

OUR PARISH
Contact the Parish Pastoral Council through the office email.

OUR PARISH MISSION:
"All the Church, all the Gospel, all the people, all the time"

OUR PARISH VISION:
All the Church - we will **WORSHIP** with an open heart.
All the Gospel - we will celebrate the **WORD** with joy.
All the People - we will care for the **WELFARE** of all.
All the Time - we will maintain our **WORKS** with integrity.

OUR PARISH SCRIPTURE
"Refresh my heart in Christ" - Philemon 1:20b

OUR PARISH SAFEGUARDING COMMITMENT
MHoC Parish & the Archdiocese of Canberra & Goulburn are committed to the care, wellbeing & protection of children, young people & people at risk in our community. If you need to communicate any concerns, please contact one of our Parish Safeguarding Contacts displayed on the posters on the main church notice boards & our website.

 **Our parish is supported by CCTV and S1 Security. Smile!**

THIS WEEK IN THE PARISH (24-30 January)
Remember to turn your phones off when in the church. A prayerful silence is respectfully requested as we gather to celebrate Eucharist.

Sacred Heart Church Mass & CS Times:
Third Sunday in Ordinary Time
Psalter Week 4, Year A/2
Sat: 5.35pm Rosary, 6:00pm **Mass**
Sun: 8.30am & 10am **Mass**
Mon: 8.30am **Mass** Tues: 5.30pm **Mass**
Wed: 8.30am **Mass** Thu: 8.30am **Mass**
Fri: 8.10am Rosary, 8.30am **Mass** (30 /1/26)
5.00pm - 6.00pm Evening Prayer & Adoration
The Pines Living, Farrer, Mass 11am held on the last Thursday of the month. *Next date: 29 Jan.*
Goodwin Village, Mass 9.30am held on the last Saturday of the month. *Next date: 31 Jan.*

RECONCILIATION (Confession):
Saturdays 11am-12pm (or by appointment)

FATIMA DEVOTIONS: Next date: Sat 7 March
'The Five First Saturdays' Held on the first Saturday of the month: **Mass 9.30am**, followed by **confessions** with **benediction 10.30am**, concluding with a **Marian Movement of Priests cenacle**. See blue flyer.

BAPTISMS: Baptism information please see our website or contact the parish office.

WEDDINGS: By appointment, at least 6 months notice is essential. Phone the Office for details.

The BLESSED SACRAMENT CHAPEL
is open daylight hours each day for Adoration & quiet prayer. The chapel is not to be used while Mass is being celebrated. Please do not leave cut flowers or candles in the Chapel.



Mary Help of Christians Parish
South Woden, PEARCE ACT

Parish Priest: **Father Emil Milat**
Parish Office: 115 Hodgson Cres, PEARCE ACT 2607 Ph: 02 6286 1908
Parish Officer: Carmela Sampaga Office Hours: 9am – 3pm Tuesday - Friday
Parish email address: wodensouth@cg.org.au WEBSITE address: www.mhoc.org.au
Sacramental Programmes: Christina Erwin - wodensouth.sacraments@cg.org.au
For information on how to join planned giving or donate to our parish see our website: www.mhoc.org.au/planned-giving/
Our parish acknowledges & celebrates the original custodians of this sacred land & we commit ourselves to the ongoing journey of reconciliation.



Shepherd's Corner
This week the year really gets into gear with school staff returning to work. We will have a special Mass time on Friday 30 January so Marist staff can join us at 8:30am. It's always a moving Mass to see about 250 staff starting their year in Eucharistic Prayer. Our Sacred Heart parish school staff will be joining us soon too. Enrolments for Sacraments of First Reconciliation and First Holy Communion are still open but close on 4 Feb. Please see the notice below or our website for more information. *God's blessings Fr Emil*



Coming up in the Parish:
Tuesday 27 January
♦ MenALIVE - Hall - 7-8am - Morning Men's group
Sunday 1 February Word of God Sunday
♦ Monthly morning teas - Hall after 8.30&10am Masses
Tuesday 3 February
♦ PPC meeting - Office - 6.15pm
Thursday 5 February
♦ Friendship Group - Hall - 10am - Welcome back morning tea
♦ Serra Club - Hall - 5.30-7pm
Attention: Fri 30 Jan Mass will be at 8.30am NOT 9.30am & the Marist Staff will be in attendance.
Please note Fr Emil will be on leave 5 to 9 February.

