

## Lenten greetings:

Let us remember in prayer the 6 or so adults, plus those coming for the Sacrament of Confirmation, in the Rite of Christian Initiation of Adults who are coming to the climax of their program culminating in the Easter Vigil.

So we move from ashes, dead things, signs of our own mortality and need for renewal of life, to the renewal of our Baptismal Covenant with reception of the Eucharist at Easter, and then journey on to the fire of the New Life of the Spirit of the Risen Lord at Pentecost. This is a pilgrimage of 90 beautiful days. Integral to that journey is the Sacrament of Reconciliation – which will be available at the normal times on Saturdays – 11.00-11.55 am and 5.00 to 5.55pm; then from the Third Sunday of Lent on to Holy Week, for 20 minutes before each Mass.

Here are some Lenten thoughts from Pope Francis:

Fast from hurting words - say kind words

Fast from sadness - be filled with gratitude

Fast from anger - be filled with patience

Fast from pessimism – be filled with hope

Fast from worries - trust in God

Fast from Complaints - contemplate simplicity

Fast from pressures - be prayerful

Fast from bitterness - fill your heart with joy

Fast from selfishness - be compassionate

Fast from grudges - be reconciled

Fast from words - be silent so that you can hear them.

*Fr Peter Hearn MSC*



## First Sunday of Lent 1st March 2020



Indigenous minorities in the Philippines face regular discrimination and disadvantage. Manide woman, Shirley faced challenges supporting her children and sending them to school. With Caritas Australia's support, Shirley's life has been transformed.

**Please donate to Project Compassion 2020 to help people like Shirley, and her children gain confidence and respect within their community.**

**Let's Go Further, Together.** You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.



The Parish and National Shrine of  
**Our Lady of the Sacred Heart, Randwick**  
**St. Margaret Mary's, Randwick North**  
*Land of the Gadigal People, Eora Nation*  
Conducted by Missionaries of the Sacred Heart  
Tel: 9399 6775 Emergency After Hours: 0452431815  
[www.sacredheart.org.au](http://www.sacredheart.org.au)  
[facebook.com/olshparish.randwick](https://www.facebook.com/olshparish.randwick)  
PO BOX 309, Randwick, NSW. 2031

聖母聖心堂歡迎您光臨

## 1st Sunday of Lent, Year A

1st March, 2020

**1st Reading:** Genesis 2:7-9; 3:1-7

**2nd Reading:** Romans 5:12-19

**Gospel:** Matthew 4:1-11

**Entrance Antiphon:** When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

**Responsorial Psalm:** Be merciful, O Lord, for we have sinned.

**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!

**Communion Antiphon:** One does not live by bread alone, but by every word that comes forth from the mouth of God.

### Parish Office

Monday- Friday 9am-4.30pm (Closed 1pm-2pm)

### Parish Staff

Trish Myers

Parish Secretary 9am– 4.30pm  
[parishoffice@sacredheart.org.au](mailto:parishoffice@sacredheart.org.au)

Anita Micallef

Accounts 9am-2:30pm  
[anitamicalef@sacredheart.org.au](mailto:anitamicalef@sacredheart.org.au)

Fr. Peter Hearn msc

Parish Priest

Fr. Peter Antony msc

[peterkurisinkalm@yahoo.co.in](mailto:peterkurisinkalm@yahoo.co.in)

Fr. Bill Brady msc

Assistant Priest

Parish Safeguarding Officer:

Mary Croke: 0400 620 335

Hospital Chaplaincy

9382 2222 – page Catholic Chaplain

### Our Lady of the Sacred Heart

**Monday:** Midday Mass

**Tuesday:** Midday Mass.

**Wednesday:** Midday Mass

**Thursday:** 11:30am (Novena), Midday Mass, 5:40pm Mass.

**Friday:** Midday Mass, 5:40pm Mass, (Anointing Masses 2nd Friday), 6pm (Holy Hour)

**Saturday:** 11am (Reconciliation), Midday Mass, 5pm (Reconciliation), 6pm Vigil Mass.

**Sunday:** 8am, 10am, Midday, 6pm, 10.30pm

### St. Margaret Mary's

**Saturday:** 5:15 (Reconciliation), 5:30pm Vigil Mass.

**Sunday:** 9:30am

### Baptisms

Held at OLSH @ 1.00pm on Sundays. Please see website for more information. Contact the Parish Office to book.



OLSH Accessible Seats  
Rows 5,6,7 and cross  
aisles. Hearing Aid  
Users front 6 seats  
either side of centre



Into your loving care we commend :

**Recently Deceased:** John Isbester, Cath Colbran, George Garvey, Cecilio Luneta, Len Jarman, Conor Croake, Gene Reen, Annette Davis, Nora Jennings, Doris Merschen, Kevin Wallace , Jacki Hanna

**Anniversaries and Deceased:** Pat Gorman, Ceciliaio Luneta, Johan Padua Chuaunsu, Cormac McAnallen, Una Smith, Sheila Lopez, Thelma Lopez, Frank and Dolores Corry, William and Maree Crothers, Fernando Rebeiro

**Special Intentions:** Jonathan Go, Phyllis Newnham(Birthday)

**We welcome into our Catholic family:**

Michaela Elizabeth Lees.

