



Parish Office
252 Port Road, Hindmarsh

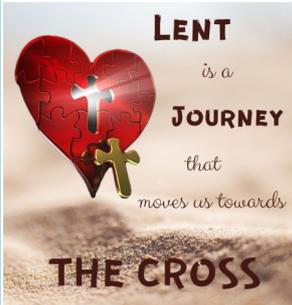
WELCOME TO SACRED HEART PARISH HINDMARSH-FINDON

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

22 February 2026



Year A

*1st Sunday
of Lent*

Responsorial Psalm

*Be merciful!, O Lord,
for we have sinned.*

Gospel Acclamation

*Praise to you, Lord
Jesus Christ, king of
endless glory!*

*No one loves 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

Gen 2:7-9, 3:1-7

Ps 50:3-6, 12-14, 17

Rom 5:12-19

Mt 4:1-11

MASS INTENTIONS

6:00pm Saturday Vigil OLM

Parish

9:00am SHC

Parish

11:00am OLM

Parish

GIVE EASILY TO 1ST,
2ND AND SPECIAL
COLLECTIONS

SCAN QR CODE
WITH CAMERA



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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 24 Feb 12:15 pm** **CANCELLED** (due to clergy gathering) Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Wednesday 25 Feb 6:00 pm** **Stations of the Cross** followed by **Candlelight Mass** at Our Lady of the Manger Church
- ◇ **Friday 27 Feb 9:15 am** Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **6:30 pm** **Stations of the Cross** at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Saturday 28 Feb 6:00 pm** Vigil Mass at Our Lady of the Manger Church (OLM) Findon
- ◇ **Sunday 01 Mar 9:00 am** Mass at Sacred Heart Church (SHC) Hindmarsh
- ◇ **Sunday 01 Mar 11:00 am** Mass at Our Lady of the Manger Church (OLM) Findon

GOSPEL REFLECTION

Battling the tempter this Lent

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." [Matthew 4:1-3](#)

In His great humility and compassion for us, Jesus, the Incarnate Son of God, allowed Himself to endure something that we sinful human beings encounter every day—temptation. God's glorious plan from the beginning included the creation of both humans and pure spirits—angels—to form one glorious Kingdom of God. Original Sin, the fall of the angels, and our struggle against temptation were not part of God's original intention, but they became realities due to the misuse of free will, both by angels and by humans. Free will was necessary for both angels and humans to love God freely, which led to a third of the angels and many humans turning away from Him.

Theologians such as Saint Thomas Aquinas and Saint Augustine offer profound insights into God's original plan for His Kingdom. In that plan, angels were believed to have been tasked with assisting humans in their journey toward perfection through enlightenment and contemplation. Some choirs of angels were tasked with the governance of the cosmos, guiding the physical world in harmony with God's will.

Tragically, the fall of a third of the angels, along with the sin of our first parents, Adam and Eve, has resulted in a world filled with struggle and sin. The fallen angels—now demons—use their natural gifts to deceive, confuse, and tempt. Those who were once responsible for guiding the cosmos now seek to sow chaos, contributing to the existence of natural disasters, disease, and death. While Catholic angelology is speculative, based on a limited amount of biblical revelation, it is important to recognize the role of angels and demons as we enter this sacred season of Lent.

Today's Gospel focuses on the activity of the most powerful fallen angel—satan, originally named Lucifer, meaning "Light-Bearer." Tradition holds that he was among the highest of the angels, possibly a Seraphim. According to Saint Thomas Aquinas, Lucifer's fall resulted from pride: He desired to be a god unto himself, to create and govern according to his own will, refusing to serve God. This cosmic reality, of which both Jesus and satan were fully aware, sets the stage for and adds profound significance to their encounter in the desert.

In this dramatic confrontation, Jesus, by allowing Himself to be tempted, begins the ultimate defeat of satan, a victory that will culminate in Jesus' Passion, Death, and Resurrection. This is the only recorded instance in which Jesus permits satan to tempt Him directly. While satan remained active throughout Jesus' ministry, seeking to disrupt His mission, this moment in the desert addresses temptation specifically. By rejecting each temptation, Jesus not only demonstrates how to overcome the devil but also empowers humanity with the grace needed to resist temptation through His triumph on the Cross.

