



Parish Office  
252 Port Road, Hindmarsh

# WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

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



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

01 February 2026



Year A

*4th Sunday  
in Ordinary  
Time*

### Responsorial Psalm

*Blessed are the poor  
in spirit, the kingdom  
of heaven is theirs!*

### Gospel Acclamation

*Alleluia, alleluia!*

*Rejoice and be glad;  
Your reward will be  
great in heaven.*

*Alleluia!*

### Today's Readings

**Zeph 2:3, 3:12-13**

**Ps 145:7-10**

**1 Cor 1:26-31**

**Mt 5:1-12**

### MASS INTENTIONS

**6:00pm Saturday Vigil OLM**  
Parish

**9:00am SHC**  
Hazel Quinn

**11:00am OLM**  
Parish

GIVE EASILY TO 1ST,  
2ND AND SPECIAL  
COLLECTIONS

SCAN QR CODE  
WITH CAMERA



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 03 Feb 12:15 pm** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Wednesday 04 Feb 6:00 pm** Candlelight Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Friday 06 Feb 9:15 am** Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **6:30 pm** Praise, Worship & Adoration Night at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Saturday 07 Feb 6:00 pm** Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Sunday 08 Feb 9:00 am** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Sunday 08 Feb 11:00 am** Mass at Our Lady of the Manger Church (OLM) Findon

## GOSPEL REFLECTION

### *The Call to Beatitude*

*When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven."*

The Beatitudes call us to the heights of morality and holiness. Those who live according to these divine precepts are blessed beyond measure. The promises to those who live this high calling are great: They become children of God and inherit the Kingdom of Heaven. Furthermore, they receive comfort, satisfaction, mercy, purity, and peace.

Though the rewards are great, so are the requirements: spiritual poverty, holy sorrow, meekness, longing for righteousness, a merciful heart, purity, peacemaking, and patient endurance during persecution.

The Beatitudes reveal the culmination of God's moral teaching and the highest revelation of the Christian life. To fully appreciate their significance, it is helpful to understand the history of moral revelation. Doing so is more than a history lesson on God's deepening revelation, it also reveals the path for our spiritual journey toward perfection.

Morality begins with the Natural Law—the innate understanding of right and wrong written on the human heart. This Law is from God and is often described as living in accord with right reason or common sense. All people have access to this moral law within their own consciences, enabling them to recognize God as the Creator, honor Him, respect human dignity and the common good, and refrain from acts such as murder, theft, and deception. Though universally present in all people, sin and our fallen human nature cloud our ability to clearly see and follow that law. In the Old Testament, God slowly revealed Himself and called His people to greater holiness and moral living by adding to the Natural Law through revelation. From Abraham and his descendants, God raised up Moses through whom He revealed the Ten Commandments—a concise moral code rooted in Natural Law but explicitly revealed by God that called His chosen people to right worship, justice, and love for one's neighbor.

Through the prophets—such as Isaiah, Jeremiah, and Ezekiel—God called Israel to move beyond mere external observance of the law to an interior conversion of heart. Isaiah emphasized the virtues of justice and mercy, Jeremiah prophesied a new covenant in which God's law would be written on the hearts of His people, and Ezekiel promised that God would give His people a new heart and a new spirit, enabling them to follow His statutes.

The wisdom literature—Psalms, Proverbs, Ecclesiastes, Wisdom, Sirach—deepened the understanding of moral life by revealing moral gifts, such as the Fear of the Lord, the blessedness of righteousness, and the call to trust in God's providence and live a virtuous life.

The Beatitudes elevate all laws of the Old Covenant. Jesus not only calls us to profound holiness, He also provides the means to achieve it through His Sacrifice, transmitted through the grace of the Sacraments. To live the Beatitudes is to live in imitation of Christ, who perfectly embodied all virtues in His life, Passion, and Resurrection. Hence, the Beatitudes are not only a moral code we must follow, they are a participation in and union with the Son of God, Who lived the Beatitudes to perfection.

As we ponder the Beatitudes, reflect today on their high and glorious calling, as well as their rewards. Sometimes, reading the Beatitudes can leave us discouraged, as we are aware of how far we are away from perfecting them. Dispel discouragement and know that these new divine precepts are attainable by grace. Set your eyes on the heights of perfection and open yourself to the abundant grace offered. Doing so will not only result in glorious spiritual rewards in this life, it will also result in the greatest eternal rewards in Heaven.

