wealth, even before it was offered to Him.

As we begin this forty-day Lenten journey, reflect, today, upon the sins and temptations in your life that need to be overcome. If you find yourself in an ongoing defensive position toward certain struggles, especially if you find yourself losing the battle at times, it's time to change your strategy. Embrace the opposite virtue of the sins you are most tempted with this Lent. Embrace those virtues in an offensive manner. Choose kindness if you struggle with anger. Choose fasting if you struggle with gluttony. Choose generosity if you struggle with greed. Whatever your struggle, turn to the virtue you need the most and make it your focus this Lent so that you, too, will be well-prepared to reject the evil one and his lies when temptation comes your way.

My tempted Lord, You resisted all temptation in Your life by choosing every good virtue and living them to perfection. Please help me to see the virtues I need the most right now and give me the strength I need to run toward them this Lent with all my heart. Jesus, I trust in You.

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<i>Thank you for using this option</i>	Reference: "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: shparish@shphf.com.au **Parish Priest:** Father Santhosh Nazareth CSC

March 2025

- 09 Mar 1st Sunday of Lent
- 16 Mar 2nd Sunday of Lent
- 17 Mar Saint Patrick
- 19 Mar Saint Joseph
- 23 Mar 3rd Sunday of Lent
- 25 Mar The Annunciation of the Lord
- 30 Mar 4th Sunday of Lent



April 2025

- 06 Apr 5th Sunday of Lent
- 09 Apr Reconciliation @ 6:00pm at OLM
- 13 Apr Palm Sunday
9am Mass at SHC
11am Mass at OLM
- 14 Apr Chrism Mass
6pm at St Francis Xavier Cathedral
- 17 Apr Holy Thursday - Lord's Supper
7pm Mass at SHC followed by Silent Adoration
- 18 Apr Good Friday
10am Stations of the Cross at SHC
11am Stations of the Cross at OLM (by the Youth)
3pm Veneration of the Cross at OLM
- 19 Apr Holy Saturday - Easter Vigil
7pm Mass at SHC
- 20 Apr Easter Sunday
9am Mass at SHC
11am Mass at OLM



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, Michelle Dench, PA Merchant, L Parker and Frank O'Flynn.** If you would like prayers or to add a name to our sick list, please contact the parish office. Thank you.



STATIONS OF THE CROSS

Wednesdays

6:00pm at Our Lady of the Manger Church, Findon

Fridays

6:30pm at Sacred Heart Church, Hindmarsh

Reconciliation

Wednesday 9th April

Short Liturgy followed by Individual Reconciliation
6:00pm Our Lady of the Manger, Findon

Sacred Heart Parish Hindmarsh ~ Findon

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

LENT, Holy Week & Easter 2025

Stations of the Cross & Mass on WEDNESDAYS At 6.00pm at OLM, FINDON

Stations of the Cross only on Fridays: at 6.30pm at Sacred Heart Church, Hindmarsh

Wednesday April 9th Reconciliation Only (short liturgy)
At 6.00pm at OLM Church, Findon

Palm Sunday- 13th APRIL

Saturday April 12th 6:00 pm Findon (Vigil Mass)

Sunday April 13th Palm Sunday ~ Masses begin with Blessing of the Palms



9:00 am Hindmarsh
11:00 am Findon

Monday April 14th Chrism Mass ~ Consecration of Holy Oils
6:00 pm St Francis Xavier Cathedral ~ All welcome

Holy Thursday April 17th Holy Thursday - Mass of the Lord's Supper
7:00 pm at SHC - Hindmarsh

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



Good Friday April 18th Stations of the Cross
10:00 am Hindmarsh
11:00 am Findon (to be led by the youth)
Good Friday - Veneration of the Cross & The Passion of The Lord
3.00 pm OLM-FINDON



Holy Saturday April 19th Easter Vigil
7.00 pm SHC-Hindmarsh

Easter Sunday April 20th Easter Sunday
9.00 am Hindmarsh
11.00 am Findon



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



Vinnies Meeting

Tuesday, 1st April @ 7:00pm at OLM

Parish Community Connect Meeting

Thursday, 20th March @ 6:30pm at OLM

Parish Finance Council Meeting

Wednesday, 30th April @ 7:00pm at OLM

Liturgy Meeting

Tuesday, 18th March @ 7:00pm at Parish Office

Parish Pastoral Council Meeting

Tuesday, 1st April @ 6:30pm at TBA

APRIM Meeting

Tuesday, 27th May @ 1:00pm at Parish Office

Lenten Program – No Greater Love

A Biblical Walk Through Christ's Passion:

