

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 (1 Mar - 7 Mar)
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:
8th Sunday in Ordinary Time Psalter Wk 4, Yr C/1
Sat: 5.35pm Rosary, 6:00pm **Mass**
Sun: 8.30am & 10am **Mass**
Mon: 8.30am **CS** Tue: 5.30pm **Mass**
Ash Wednesday: 7.30am, 9.30am & 5.30pm Mass
Thu: 8.30am **Mass**
Fri: 8.45am Morning Prayer of the Church, 9.00am Rosary, 9.30am Mass
5pm - 6pm Evening Prayer & Adoration

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 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 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 Season 2025:
Lent begins **Ash Wednesday 5 March**. **Masses 7.30am, 9.30am & 5.30pm. Volunteers** are needed (see Fr Emil if you can help)
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>

menALIVE Recharge 24 May.
Last year the group held a weekend retreat in our parish & in recognition of the Jubilee Year they would like to invite all men to recharge on **Sat 24 May, 2-5.30pm** in the Parish Hall, followed by Rosary & joining the 6pm Vigil Mass at MHoC Parish, Pearce. There will be a shared meal after Mass. Let's renew our faith in God & reinforce & continue the learnings of last year's weekend; menALIVE website: <https://menalive.org.au/>.
For more information, contact Mat at 0438 446 489 or speak with Fr Emil emil.milat@cg.org.au.

Shepherd's Corner
It has been a big week as Vocations Director helping to organise Fr Rob Galea speaking, singing, celebrating Mass & giving his testimony to over 5000 students & staff in our Catholic Colleges this past week. He makes a great impression of faith, trust & joy in Jesus. A theme he developed was how we all need a "centre of balance" in God to live successful lives. This weekend's gospel as well as the season of Lent, starting with Ash Wednesday is all about this. Fr Rob's life is being made into a film. You can google his name and get lots on material for sharing.
God's blessing Fr Emil

Our Parish Welcomes
Thomas & Archie Rockey into the Catholic Church this weekend. May they be richly blessed with God's presence & feel the support of our Parish & their family.

Adult Faith Formation/Lentin Discussion Grp 9 Mar
To help us in our journey of metanoia (conversion & repentance) this Lent, Fr Emil has arranged for those interested, to come together in a Lentin discussion group using the "Metanoia" program book published by the Catholic Diocese of Wollongong which is available from the Parish office for **\$10.00 each**. The first session will be held Sun 9 Mar with the theme 'temptation & resistance' after 10am Mass in the Hall, **all welcome to join us!**





This Lent, we are called to *Unite Against Poverty* through Caritas Australia's Project Compassion. Your generous support this Lenten Season will enable Caritas Australia to provide life-changing support to vulnerable communities in need.
Please donate today. You can support Project Compassion 2025 through the donation boxes, envelopes, by scanning the QR code, **online at:** caritas.org.au/project-compassion,
Or by calling: 1800 024 413. Thank you for standing with us, as we *Unite Against Poverty this Lent.*



Please join us for our Monthly Morning Teas held after the 8.30am & 10am masses in the Hall.

ROSTERS FOR PARISH MINISTRIES FOR THE SUNDAY OF 8/9 March 2025
First Sunday of Lent, Year C/1
Commentators and Lectors
6.00pm M Blackmore & S Peake
8.30am M Tsen & C West
10am N Torres & J Wilson
Extra-ordinary Ministers of the Eucharist
6.00pm A Caddy
8.30am M Supple
10am B Usback
Acolytes:
6.00pm C Patron
8.30am P Supple
10.00am M McAppion
Music Ministry:
6pm Volunteer Please
8.30am S Fatiaki
10.00am C Walshe & D Kenny
Altar Servers:
Trained servers please volunteer at Mass
Church Linen March: M-A Kitchen
Welcome Ministry:
6.00pm M Blackmore
8.30am D Perera
10.00am J & B Wilson
Altar Care (March 3): V Pembrey

Coming up in the Parish:
Tuesday 4 March - Shrove Tuesday
◆ MenALIVE - Hall - 7-8am, Morning Men's Group
◆ Parish Office Closed
Wednesday 5 March - Ash Wednesday
◆ 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 - Stamps
◆ Serra Club meet - Hall - 5.30-7pm
◆ Celebration of Reco Candidates - 6.30pm - Church
Sunday 9 March - First Sunday of Lent
◆ Children's Liturgy during the 10am Mass.
◆ Lent: Faith Formation/RCIA - Hall after 10am Mass
Tuesday 11 March
◆ menALIVE - Hall - 7-8am, Morning Men's Group
Wednesday 12 March
◆ School of Religion 4pm - Hall/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.

Please remember all of our faithful departed: Anniversaries:
Fr Geoffrey Lloyd & Fr Christopher McNeeve
We also pray for the departed souls of the Askander & Shano families. May they all rest in peace.

