

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 (31 Jan - 6 Feb)

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:

Fourth 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 **CS**

Fri: 9.10am Rosary, 9.30am **CS**

5.00pm - 6.00pm Evening Prayer & Adoration

The Pines Living, Farrer, Mass 11am held on the

last Thursday of the month. *Next date: 26 Feb*

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

A parishioner is looking to give away a Yamaha baby grand piano to a passionate instrument lover, pls contact me for more info email: emil.milat@cg.org.au. Sacrament enrolment for First Reconciliation and Holy Communion closes next Wednesday, pls mention to any parent you know that has a child in yr 4 and might be eligible. We welcomed back the staff to our Catholic Schools last week and this week the students- we pray for a rich year of learning. *God's blessings Fr Emil*



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.*

Please remember all of our faithful departed:

Recently departed:

Wayne Robinson & Greg Thornton

Anniversaries:

Manuel Barriera, Peter Tsirekas, Michelle Paige Cook, Mgr William Cahill & Fr James Carragher
May they all rest in peace.



The **CANBERRA BACH ENSEMBLE** – Christe, du Lamm Gottes (Christ, Lamb of God). Choir, orchestra, and soloists, directed by Andrew Koll.

Come and enjoy four Bach **Cantatas BWV 22, 23, 127 & 233** on Saturday 14 February at 7.30pm, and Sunday 15 February at 2.00pm at St Christopher's Cathedral, Franklin Street, Manuka. For more info and to purchase tickets, please visit www.canberrabachensemble.com

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

If you lost a gold necklace with a pendant over the Christmas period please speak with Fr Emil.



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/>

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.



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

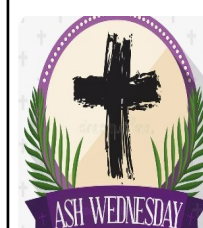
GO! — step out in mission to serve and witness

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



Palm Crosses for Ash Wednesday

Parishioners are invited to bring their palm crosses from last year's Palm Sunday to be burned and used for the ashes on **Ash Wednesday, 18 February**. Please place your palm crosses in the collection basket at the church entrance by Sunday, 15 Feb.



Thank you for helping us prepare for the beginning of Lent in this meaningful way.

ROSTERS FOR PARISH 7-8 Feb 2026

Fifth Sunday in Ordinary Time, Year A/2

Commentators and Lectors

6.00pm J Caddy & B Gaynor

8.30am F Pelosi & G Joseph

10am F D'Castro & C Paragalli

Extra-ordinary Ministers of the Eucharist

6.00pm A Caddy

8.30am M Tsen

10am V Pembrey

Acolytes:

6.00pm C Patron

8.30am G Joseph

10.00am M McAppion

Music Ministry:

6pm *Volunteer needed pls.* 😊

8.30am S Fatiaki

10.00am C Walshe & Daniel Kenny

Altar Servers:

Trained servers please volunteer at Mass

Church Linen February: M-A Kitchen

Welcome Ministry:

6.00pm M Blackmore

8.30am F Pelosi

10.00am P Hefferman

Altar Care (February 7) V Pembrey

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. Registration closes 6 Feb. Fee: \$300 per person. <https://www.trybooking.com/DHJBL>



Coming up in the Parish:

Monday, 2 February

♦ Mass - The Presentation of the Lord - **8:30am**

Tuesday 3 February

♦ PPC Meeting - Church Foyer Room - **6:15pm.**

Thursday 5 February

♦ Friendship Group - Hall - **10am** - Welcome back morning tea

♦ Serra Club - Hall **5:30pm** - Meeting

Saturday/Sunday 7-8 February

♦ Masses will be celebrated by Fr Chris de Souza

Sunday 8 February

♦ Children's Liturgy during the **10am** Mass

Please NOTE:

Fr Emil will be on leave from 5-9 February.

Parish Monthly Morning Tea

Sunday, 1 Feb 2026

Please join us in the Hall for morning tea after the Sunday 8.30am & 10am Masses. *Please bring some nibbles to share if able.*