**Coming Up**

- **Sunday 1st March**  
RCIA to Cathedral Signing
- **Friday 6th March**  
Autumn Ember Day (Care of the Earth)
- **Saturday 7th March**  
Sts Perpetua & Felicity

**Archdiocese of Sydney Safeguarding Office**

Child sexual abuse is a crime. The appropriate people to deal with crimes are the police. If you, or anyone you know, have been abused, please-contact the police. Alternatively you can contact the Safeguarding and Ministerial Integrity Office at (02) 9390 5810 or [safeguardingenquiries@sydneycatholic.org](mailto:safeguardingenquiries@sydneycatholic.org). You may also want to speak to your Parish Priest who will be able to provide support and guidance. The Archdiocese has a legal obligation to report crimes to the police.

**MSC LAY ASSOCIATES:**

Our next meeting will be held this Sunday, 1st March at 1.15pm . Visitors welcome

**CORONA VIRUS INFORMATION**

'Dear Bishops, Priests and Deacons,

A number of priests and parishioners have inquired about **precautions in relation to the current health emergency caused by the Novel Coronavirus**. At this point, health authorities have said that the risk of exposure to the public is low, especially if they have not travelled to one of the affected areas, nor had contact with someone who has. We will continue to monitor the Government's health advice.

Across the Church in Australia generally, and in the Archdiocese of Sydney in particular, there are as yet no mandated precautions beyond the common sense rule that **people should stay home if they think they might be sick or infectious**. Ministers of Holy Communion should wash their hands with soap or hand wash before distributing the Body of Christ.

Parishioners who wish further to minimise the risk of transmission are free **not to put their fingers in the holy water stoop, not to shake hands at the Sign of Peace, not to receive Holy Communion on the tongue (but only in the hand), and/or not to receive Holy Communion from the chalice.'**

*Archbishop Fisher OP.*

**I recommend for the parish that we receive Communion in the hand** – not just for the sake of others in the communion line, but also for the Ministers of Communion. At times it is inevitable that we do get saliva on our hands when distributing communion via the tongue.

*Peter Hearn MSC*

**Knitting Group:**

Do you knit or would like to? Please come along to our group on the 2nd and 4th Mondays of the month at Ventnor - 10am. We will resume after our break this Monday 24th Feb. New members welcome.

**MEETINGS** yet to be arranged: Liturgy Group; Finance and Building Group (mid- March after tenders close for the Tower); Parish Pastoral Council: now that School opening Masses etc are finished, we can safely have meetings which include the Primary Principals, RECs to see how they are getting along.)

**Last Call Eucharist**

This 10:30pm Sunday mass will recommence on this Sunday 1st March. It is preceded by an hour of Adoration, and Reconciliation is available from 10:10pm.

**Lenten Program**

Prayer Groups: We are using the Wollongong Booklet, "GRACE" which has some of our well-known authors and speakers. While we have around 110 people following the program.

Groups 1 hour only:

MONDAY 10.00am: CLOISTER ROOM  
TUESDAY 7.00pm: CLOISTER ROOM  
FRIDAY 10.30am: VENTNOR

Just turn up for these groups.

**Senior Women's and Men's Group**

Monday 2nd March 10am- Women's

Tuesday 3rd March 10am-Men

**The Power of Intercession**

Jesus, Mother Mary and Saints are great intercessors.. What is intercession? How to intercede? Come and join us for teaching and workshop in Intercession with Anne Marie Gatensby. Sat. March 14, 9am-4pm. Ventnor House - Our Lady of the Sacred Heart, Randwick. Please bring a plate to share for lunch. All welcome.

**Parish Safeguarding Officer**

Please be aware that we have a Parish Safeguarding Officer: Mary Croke. Mary has experience in Community Services for Children and Families. Any concerns or worries you have within the Parish, staff or volunteers, can be confidentially discussed with her: 0400 620 335.

**ADULTS who have not yet received the SACRAMENT OF CONFIRMATION:**

You are invited to join with the RCIA group as they prepare for all the Sacraments at Easter Vigil this year. Please contact a priest after Mass or through the Parish Office. This is a very meaningful Sacrament in these difficult times for living the faith. Peter Hearn MSC

**Gentle Exercise Wednesdays**

11.00am Ventnor with meditation. All welcome.

**Spirituality of Jules Chevalier**

*"May we understand that humility wins graces and that the love of our littleness lifts us up to God. These two virtues must be the distinctive mark of our communities."*  
*Rules 1977*

**New Parishioners** (Hand to a Priest or Acolyte after Mass)

Name: \_\_\_\_\_ Contact No: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_ Date Submitted: \_\_\_/\_\_\_/\_\_\_