

### 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.

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

### THIS WEEK IN THE PARISH ( 21-27 February)

**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:

**First Sunday of Lent**

**Psalter Week 1, Year A/2**

Sat: 5.35pm Rosary, 6:00pm **Mass**

Sun: 8.30am & 10am **Mass**

Mon: 8.30am **CS** Tues: 5.30pm **Mass**

Wed: *various times* **Mass** Thu: 8.30am **CS**

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

5.00pm - 6.00pm Evening Prayer & Adoration

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

last Thursday of the month. *Next date: 5 Mar*

Goodwin Village, Mass 9.30am held on the last

Saturday of the month. *Next date: 28 Feb*

#### 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](mailto:wodensouth@cg.org.au)

WEBSITE address: [www.mhoc.org.au](http://www.mhoc.org.au)

Sacramental Programmes: Christina Erwin - [wodensouth.sacraments@cg.org.au](mailto: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/](http://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.*



### Lenten & Easter Season 2026:

#### **Lenten Group – Sundays from 22 Feb**

Join Fr Emil for the Compassio 2026 program (Diocese of Wollongong) starting First Sunday of Lent, 22 Feb at 11am (after 10am Mass) in the parish hall.

· 5 sessions: 22/2, 8/3, 15/3, 22/3, 29/3

· Attend all, some, or one

*Reflection, shared conversation, deeper encounter with Christ*

**Reserve a Lenten book:** email Peter Hefferman on [peterhef8@gmail.com](mailto:peterhef8@gmail.com). or pick up on the day.



### **Project Compassion 2026: *Unite Against Poverty***



This Lent, Caritas Australia invites us to stand with vulnerable communities. Your support provides life-changing clean water, education, and healthcare



worldwide.

**Donation Envelopes & Boxes:** To reduce waste and care for our "common home," we are using single envelopes/boxes instead of weekly sets.

**How to Give:** Make a one-off gift or take an envelope/box to give throughout the season. These are available at **all church entrances**.. Or, may scan the QR code.

**Collection:** Please return your offerings at **7pm Holy Thursday** or any **Easter Mass**.

**Your Impact:** Every gift builds a more just future.

*Donations over \$2 are tax-deductible.*

### **Coming up in the Parish:** **Sunday, 22 February**

♦ Children's Liturgy - SHC - **10am mass**

**Wednesday 25 February**

♦ School of Religion - Hall - **4pm**

♦ Reconciliation Program Sessions 3&4 combined - SHC - **6:30pm**

**Thursday 26 February**

♦ Commencement Mass - Marist College - **9am**

### **Friday Adoration during Lent**

Deepen your prayer life starting **Friday, Feb 20**, from **10:00 AM to 9:00 PM**.

*Come to the church and pray anytime during the day. Fr Emil*



### **Shepherd's Corner**

Pope Leo XIV has announced he will be at the *International Eucharistic Congress* in Sydney in 2028. We have not had a Papal visit since World Youth Day Syd 2008, so they are a once in a generation. The NSW & Federal Govts are getting onboard. On 1 March, so next Sunday, every parish in the country is encouraged to have an hour in prayer before the Blessed Sacrament after Mass- to launch this journey. I will host this here after each Mass (note only 30 minutes for after the 8:30am Mass). It will coincide with the parish 1<sup>st</sup> Sunday morning tea (so grab a cuppa and come back for prayer!). More info. in back of the church pinboard. *God's blessing Fr Emil*

### **Parish Assembly Registration Open**

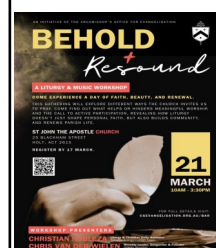
Join us for our Parish Assembly on 14 March, 1:30–5:30 PM at the Parish Hall

**Please scan the QR code**



### **SAVE THE DATE:**

#### **Behold &Resound Workshop**



Deepen your experience of the Mass through a day of liturgical formation and practical tools.

**WHEN:** Sat, 21 Mar 10am – 3:30pm

**WHERE:** St John the Apostle Church, Kippax

**LUNCH:** Provided on the day.

**REGISTER NOW:** Scan the poster in the foyer or visit the "News" section of our website.

### **CLAIM THE DATE**

#### **Women's Spirituality Afternoon**

**When:** Saturday, April 18 | 1:00 pm – 5:00 pm

**Where:** Parish Hall

Following the success of our men's events, we invite all women of the parish to a dedicated afternoon of prayer and reflection. Featuring guest speakers from the **MGL Sisters Leadership Team** and the return of the inspiring **Karen Flood**. Stay tuned for further information and registration details.



### **ROSTERS FOR PARISH 28 Feb / 1 Mar 2026**

Second Sunday of Lent, Year A/2

#### Commentators and Lectors

6.00pm S Short & A Smith

8.30am R Langford & J Perason- Lee

10am S Topp

#### Extra-ordinary Ministers of the Eucharist

6.00pm M Kitchen

8.30am M Louis

10am B Usback

#### Acolytes:

6.00pm M Fitzsimons

8.30am P Supple

10.00am G Selleck

#### Music Ministry:

6pm D Fitzsimons

8.30am S Fatiaki

10.00am S Taylor

#### Altar Servers:

Trained servers please volunteer at Mass

Church Linen February: M Kitchen & S de Silva

#### Welcome Ministry:

6.00pm C Nash

8.30am M Maloney

10.00am F Mendes

Altar Care (February 28) S Topp

### **Int'l Eucharistic Congress 2028 – Website Now Live!**

**Exciting news!** The official website for the International Eucharistic Congress 2028, to be held in Sydney, has been recently launched. *Visit the site to learn more about the theme, upcoming events, and how you can get involved in this momentous gathering of faith from around the world.* Explore now at [54th International Eucharistic Congress \(https://eucharist28.org\)](https://eucharist28.org)



### **Int'l Eucharistic Congress 2028 – Prayer Cards Available**

Prayer cards for the International Eucharistic Congress 2028, to be held in Sydney, are now available in the church foyer. *You are warmly invited to take one home and join in prayer as we prepare for this special celebration of faith and unity.*

### **Please Remember in Your Prayers**

We remember all our faithful departed, especially those whose anniversaries occur at this time, *particularly Manuel Barreiro, Joseph Kappil Nadackuthaza and Fr Michael Coffey* May they rest in peace



### **Catholic Mysticism with Fr Emil**

Sunday, Mar 1 | 4:30–5:30 PM (Zoom)

Monthly series on Catholic tradition. *Email Fr Emil Milat at [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au) for Zoom link and mailing list.*