*Lord of perfection, You lived the Beatitudes to the fullest during Your life on earth and continue to manifest those perfections from Heaven. Please open my heart to Your grace and fill me with Your Holy Spirit, so that I may answer the call to the new and glorious moral state to which I am called. Empower me to live fully immersed in and guided by Your Sacrificial Love. Help me to inspire others to embrace this path of holiness, so that we may journey together toward the eternal joy of Your Kingdom. Jesus, I trust in You!*

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## DONATIONS WELCOME

	First Collection	Second Collection
<b>Account Name</b>	<b>Diocesan Presbytery</b>	<b>Sacred Heart Parish Hindmarsh-Findon</b>
BSB—Account Number	066 782 - 100 031 471	066 782 - 100 000 081
<i>Thank you for using this option</i>	Reference: "Your Name"	Reference: "Your Name"

# PARISH CALENDAR

## February

01 Feb 4th Sunday in Ordinary Time  
 02 Feb **The Presentation of the Lord**  
 06 Feb **Praise, Worship & Adoration Night @ 6.30pm at SHC**  
 08 Feb 5th Sunday in Ordinary Time  
*Day of the Unborn Child Appeal*  
 11 Feb **Our Lady of Lourdes**  
 15 Feb 6th Sunday in Ordinary Time  
 18 Feb **Ash Wednesday**  
 22 Feb 1st Sunday of Lent



## March

02 Mar 2nd Sunday of Lent  
 06 Mar **World Day of Prayer**  
 08 Mar 3rd Sunday of Lent

## Saint Eufemia Festival

Enjoy Calabrian food, culture, entertainment, kid's rides and the spectacular St Eufemia fireworks

Entertainment by Terra Calabria, Sebastiano Votino, Tarantella Fever and Legends Rock & Roll Club



**FREE ENTRY**

Sunday,  
1st February, 2026  
11am—10pm

Flinders Park Football Club Oval,  
Hartley Rd, Flinders Park

# PARISH MEETINGS



## Community Connect (Fundraising) Meeting

Thursday, 5th February @ 6.00pm at OLM

## Liturgy Meeting

Tuesday, 10th February @ 6.30pm at OLM

## Parish Pastoral Council Meeting

Tuesday, 3rd March @ 6.30pm at Parish Office

## Parish Finance Council Meeting

Wednesday, 22nd April @ 7:00pm at OLM

## APRIM Meeting

TBA

# ARCHDIOCESE NEWS

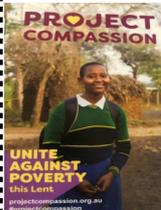
## Day of the Unborn Child Appeal

Saturday, 7th February and Sunday, 8th February

A special collection is being taken up in support of the work undertaken by Birthline Pregnancy Support and 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.



Project Compassion will begin at the start of Lent on **18th February**. Support Caritas Australia this Lenten season and help support vulnerable people around the world, now and **For All Future Generations**.

We thank you for your generosity and support.

**May God grant them peace, comfort and strength in their time of suffering**

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



# SYNOD

prayer

God of the Journey,  
 Our companion and our guide.  
 You call us to be a pilgrim people,  
 Who listen, discern, and walk together on the way,  
 Sharing in the life and mission of your Son, Jesus.  
 Bless our local Church, the Archdiocese of Adelaide,  
 As we prepare for our Synod.  
 Make us ready for the work at hand.

**Come, Holy Spirit, prepare our hearts,**  
 that we may be filled with compassion, courage and love.

**Come, Holy Spirit, prepare our minds,**  
 that we may receive your wisdom, dream new dreams,  
 and be open to new ideas.

**Come, Holy Spirit, prepare our eyes,**  
 that we may see you in one another, perceive the need of  
 our neighbour, and envision new horizons.

**Come, Holy Spirit, prepare our ears,**  
 that we may hear your voice, listen deeply to the other,  
 and attend to the voice within.

**Come, Holy Spirit, prepare our mouths,**  
 that we may speak on behalf of the voiceless, cry out for  
 justice, and bear witness to your love.

**Come, Holy Spirit, prepare our feet,**  
 that we may walk in the footsteps of Jesus, go to the  
 peripheries, and accompany one another on the way.

**Come, Holy Spirit, prepare our hands,**  
 that we may embrace our sisters and brothers,  
 heal wounds, and build bridges of peace.

