

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 (7-13 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:

Fifth Sunday in Ordinary Time

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: 8.30am **Mass** Thu: 8.30am **Mass**

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

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 Sunday is the Mass for the opening of the Good Shepherd Seminary year in Homebush. We have seven seminarians this year, a wonderful blessing, and as Vocations Director I will be at the Mass; and we are blessed to have Fr Chris de Souza from the Bishop's Conference to supply. I have taken a few days leave in Sydney while I am there. Lent is close, I will have 12 hours Eucharistic Adoration again for Fridays in Lenten (and other ways to prepare for Easter), sign-up sheet in foyer- cf Bulletin. *God's blessings Fr Emil*



This weekend we welcome

Fr Chris de Souza celebrating Mass with us while Fr Emil is on leave.

First Reconciliation & First Holy Communion Presentation Masses

Next weekend at our parish Masses we will present the candidates preparing for First Reconciliation and First Holy Communion. *Please keep these children and their families in your prayers and show your support as they continue their faith journey.*



Parish Assembly Registration Now Open

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

Please register your interest by:

1. Scanning the QR code on the poster at church entrances
2. Visiting www.trybooking.com/DJGTA
3. Signing up in the foyer

Check the poster at church entrances for details.



Lenten Season 2026:



Lent begins **Ash Wednesday** 18 February.

Masses 7.30am, 9.30am & 5.30pm. Volunteers are needed (see Rosters for Parish Ministries column)

2025 Palm Crosses may be returned to the baskets at each entrance to the church.

Stations of the Cross: After 8.30am Mass Thu's.

2nd Rite of Reconciliation - Wed 1 April 6:30pm at Curtin for Weston Creek, Nth Woden & MHOC.

Eucharistic Adoration Fridays in Lent begins **20/2**

Volunteers to please enter their name on the sign up sheet in the main foyer. You will commit to 1 hour of prayer in the church, between 10am & 9pm.

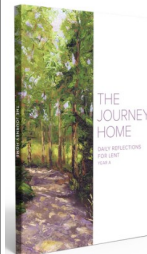
Fr Emil will call you for signup form and instructions.

♦ **Ash Wednesday (18 Feb) & Good Friday (3 Apr)** are days of fast & abstinence (no meat). The law of fasting binds those who have completed their eighteenth year, until the beginning of their sixtieth year; the law of abstinence binds those who have completed their fourteenth year.

♦ In Lent, the "Alleluia" is omitted at Mass.

Lenten Books & Group

Lenten Books for \$5 from Brisbane Archdiocese available in parish office. We have some Wollongong Diocese ones on order for \$10. Fr Emil hopes to have a **Lenten Group** after 10am Mass Sundays during Lent --- more info next week.



Please Remember in Your Prayers

We remember all our faithful departed, especially those whose anniversaries occur at this time:

Ada Falez, Fr Edwyn Lloyd and Fr Laurie Blake. May they rest in peace



ROSTERS FOR PARISH 14-15 Feb 2026

Sixth Sunday in Ordinary Time, Year A/2

Commentators and Lectors

6.00pm A Kaushal & L McNicol

8.30am M Louis & J McDonald

10am A Kaushal & M Fisher

Extra-ordinary Ministers of the Eucharist

6.00pm J Grima

8.30am E Tsen

10am C Paragalli

Acolytes:

6.00pm A Smith

8.30am P Collins

10.00am G Selleck

Music Ministry:

6pm *Volunteer needed pls.* 😊

8.30am S Fatiaki

10.00am C Walshe & D Tantri

Altar Servers:

Trained servers please volunteer at Mass

Church Linen February: M-A Kitchen

Welcome Ministry:

6.00pm R & F Armstrong

8.30am B Garrety

10.00am S Topp

Altar Care (February 14) C Donohoe

Coming up in the Parish:

Tuesday, 10 February

♦ MenAlive - Parish Hall - **7:00am**

Wednesday 11 February

♦ School of Religion - Parish Hall - **4pm**

♦ Parent Information Night for Reconciliation (Reco) and First Holy Communion (FHC) -SHC- **6:30pm.**

Thursday 12 February

♦ Friendship Group - Parish Hall - **10:30am**

Friday 13 February

♦ SH School Opening mass - SHC- **9:30am**

At Weekend Masses, 14-15 February

♦ Presentation Mass for Reco & FHC



Congratulations to Vivienne and Richard Pembrey

We offer our heartfelt congratulations to Vivienne and Richard Pembrey, who will celebrate their 60th Wedding Anniversary this Thursday, 12 February. Fr Emil will give them a special blessing during the 8:30am Mass. All are warmly invited to join the celebration afterwards for a cuppa in the Parish Hall.

Stay Up to Date

For the latest parish news and updates, please visit the News section on the MHOC website at www.mhoc.org.au

