



WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

Website: www.sacredheartparishhindmarsh.com.au
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Parish Office
252 Port Road, 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

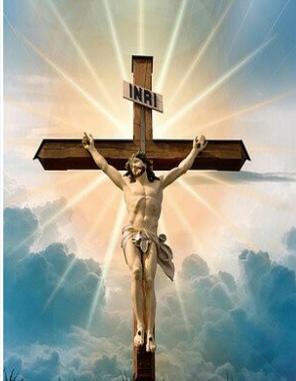
14 September 2025

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 16 Sep 12:15 pm Liturgy at Sacred Heart Church (SHC) Hindmarsh
- ◇ Wednesday 17 Sep 6:00 pm Adoration & Candlelight Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ Friday 19 Sep 9:15 am Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ Saturday 20 Sep 6:00 pm Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ Sunday 21 Sep 9:00 am Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ Sunday 21 Sep 11:00 am Mass at Our Lady of the Manger Church (OLM) Findon



Year C

*The Exaltation
of the Holy
Cross*

Responsorial Psalm

*So not forget the
works of the Lord!*

Gospel Acclamation

*Alleluia, alleluia!
We adore you, O Christ,
and we praise you,
because by your cross
you have redeemed the
world
Alleluia!*

Today's Readings

Num 21:4-9
Ps 77:1-2, 34-38
Phil 2:6-11
Jn 3:13-17

Mass Intentions

6:00pm Saturday Vigil OLM
Parish

9:00am SHC
Sandra & Giovanni
Lorenzoni

11:00am OLM
Patricia Malone

The Transforming Power of the Cross

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. [John 3:16-17](#)

If Jesus would never have given His life on a cross for the salvation of the world, then a cross would never have been seen in "exultation." A cross, in and of itself, is an instrument of death, a horrific and violent death. It's also an instrument of humiliation and torture. Yet, today, the Cross is seen as a holy and blessed object. We hang crosses in our homes, wear them around our neck, keep them in our pocket on the end of the rosary, and spend time in prayer before them. The Cross is now an exalted image by which we turn to God in prayer and surrender. But that is only the case because it was on a cross that we were saved and brought to eternal life.

If you step back and consider the amazing truth that one of the worst instruments of torture and death is now seen as one of the holiest of images on earth, it should be awe inspiring. Comprehending this fact should lead us to the realization that God can do anything and everything. God can use the worst and transform it into the best. He can use death to bring forth life.

Though our celebration today, the "Feast of the Exaltation of the Holy Cross," is first and foremost a feast by which we give glory to the Father for what He did in the Person of His divine Son, it is also a feast by which we must humbly understand that God can "exalt" every cross we endure in life and bring forth much grace through them.

What is your heaviest cross? What is the source of your greatest suffering? Most likely, as you call this to mind, it is painful to you. Most often, our crosses and sufferings are things we seek to rid ourselves of. We easily point to crosses in life and blame them for a lack of happiness. We can easily think that if only this or that were to change or be removed, then our life would be better. So what is that cross in your life?

The truth is that whatever your heaviest cross is, there is extraordinary potential for that cross to become an actual source of grace in your life and in the world. But this is only possible if you embrace that cross in faith and hope so that our Lord can unite it to His and so that your crosses can also share in the exaltation of Christ's Cross. Though this is a profoundly deep mystery of faith, it is also a profoundly deep truth of our faith.

Reflect, today, upon your own crosses. As you do, try not to see them as a burden. Instead, realize the potential within those crosses. Prayerfully look at your crosses as invitations to share in Christ's Cross. Say "Yes" to your crosses. Choose them freely. Unite them to Christ's Cross. As you do, have hope that God's glory will come forth in your life and in the world through your free embrace of them. Know that these "burdens" will be transformed and become a source of exaltation in your life by the transforming power of God.

My exalted Lord, I turn to You in my need and with the utmost faith in Your divine power to save. Please give me the grace I need to fully embrace every cross in my life with hope and faith in You. Please transform my crosses so that You will be exalted through them and so that they will become an instrument of Your glory and grace. Jesus, I trust in You.

