



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

08 February 2026



Year A

*5th Sunday
in Ordinary
Time*

Responsorial Psalm

*A light rises in the
darkness for the
upright.*

Gospel Acclamation

Alleluia, alleluia!

*I am the light of the
world, says the Lord;
the man who follows
me will have the light
of life.*

Alleluia!

Today's Readings

Is 58:7-10

Ps 111:4-9

1 Cor 2:1-5

Mt 5:13-16

MASS INTENTIONS

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

9:00am SHC

Romolo Montibello
Ernesto Aaron

11:00am OLM

Hazel Quinn
Kazimierz Wszolek

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 10 Feb 12:15 pm** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Wednesday 11 Feb 6:00 pm** Candlelight Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Friday 13 Feb 9:15 am** Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Saturday 14 Feb 6:00 pm** Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Sunday 15 Feb 9:00 am** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Sunday 15 Feb 11:00 am** Mass at Our Lady of the Manger Church (OLM) Findon

GOSPEL REFLECTION

Flavor, Preservation, and Purity

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot." [Matthew 5:13](#)

Sodium chloride, also known as salt, is one of the most commonly used substances in the world, used for seasoning, preserving, and purifying. Sodium chloride is a very stable compound and cannot lose its flavor unless there is a chemical reaction or dissolution. Why, then, did Jesus suggest that salt could lose its taste? One likely explanation is that the salt used in ancient Palestine could indeed lose its flavor due to impurities and the conditions in which it was stored.

The Dead Sea, located in modern-day southeast Israel, contains a massive deposit of salt and other minerals. According to biblical history, Lot's wife was turned into a pillar of salt in this region. Because of the vast salt and mineral deposits, the area surrounding the Dead Sea is desolate.

Salt extracted from the Dead Sea was never pure sodium chloride. Gypsum and other minerals were also present, making the salt impure. If this salt were stored improperly or came into contact with water, the sodium chloride could dissolve and wash away, leaving behind the solid residue of minerals. These residual substances, like gypsum, had the appearance of salt but were tasteless and useless for flavoring, preserving, and purifying purposes. When this happened, the "salt" lost its taste. In light of this explanation, Jesus' teaching becomes especially clear.

The first notable feature of salt is its ability to add flavor to food. By calling His disciples the "salt of the earth," Jesus was instructing them to enhance the "flavor" of the world by bringing the truth of the Gospel and the joy of His message to others. A Christian life lived in fidelity to Christ would make the world a better and more virtuous place, just as salt enhances the flavor of food.

Salt is also commonly used for preservation. Before the age of refrigerators and freezers, salt was mixed with food to prevent corruption, by drawing out moisture and hindering bacteria and other microorganisms. Though this practice is still used today, it was especially vital in ancient times. By being the "salt of the earth," Jesus was calling His disciples to preserve the world from moral decay. Through their witness and proclamation of the Gospel, they were to act as a preservative against sin and spiritual ruin. If they were to "lose their taste," they would become indistinguishable from the rest of the world and ineffective in their mission. Hence, Jesus was exhorting them—and us—to avoid becoming watered down and bland in our witness to the Gospel.

Lastly, salt held a significant role in Jewish religious practices, symbolizing purity and consecration. In sacrificial rituals, salt was used to consecrate offerings, as commanded in Leviticus: "You shall season all your grain offerings with salt. Do not let the salt of the covenant with your God be lacking from your grain offering. On every offering you shall offer salt". By seasoning their offerings with salt, the Israelites preserved the sacrifices from decay, making them pure. This practice reflects the disciples' role in purifying the world through their example of holiness, their lives of self-sacrifice, and their participation in Christ's redemptive work. They were to live lives of integrity, leading others to God through the purity of their hearts and their unwavering commitment to His will.

Reflect today on this powerful metaphor of being the salt of the earth. The world desperately needs the enriching "flavor" of God's grace. Without Him, the world is left to corruption and decay. With God, we, and those we serve, are preserved as pure and holy offerings, adding to His glory and growing in holiness. Be the salt of the earth. Do not become watered down in your faith. Remain steadfast in your fidelity to Christ and His Gospel, and you will transform the world around you. In doing so, you will not only glorify God but will also share in His eternal joy.

Most pure and enriching Lord, You alone enrich and enhance our lives, preserve us from sin, and make us a pure offering to Your Father. Please use me to be an instrument of Your grace to the world, making me the "salt" that remains pure and effective, to bring Your saving truth to the ends of the earth. Jesus, I trust in You.

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DONATIONS WELCOME

	First Collection	Second Collection
Account Name	Diocesan Presbytery	Sacred Heart Parish Hindmarsh-Findon
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

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

15 Mar 4th Sunday of Lent

17 Mar **St Patrick**

19 Mar **St Joseph**

PARISH MEETINGS

Liturgy Meeting

Tuesday, 10th February @ 6.30pm at Parish Office

Parish Pastoral Council Meeting

Tuesday, 3rd March @ 6.30pm at Parish Office

Parish Finance Council Meeting

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

Community Connect (Fundraising) Meeting

TBA

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.



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



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, Rosalinda Alonzo and Jane Saliba**
If you would like prayers or to add a name to our sick list, please contact the parish office. Thank you.



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

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.



Catholic Archdiocese of Adelaide
Archbishop of Adelaide

MANV VOICES. ONE JOURNEY.

DIALOGUE WEEK

22-28 February 2026

Please collect a copy of the Flyer

WHAT IS DIALOGUE WEEK?

Dialogue Week is a chance for you to have a voice in the 2026 Archdiocesan Synod. It's an invitation to have a conversation with someone else about the things that are important to you, and to share them with the Archbishop and the Synod members.