Beginning on Wednesday March 12, the Hectorville Parish will be offering a program that will help you to experience Christ's Passion and Death as you never have before. In No Greater Love: A Biblical Walk Through Christ's Passion, we are going to walk step-by-step with Jesus on his journey from his Agony in the Garden to his Crucifixion on Calvary. Participants will meet for prayer, discussion and an engaging video presentation presented by Dr Edward Sri, which was filmed on location in the Holy Land, so we can see the actual locations where Christ's passion occurred! This five-part Bible study program is for parishioners of all ages. Participation is free, however, participants may purchase the accompanying work book for \$30.

Location: Annunciation Church, Hectorville

Date: Wednesdays March 12 – April 9, Time: 7- 8pm

Lenten Reflections 2025: Lead-up to Easter – The Revelation of Resurrection

Hallett Cove Catholic Church: 7pm.

Mercy Centre, 4 Victoria St. Mile End: 10am

Tuesdays March 11, 18, 25; April 1, 8, 15

Presenter: Kevin Liston.

Sponsor: SA Catholics for an Evolving Church (SACEC)

For more information and to register for pre-reading:

E: Kevin.liston1@gmail.com or P: 0411 197 829.

The Pastoral Letter for Lent 2025



First Sunday of Lent

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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BAPTISM

We welcome into our faith Community

Archie Illingworth

who will celebrate the Sacrament of Baptism this week within our Sacred Heart Hindmarsh—Findon Parish

Please keep the family in your prayers.

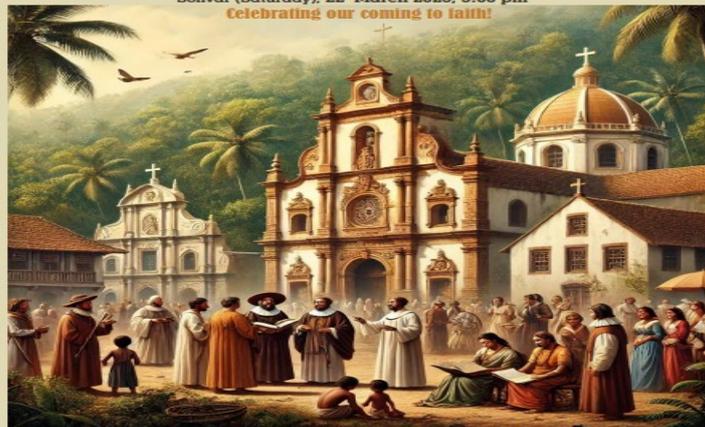
WELCOME!

Soglleank maie-mogacho ieuakar

First KONKANI Community Mass 2025, Adelaide,

Sonvar (Saturday), 22nd March 2025, 5:00 pm

Celebrating our coming to faith!



The people walking in darkness have seen a great light; on those living in the land of the shadow of death, a light has dawned (Isaiah 9:2).

Sacred Heart Catholic Church, 252 Port Rd, Hindmarsh SA 5007

Please join in the fellowship and refreshments in the hall after the Mass.

Kindly participate and assist with the Liturgy, Choir, Food etc.

-Angelica 0407 028 334

-Ancilla 0416 022 217

Contacts

-Priyanka 0481 328 285

-WhatsApp 0430609889



The Power of a Smile

You can make an impact volunteering at Calvary Adelaide Hospital which has a number of volunteer 'patient support' positions available. These roles provide valuable support to patients, visitors and staff - enhancing the service provided by Calvary to the community.

The benefits of volunteering just a few hours a week are many. You'll feel a heightened sense of wellbeing, purpose and appreciation, while those you support will be forever grateful. If you like spending time in service for others and have a positive approach to life; if you're kind, sensitive, responsible, have a sense of humour, then we would love to hear from you!

For further information, please email

CHCA-volunteers@calvarycare.org.au or contact Jessica

on 0427 012 336



Catholic Archdiocese of Adelaide

Archbishop of Adelaide

Jubilee of Volunteers

Congratulations to all Parish Volunteers

Acknowledgment from Archbishop

To all Volunteers, I offer my deepest thanks.

May God continue to bless you abundantly as you serve in His name.

Your willingness to give of yourselves is a living testament to the faith and hope that we share as the Body of Christ.

