

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 (14-20 March)

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 of Lent
Psalter Week 4, Year A/2**

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

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

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

Wed: 8.30 am **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: **30 Apr**

Goodwin Village, Mass 9.30am held on the last

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

RECONCILIATION (Confession):

Saturdays 11am-12pm (or by appointment)

FATIMA DEVOTIONS: Next date: 4Apr 7pm mass

'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/

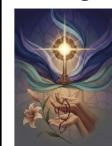
Our parish acknowledges & celebrates the original custodians of this sacred land & we commit ourselves to the ongoing journey of reconciliation.



Lenten & Easter Season 2026:



Stations of the Cross: Every Thurs during Lent, following the 8:30am mass.

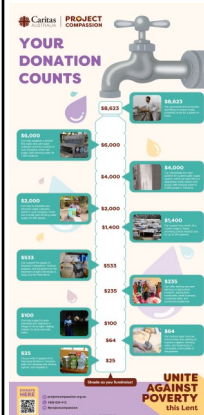


Friday Adoration: Each Friday of Lent, 10am-9pm. The church will be open for private prayer throughout the day.



Lenten Group - Compassio 2026:

Facilitated by Fr Emil on Sundays at 11am (after the 10am Mass) in the parish hall. Upcoming sessions: 15, 22 and 29 March.



This Lent, join **Project Compassion: Unite Against Poverty.**

Every donation helps transform lives. Give via envelopes or boxes in the foyer, or online via QR code.

Details on our website: NEWS - MHOC

Thank you for your generosity.

Coming up in the Parish:

Sunday 15 March

♦ Children's Liturgy - SHC - **10:00am mass**

Wednesday 18 March

♦ First Holy Communion S2&3- SHC - **6:30pm**

Thursday 19 March

♦ Friendship Group- Uno Card Game - Hall - **10am**

♦ Baptism Preparation Evening - Hall - **7pm**

16-22 March: Harmony Week - A time to celebrate our parish's cultural diversity and pray for unity and respect among all people. > NEWS - MHOC

17 March: St Patrick's Day

19 March: St Joseph, Spouse of the Blessed Virgin Mary

Shepherd's Corner

Next week we have two important feasts that touch many hearts- **Tuesday St Patrick and Thursday St Joseph.** I will renew the consecration of the parish to St Joseph on Thursday. Thank you to all who participated and helped with the Parish Assembly last Saturday, there was a nice cross section of representation- I hope to give some feedback to the broader parish after Easter. We have started more regular posts on the Parish Facebook page, I hope you can share a few *likes*! God's blessings *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 to register.



Welcome to the family!

We rejoice with **Astrid Eloise Yu**, her parents, godparents, and families as she is baptised on **Sunday, 15 March.** May God's grace bless and guide Astrid always as she begins her journey in faith.

Remembering Matthew Flinders

This week we remember **Matthew Flinders**, born **16 March 1774**, the renowned navigator and cartographer who led the first circumnavigation of Australia and gave our nation its name. *As we reflect on his spirit of courage and curiosity, may we also give thanks for all who seek to explore and understand God's creation in the service of others.*



Funeral Mass for Betty Diana Galvin



The Funeral Mass for **Betty Galvin** will be celebrated here by Fr James Antony on **17 March 2026 10:30am.** We give thanks for Betty's life and commend her to God's loving care. Please keep Betty and her family in your prayers during this time of mourning.

MINISTRIES & ROSTERS FOR 21/22 Mar 2026

Fifth Sunday of Lent, Year A/2

Commentators and Lectors

6.00pm A Kaushal & V Pembrey

8.30am G Joseph & R Langford

10am C Paragalli & J Allen

Extra-ordinary Ministers of the Eucharist

6.00pm A Smith

8.30am S West

10am J Zaide-Crombie

Acolytes:

6.00pm C Patron

8.30am P Supple

10.00am M McAppion

Music Ministry:

6pm Volunteer needed, pls. 😊

8.30am S Fatiaki

10.00am M McKenna

Altar Servers:

Trained servers please volunteer at Mass **Church Linen March:** S de Silva

Welcome Ministry:

6.00pm R & C McNichol

8.30am E & E Tranter Edwards

10.00am S Topp

Altar Care (March 21) R Usback

Please Remember in Your Prayers

We remember all our faithful departed, especially those whose birthdays/ anniversaries occur at this time, *particularly John Wilson, Patricia Kin Oung, Travis de Fontaines, Fr Alex McGilvray & Fr Vincent Pierse* May they rest in peace



CCS Concert – Our Stories



Join the Canberra Choral Society on **29 March, 5pm** for **Our Stories**, a warm, uplifting celebration of music and storytelling. Directed by **Dan Walker** with local soloists and musicians. Book your Tickets using this link.

Positions Vacant : Parish Officer

Narooma-Cobargo, Gunning and West Wyalong Mission

For job description, click Positions Vacant - MHOC

Or, visit the news section of our website >>> NEWS - MHOC



Merici College – Open Day & Enrolments

Discover life at Merici College!

Key dates: Open Day & Info Night – **6 May**; Be a Merici Girl Days – **1, 4 & 13 May**; Talk & Tours – **28 Apr, 9 May**; Year 11 Info Evening – **12 May**. More details at www.merici.college.