**Come, Holy Spirit, prepare our community,**  
 that we may be your one body, eliminate borders of  
 exclusion, and welcome all into your love.

Through Christ our Lord.  
**Amen.**

**Our Lady of Lourdes**  
**Saturday, 14th February at 10am**  
**St Francis Xavier's Cathedral**



Each year, on World Day of the Sick a Mass is offered for those who are of ill health. This year Lourdes Day falls on a Tuesday therefore, it will be celebrated on the Saturday prior.

All are welcome to receive a blessing and anointing. For more information, please contact Archdiocesan Events on 8210 8220 or [events@adelaide.catholic.org.au](mailto:events@adelaide.catholic.org.au)

# PARISH NEWS



Catholic Archdiocese of Adelaide  
Archbishop of Adelaide

## Synod Dialogue Week February 22-28

In preparation for the 2026 Archdiocesan Synod, February 22-28 is designated as Dialogue Week. During this week people in parishes, schools and communities will have the opportunity to gather, reflect on the themes and recommendations of the Synod, and provide feedback to the Archbishop and Synod members.

We are committed to supporting the implementation in every parish, school and community through resources and dialogue processes, training, and strategies.

### 2026 Archdiocesan Synod Video Message

View Video Message on YouTube:

<https://youtu.be/fsbDWXzi3VY>

+Patrick O'Regan

Archbishop of Adelaide



### Video Message by Archbishop Patrick O'Regan regarding the 2026 Archdiocesan Synod

#### Video Transcript

My Dear Sisters and Brothers in Christ, Our Archdiocese of Adelaide is preparing for a Synod next year in 2026. A Synod is a gathering of the faithful from our Parishes, Schools, and communities. It will be both a moment to listen deeply – to the Word of God, to one another, and to the cries of the earth and of the poor. It will be a time to ask how might we become a Church that reflects more clearly the face of Christ in our time. The Synod is our next step in our journey continuing on from our Diocesan and Regional Assemblies, the 5th Australian Plenary Council and the Global Synod on Synodality. I invite you to join me on this journey toward the 2026 Archdiocesan Synod.

The most important thing we can all do is to pray for the Synod and its members.

The next thing we can do is to prepare our hearts and minds by engaging with the Key Synod Themes:

- *Becoming Missionary Disciples*
- *Communion in Grace – Sacrament to the World*
- *Formation for Mission and Leadership*
- *The Mission of Catholic Education and Being Church Together*
- *Structures and Planning for Communion, Mission and Participation*

Each theme will be explored in a short-written paper which will draw on our years of consultations and dialogue and present recommendations for proposals for action in the Archdiocese. In the coming months, these papers will be shared with you for your feedback - this will assist those called to the Synod as members to prayerfully discern the future of our Diocese together.

As we look forward to the 2026 Synod, we stand at a threshold as Pilgrims of Hope. We are invited to dream not just of a better Church, but a more faithful one: faithful to Christ, to the Gospel, and to the Holy Spirit who renews all things.

So, dear sisters and brothers, let us walk this path together – not as individuals or isolated parishes, but as a pilgrim people, united in Christ and led by the Spirit.

Thank you.



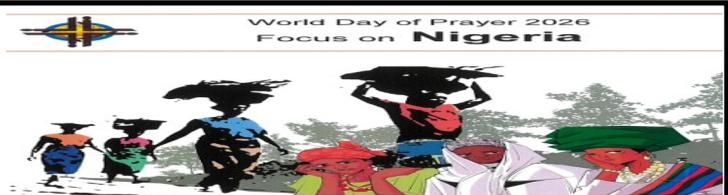
Holy Week

Lent begins  
Ash Wednesday  
18th February

Holy Week begins  
29th March



### Sacred Heart Parish Celebration



### **World Day of Prayer Friday, 6th March**

All welcome to come along and celebrate. An Ecumenical Liturgy of Prayer, prepared by the World Day of Prayer Committee in Nigeria.

**Friday, 6th March @ 1.30pm (wear bright colours)  
Westernlink Uniting Church - 93 Crittenden Road,  
Findon**

### **Presentation of Jesus**

The **Presentation of Jesus** is an early episode in the life of Jesus Christ, describing his presentation at the Temple in Jerusalem. It is celebrated by many churches 40 days after Christmas on Candlemas, or the "Feast of the Presentation of Jesus". The episode is described in chapter 2 of the Gospel of Luke in the New Testament. Within the account, "Luke's narration of the Presentation in the Temple combines the purification rite with the Jewish ceremony of the redemption of the firstborn (Luke 2, Luke 2:23–24).