LOVING THE LEAST OF THESE

Embrace Life, the pro-life focus of the Archdiocesan Justice, Healing and Inclusion Office invites you to its second Interactive Forum, "Loving the Least of These" with a focus on **Genesis Pregnancy Support Services**, presented by Ms Juli Sharpe on **Wednesday March 19 at 6pm-7-30pm** at John and Mary Fennessy Rooms, level 2, Centacare, 45 Wakefield Street, Adelaide. Free parking is available in the Cathedral carpark. Contact jhi@adelaide.catholic.org.au for more details.



EMBRACE
LIFE

INVITES YOU TO AN INTERACTIVE FORUM

Loving the Least of These

with Ms Juli Sharpe

Executive Officer Genesis Pregnancy Support Services



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!

March	Events are at :	Coopers STADIUM
Fri 14	7:05pm	Adelaide United vs Macarthur FC
April		
Sat 5	7:05pm	Adelaide United vs Sydney FC
Fri 18	7:05pm	Adelaide United vs Wellington Phoenix

CAKE STALL FUNDRAISER

We invite you to donate cakes & biscuits (please label list of ingredients for consumers) please have cakes delivered by 10.30am in the Café

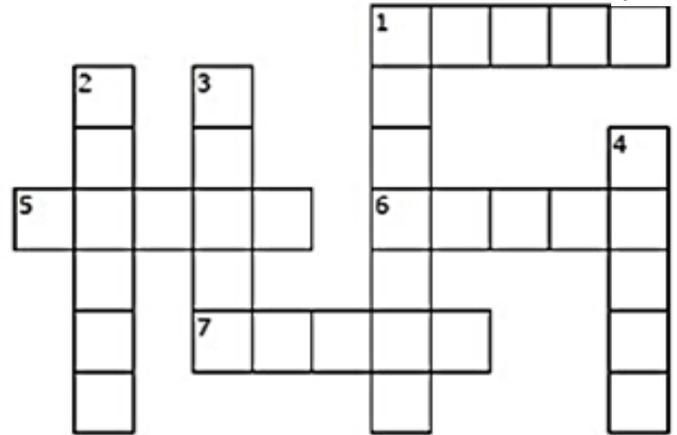
SUNDAY, 23RD MARCH
 AFTER 11AM MASS
 OUR LADY OF THE MANGER, FINDON

If you would like to buy fresh Italian **Pesche Con Crema (Peaches with Cream)** \$3.50 each. Please contact Linda Arman on 0422 943 276 and place your order prior to Sunday, 16th March

Catholic Clergy - Golf Day
 The **Catholic Clergy - Laity Golf Day** will be held at **West Beach Park Golf** on **Monday, 31st March** with a shotgun start. Attractive prizes for men and women. The John Mahoney Parish Trophy will be awarded to the parish with the best three Stableford scores. Team Trophy awarded to best group of four. Spouses & Friends are welcome to attend the presentation dinner from 6.15pm. Cost for golf & dinner is \$100 (discount for clergy). Entries close Friday, 21st March. Field limit of 100. Enquires to Denis Toohey 04117 881 844

The Temptation of Jesus

Then Jesus was led by the Spirit into the desert to be tempted by the devil. Matthew 4:1 (NIV)
 This puzzle is based on Matthew 4:1-11



ACROSS

- The entire Earth and all the places and things on it
- A heavenly being, often shown as a human figure with a halo and wings
- A small rock
- The evil ruler of Hell, and enemy of God

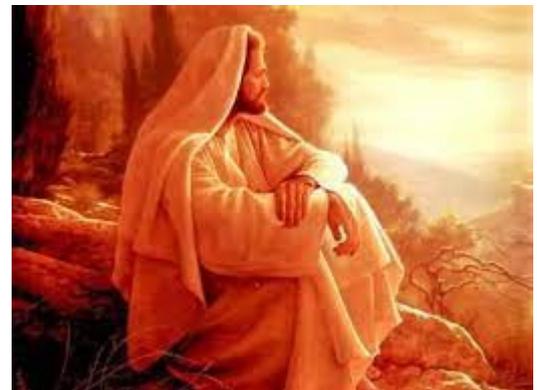
DOWN

- To show a strong feeling of love and respect for God
- To feel a need or desire for food
- A food made of flour and water, shaped into loaves, and baked
- To try to get someone to do wrong

hungry	bread	worship	devil
stone	tempt	angel	world

Church of Saint Leo the Great

www.stleothegreat.com/childrens-corner



Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

Quote of the Week

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

St Ambrose