As we enter into the first full week of Lent, reflect today on the temptations you face in your own life. Though satan is powerful and highly intelligent, he is no match for the grace of God. By uniting ourselves to Christ, we are strengthened to resist all that satan and his demons throw at us. Victory over temptation is not achieved by our own strength but through Christ's grace, which He freely offers to all who turn to Him.

My victorious Lord, You faced satan with courage, the once-beautiful angel who fell from grace through pride and envy. Now he seeks to destroy those whom You love. Give me Your strength and courage this Lent as I confront my own temptations, so that united with You, I may share in Your victory. 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

- 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**
 18 Mar **Reconciliation Penitential Liturgy**
 6:00pm at OLM
 19 Mar **St Joseph**
 20 Mar **Reconciliation Penitential Liturgy**
 6:30pm at SHC
 22 Mar 5th Sunday of Lent
 Feast of the Chair of St Peter
 25 Mar **The Annunciation of the Lord**
 29 Mar **Palm Sunday**
 9:00am Mass at SHC
 11:00am Mass at OLM

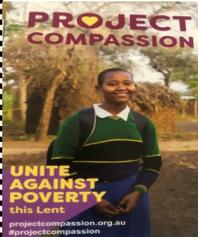


PARISH MEETINGS

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- Parish Pastoral Council Meeting**
 Tuesday, 3rd March @ 6.30pm at Parish Office
- Parish Finance Council Meeting**
 Wednesday, 4th March @ 7:00pm at OLM
- Community Connect (Fundraising) Meeting**
 Thursday, 5th March @ 6:00pm at OLM
- Liturgy Meeting**
 Tuesday, 17th March @ 6:30pm at OLM
- APRIM Meeting**
 TBA

ARCHDIOCESE NEWS

Lend a Hand with Project Compassion 2026
 Caritas is looking for local parishioners to help promote Project Compassion in their church this Lent. This includes setting up displays, handing out boxes/envelopes and sharing stories. If you think you can help, check first with your parish secretary/priest and then get in touch with Caritas Kaz on 8210 8204



Project Compassion has begun with 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*.

Please collect your boxes and envelopes

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.



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.

Dialogue Times

Sacred Heart Church Hall

Tuesday, 24th February at 6.30pm
 All Committee Members (PPC, PFC, PCC etc.)

Thursday, 26th February at 6.30pm
 Youth, Altar Service and Parishioners (open to all)

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!

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)

24th February
 Cancelled

(due to clergy gathering)



| February | Events are at : | Coopers STADIUM |
|----------|-----------------|--------------------------------------|
| 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 |
| Sat 28 | 2:30pm | Adelaide United v Newcastle Jets |

PARISH NEWS

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.

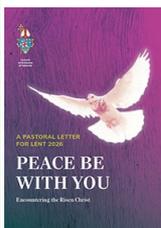
Thus, fasting from food is not done simply for the sake of fasting or because we have to do so on Ash Wednesday and Good Friday according to Church regulations. Ideally, we will willingly practice fasting every week, even outside of Lent, as a way of helping ourselves never to forget the emptiness within 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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The Pastoral Letter for Lent 2026



Please remember we are always **Collecting Bottles & Cans** for our Parish fundraising.

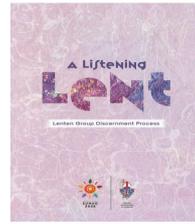
Tuong has kindly volunteered to collect these from your home.

Please save your bottles and cans!

Your help is appreciated. Thank you!



