

**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 (22 Feb - 28 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:**

**7th Sunday in Ordinary Time Psalter Wk 3, Yr C/1**

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

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

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

Wed: 8.30am **CS** Thu: 8.30am **CS**

**Fri:** 8.45am Morning Prayer of the Church, 9.00am Rosary, 9.30am **CS**  
**5pm - 6pm** Evening Prayer & Adoration  
**7.00pm** Community of the Risen Lord Healing Service & **Mass**.

The Pines Living, Farrer, Mass 11am held on the last Thursday of the month. Note Next date: 27 Mar.

Goodwin Village, Mass 9.30am held on the last Saturday of the month. Next date 22 Feb & 29 Mar

**RECONCILIATION (Confession):**

**Saturdays 11am-12pm** (or by appointment)

**FATIMA DEVOTIONS: Next date: Sat 1 Mar 2025**

'The Five First Saturdays' Held on the 1st 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

Office Manager: Melanie Kerr

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.*



**Shepherd's Corner**

As part of their community service program Marist College Canberra have offered to bring over a group of staff supervised boys one Saturday to clean up someone's garden. They will bring their equipment & trailer. If you know anyone needing

such help please contact Dave Moore 62987247 or [davemoore@mcc.act.edu.au](mailto:davemoore@mcc.act.edu.au).

Lent is only 10 days away, I hope to again have the Fridays in Lent as a day of prayer- 12 hours of Eucharistic Adoration (see *Lenten Season notice*), I will contact those who helped previously. The sign-up sheet will be in the foyer, please contact myself for info 0414 523 036. *God's blessing Fr Emil*

**Coming up in the Parish:**

**Sunday 23 February**

- ◆ Children's Liturgy during the 10am Mass.
- ◆ Music Ministry BBQ 5pm - Hall / Presbytery

**Tuesday 25 February**

- ◆ MenALIVE - Hall - 7-8am, Morning Men's Group

**Wednesday 26 February**

- ◆ School of Religion 4pm - Hall/Church
- ◆ Reconciliation Session 3 - 6.30pm - Church

**Friday 28 February**

- ◆ Healing **Mass** - Community of the Risen Lord 7pm

**Saturday 1 March**

- ◆ Fatima Devotions & Mass(see This Wk in the Parish)

**Sunday 2 March** Project Compassion Begins

- ◆ Children's Liturgy during the 10am Mass.
- ◆ Monthly Morning Teas after the 8.30 & 10am Masses

**Wednesday 5 March**

- ◆ Ash Wednesday **Mass** held at 7.30, 9.30 & 5.30pm
- ◆ School of Religion 4pm - Hall/Church
- ◆ Reconciliation Session 4 & Practise 6.30pm - Church

**Thursday 6 March**

- ◆ Friendship Group- Hall - Bus trip to Batlow (see notice)
- ◆ Serra Club meet - Hall - 5.30-7pm
- ◆ Celebration of Reco Candidates - 6.30pm - Church

**Bus Trip!** The Friendship Group are heading to Batlow visiting an orchard & having lunch in Tumut on **Thu 13 Mar**. Depart 7.30am on Murphy St behind the school/church, return at approximately 6pm. Cost \$95 including bus, morning tea & lunch. RSVP, ASAP to Faye 0451 683 099.



**Lenten Season 2025:**

Lent begins **Ash Wednesday 5 March**. **Masses 7.30am, 9.30am & 5.30pm. Volunteers** are needed (see Rosters for Parish Ministries column)

**2024 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 - Tue 1 April 6pm** after 5.30pm Mass for Weston Creek, Nth Woden & MHOc.

**Eucharistic Adoration** Fridays in Lent begins 7 Mar 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. Please speak with Fr Emil if you need guidance.

◆ **Ash Wednesday (5 Mar) & Good Friday (18 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.

◆ Catholics are obliged to receive Holy Communion at least once a year, between Ash Wednesday & Trinity Sunday (15 June 2025).