In the Eastern and Western liturgical calendars the presentation of the Lord falls on 2 February, forty days (inclusive) after Christmas. In the Church of England it may be celebrated on this day, or on the Sunday between 28 January and 3 February. This feast never falls in Lent; the earliest that Ash Wednesday can fall is 4 February, for the case of Easter on 22 March in a non-leap year.

However, in the Tridentine rite, it can fall in the pre-Lenten season if Easter is early enough, and "Alleluia" has to be omitted from this feast's liturgy when that happens.



# PARISH INFORMATION

**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!

February	Events are at : <b>Coopers STADIUM</b>	
Sun 8	4:30pm	Adelaide United v Newcastle Jets
Fri 20	7:05pm	Adelaide United v Perth Glory
March		
Fri 6	7:05pm	Adelaide United v Wellington Phoenix
Fri 13	6:30pm	Adelaide United v Perth Glory

**Children's Liturgy**  
 A friendly reminder that Children's Liturgy is offered every Sunday to all primary school aged children at:  
**9.00am Mass @ Sacred Heart Church, Hindmarsh**  
 Mass is led by the young people of our community. We extend a warm welcome to ALL families and young people from our community to join us to engage in the Gospel with other children.  
*All Welcome*



**Afternoon Mass**  
**Every Tuesday at 12:15pm at SHC**  
 Please come along and pray with us every Tuesday at 12:15pm at Sacred Heart Church for a lunch time Mass. All welcome!

Sacred Heart Catholic Parish invites you to a  
**Praise, Worship and Adoration Night**  
**Friday 6th February**  
 Every 1<sup>st</sup> Friday of the month at 6.30pm  
 Sacred Heart Church, Hindmarsh

## PARISH OFFICE

PHONE - 08 8346 3901  
 MOBILE - 0428 813 682  
 EMAIL - [shparish@shphf.com.au](mailto:shparish@shphf.com.au)

Office Hours: Tuesday - Friday 10:00am-2:00pm  
 252 Port Road, Hindmarsh SA 5007

**Parish Priest:** Father Santhosh Nazareth CSC  
**Assistant Priest:** Father Rajashekhar Gundiga CSC

**Please Note:** If the office is unattended, please leave a message and we will return your call ASAP  
 Mailing address: PO Box 34, Welland 5007

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

## LOVE ADELAIDE - WALK FOR LIFE

Join us as we walk for life to bring an end to abortion

Human from Conception

Saturday 7th of February 2026

10am - 12noon

Pennington Gardens

Opposite St Peters Cathedral, North Adelaide

\$5 Donation Parking

Adelaide Oval parking

Enter from Pennington Tce

Free Tickets

[trybooking.com/DGGPU](http://trybooking.com/DGGPU)

[loveadelaide.org.au](http://loveadelaide.org.au)

Gates Open 9am

Don't forget to bring a drink bottle, and remember to slip, slop and slap!

**PLEASE WEAR A WHITE SHIRT**

NO megaphones or personal signs. Love Adelaide will provide official signs. Please follow the direction of the marshals & police and walk peacefully with love.

Free Tickets [trybooking.com/DGGPU](http://trybooking.com/DGGPU)

Please follow the event guidelines.

LOVE ADELAIDE

LOVE ADELAIDE

[loveadelaide.org.au](http://loveadelaide.org.au)



## Fourth Sunday of Ordinary Time

### The Word of God



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

It is important to pray before reading God's Word.

Other words or phrases we use for Bible are Holy Book, Scripture, God's Word.

The two main parts of the Bible are the Old and the New Testaments.

The Bible is God's letter to us.

The Bible teaches us God's law.

The Gospel includes the books of Matthew, Mark, Luke, and John in the New Testament.

The Gospel tells us about the life of Jesus and what he taught.

During Mass every Sunday we listen closely to the reading of Scripture.

The Bible has many lessons about growing in wisdom and grace.

Church of Saint Leo the Great

[www.stleothegreat.com/childrens-corner](http://www.stleothegreat.com/childrens-corner)

### Quote of the Week

May the next few months be  
 a period of magnificent  
 transformation

*Unknown Author*