Holy Week



Holy Week begins
29th March

Please collect your copy of
the Lenten
Discussion Guide

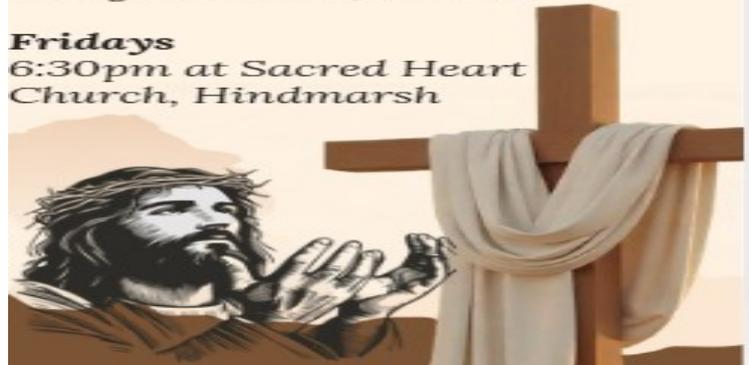
Stations of the cross

Wednesdays

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

Fridays

6:30pm at Sacred Heart Church, Hindmarsh



Reconciliation

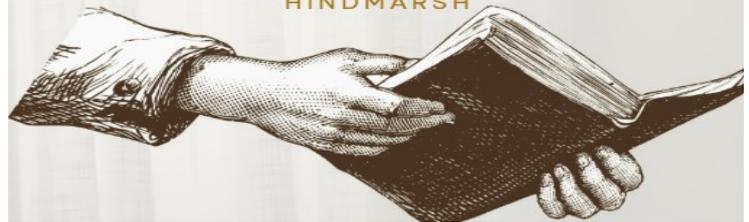
PENITENTIAL LITURGY

WEDNESDAY, 18TH MARCH

6:00PM AT OUR LADY OF THE MANGER CHURCH, FINDON

FRIDAY, 20TH MARCH

6:30PM AT SACRED HEART CHURCH, HINDMARSH



LENTEN RETREAT

THE TEMPTATION OF JESUS IN THE DESERT.

SATURDAY 7TH MARCH 9:15AM - 4PM

AT OUR LADY OF THE SACRED HEART CHURCH

420 SEAVIEW ROAD HENLEY BEACH.

SPEAKER: FR JOSY SEBASTIAN MSFS

THE DAY WILL INCLUDE

MASS 9:15AM

TALKS GIVEN BY FR JOSY

EXPOSITION OF THE BLESSED SACRAMENT

REFLECTION, RECONCILIATION

PRAYER MINISTRY

BENEDICTION WITH INCENSE

PLEASE BRING YOUR OWN LUNCH

TEA/COFFEE PROVIDED

ENQUIRIES AND BOOKINGS PHONE PAULINE 0403 002 240

BY 4TH MARCH

COST BY CASH DONATION

ALL WELCOME

PARISH INFORMATION

Lent, Holy Week & Easter 2026

LENT

Stations of the Cross & Mass Wednesdays 6.00pm OLM, Findon

Stations of the Cross & Mass Fridays 6.30pm SACRED HEART Hindmarsh

Reconciliation

Wednesday March 18th

Reconciliation Penitential liturgy (**No Mass**) - followed by **Individual Confessions** 6.00pm at OLM Church, Findon

Friday March 20th

Reconciliation Penitential liturgy (**No Stations**) - followed by **Individual Confessions** 6.30pm at SHC Church, Hindmarsh

Palm Sunday

Masses begin with Blessing of the Palms

Saturday March 28th

6:00 pm Findon (Vigil Mass)

Sunday March 29th

Palm Sunday



9:00 am Hindmarsh
11:00 am Findon

Monday March 30th

Chrism Mass ~ Consecration of Holy Oils

6:00 pm St Francis Xavier Cathedral ~ All welcome

Holy Thursday April 2nd

Holy Thursday - Mass of the Lord's Supper

7:00 pm at OLM - Findon

Please note:

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



Good Friday April 3rd

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 SHC-Hindmarsh



Holy Saturday April 4th

Easter Vigil

7.00 pm OLM Findon



Easter Sunday April 5th

Easter Sunday

9.00 am Hindmarsh

11.00 am Findon

*Individual Reconciliation by appointment with Fr Santhosh or Fr Rajasheka
(Ph: 08 8346 3901)*

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



World Day of Prayer 2026
Focus on **Nigeria**



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