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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

252 Port Rd., Hindmarsh | Mailing address: PO Box 34, Welland 5007

E: shparish@shphf.com.au

Parish Priest: Father Santhosh Nazareth CSC

Assistant Priest: Father Rajashekhar Gundiga CSC

SEPTEMBER 2025

- 14 Sept The Exaltation of the Holy Cross
- 15 Sept Our Lady of Sorrows
- 21 Sept 25th Sunday in Ordinary Time
- 23 Sept Saint Padre Pio
- 27 Sept Saint Vincent de Paul
- 28 Sept 26th Sunday in Ordinary Time



Liturgy Meeting

Tuesday, 16th September @ 6:30pm at OLM

Parish Finance Council Meeting

Wednesday, 17th September @ 6:45pm at OLM

Parish Pastoral Council Meeting

Tuesday, 7th October @ 6.30pm at Parish Office

Parish Community Connect Meeting

Thursday, 9th October @ 6:00pm at OLM

APRIM Meeting

Tuesday, 28th October @ 1:00pm at Parish Office

Domestic Violence Information Evening

September 25, 6pm - 8pm

St Augustine's Catholic Church Hall, 23 Commercial Road, Salisbury
You are invited to a Domestic Violence Information Night. Join us for an important Domestic Violence Information Night, a safe and supportive space designed to raise awareness and provide essential information on the issue of domestic violence. This session is open to all community members, whether you are seeking information for yourself, a loved one, or simply wish to become more informed and support your community.

Date: Thursday September 25; Time: 6pm – 8pm

Location: St Augustine's Catholic Church, 23 Commercial Road, Salisbury

What to expect: Guest speakers:

Domestic Violence and Child Protection Information (lawyers)
Information on how to support someone who may be experiencing domestic violence and direct connection to services
You will hear from lawyer and representative from domestic violence support services and have the opportunity to ask questions and engage in free discussion.

The information night is an initiative of the Justice Healing and Inclusion office from the Catholic Archdiocese of Adelaide.

For more info: please contact: Clement -

ckuek@adelaide.catholic.org.au 0439 879 424.

September is Catholic Charities Month

Help make a difference to the lives of South Australians. In the month of September, we are promoting the Catholic Charities Appeal which supports the following agencies in South Australia: Hutt St Centre, Aboriginal Catholic Ministry, Centacare Catholic Family Services, Our Lady of La Vang and St Patrick's Special Schools. Please take a leaflet with you to find out more about the September Appeal.

Donations can be made via online at

<https://adelaide.goodgiving.com.au/qr/cc> or QR code



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,

Judy McKeough, Bob Wohlenberg and Rosalinda Alonzo

If you would like prayers or to add a name to our sick list,

please contact the parish office. Thank you.



MULTICULTURAL
Migrant & Refugee Day
Sunday, 28th September



All are invited to a gathering for Mass

9:00am at SHC and

11:00am at OLM

Followed by a Shared 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



Sacred Heart Parish



warmly invites you to a



PILGRIMAGE OF HOPE

St Aloysius Church, Sevenhill

Saturday, 18th October 2025



BAPTISM

We welcome into our faith Community

Mila Brombal

Jackson Bartlett

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

Please keep these families in your prayers.

**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:

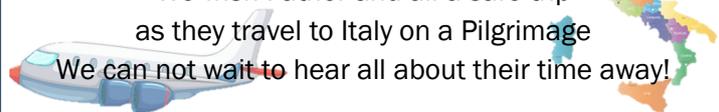
1. The finding of the True Cross by Saint Helena.
2. The dedication of churches built by Emperor Constantine on the site of the Holy Sepulchre and Mount Calvary.
3. The restoration of the True Cross to Jerusalem in AD 629 by the Byzantine emperor Heraclius, after it had fallen into the hands of the Persian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

Father Santhosh is away from the parish:

Until 30th September 2025

We wish Father and all a safe trip
as they travel to Italy on a Pilgrimage

We can not wait to hear all about their time away!



PEACE WITH CREATION
SEASON OF CREATION 2025

Today we continue to celebrate the Season of Creation, God's great gift to humanity. We continue with the second building block of peace in God's creation, which is 'care for people'.

Our symbols today are a picture of a happy community to symbolise bringing about the kingdom of God among us and an image of a suffering community, to show the damage we do to creation and each other that needs healing and repair.