Please remember all of our faithful departed:
Anniversaries:
Manuel Barriera, Frederick Pears, Vincent Joseph O'Brien, Bill Eldridge, Agnes Moloney & Fr Francis Casey.
May they all rest in peace.



2026 Sacramental Programs
Reconciliation & First Holy Communion
Sacramental Program enrolments are open. The program/s start Wed 11 Feb, 6.30pm in our church. This program is for children baptised Catholic who are in Year 4 & above. See the MHOc website for details: <http://www.mhoc.org.au/sacraments/first-holy-communion/>
Numbers attending for some First Holy Communion Masses will be limited so please enrol now to ensure you can attend the Mass of your choice.



School of Religion Enrolments are open for Term 1 (Yrs 1-6) for children attending Non-Catholic Schools.
The program recommences Wed 11 Feb, 4-5pm in the Parish Hall & Church. We strongly recommend all children from non-Catholic schools preparing for the Sacramental Program to enrol in our School of Religion. See website for details on how to enrol <http://www.mhoc.org.au/ministries/school-of-religion/>



New QR Code for Our Parish Website
We now have a QR code that makes it easy to visit our parish website using your smartphone. Simply scan the code, and you'll be directed straight to our site. Posters with the QR code are available in the foyer and both side entrances.



Save the Date
Parish Assembly
Saturday, 14 March 1:00 to 5:30pm.
The Archbishop has asked each parish to have an assembly based on the Conversations in the Spirit model as a lead up to the Archdiocese Assembly on 22 August. Ours will be on 14/3. The PPC will be doing more planning at their next meeting 6:15pm Tuesday 3 February. More info to follow.



Pastoral Intent for 2026:
"GET UP!... LISTEN!... GO!"
For 2026, the Archbishop has named "GET UP!... LISTEN!... GO!" as the pastoral intent for the Archdiocese, inviting us to renew our focus on Encounter, Discipleship and Mission in our Catholic tradition.
GET UP! — rise with renewed faith
LISTEN! — hear Christ, the Holy Spirit, and our communities
GO! — step out in mission to serve and witness

This theme draws on the ministry of Jesus (John 5:8), calling us from passivity into new life, freedom, and action.



ROSTERS FOR PARISH 31 Jan/1 Feb 2026
Fourth Sunday in Ordinary Time, Year A/2

Commentators and Lectors
6.00pm S Peake & M Blackmore
8.30am P Collins & J Lee
10am J Allen & J Wilson

Extra-ordinary Ministers of the Eucharist
6.00pm B Gaynor
8.30am J Coyte
10am F D'Castro

Acolytes:
6.00pm I Noble
8.30am P Supple
10.00am G Selleck

Music Ministry:
6pm Volunteer please
8.30am S Fatiaki
10.00am S Taylor

Altar Servers:
Trained servers please volunteer at Mass
Church Linen February: M-A Kitchen

Welcome Ministry:
6.00pm P Verdon
8.30am P Heffernan
10.00am F Mendes
Altar Care (January 31) R Usback

Dominican Retreat Single adults, ages 18-35, are invited to join the Dominican Friars & Sisters for a weekend retreat at St Mary's Towers, Douglas Park, NSW from **13-15 February 2026**. The retreat will consist of talks, discussion, silence, Eucharistic Adoration, the Sacrament of Confession, Mass, & time for fellowship. Places limited. Fee: \$300 per person. <https://www.trybooking.com/DHJBL>



We have two **2026 Daily Mass Books** available for a donation of \$30.00 each in the Parish Office. Please speak with Fr Emil or contact the office. wodensouth@cg.org.au or 6286 1908.

A Message from Carmela

Thank you, Fr Emil & Melanie, for your warm & wonderful welcome. I am truly grateful for the opportunity to step into this role and to be part of such a welcoming, generous, and faith-filled parish community.

Melanie, your dedication, kindness, and care over the past five years have clearly left a lasting impact here. I wish you every blessing as you begin this new chapter at the Cathedral.

I look forward to meeting many of you in the coming weeks—please feel free to stop by and say hello. It is a joy to serve alongside Fr Emil and Christina and to journey with you all as part of this parish.

With gratitude and best wishes,
Carmela