**Lenten Discussion Group**

A small group will meet after the Friday morning 9.30am mass in the Hall for a chat & a cuppa. The group will meet again from Friday 7 Mar. *All Welcome.*

**Lent 2025 with The Catholic Guy; Bruce Downes**

Lent is a time when we can grow closer to God & prepare our hearts for the true meaning of Easter. If you would like to receive free daily inspirational videos to help you make this Lenten Journey more powerful & prayerful, sign up at: <https://BruceDownes.org/Lent>

**Please remember all of our faithful departed:**

**Recent deceased:** Fr Kevin Flynn.

**Anniversaries:** Msgr Kevin Barry-Cotter & Salvatore Giorgi. *We also pray for the souls of the Giorgi, Stramandinoli & Mendes families & for Lorna Henshaw. May they all rest in peace.*



**Interested in joining the Music Ministry?**

A BBQ is being held Sun 23 Feb, 5pm in the Hall/ Presbytery for anyone interested in helping with music ministry. If you have a musical gift... singing, playing an instrument or can help with preparing the Power-Point slides contact Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au)

**ROSTERS FOR PARISH MINISTRIES  
FOR THE SUNDAY OF 1/2 March 2025**

Eight Sunday in Ordinary Time, Year C/1

**Commentators and Lectors**

6.00pm A Smith & S Short

8.30am P Supple & E Tsen

10am F Pelosi & S Topp

**Ash Wednesday 5 March:** (no 8.30am Mass)

7.30am & 5.30pm Mass **Volunteers please** see Fr Emil **Extra-ordinary Ministers of the Eucharist**

6.00pm A Pantano

8.30am M Tsen

10am C Paragalli

**Ash Wednesday 5 March:** (no 8.30am Mass)

7.30am & 5.30pm Mass **Volunteers please** see Fr Emil **Acolytes:**

6.00pm I Noble

8.30am G Joseph

10.00am G Selleck

**Ash Wednesday 5 March:** (no 8.30am Mass)

7.30am & 5.30pm Mass **Volunteers please** see Fr Emil **Music Ministry:**

6pm D Fitzsimons

8.30am S Fatiaki

10.00am S Taylor

**Ash Wednesday 5 March:** (no 8.30am Mass)

7.30am & 5.30pm Mass **Volunteers please** see Fr Emil **Altar Servers:**

Trained servers please volunteer at Mass

Church Linen March: M-A Kitchen

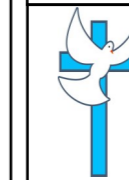
**Welcome Ministry:**

6.00pm P Heffernan

8.30am F Nichols

10.00am R & B Usback

Altar Care (February 24): R Usback



**Our Parish Welcomes**

Aubrey Farrell through the sacrament of baptism this weekend. May she be richly blessed with God's presence & feel the support of our Parish & her family.

**MenAlive morning men's group meet weekly in the Parish Hall on Tue, 7-8am.**

MenALIVE is a National Men's Ministry which was founded to respond to the great need in the hearts & lives of men. Our purpose is to bring all men together, to renew their faith & to encourage them to become an active force of renewal. For info call Mat: 0438446489 or see Fr Emil.



**New Monthly Healing Mass with RLC (Risen Lord Community):** after the successful healing night late last year the RLC has offered to share monthly their healing ministry with our parish.

The next one is **Friday 28 February with 7pm Mass & healing service** in the church. *All welcome.*

**Screening of the Movie The Warning:** at Palace Electric Cinema Mon 24 Feb 6:30pm. A movie about the world-wide illumination of conscience according to prophecies of Catholic saints & mystics. To book a ticket just google [fan-force.com/screenings/](http://fan-force.com/screenings/) & search by country, then ACT. For more into. contact Fr Emil [emil.milat@cg.org.au](mailto:emil.milat@cg.org.au), who has some discount tickets.