**THE ANNUAL
CATHOLIC
CHARITIES GOLF
DAY**

**WHERE: PATAWALONGA GOLF COURSE,
MILITARY RD, WEST BEACH**
**WHEN: MONDAY, 13TH OCTOBER WITH A
SHOTGUN START AT 8:00AM.**

A LUNCHEON WILL FOLLOW THE GOLF AT APPROX. 1:00PM.
THE EVENT IS AN AMBROSE COMPETITION.
PLEASE CONSIDER ARRANGING A GROUP OF FOUR
PLAYERS TO ASSIST WITH AIDING THE VERY WORTHY CAUSE:
CATHOLIC CHARITIES.
ALTERNATIVELY ENTER AS A SINGLE PLAYER &
WE WILL ARRANGE A TEAM FOR YOU.
ENQUIRIES MAY BE MADE TO PETER MCCARTHY.
TELEPHONE: 0448 017 256 OR EMAIL: PMCC5061@BIGFOND.COM



**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 Frs. Lancy, Santhosh and
Rajashekhar**





INTEGRITY & SAFEGUARDING
CATHOLIC ARCHDIOCESE OF ADELAIDE

Safeguarding Sunday 14thth September 2025

Safeguarding Sunday forms part of National Child Protection Week, a national initiative to engage members of the community in supporting families and protecting children.

This year's theme is *Every Conversation Matters: Shifting Conversations To Action.*

Aligned to the National Catholic Safeguarding Standards, Safeguarding Sunday provides an opportunity to not only reaffirm safeguarding practices and protocols but to celebrate the presence of children, young people and those who are vulnerable in our parishes and communities, as we continue to develop and embed a strong culture of safeguarding for all.

It also invites people to pray for those harmed by abuse directly and indirectly and recognise the importance of change to ensure **we are a safe, hope-filled and welcoming church.**

The Parish of Sacred Heart Hindmarsh - Findon and the Catholic Archdiocese of Adelaide are committed to the care, wellbeing and protection of children, young people and people at risk in our community.

May we work to build and support safe communities for all people.



Together We Can Keep the Faith Alive – Aid to the Church in Need (ACN)

Tens of millions of Christian families worldwide are in exile and persecuted due to their faith. Aid to the Church in Need (ACN) is a global Catholic charity committed to keeping that faith alive in these challenging places. On the weekend of 20th and 21st September, Mary-Anne from ACN will be visiting our community to share about the vital work of ACN and how we can support our suffering and persecuted brothers and sisters. You can help by purchasing religious items (cash and EFTPOS payment will be available), signing up for the ACN newsletter, or praying for our suffering and persecuted brothers and sisters. Those who sign up will receive a blessed Rosary or a religious item of their choice from the table Mary-Anne will set up. You are invited to stop by the ACN information table after Mass.



Aid to the
Church in Need

ACN AUSTRALIA NEW ZEALAND



SAFEGUARDING SUNDAY 2025 BANNER ART COMPETITION

All Parishes and Multicultural Catholic Communities are invited to get creative and help celebrate Safeguarding Sunday on 14th September 2025.

SAFEGUARDING SUNDAY • 14 SEP 2025

WE ARE A
SAFE, HOPE-FILLED
AND WELCOMING
CHURCH



Create a banner expressing the theme:
"Every Conversation Matters - Shifting Conversation to Action"
OR
"We are a Safe, Hope-Filled and Welcoming Church"



TO ENTER:

1. Display the banner at your Parish or Catholic Community.
2. The Safeguarding Contact Person or Parish Priest/Chaplain can take a photo of the banner display.
3. Send the photo to our Safeguarding Operations Team email caasafeoperations@adelaide.catholic.org.au



We will accept entries from 1st September - 21st September
Prizes awarded for 1st, 2nd, 3rd and "most creative"!

< KID'S > KORNER

Gospel Today | The Exaltation of the Holy Cross | Jn 3:13-17

Jesus reminds us that "the Son of Man must be lifted up", and all who believe in Him will be with Him in Heaven.

Year C

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EXALTATION OF THE HOLY CROSS

Exaltation: to raise high -
to elevate by praise, glorify

In the name
of the Father,

Color the cross and put
it somewhere special.

and of the Holy

Spirit. Amen

We pray
before it

We hope in it

We bless ourselves
in the sign

It is a symbol of love

We are signed in it

What does the
cross mean to you?

and of the Son,

We focus on it

We believe in it

We honor it

It gives us strength

It is an
important
part of
our faith

Church of Saint Leo the Great

www.stleothegreat.com/childrens-corner

Quote of the Week

"He himself bore our sins" in his body on the **cross**,
so that we might die to sins and live for righteousness;
"by his wounds you have been healed".

Author Unknown