HOW CAN I PARTICIPATE?

Parishes, schools and communities will provide opportunities for Dialogue Groups during this week. You can also organise your own! Visit www.togetherontheway.au/dialogue-week for more information, resources and materials.

WHY ARE WE DOING THIS?

The 2026 Archdiocesan Synod is a big meeting to help the Archbishop and the leaders of our parishes, schools and communities to make decisions for our future. During Dialogue Week, you can send in your feedback and help shape the agenda of the Synod.



What is the 2026 Archdiocesan Synod?

The word *synod* is an ancient Greek word that means 'journeying together on the way.' The 2026 Archdiocesan Synod is a gathering of people from Parishes, Schools and Communities in the Archdiocese work together with the Archbishop and other leaders make decisions for our future. The 2026 Synod is a continuation of our recent Diocesan and Regional Assemblies, the 5th Australian Plenary Council and the Global Synod on Synodality.

Learn more about the Synod at: togetherontheway.au/about

What will be discussed at the Synod?

The Synod will look at 5 main themes:

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

Explanations of these themes are available at: togetherontheway.au/key-themes

FAQs

What happens to my feedback?

All feedback will be shared with the Synod members. Due to the volume of data, feedback will also be analysed and synthesised. This feedback will be referenced by Synod members in their deliberations and may influence changes to the Synod outcomes. Feedback will also be shared with local parishes, schools and communities.

What will happen after the Synod

The Synod will result in a series of recommendations for action to the Archbishop who then makes official 'decrees' about what will be enacted in the Archdiocese. These will be assigned to different areas and people who will be responsible for making sure the decrees are carried out.

Find out more about the 2026 Archdiocesan Synod, Dialogue Week and explore the videos, resources, formation materials and join the mailing list online at: togetherontheway.au



World Day of Prayer 2026
Focus on Nigeria



2026

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



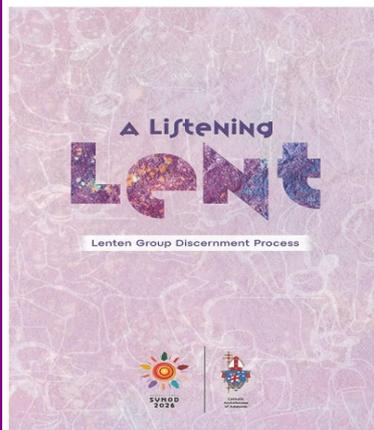
Lent begins Ash Wednesday 18th February



Holy Week

Holy Week begins 29th March

Please collect your copy of the Lenten Discussion Guide



Wise Owls Regular Program - 2026

Gentle Fitness | Mondays 9:15am - 10:15am

Cost: \$5.00 | Findon Campus Catherine Community Centre

Especially designed for active aging, Wise Owls Gentle Fitness is offered by an experienced personal trainer who will support you to get moving, keep active, and improve your health and fitness. Referral required from My Aged Care. Contact ANFE on 8234 5550 for more information.

Community Hub | Tuesdays 1:00pm - 2:45pm
Carpet Bowls/ Bocce, Knit & Natter & Book Club

Cost: Gold Coin | Findon Campus Catherine Community Centre

Our Community Hub is open to both the school community and the wider community - a shared space for fun, connection and creativity. Come in for a drink and connect with others.

During this time you have the opportunity to join the Wise Owls in their unique mix of carpet bowls and bocce. All skill levels welcome. Come with friends or join a team on the day.

Fancy Knitting & Chat? Bring your knitting or craft project for a relaxed cuppa and conversation. Don't have a project to do? Don't worry - there's plenty of craft, wool and needles to get you started.

Browse our every changing outdoor library outside the cafe. Books are refreshed regularly by community members and donations are welcome. Our regular Book Club Meeting occur during this time.

Tai Chi | Thursdays 10:30am - 11:30am

Cost: \$2 + coffee | Findon Campus Catherine Community Centre

A gentle fitness program based on the ancient principles of Tai Chi, supporting strength, balance, and mental wellness. Enjoy 30 minutes of gentle exercise. Then feel free to join the group for a chai tea (or a coffee) in the cafe (additional cost), or stay for just a chat. No experience necessary.

Walking Group | Tuesdays & Fridays 8:30am

Cost: FREE | Kanbara Street, Flinders Park

Walking for the Heart Foundation for nearly 20 years, join the Wise Owls for an enjoyable walk along the River Torrens, Linear Park. Walk at your own pace in a small group. New members welcome! For further details, contact Shirley Harley on 8347 0655

For further information & bookings please contact our Findon Campus on 8406 5000 or info@nazareth.org.au



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 : 
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

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
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
Please follow the event guidelines.

PARISH OFFICE

PHONE - 08 8346 3901
 MOBILE - 0428 813 682
 EMAIL - 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
Facebook: www.facebook.com/sacredhearthindmarshparish

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
 Every 1st Friday of the month at 6.30pm
 Sacred Heart Church, Hindmarsh

Footprints in the sand
 One night a man had a dream
 He walked along a beach, the Lord at his side.
 Across the sky flashed scenes from his life ...
 ... He saw two sets of footprints in the sand,
 his own and those of the Lord.
 But looking back he noticed at times along the path, there was only one set of footprints.
 This was often at difficult times of his life ...
 ... He asked, "My Lord, you said that if I follow you, you would walk with me all the way.
 But in times of trouble there is only one set of footprints. Why have you left me when I needed you the most?" ...
 ... The Lord answered, "My precious child, I love you and I would never leave you.
 During your times of trial, when you see only one set of footprints, that's when I was carrying you."